

# **C.Y.A.A.**

# **Handbook**

## **2015-2016**



**Catholic Youth Athletic Association  
Elementary School Athletic Program**

**Diocese of Phoenix**

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## CATHOLIC YOUTH ATHLETIC ASSOCIATION ADVISORY BOARD

The C.Y.A.A. Advisory Board consists of pastors, principals, athletic directors, coaches and other members who are participants of the C.Y.A.A. Athletic Program. The primary purpose of the board is to advise the C.Y.A.A. in establishing policies, rules and regulations that regulate the program for the participating schools. In addition, the board will hear appeals as prescribed on p. 14 of the C.Y.A.A. Code of Conduct and will participate in the process for hiring C.Y.A.A. Athletic Directors when needed. Board meetings are held four times a year (August, November, February and May), and as needed to hear appeals.

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# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## PHILOSOPHY

The interscholastic athletic program of the Catholic Schools is an integral part of the education program. It must, therefore, be in harmony with the educational objectives. Any interscholastic athletic activity should teach:

- .... an individual to be a responsible and contributing team member.
- .... selfless effort in working with others to reach a common goal.
- .... appreciation of others efforts, whether they be teammates, opponents, officials, or coaches.
- .... an ability to keep activities and games in proper perspective.

Athletics should be a significant, valuable community activity, foster loyalty, school spirit, student participation and healthy competition. Goals of the athletic program should be meaningful to all students in a school.

The main objectives of the Catholic Youth Athletic Association program should be that of developing qualities of leadership, good sportsmanship, and promoting a Christian atmosphere in which students will grow in respect and concern for others in their own environment as well as in society as a whole.

Emphasis should be placed upon the development of game fundamentals. Principals, coaches, and parents should encourage players to give their best, improve their skills, and have fun when playing a game.

## **Participation in the C.Y.A.A. Athletic Program**

1. Schools of the Catholic Diocese of Phoenix have all rights and privileges to participate in the C.Y.A.A. Athletic Program.
2. All schools that are not part of the Catholic Diocese of Phoenix seeking to participate in the C.Y.A.A. Athletic Program must submit a written application for participation by May 1 in order to be considered for participation for the following school year. The application will be presented to the C.Y.A.A. Advisory Board at its next scheduled meeting.
3. Process for participation will include:
  - a. Written application
  - b. Site visit
  - c. Meeting with administration of the school.

Results of this process will be given to the C.Y.A.A. Advisory Board for its decision, in its sole and absolute discretion, whether to admit the applicant to the C.Y.A.A. Athletic Program. Final decision will be reported following the summer Advisory Board Meeting to the applying school.

4. Any school admitted to the C.Y.A.A. Athletic Program is on probation for one (1) year.
5. All schools are encouraged to participate in all three (3) seasons for girls and boys.
6. Schools that are in good C.Y.A.A. League standing need not reapply each year.
7. Schools of the Catholic Diocese of Phoenix are participants in the Diocese's insurance program.
8. All schools that are not part of the Catholic Diocese of Phoenix that participate in the C.Y.A.A. Athletic Program are not participants in the Diocese's insurance program, and therefore such schools will be solely responsible for obtaining its own insurance coverage satisfactory to the Catholic Diocese of Phoenix and its insurer. Prior to participation, all such schools must provide a certificate of insurance to the C.Y.A.A. which provides evidence of general liability coverage of not less than two million dollars (\$2,000,000.00) per occurrence, naming the C.Y.A.A. and the Catholic Diocese of Phoenix as "Additional Insureds" for all claims arising out of participation in the C.Y.A.A. Athletic Program. Such insurance will be primary in the event of a covered claim or cause of action.

## **ROLE OF THE PRINCIPAL**

The C.Y.A.A. League strives to bring a Christian philosophy to the sports program of our elementary schools. The principal has an excellent opportunity to support coaches and student athletes in their effort to live out the goals and ideals of the C.Y.A.A. Program. Periodic attendance at regular season games indicates interest and support of the school's team and coach, and also provides an opportunity to evaluate the sportsmanship of the coach, team, and spectators. Every effort is made to provide children with the development of fundamental skills of a game so they can compete successfully with others. Although all teams, no doubt, play with the desire to win, undue stress on winning can lead to poor acceptance of the official's decision, and poor sportsmanship among team members and/or spectators. Principals are in a position to encourage coaches and teams in their spirit of sportsmanship or to challenge them to improve it. Although participation of a school in the C.Y.A.A. League doesn't require the principal's presence at all games, the effect of that presence cannot be minimized.

Principals are required to:

1. Designate an Athletic Director to further the program at the school level.
2. Be responsible for the Athletic Director/coaches he/she hires to represent the school. Take the necessary steps to ensure that persons who coach possess understanding of each sport.
3. Discuss the philosophy and C.Y.A.A. Handbook with Athletic Director/coaches. Provide Athletic Director/coaches with a copy of the current C.Y.A.A. Handbook and AIA rules. Be sure that Appendix E, Coaches Sign-Off, is on file for each coach.
4. Make the C.Y.A.A. philosophy and guidelines known to student athletes and parents.
5. Discuss with moderator, cheerleaders, and parents their role in the C.Y.A.A. Program.
6. Provide supervision to cheerleaders.
7. Forward all communications from the C.Y.A.A. Office to Athletic Directors/coaches.
8. See that registration forms, forms/rosters and required payments to the C.Y.A.A. Office are returned as directed and on time.
9. Attend games whenever possible (especially the early games of the season)
10. Encourage pastor, associate pastors, and teachers to attend games as their time and schedules permit.
11. Monitor game schedule to ensure that no more than three games per week are played. (Tournament play is an exception.) Scheduled league games should take precedence over non-league games.

12. Coordinate with the Athletic Director in regards to the budget, officials, uniforms and tournament play.
13. Periodically evaluate Athletic Directors and coaches.
14. The local school will delineate academic standards.
15. Ensure that drivers of student athletes have the required insurance coverage, and follow the transportation guidelines of the Diocese of Phoenix.
16. Ensure transportation waivers are on file for all athletes.
17. Be sure that all Athletic Directors/coaches are current on the “Call to Protect” by Diocesan Personnel with documentation.
18. Ensure that coaches, athletes and parents conduct themselves in a Christian matter.
19. Principal or his/her designee ensure that Vendor Compliance Form for officials is on file at the school, and as necessary at the “Call to Protect” office at the Diocese.
20. Ensure that coaches, athletes and parents (relatives or friends) understand that if they cause an adverse effect on the school, the league or the tournament, the Athletic Director has the authority to take immediate action to correct the problem.

Coaches represent their schools. If a coach causes problems that have an adverse effect on the school, the principal or person designated by the principal, must take immediate action to correct the problems, inform in writing to the C.Y.A.A. Board, or sanctions will be enforced by the Board.

## ROLE OF THE COACH

A coach has a strong influence on the children with whom he/she works. Student athletes may look upon their coach as an idol, and may tend to emulate many of his/her characteristics and actions. Therefore, it is of utmost importance that a coach in the C.Y.A.A. League displays the qualities of good sportsmanship and Christian attitudes. A coach should be aware of his/her opportunity to instill Christian attitudes and characteristics in players while on the playing field - an opportunity that is not available to a child's principal or teacher. A coach should be an instructor and disciplinarian to the team players, as well as a friend. All coaches must meet "Called to Protect" requirements. (See school for details).

A coach in the C.Y.A.A. League's Code of Conduct is expected to:

1. Be committed to the philosophy of the C.Y.A.A. Program.
2. Be knowledgeable of the contents of the C.Y.A.A. Handbook and applicable AIA rules. It is imperative that all coaches have a current and updated C.Y.A.A. Handbook including the C.Y.A.A. Code of Conduct and applicable sports rules as well as applicable AIA rules.
3. Encourage all eligible students, even those who are not exceptionally skilled, to participate in the C.Y.A.A. Athletic Program.
4. Maintain an up-to-date roster for each sport season.
5. See that all players have sports medical authorizations, emergency forms, etc. completed. Emergency forms must be on site whenever children are participating in a school activity.
6. Make good use of practice time for instruction of all players in the fundamental skills and rules of the game.
7. Guide team members in cooperating with one another and accepting the weaknesses and strengths of team members.
8. Insure that all players participate according to C.Y.A.A. regulations.
9. Supervise student athletes entrusted in their care so that there is supervision by the coach, assistant coach, or other adult at all times. This includes before and after games and practice.
10. Ensure that no team be engaged in practice or competition unless there is an adult present who possesses basic first aid and CPR training and certification. (Effective 9/97)
11. Possess current CPR/First Aid certification. (Effective 9/97)
12. Oversee the safety and maintenance of athletic equipment and playing facilities to be provided to the student athletes.
13. Keep lines of communication open -- reporting to principal the results of games and progress of the team.
14. Evidence a positive attitude in relating with the team members.
15. Act in a mature and professional manner while exercising the duties outlined.
16. Refrain from offensive language and actions at all times.
17. Be an example of respect and cooperation in relating to officials.
18. Refrain from "negative sideline coaching" during C.Y.A.A. games, for it is neither professional nor acceptable and is a distraction for the players and spectators.
19. Refrain from PHYSICALLY, EMOTIONALLY, OR VERBALLY ABUSING a player at any time during practice or a game.
20. Refrain from laying a hand upon, pushing, shoving, striking, or threatening to strike an official or game supervisor, or being guilty of objectionable demonstration by forceful action of an official's decision.

21. Be responsible for seeing that proper and adequate facilities for the officials are made available. A student manager should be assigned to meet, direct and escort the official to the facilities. In dealing with the officials, the coach's approach must be business-like at all times. He/she must have self-control and sufficient emotional stability to realize that the official sees the play through impartial and unbiased eyes.
22. Respect the judgment of an official or umpire.
23. Make sure all questions regarding rule interpretation are settled before the contest. There should be a clear understanding regarding the procedure to be followed if an on-the-spot interpretation should be necessary.
24. Be held responsible for unruly actions or the misconduct of his/her own spectators before, during, or after the game.
25. Refrain from discussing publicly with spectators in a derogatory or abusive manner any play, decision, or his/her personal opinion of the officials, DURING OR AFTER THE GAME.
26. Attend all meetings directed by the C.Y.A.A. If the coach is unable to attend the meeting, he/she is responsible for sending a representative.
27. Make student athletes knowledgeable of their role as outlined in the C.Y.A.A. Handbook.
28. Notify opponents of schedule change.
29. Never come to a practice or a game in an intoxicated condition, or have in his/her possession any alcoholic beverage.
30. No smoking.
31. Insist his/her team shake hands with their opponents after the contest and behave with courtesy at all times.
32. Hold a pre-game prayer with team before each game.
33. Submit complaints to Principal/Athletic Director following C.Y.A.A. policy.
34. Scheduled league games must be played and take precedence over non-league practice games. No more than two games per week may be scheduled.
35. Sign off on the C.Y.A.A. Code of Conduct Agreement, Appendix E, indicating intent to adhere to all C.Y.A.A. policies and procedures.
36. Be current in "Call to Protect."
37. Ensure that athletes, parents, relatives or friends conduct themselves in a Christian manner throughout the tournament.
38. Ensure that coaches, athletes, parents, relatives or friends understand that if they cause an adverse effect on the school, the league or the tournament, the Athletic Director has the authority to take immediate action.

39. Ensure that coaches, athletes, parents, relatives or friends understand that absolutely no one is to approach the official scorekeepers table. It is the responsibility of the official to verify all concerns regarding tournament play. If someone does approach the bench it may result in a technical foul, ejection and/or forfeiture of the game.
40. Bring to the tournament their own pinnies.
41. Bring a first aid kit to all games and practices.

Violation of the C.Y.A.A. Coaches Code of Conduct will result in a technical foul, removal from the game or forfeiture of the game depending on the degree of infraction. The coach will not participate in the next scheduled game. If warranted, further action will be taken by the school principal, the C.Y.A.A. and/or the C.Y.A.A. Board.

## **ROLE OF PARENTS**

Parents of children participating in the C.Y.A.A. Program should be made aware of the philosophy and guidelines as presented in the C.Y.A.A. Handbook.

Parents should be encouraged to take an active part in the C.Y.A.A. Athletic Program of their school.

1. Parents can have great influence as spectators at the game. It is of importance that this influence be of a positive nature. Coaches and players are encouraged and motivated by the support of parents, and the greatest support and encouragement is needed after a loss.
2. When relating to coaches and officials, parents should be an example of cooperation and respect.
3. A parent who observes a coach whose behavior is not consistent with C.Y.A.A. guidelines or philosophy should make it known to the school principal and C.Y.A.A. Advisory Board in writing.
4. Parents are to refrain from offensive language and actions. Taunting and/or swearing is not to be tolerated in the C.Y.A.A. Sports Program.
5. Parents will respect the judgment of a Site Director, official or umpire. at all times.
6. Parents must monitor the academic progress of their child/ren according to the standards as delineated by the school of enrollment.
7. Parents must sign the form provided stating that they have read the C.Y.A.A. and local school philosophy, roles, rules, and regulations and agree to abide by them. They must abide by the Diocesan Transportation Policy.

## **ROLE OF THE STUDENT ATHLETE**

All eligible student athletes are encouraged to participate in the various C.Y.A.A. activities. Students who choose to participate in C.Y.A.A. activities must make a commitment to their team. To play on a C.Y.A.A. school team is both a privilege and responsibility. To practice and play takes a number of after school hours, and the student's usual grades must be maintained or the privilege of playing a sport will often be taken away from him/her. When a player is suspended from a team, the teammates as well as the player are affected. Any player who chooses to play on a team owes it to his/her coach and teammates as well as himself/herself to remain on the team until the conclusion of the season.

Any student athlete participating in a C.Y.A.A. activity is expected to:

1. Give fully of himself/herself during practice and games.
2. Be accepting of his/her honest mistakes.
3. Strive to win without placing undue pressure on self or teammates.
4. Recognize and respect the strengths and weaknesses of teammates.
5. Exhibit sportsmanship at all times - - being a good winner as well as a good loser.
6. Accept the guidance of coaches.
7. Respect the decisions of officials and umpires.
8. Refrain from offensive language and actions.
9. Maintain academic standards as delineated by his/her school of enrollment.
10. Demonstrate that he/she has health and/or student accident insurance.

## **ROLE OF THE CHEERLEADER**

The cheerleader brings to each game a spirit of pride in his/her school and its team members. It is his/her responsibility to guide the spectators in cheers that encourage and support the players that give evidence of respect for the opponents. In determining times for cheers he/she is to work cooperatively with the opponent's cheering squad. At all times cheers are to be positive and supportive, thus reflecting the Christian philosophy of the C.Y.A.A. Program.

The cheerleader is expected to:

1. Dress in a manner which is attractive and modest.
2. Be positive in cheers and guide the spectators in the same manner.
3. Work cooperatively with the other cheering squad, thus refraining from any type of competition in cheers.
4. Exhibit a sense of school spirit and pride as well as a respect for the school spirit of the opponents, thus refraining from any use of the opponent's school name, colors, symbols, coach's name, names of players, etc. in a derogatory manner.
5. Discourage all cheering, whistling, counting the dribbles, foot stomping, and other means used to deliberately distract an opponent who is about to shoot a free-throw.
6. Refrain from the use of noisemakers, such as bells, horns, etc. at basketball games.
7. Avoid cheers that are directed at game officials.
8. Maintain academic standards as delineated by his/her school of enrollment.

## **DUTIES OF C.Y.A.A. DIRECTORS**

The C.Y.A.A Directors are expected to:

1. Ensure the C.Y.A.A. RULES AND POLICIES ARE UNDERSTOOD AND ENFORCED by the individual schools in the league.
2. Attend the Directors meetings with Superintendent/Assistant Superintendent.
3. Communicate all matters to Superintendent's office.
4. Conduct league meetings at least three times per year, more often if necessary.
5. Maintain a budget of income and expenses.
6. Arrange site, officials and details for tournament play.
7. Communicate to Superintendent's office and Diocesan newspapers winners of all contest play.
8. Report any person(s) in his/her league violating the C.Y.A.A. Code of Conduct listed in the Rules and Policies Handbook.

## **DUTIES OF LOCAL SCHOOL ATHLETIC DIRECTOR**

1. Attends all athletic director meetings.
2. Informs and updates Principal of all sporting activities.
3. Notifies all coaches of meeting times and locations.
4. Gives all coaches E-mails or faxes pertaining to sport being coached.
5. Gets signature of Principal on all forms or rosters being submitted.
6. Submits proper forms or rosters to C.Y.A.A. Athletic Directors upon due dates.
7. Monitor the academic standings of players according to the standards as delineated by the school.
8. Confirm games 24 hours in advance to avoid scheduling conflicts.
9. Provide each coach, parent, and participant with an updated copy of the C.Y.A.A. "ROLES", rules, and regulations each year.
10. Is available for emergency phone call for any changes in tournament schedule and/or meetings (will contact specific coaches of these changes).

## **DIOCESAN LEAGUE PLAY FORMAT/RULES**

### **ELIGIBILITY**

1. Student athletes must be enrolled in the school they represent to be eligible to play on that school's athletic teams.
2. As of September 1997 students must present a sports medical authorization to play.
3. A Small School division student athlete competing in the 5th & 6th grade program may move up to 7th & 8th provided he/she does not return to the 5th & 6th grade team for the remainder of that sport season.
4. A Small School division player can only be moved up to insure the number of players needed to fill a team, not to bench a seventh or eighth grader.
5. A student athlete may play in only one diocesan tournament per sport.
6. In order to participate in the tournament a school must participate in league play.
7. Sport fees must be paid prior to the tournament.
8. Rosters insure student athlete eligibility (age, grade, school enrollment, etc.)
9. Official rosters must be submitted. Failure to submit roster prior to the tournament will deny the school tournament play and/or fine assessed.
10. The C.Y.A.A. is not a co-educational program. Extraordinary circumstances may be petitioned to the C.Y.A.A. Advisory Board.

### **OFFICIALS**

Mandated number of officials for league play are as follows:

Volleyball – 1 (2 at championship games)  
Basketball – 2 (7th & 8th) 1 (5th & 6th)  
Football - 2  
Softball - 1  
Baseball - 1

Certified officials should be used to prevent rule discrepancies.  
Certified officials will be used at tournament games.

## SEASON AND TOURNAMENT PLAY

### Grades 5 through 8

Participation in student athletics on the 5th and 6th grade level is primarily for the purpose of instruction. During season and tournament play ALL team members at all grade levels MUST PARTICIPATE IN EACH GAME the equivalent of the time requirements listed below: During season play it is strongly recommended that playing time exceed these requirements. During tournament play the same time requirements are in effect.

Football – each player must have the opportunity to play in each game.

Volleyball – each player must have the opportunity to play in each game.

Basketball – Minimum 4 minutes in first half for each player. Second half open substitutions (see Appendix)

Baseball – 3 outs or one time at bat

Softball – 3 outs or one time at bat

\*Minimum player rules will be strictly enforced during tournament play.

Football 8

Volleyball 8

Baseball 9

Softball 9

Basketball 7

\* Where possible schools are encouraged to sponsor multiple teams in order to provide sufficient playing time for all student athletes. C.Y.A.A. recommends “no cuts.” Each team must remain together during both season and tournament play. Teams may not be reconfigured for the tournament.

No student/athlete may participate in the CYAA sports program that is in a grade under Grade 5.

### School Regions

Each school will be put into a Region according to location (Region 1, Region 2 and Region 3) for league play. Teams within each Region will play each other at least once during each season. Others games may be scheduled around the already set schedule. All teams must play pre-scheduled league games to ensure acceptance into the tournament, if applicable.

If your team is unable to play in a scheduled game and you do not notify the school by 12:00 (noon) the day of the game, **you must reimburse the opposing team the cost of the officials.** Home teams must call the opposing team, to confirm game by 12:00 (noon) the day of the game, to preclude a possible cancellation.

### Big School Definition

A school having over 36 students in either 7th or 8th grade

### Small School Definition

Any school with 36 students or less in either 7th or 8th grade.

Each team must bring the following to all tournament games:

\* Pinnies

\* First Aid Kit

## Tournament Seeding

At the direction of the Board, the C.Y.A.A. Athletic Directors will seed the tournaments.

## Ejections

If a player or coach is ejected from the regular or tournament game he/she must sit out the next game.

## **CYAA Regions 2015-2016**

### **Region 1**

All Saints  
Christ Lutheran  
OLMC  
OLPH - Scottsdale  
Scottsdale Christian  
Ss. Simon and Jude  
St. Frances Xavier  
St. John Bosco  
St. John XXIII  
St. Mary Basha  
St. Theresa  
St. Thomas the Apostle

### **Region 2**

Annunciation  
Loyola Academy at Brophy  
Most Holy Trinity  
OLPH - Glendale  
PDS (Phoenix Day/Deaf)  
Sacred Heart - Prescott\*  
San Francisco de Asis - Flag\*  
St. Jerome  
St. John Vianney  
St. Joseph, Cottonwood\*  
St. Louis the King  
St. Thomas Aquinas  
St. Vincent de Paul  
Torah Day School

### **Region 3**

Christ the King  
Queen of Peace  
St. Agnes  
St. Catherine  
St. Gregory  
St. Matthew  
St. Peter Mission  
St. Timothy  
Summit School  
Villa de Marie  
Phoenix Hebrew Academy

## **Tournament Divisions**

### **BIG SCHOOLS**

All Saints  
Christ Lutheran School  
OLMC  
OLPH - S  
St. John XXIII  
SS. Simon and Jude  
St. Francis Xavier  
St. John Bosco  
St. Mary-Basha  
St. Theresa  
St. Thomas the Apostle  
Scottsdale Christian

### **SMALL SCHOOLS**

Annunciation – Cave Creek  
Christ the King  
Most Holy Trinity  
OLPH - G  
Phoenix Day/Deaf  
Queen of Peace  
St. Agnes  
St. Catherine  
Villa de Marie  
Phoenix Hebrew Academy  
St. Gregory  
St. Jerome  
St. John Vianney  
St. Louis the King  
St. Matthew  
St. Thomas Aquinas  
St. Timothy Catholic  
St. Vincent de Paul  
Loyola Academy at Brophy  
St. Joseph – Cottonwood  
Summit School

## **DIOCESAN TOURNAMENT FORMAT/RULES**

We will have a 7<sup>th</sup> grade tournament and a 7<sup>th</sup>/8<sup>th</sup> grade tournament according to divisions listed on page 21 pending number of teams entering tournament. Be sure to create your teams accordingly. Teams will be seeded by CYAA Boys and Girls Athletic Directors for tournament play. All championships will be ONE game only.

To assist in covering the cost of equipment, awards, facilities, and site directors, all adults attending will be charged \$2.00 each day to watch the tournament play. Site directors will be responsible to provide a cashier at the door/gate.

**Tournament Withdrawal** – When a school withdraws/forfeits from a tournament (after the tournament bracket is posted) there will be a \$125.00 fine per game charged. Repetitive withdrawals (during the same season or in multiple seasons during a school year) by a school may result in loss of league participation in an upcoming season along with monetary fines.

A “tournament committee” made up of the C.Y.A.A. Athletic Director and two coaches will serve as an onsite review team and will deal with rule violations immediately. However, when coaches are not available, it will be up to the discretion of the C.Y.A.A. Athletic Director and Site Director to make the final decision. The decision of the “tournament committee” and/or Athletic Director or Site Director will be final. Rule violations not questioned at the time of the game will not be heard.

Rule violations include, but are not limited to:

- \*Not adhering to eligibility and tournament rules as listed in the C.Y.A.A. Code of Conduct
- \*Non-attendance at pre-tournament meetings
- \*Not playing all students according to the rules outlined in the C.Y.A.A. Code of Conduct
- \*Not adhering to responsibilities outlined for coaches, parents, students in the C.Y.A.A. Code of Conduct

Decisions made by officials may be questioned by the Coach in an appropriate manner.

## PROTESTS/APPEALS

Every attempt should be made to resolve a conflict during regular play at the lowest possible level. Occasionally matters may arise which will require an objective review by third parties in order to assure the maintenance of positive relationships. To facilitate reconciliation, communication and the strengthening of the community of faith, the following general guidelines shall be followed:

- 1) Coach first seeks resolution with the coach of the opposing team
- 2) If the resolution is unsatisfactory, the principal of the opposing team is contacted by the principal seeking resolution. Should the two principals involved reach a resolution, that resolution is final and binding.
- 3) If the resolution is still unsatisfactory, the C.Y.A.A. Athletic Board is contacted in writing by the principal seeking resolution. Any three members of the Board can hear the appeal. The decision of the C.Y.A.A. Athletic Board is final and binding.

**Protests cannot be filed during C.Y.A.A. tournament play. Coaches may appeal to the Site Director, at the time of the event, whose decision will be final.**

## INFRACTIONS

At any time a coach may submit an incident form to the C.Y.A.A. Board describing the specific infraction that has taken place. The infraction will be investigated and the validity determined by a review committee of the C.Y.A.A. Board.

Schools with continuous valid infractions will be denied participation in C.Y.A.A. league and tournament play for the next sports season. Schools with continual spectator and/or coach infractions will be denied all participation in C.Y.A.A. Tournament play for the next sports season subject to Board discretion.

Should the infractions occur during spring sports the school will be denied participation in C.Y.A.A. tournament play for the following fall sports season.  
(See C.Y.A.A. Incident Report, Appendix F)

The Catholic Youth Athletic Association reserves the right to revise this Code of Conduct after giving reasonable notice.

Questioning of “calls” made by officials will not be considered rule violations.

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## BASIC FIRST AID AND CPR

It is important and beneficial that all C.Y.A.A. Coaches know how to care for their athletes in an emergency, therefore, C.Y.A.A. recommends that all coaches contact the Red Cross or other agencies to inquire about First Aid and CPR Certification. The following information is a summary of First Aid and CPR skills, and is not a substitute for skills and knowledge learned in a First Aid and CPR Course.

### General Information

**SEC.1** Coaches should always:

- A) Know medical history of all players prior to any activity.
- B) Have in their possession a first aid kit which contains:
  - Ace Bandage
  - Hand cleaner
  - Adhesive tape
  - Moleskin
  - Antiseptic towelettes
  - Needle/Safety pin
  - Band aids (assorted sizes)
  - Non-stick sterile pads (assorted sizes)
  - Blanket
  - Petroleum Jelly
  - Cold pack (2)
  - Rolled Gauze
  - Disposable latex gloves
  - Scissors
  - Eye pads (2)
  - Triangular Bandage
  - Gauze pads (assorted sizes)
  - Tweezers
- C) Treat any injuries that involve blood with disposable latex gloves. Dispose of the gloves properly.

### Emergencies

**SEC.1** In an emergency, coaches should always:

- A) Check the scene for safety and check the victim for level of consciousness, breathing, pulse, and bleeding.
- B) Call 911. Give the dispatcher:
  - The exact location or address of the emergency.
  - The telephone number from which the call is being made.
  - The caller's name.
  - Information about the situation.
  - The number of people involved.
  - The condition of the victim(s).
  - The care being given to the victim(s).
    - Do not hang up until the dispatcher hangs up. The 911 dispatcher may be able to tell you how to care for the victim until help arrives.
- C) Care for the victim until help arrives by:
  - Watching for changes in the victim's breathing and consciousness.
  - Helping the victim rest comfortably.
  - Keeping the victim from getting chilled or overheated.
  - Reassuring the victim.

## Basic First Aid For Sports Related Injuries.

### SEC.1      **Bleeding**

To reduce risk of disease transmission, place a barrier between you and the victim's blood (latex gloves, plastic wrap, cloth, victim's hand). Wash hands with soap and water after providing care.

A) **Call 911**, if necessary.

B) Direct pressure:

1. Place a dressing (gauze pad, clean cloth) over wound and apply direct pressure.
2. If dressing is not available, have injured person apply pressure with their hand.

C) Elevate the wound if fracture is not suspected.

1. Elevate wound above level of heart.
2. Continue direct pressure.
3. Apply a pressure bandage to hold the gauze pad or cloth in place.

D) Pressure points:

1. Although rare, in some cases direct pressure and elevation may not control bleeding. In these cases, apply pressure to a pressure point while maintaining direct pressure.
2. Arm wound: apply pressure over brachial artery which compresses the artery against the bone.
3. Leg wound: apply pressure over the femoral artery with the heel of your hand. This compresses the artery against the pelvic bone.

### SEC.2      **Choking (Adult and Child)**

A) Ask: "Are you choking?"

B) If victim cannot cough, breathe, or speak, [**have someone call 911**] while you perform abdominal thrusts:

1. Stand behind the victim.
2. Wrap your arms around the victim's waist.
3. Place your fist with thumb side against the victim's body in the midline just above the navel and well below the lower tip of the breastbone.
4. Grasp your fist with your other hand.
5. Press with a quick inward and upward thrust.

C) Use chest thrusts for victims who are obese.

D) Repeat thrusts until obstruction is cleared.

E) If victim becomes unconscious:

1. Lie victim on back.
2. Give 5 abdominal thrusts with heel of hand just above the navel.
3. Do a finger sweep of the mouth of adult. Finger sweep mouth of child only if you can see the object.
4. Give two full breaths.
5. Repeat steps E2, E3, and E4 as necessary.

### **SEC.3 Cramps**

- A) Have the victim rest in a cool place.
- B) Give the victim cool water or sports drink.
- C) Lightly stretch the muscle and gently massage the area.
- D) Never use salt tablets.

### **SEC.4 Diabetic Emergencies**

- Signals: Changes in level of consciousness including dizziness, drowsiness, and confusion; rapid breathing; rapid pulse; and feeling and looking ill.
  - A) Ask victim if he/she is diabetic or look for a medical alert tag.
  - B) If victim is conscious, give sugar (candy, fruit juices, non-diet soft drinks, table sugar dry or dissolved in a glass of water).
  - C) If person does not feel better within 5 minutes after taking sugar, call 911.
  - D) If person is unconscious, do not give anything by mouth, call 911.

### **SEC.5 Eye Injuries (Floating object in eye)**

- A) Tell victim to blink several times.
- B) If blinking does not remove object, lift the upper eyelid and have victim look down. Gently flush eye with water.
- C) If object remains, seek medical care.

### **SEC.6 Fractures and Dislocations**

- Fractures are breaks or cracks in bones. Closed fractures leave the skin unbroken. An open fracture involves an open wound.
- Signals: Pain, swelling, deformity, discoloration or bruising of the skin, and inability to use affected part normally.
  - A) Call 911.
  - B) Control bleeding.
  - C) Care for shock. (See Shock)
  - D) Do not move victim.
  - E) Treat a dislocation as a fracture.
  - F) Splint the injury in the position you find it. Apply splint so that it immobilizes the fractured bone and the joints above and below the fracture.
  - G) Elevate injured area without disturbing the suspected fracture.
  - H) Apply a cold pack to a closed fracture. Do not apply a cold pack to an open fracture.

### **SEC.7 Head, Neck, and Spine Injuries**

- Signals: Bumps, bruises, or wounds on the head; headache; dizziness; unconsciousness (mediate or delayed half an hour or more); unequal pupils; sleepiness or inability to be wakened; bleeding or fluid draining from the mouth, nose, or ears; facial muscles or other body parts paralyzed or working abnormally; numbness, loss of sensation or inability to move fingers, toes, or extremities; deformity of neck or spine.
  - A) Stabilize head and neck as you found them:
    1. Place your hands along each side of the victim's head.
    2. Hold the head in place.
  - B) Send someone to call 911.

- C) Monitor breathing and pulse.
- D) Stay with victim and continue to stabilize the head and neck until 911 personnel takes over.
- E) Do not move victim unless absolutely necessary. If victim must be moved, do it carefully without twisting or bending his/her body.
- F) Make sure bleeding does not impair breathing. If airway becomes blocked by fluids, place victim on backboard and turn on side.
- G) Control external bleeding.

## **SEC.8 Heat Exhaustion**

- Signals: Cool, moist, pale, or red skin; heavy sweating; dilated (large) pupils; headache; nausea; dizziness and weakness; exhaustion; and normal or below normal body temperature. If not treated, heat exhaustion can lead to heat stroke.
  - A) Get person out of heat and into cooler place.
  - B) Place victim on back with feet elevated.
  - C) Loosen or remove victim's clothing.
  - D) Cool victim by fanning and applying cold packs or wet towels or sheets.
  - E) Give victim ½ glass of water every 15 minute, if conscious.
  - F) Care for shock, if necessary. (See Shock)
  - G) If a person refuses water, vomits or begins to lose consciousness, call 911.

## **SEC.9 Nosebleed**

- A) If you suspect a head, neck, or back injury, do not move victim or stop the flow of blood and clear fluids coming from the nose and ears.
- B) Have victim sit with head slightly forward, chin toward chest.
- C) Pinch the nose shut.
- D) Bleeding can also be controlled by applying an ice pack to the bridge of the nose or by putting pressure on the upper lip, just beneath the nose.
- E) Tell victim to avoid rubbing, blowing, or picking his/her nose.
- F) Seek medical care if nosebleed continues, if bleeding starts again, or if bleeding is a result of high blood pressure.
- G) If the victim loses consciousness, place him/her on his/her side to allow blood to drain.  
Call 911.

## **SEC.10 Seizures**

- Signals: Seizures can range from mild blackouts to sudden, uncontrolled muscle contractions called convulsions. Convulsions may last for several minutes.
  - A) Do not hold or restrain the person.
  - B) Do not place anything between his/her teeth.
  - C) Protect person from injury and keep his/her airway open.
  - D) Move equipment that might get in the way.
  - E) Protect head by placing a cushion, such as folded clothing, beneath it.
  - F) If the person vomits, place him/her on his/her side.

G) When the seizures are over, the person will be drowsy and disoriented and will need to rest.

H) Reassure and stay with the person until he/she is fully conscious.

- If you know the person has epilepsy, it is usually not necessary to call 911 unless:
  - The seizure lasts longer than a few minutes.
  - Another seizure begins soon after the first.
  - Victim does not regain consciousness after the jerking movements have stopped.
- Call 911 when someone having a seizure also:
  - Is known to be a diabetic.
  - Appears to be injured.

### **SEC.11 Shock**

- Signals: Restlessness or irritability; fast, weak pulse, fast breathing; pale or bluish, cool, moist skin; strong thirst; nausea and vomiting; drowsiness or loss of consciousness. If you recognize the signals of shock, give first aid immediately.
  - A) Call 911.
  - B) Control any external bleeding as soon as possible.
  - C) Keep the victim lying down.
    1. If you do not suspect head or neck injuries or leg fractures, place victim on his/her back. Elevate feet and legs about 12 inches.
    2. If you suspect the victim has a head or neck injury keep him/her lying flat.
    3. Place a victim who is vomiting on his/her side.
    4. If the victim has trouble breathing, place him/her in a semi-reclining position, pillows or blankets raising the head and back.
  - D) Maintain normal body temperature. Put blankets underneath and around the body, but do not overheat. If it is hot, cool the victim-provide shade and loosen clothing.
  - E) Do not give the victim anything to eat or drink.
  - F) Administer CPR, if necessary. (See CPR)

### **SEC.12 Sprains and Strains**

- A sprain is the partial or complete tearing of ligaments and other tissues at a joint. The more ligaments that are torn, the more severe the injury. A strain is the stretching and tearing of muscle or tendon fibers. It is sometimes called a “muscle pull” or “tear”.
- Signals: Pain; swelling; discoloration or bruising of skin; and inability to use the affected part.
  - A) Call 911, if necessary.
  - B) Immobilize the injured area.
  - C) Apply a cold pack to a closed injury.
  - D) Elevate affected area.
  - E) Any serious injury should receive medical attention.
  - F) Treat for shock if necessary. (See Shock)

### **SEC.13 Stings**

A) Remove stinger with tweezers or by scraping it away from the skin with your fingernail or credit card.

B) Wash area with soap and water.

C) Cover it to keep it clean.

- D) Apply cold pack to affected area. Place cloth between skin and cold pack.
- E) Watch for shock or allergic reaction.

## **SEC.14      Wounds**

- A) Bruises:
  - Ice.
- B) Scrape/cut (not severe):
  - 1. Wash with soap and warm water.
  - 2. Cover with sterile dressing.
  - 3. Watch for infection.
- C) Cut (severe):
  - 1. Control bleeding.
  - 2. Bandage with sterile dressing.
  - 3. Seek medical care.
  - 4. Watch for infection.
- D) Puncture
  - 1. Wash with soap and warm water.
  - 2. Cover with sterile dressing.
  - 3. Watch for infection (Puncture wounds infect easily).

## **Rescue Breathing**

### **SEC.1      Primary Survey**

- A) Check for unresponsiveness. Tap victim and shout, "Are you O.K.?"
- B) If no response, call 911.
- C) Open the airway using the head-tilt/chin-lift.
- D) Look, listen, and feel for breathing for 3 to 5 seconds.
- E) Give 2 slow breaths, if victim is not breathing.
  - 1. Pinch victim's nose, open your mouth wide, make a tight seal over victim's mouth.
  - 2. For child give only enough air to make the chest rise.
- F) Check for and control any severe bleeding.
- G) Check for pulse (5 to 10 seconds) at side of neck.
  - 1. If no pulse, begin CPR. (See CPR)
  - 2. If no breathing, begin Rescue Breathing.

### **SEC.2      Rescue Breathing**

- A) Maintain open airway.
- B) Pinch nose shut.
- C) Seal your lips tightly around outside of victims mouth.
- D) Rescue Breathing Rates:
  - 1. Adult: give 1 breath every 5 seconds.
  - 2. Child (1 through 8 years): give 1 breath every 3 seconds.
- E) Re-check pulse and breathing every minute.

## **Basic Cardiopulmonary Resuscitation (CPR)**

- Only qualified persons should administer CPR. Contact your local American Red Cross or other agency for training.
- **{In case of an emergency, call 911.}**

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## VOLLEYBALL RULES FOR GIRLS COMPETITION

### **RULE 1 - The Game**

**SEC.1** Volleyball is a game played by two teams of six players each with an inflated ball on a rectangular court separated into two areas by a net. One team serves the ball, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

**SEC.2** A point shall be awarded when either team violates a rule (even the serve).

**SEC.3** A side out shall be declared when the serving team violates a rule. A point is awarded to the opposing team.

**SEC.4** A coin toss shall be conducted between the captains of each team prior to the first game of the match and, if necessary, prior to the third game of a two-out-of-three game match. The visiting captain shall call the toss. The winner shall choose either to serve or receive or playing side. The loser of the toss shall be given the remaining choice.

**SEC.5** A team which has scored 25 points, and is at least two points ahead, is the winner. If the leading team does not have a two-point advantage, play shall continue until one team has a two-point advantage with a cap at 30 points.

**SEC.6** Rally score to 25 in first two games; third game is rally score to 15.

### **RULE 2 - Suspension or Forfeiture of Game**

**SEC.1** If a match is suspended due to:

- A) Power failure.
- B) Other unforeseen circumstances.

It may be resumed from the point of suspension. The score and lineup will be the same when it is resumed as they were at the moment of suspension.

**SEC.2** A game shall be declared a forfeit when:

- A) A team refuses to play when directed to do so by the official.
- B) A team has fewer than eight players to start the match.
- C) A coach is removed from the game for un-sportsman-like conduct and an authorized representative is not present to assume responsibility for the team.
- D) A coach fails to resolve situation of an unruly spectator after warning/penalty.

**SEC.3** The score of a forfeited game shall be 25-0 if the game has not started. If the game is in progress, the opposite team shall be awarded its acquired points and the opponent awarded at least 25 points or a sufficient number to reflect a two-point advantage.

**SEC.4** A match is defined as when a team has won two games out of three. The third game shall not be played unless it is necessary to determine the winner of the match. (Courtesy game is recommended.) Third game is played to 15 points.

### **RULE 3 - The Court**

**SEC.1** A court shall be 60 feet (18m) long and 30 feet (9m) wide, measured to the outer edges of the boundary lines. It is recommended that the area above the court be clear of any obstructions and at least 23 feet (7m) high.

**SEC.2** A serving area shall be along the entire baseline of your side of the court, which shall be six feet in depth. In the event that such space is not available, the serving area shall extend into the court whatever distance necessary to provide the minimum depth and be so marked. (If both coaches are in agreement prior to a fifth grade game, the serving line may be moved up for season play).

**SEC.3** A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

### **RULE 4 - Out of Bounds**

**SEC.1** A ball is out-of-bounds and becomes dead when it:

- A) Touches a wall, objects mounted flush with a wall, or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball.
- B) Touches the floor completely outside the court's boundary line.
- C) Touches the net cable or net completely outside the vertical tape markers, net support or official's platform.
- D) Touches the net antennas or does not pass over the net entirely between the net antennas.
- E) Touches a non-player who is not interfering with a player's legitimate effort to play the ball.
- F) Touches the ceiling or overhead obstructions beyond the vertical play of the net and its out-of-bounds extension.
- G) Touches or breaks the plane of a non-playable area such as adjacent court scheduled for play, bleachers, benches, officials' table, etc.
- H) Touches any part of a backboard which is hanging in a vertical position, over a playable area if, in the judgment of the official, the ball would have remained in play if the backboard had not been there.

**SEC.2** Penalty For Out-Of-Bounds:

A point is awarded to the opponent.

## **RULE 5 - Restricted Play**

**SEC.1** The official shall stop play when:

- A) A wall, floor obstacle, non-playable area or non-player interferes with player's legitimate effort to play the ball.
- B) A player breaks the plane of a non-playable area.
- C) A player gains an advantage by contacting any floor obstacle, wall or another player.
- D) It is necessary to prevent player injury from contact with obstacles or walls.
- E) The ball contacts any part of a backboard which is hanging in a vertical position over a playable area.

**SEC.2** Penalties For Restricted Play:

- A) When a wall, floor obstacle or non-playable area that is less than six feet (2m) from a boundary line, or a non-player causes the interference, a replay is declared provided the player was making a legitimate effort to legally play the ball.
- B) When, in the judgment of the official, the ball would have remained in play had the vertical backboard not been over the playable area, a replay is granted.
- C) In all other situations, a point is awarded to the opponent.

## **RULE 6 - Equipment**

**SEC.1** The height of the net shall be seven feet for the fifth and six grade girls program and seven feet four inches for the seventh and eighth grade girls program.

**SEC.2** The official balls for CYAA Volleyball games are the official synthetic or leather balls. For Grades 5 & 6 use the Volley-Lite 25; for 7<sup>th</sup> & 8 grade play use regulation weight.

**SEC.3** Home team is responsible for one official, scorekeeper, scoring book, and game ball.

- CYAA recommends the home team provide a visible scoreboard, scorekeeper and official book.
- CYAA recommends each team provide a volunteer line judge.

## **RULE 7 - Player Equipment**

**SEC.1** A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist or forearm.

**SEC.2** Supports are permitted on other parts of the body (an elbow brace shall not extend more than halfway down the forearm) as long as they are soft and yielding or covered. Metal parts on any brace shall be padded. CYAA recommends players wear kneepads.

**SEC.3** Any equipment that increases a player's advantage is prohibited.

**SEC.4** Hair devices may be worn if made of soft material. Hats, full visors, and sunglasses can be worn during regular play however they are not permitted during tournament play unless held outdoors.

**SEC.5** Players shall not wear jewelry.

**SEC.6** Tennis shoes are required.

**SEC.7** CYAA recommends that players wear a mouthpiece.

## **RULE 8 - Player Uniform**

**SEC.1** Each player shall be identified by a number on the uniform top which is not a duplicate of a teammate's number.

**SEC.2** The number shall be:

- A) Clearly visible.
- B) Not more than two digits.
- CYAA requires (2005-2006) the number be placed on the front and back of the uniform top.  
*\*exceptions to be approved by CYAA Athletic Director*

**SEC.3** If a player wears an undershirt, it shall be plain and of like color to the predominant color of the uniform top. Beginning with the 1995-96 school year, uniforms shall not include advertising or a partial or whole company logo or trademark which exceeds 1½" x 1½" or appear more than once.

**SEC.4** Players shall not wear undergarments or tights that are not the same color as the uniform bottom.

Exception:

Compression shorts which are unadorned, of a single color similar to the predominant color of the uniform bottom, and do not extend below the knee may be worn.  
Compression shorts may not be worn in lieu of shorts.

**SEC.5** Penalty for Illegal Equipment or Uniform:

- A) When a player attempts to enter the game wearing illegal equipment or uniform, unnecessary delay shall be assessed. Subsequent player equipment or uniform violations by the same team during the match results in a point being awarded the opponent.
- B) When a player wearing illegal equipment or uniform is discovered in the game, unnecessary delay shall be assessed the team. The player shall be removed and shall not re-enter the game until the illegal equipment or uniform is removed or made legal. A second uniform violation will result in an un-sportsman-like conduct penalty.

## **RULE 9 - The Team: Composition and Position**

**SEC.1** A team shall consist of six players to begin the match. If a team has fewer than six eligible players due to illness, injury or disqualification after the start of a match, it shall continue play.

**SEC.2** A playing captain shall be designated by each team and this is the only player who may communicate with officials. If this player is replaced by a substitute, the coach shall designate another player as captain who shall remain as such until substituted for or until the original playing captain returns to the game. During a match, the playing captain may request team time-outs and the serving order during dead balls and may, if the signals are missed, ask the official to repeat the call.

- A captain from each team must attend the pre-match conference.

**SEC.3** The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.

**SEC.4** At the moment of serve:

- A) All players, except the server, shall be within the team's playing area and may be in contact with the boundary lines, or center line, but may not have any part of the body touching the floor outside those lines.
- B) All players shall be in correct serving order. The center front shall not have a foot touching the floor as near the right sideline as the right front nor as near the left sideline as the left front. The center back shall not have a foot touching the floor as near the left sideline as the left back. The center back on the receiving team shall not have a foot touching the floor as near the right sideline as the right back. No back row player shall have a foot touching the floor as near the center line as the corresponding front row player.
- C) After the ball is contacted for the serve, players may move from their respective positions.

**SEC.5** When the serve is awarded to a team, that team shall rotate clockwise one position.

**SEC.6** A request for the team serving order may be made by a coach or playing captain while the ball is dead.

**SEC.7** Penalties for Illegal Positioning:

- A) For illegal alignment, a point is awarded the opponent for:
  1. Overlapping by players other than the server at the moment a legal serve occurs.
  2. Positioning, at the moment of a legal serve, of any player, other than the server, outside the boundaries of the playing area.
- B) For an improper server, a point shall be awarded as soon as the improper server is discovered and verified. Any points known by the official scorekeeper to have been made by the improper server shall be canceled.
  1. When an improper server is discovered prior to the contact of the first serve by the opposing team, all points earned by the improper server shall be canceled. No further penalty is assessed.

2. When an improper server is not discovered until after the serve has alternated and the first serve has been contacted, there shall be no cancellation of points, and no penalty is assessed.
3. Proper serving order as written in the scoring book shall be regained immediately.

**SEC.8** A screen is an act, intentional or unintentional, which obstructs the receiving player's view of the server or the flight of the ball from the server. This includes, but is not limited to, the following:

- A) The server is hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member(s) of the group.
- B) A player with hands extended clearly above the height of the head or with arms extended sideways at the moment of serve if the served ball passes over the player(s).

**SEC.9** Penalty For Screening:

A point is awarded the opponent.

## **RULE 10 - Line Up**

**SEC.1** Two minutes prior to the game, a coach from each team shall submit to the scorekeeper an accurate, written lineup of the uniform numbers for the six starting players in proper serving order.

**SEC.2** Following each game, a coach from each team shall:

- A) Submit to the scorer any changes in the starting serving order from the previous game.
- B) Verbally notify the scorer that the starting lineup will remain the same as the starting lineup for the previous game. This shall constitute the serving order recorded in the scoring book.

**SEC.3** Penalties For A Late Or Inaccurate Lineup:

Failure to turn in a lineup by the required time or list a player or substitute entering the game results in a point is awarded the opponent. The player or substitute may enter the game after the scoring book is corrected.

- When a player's number changes because the player must change a uniform with excessive blood on it, the roster is corrected and no penalty is assessed.

## **RULE 11 - The Serve**

**SEC.1** A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm after it is released. The ball shall be contacted within five seconds after the official's signal to serve.

**SEC.2** The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.

**SEC.3** The serve shall be permitted to hit the net and if goes over is constituted to be a legal net hit serve.

**SEC.4** A player's term of service begins when the player assumes the right back position as the server and ends when a violation is made by the player's team or a substitution for the player is made prior to the end of the team's term of service. A player may have only one re-serve during their term of service.

**SEC.5** A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The official shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds for the re-serve.

- A re-serve is considered to be a part of a single attempt to serve. Therefore, after the official's signal for service, no requests (time-outs, service order, lineup, substitution, etc.) May be recognized until after the ball has been served.

**SEC.6** The first server for each team is the Right Back player. Thereafter, the Right Front player rotates to the serving area.

**SEC.7** A team continues serving until a violation is made by serving team or the game ends.

**SEC.8** The team not serving first in the previous game of a match shall serve first in the second game.

**SEC.9** A serve is illegal and the ball remains dead if the server:

- A) Hits the ball illegally.
- B) Is touching the end line or the floor outside the serving area when the ball is contacted.
- C) Does not contact the ball to serve within five seconds.
- D) Is out of serving order or is from the wrong team.
- E) Deliberately serves before the official's signal to begin the serve.
- F) Releases the ball for service, then catches it or drops it to the floor more than once during one term of service.

**SEC.10** A served ball is a service fault and becomes dead when the ball:

- A) Does not legally cross the net, such as when the ball touches:
  - 1. or passes under the net.
  - 2. one of the server's teammates.
  - 3. the floor on the server's side of the net.
- B) Crosses the net not entirely between the net antennas, or lands out-of-bounds.
- C) Touches the ceiling or any obstruction.

**SEC.11** When a receiving team player is out of position on the serve and:

- A) The ball is served illegally, the serving team is penalized.
- B) A service fault occurs, the receiving team is penalized.

**SEC.12** Service Penalties:

- A) For an illegal serve, a service fault, or the receiving team being out of position when there is an illegal serve, a point is awarded the receiving team.
- B) For the next receiving team being out of position when there is a service fault, a point is awarded the receiving team.
- B) For a server having a second re-serve during one team's term of service, a point is awarded the receiving team.

## **RULE 12 - During Play**

**SEC.1** All non-playing team members, including coaches and managers, shall be seated on the designated bench during the game. Teams shall occupy the bench located on the side of the net adjacent to their playing area throughout the match. (no other spectators, adults or children are permitted to sit with the team)

**SEC.2** End of the game procedure:

Players will be directed to the end line by the referee as part of the end of the game signal. Prior to the third games, in a two out of three game match, the players will remain on their respective end lines during the coin toss procedure. After other non-deciding games, once the score is verified to the referee, the referee will blow the whistle and signal the players to change courts. The non-playing team members will immediately change benches, and the players will move in a counter clockwise direction past the standards to their new team bench area.

**SEC.3** A live ball is one in play, from the moment the ball is legally contacted by the correct server until a dead ball occurs.

**SEC.4** A dead ball is one declared by an official for any decision temporarily suspending play until the ball is legally contacted for the serve.

**SEC.5** A live ball becomes dead when:

- A) The ball touches the net antennas or does not pass entirely between the antennas.
- B) The ball lands out-of-bounds.
- C) The ball contacts the ceiling or an overhead obstruction and is not legally played next by the offending team.
- D) The ball contacts the ceiling or an overhead obstruction after the third hit.
- E) The ball contacts a wall or ceiling obstruction which is over a non-playable area.
- F) The ball becomes motionless in the net or on an overhead obstruction.
- G) The ball touches the floor.
- H) The ball passes completely under the net.
- I) The ball contacts a non-player in a playable area.
- J) A player or ball breaks the plane of a non-playable area.
- K) A player commits a foul.
- L) An official's whistle sounds for any reason.

## **RULE 13 - Contacting the Ball**

**SEC.1** A contact is any touch of the ball by a player. A hit is a contact or touch of the ball which is counted as one of the team's three allowable plays before the ball is returned to the opponent.

**SEC.2** A team shall not have more than three hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponents, or an action to block, the net contact is considered the team's first hit.

## **RULE 14 - Players Actions**

### **SEC.1** Definitions:

- A) **Pass** - A Play in which the ball is hit into the air so another player can get into position to contact the ball.
1. **Forearm pass** - a controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate.
  2. **Overhead pass** (setting action) - two hand finger action directing the ball to a teammate.
  3. **Set** - two (or one) hand finger action directing the ball to an attacker.
  4. **Dig** - an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, fists or hands.
- B) **Attack** - Any play adding force and/or direction to the ball with the intention of returning the ball to the opponent. A team's third hit is always considered an attack.
1. **Spike** - an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
  2. **Tip or Dink** - a fingertip attack on the ball which directs the ball into the opponent's court.
  3. **Dump** - a fingertip attack most commonly used by a setter on the second hit.
  4. **Overhead pass** - two-hand finger action directing the ball over the net.
- C) **Block** - A play approximately arm's length from the net in which a player(s), whose hand(s) is raised above the head, contacts the ball near the top of the net in an attempt to:
1. prevent the ball from crossing the net.
  2. return the ball immediately.
  3. deflect the motion of the ball.
- A block may involve wrist action provided there is no prolonged contact.

**SEC.2** Front row players may contact the ball from any position inside or outside the court except while positioned completely across the center line or its out-of-bounds extension.

**SEC.3** Back row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.

**SEC.4** When a back row player, on or in front of the attack line, contacts the ball which is completely above the height of the net, on a team's first or second hit, passing it to a teammate and an opponent legally contacts the ball before it completely crosses the net, play continues. If the ball completely crosses the net untouched, it is a back row player foul.

**SEC.5** A back row player shall not:

- A) Participate in a block or an attempt to block.
  - B) Attack and/or direct a ball which is completely above the height of the net while positioned:
    - 1. on or in front of the attack line or its out-of-bounds extension.
    - 2. in the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
- A foul shall not be called on a back row player until the ball is considered to have crossed the net.
    - C) Play a ball while positioned completely across the center line or its out-of-bounds extension.
- \*CYAA does not allow for a libero position*

**SEC.6** A player may touch the floor across the center line or its out-of-bounds extension with one or both feet provided a part of the foot/feet remains on or above the center line. Contacting the floor across the center line or its out-of-bounds extension with any part of the body is illegal.

**SEC.7** Penalties For Illegal Player Action:

A point is awarded the opponent for center line foul or back line player foul.

## **RULE 15 - Net Play**

**SEC.1** A ball contacting and crossing the net, other than when served, shall remain in play provided contact is within or above the vertical tape markers and entirely within the net antennas.

**SEC.2** Recovering a ball hit into the net shall be permitted.

**SEC.3** A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.

**SEC.4** Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:

- A) Attacking team has completed its three allowable hits.
- B) Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with intent to return it to the opponent's court.
- C) Ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball.
- D) Ball is served.

**SEC.5** A net foul occurs while the ball is in play and:

- A) A player contacts any part of the net including net cables or net antennas. It is not a foul when a player's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
- B) A player gains an advantage by contacting the floor or wall cables, standards or official's platform.
- C) There is dangerous contact by a player with the floor or wall cables, standards, or official's platform.
- D) There is interference by a player who makes:

1. contact with an opponent which interferes with the opponent's legitimate effort to play the ball.
2. intentional contact with a ball which the opponent has caused to pass partially under the net and the opponent is attempting to play it again.

**SEC.6 Penalties For Illegal Net Play:**

For a net foul or over-the-net foul, a point is awarded the opponent.

**RULE 16 - Fouls**

**SEC.1** A foul is a failure to play as permitted by the rules.

**SEC.2** A double foul occurs when opposing players commit rule violations at the same instant.

**SEC.3** A multiple foul occurs when the same team commits more than one violation of a single rule at the same instant during play or dead ball.

**SEC.4** A simultaneous foul occurs when a team violates more than one rule at the same instant during play or dead ball.

**SEC.5** A double hit occurs when a player's successive or multiple contacts are illegal.

**SEC.6** A foot fault occurs when a player violates the serving area or center line restrictions.

**SEC.7 Penalties for Fouls:**

- A) For a single foul (double hit or foot fault), point to the opponent.
- B) For a double foul during a:
  1. live ball play, a replay is called.
  2. dead ball, the penalty is assessed against the serving team followed by the receiving team with both teams rotating.
- C) For a multiple foul, only one penalty is assessed (point).
- D) For a simultaneous foul during a:
  1. live ball play, only one penalty is assessed.
  2. dead ball, all applicable penalties are assessed.

**RULE 17 - Replays**

**SEC.1** A replay is the act of putting the ball in play without awarding a point and without a rotation for the serve. A replay shall be declared when:

- A) An official's mistaken whistle interrupts play.
- B) A double whistle occurs on the serve.
- C) A player unintentionally serves the ball prior to the official's signal to serve. (a warning will be given)
- D) There is a double foul during a live ball.
- E) There are conflicting calls which the official cannot resolve.
- F) A player's legitimate effort to legally play the ball, in the judgment of the official, is affected by a:
  1. non-player anywhere in a playable area.
  2. wall, floor obstacle or non-playable area within six feet of the court.

3. ball becoming motionless in the net inside the vertical tape markers or on/in an overhead obstruction over a playable area.
- G) Play is interrupted because:
1. a foreign object enters the proximity of the playing area.
  2. The official determines that a player has been injured.
- H) The ball contacts a backboard hanging in a vertical position over a playable area and, in the judgment of the official, the ball would have remained in play had the backboard not been there.

## **RULE 18 - Unnecessary Delay**

**SEC.1** Unnecessary delay includes, but is not limited to when:

- A) A team is not immediately ready to start play when indicated by the official.
- B) Delay results from a substitute attempting to enter, or when a player in the game is wearing illegal equipment.
- C) A coach or captain makes excessive requests for the serving order.
- D) A team delays substitution.
- E) An illegal substitute enters or attempts to enter the game.
- F) A team repeatedly uses improper substitution procedure.
- G) A coach does not make a decision about an injured player within thirty seconds.
- H) A team takes liquid or powder substances onto the court during a team time-out.

**SEC.2** Penalties For Unnecessary Delay: For a coach, player, substitute or team charged with unnecessary delay, a time-out shall be assessed and the sixty seconds given. If the team has used all its time-outs, a point is awarded the opponent and the game is resumed immediately.

## **RULE 19 - Substitution**

**SEC.1** A substitution is the replacement of at least one player in the game by a teammate (substitute) who is listed on the scoring book.

**SEC.2** A request for substitution shall not be recognized if made:

- A) By anyone other than a coach.
- B) During a live ball.
- C) After the official has signaled for serve.

**SEC.3** Each team is permitted only substitution request during the same dead ball. Other requests for substitution by the same team shall be denied.

**SEC.4** Substitution request prior to the start of the game shall be denied. In case of an injury or illness to a starting player, a lineup change may be made without penalty and no entry shall be charged to the injured or ill player.

**SEC.5** To request a substitution, the coach shall:

- A) Stand and visually or verbally signal to the officials that substitution is desired.
- B) Immediately sit down when the request is recognized, or after greeting the replaced player(s).
- C) A team is allowed eighteen (18) substitutions per game. (not per match)

**SEC.6** The official recognizes the request by whistle and signal. After the official's recognition of a request, each substitute shall immediately:

- A) Move to stand at the sideline between the attack line and the center line of that team's playing area, facing the player being replaced.
- B) Report to the official his/her number and the number of the player to be replaced.

**SEC.7** The player and substitute shall remain at the sideline until the official has reported the numbers of the players involved to the scorer and has instructed them to exchange places.

**SEC.8** During a time-out:

- A) Each substitute shall report to the official his/her number and then the number of the player to be replaced. Substitutes from the same team must report at the same time.
- B) The official reports the numbers of the players involved to the scorer.
- C) Player(s) shall enter the game at the end of the time-out without following normal exchange procedures.

**SEC.9** Improper substitution occurs and is corrected when a:

- A) Substitute reports to the official before the coach's request is recognized.
- B) Substitute and the player being replaced do not take correct exchange positions.
- C) Substitute does not report the numbers to the official or reports them incorrectly.
- D) Substitute enters or a player leaves the court before the official indicates the substitution has been recorded.
- E) Coach reports the uniform numbers to the official.

**SEC.10** Delaying substitution is illegal and occurs when a:

- A) Coach:
  1. does not immediately sit down after the request for substitution is recognized or greeting the replaced player.
  2. withdraws a substitution request after it has been recognized.
- B) Substitute fails to immediately:
  1. report to the official after substitution request is recognized.
  2. enter the court when indicated by the official.
- C) Substitution includes more than one substitute from a team and they do not report to the official at the same time.

**SEC.11** Penalties Regarding Substitution:

- A) Unnecessary delay is charged the offending team when a:
  1. substitution is delayed.
  2. substitution is denied by the official after the request has been recognized because the substitute is illegal; or is wearing illegal equipment.
  3. team repeatedly uses improper substitution.

- B) After a team is charged with unnecessary delay:
  - 1. the coach may withdraw the request.
  - 2. for illegal substitution, equipment or uniform, substitution is allowed after corrections are made, if there is no further delay of the game.

## **RULE 20 - Substitutes**

**SEC.1** The position of the substitute shall be that of the player replaced without changing the serving order as printed in the scoring book.

**SEC.2** A re-entering player shall not return to the game during the same dead ball in which the player was replaced. The re-entering player shall assume the original position in the serving order in relation to other teammates.

**SEC.3** An injured or ill player who is legally replaced may re-enter the game.

**SEC.4** When a player is rendered unconscious or apparently unconscious during a game, the player shall not be permitted to resume participation that day without written authorization from a physician. When this situation involves a player in the game, the official shall determine if the player is unconscious or apparently unconscious.

**SEC.5** When no legal substitutes are available, an abnormal substitution is permitted only for an injured or ill player by a player who has played in another position but has less than three entries. If such a player is not available, a player who has been in the game three times may substitute. An injured or ill player replaced by an abnormal substitution may not re-enter the game in which the abnormal substitution takes place.

**SEC.6** A substitution is illegal when the substitute:

- A) Is in the game without following the required substitution procedure.
- B) Re-enters or attempts to re-enter the game:
  - 1. during the same dead ball.
  - 2. in which the substitute was replaced by abnormal substitution procedure.
  - 3. for a fourth entry.
  - 4. without assuming the original position in the serving order as printed in the scoring book.

**SEC.7** Penalty For an Illegal Substitution:

- A) Unnecessary delay is charged the offending team when an illegal substitute attempts to enter or is found in the game:
    - 1. For the violating team any points known to have been scored in which an illegal substitute is discovered in the game shall be canceled.
    - 2. for the team in violation prior to the contact of the service by the opposing team, all points earned during the previous term of service by the violating team while the illegal substitute was in the game, shall be canceled.
    - 3. after the serve has alternated and the first serve is contacted, there shall be no cancellation of points.
- In all cases, the illegal substitute must enter legally or be replaced by a legal player.

## **RULE 21 - Time-Outs**

- SEC.1** Charged time-outs are those requested by a team or charged to a team by the official.
- SEC.2** Official's time-outs are those taken by officials for any reason they deem necessary.
- SEC.3** Requests for time-outs shall be signaled by the coach or playing captain only during dead ball, but not after the official has signaled for the next serve.
- SEC.4** A time-out requested prior to the start of the game shall be honored.
- SEC.5** Charged time-outs begin when the official recognizes the request with the whistle and signal. Charged time-outs shall not exceed sixty seconds. Each team is limited to two time-outs per game. Request for additional time-outs shall be denied and the requesting team penalized. Time-outs may be taken consecutively without play between them.
- SEC.6** The team charged with the time-out may end it prior to sixty seconds expiring.
- SEC.7** During official's or charged time-outs, teams may confer with their coaches only on the court or at the team bench.
- SEC.8** Liquid and powder substances shall not be taken onto the court.
- SEC.9** An additional time-out shall be permitted when each team has scored 24 points. (or third game at 14)
- SEC.10** Penalties for Time-out Fouls:
- A) For a team taking liquid or powder substances onto to the court or delaying its return to the floor after a time-out, unnecessary delay shall be charged assessing a time-out to the offending team and the team shall be given the sixty seconds.
  - B) For being charged or requesting a time-out in a game after a team has taken its allotted time-outs, a point is awarded the opponent, and the team shall not be given the sixty seconds.
  - C) For a team not returning to the floor immediately when the official indicates the team requesting the time-out has ended it, unnecessary delay shall be charged and the team shall be given the sixty seconds if it has a time-out remaining.

## **RULE 22 - Reviewing Decisions**

- SEC.1** To review a decision by an official which may have resulted in an incorrect decision, a coach may request and be granted a time-out, provided the request is made during the deal ball immediately following the situation in which the possible incorrect decision occurred. When a time-out is so granted, the coach shall confer with the official at the official's platform. If the conference results in the official altering the ruling, the opposing coach shall be notified, the revision made and the time-out charged to the official.
- SEC.2** Decisions based on the judgment of the official(s) are final and not subject to review.
- SEC.3** Penalty Regarding Decision:  
If the official's decision prevails, the team requesting the conference shall be charged a time-out. If the team has already used its allotted time-outs, it shall be penalized by a point awarded the opponent.

## **RULE 23 - Injury**

**SEC.1** In the case of an injury or illness during the game, the official may interrupt play and call an official's time-out. Within thirty seconds, the coach shall:

- A) Request a substitution for the player.
  - B) Leave the player in the game with play beginning immediately.
  - C) Take a team time-out if the team has not used its allotted time-outs. The game shall resume with a replay.
- If the decision is made to substitute for the injured player, the team shall be allowed the necessary time to safely move the player from the court.

**SEC.2** When it is detected that a player is bleeding, has an open wound or has a uniform with an excessive amount of blood on it, the game shall be stopped at the earliest possible time. The player shall be removed from the game, and shall not participate until proper treatment has been administered (See Basic First Aid). CYAA requires coaches to carry extra uniforms and a First Aid Kit.

**SEC.3** In case of injury or illness to a starting player prior to a game, the injured or ill player is replaced in the lineup without penalty and no entry is charged to the injured or ill player.

## **RULE 24 - Conduct**

**SEC.1** Un-sportsman-like conduct includes actions which are unbecoming to an ethical, fair, and honorable individual. It includes acts of deceit, disrespect or vulgarity.

**SEC.2** No player, coach, team attendant and/or spectator shall act in an un-sportsman-like manner while on or near the court before a match, during a game or between games.

**SEC.3** A team shall not refuse to play when directed to do so by the official.

**SEC.4** Coaches shall remain seated on the bench during a game except to:

- A) Requesting a time-out, substitution or a review of the accuracy of the score during a dead ball.
- B) Stand at the bench to greet a replaced player.
- C) Confer with players during time-outs.
- D) Spontaneously react to an outstanding play by a member(s) of their own team.
- E) Confer with officials during specifically requested time-outs.
- F) Attend to an injured player with permission of the official.

**SEC.5** Non-playing team members shall remain seated on the team bench during a game except to:

- A) Spontaneously react to an outstanding play by members of their own team.
- B) Go to a non-playable area to warm-up without balls prior to entry into the game as a substitute.
- C) Stand at the bench to greet a replaced player.

**SEC.6** Un-sportsman-like conduct for a coach, substitute or team attendant includes:

- A) Use of disconcerting acts or words when an opponent is about to play the ball.
- B) Entering the court while the ball is in play.
- C) Attempting to influence a decision by an official.
- D) Disrespectfully addressing an official.
- E) Questioning an official's judgment.
- F) Using television monitoring or replay equipment for coaching purposes during the game or any intermission.
- G) Using any artificial device or mechanical sounding device at court-side for coaching purposes.
- H) Holding unauthorized conferences.
- I) Permitting re-entrance of a disqualified player.
- J) Illegally leaving the designated bench during the game.

**SEC.7** Un-sportsman-like conduct by a player includes:

- A) Use of disconcerting acts or words when an opponent is about to play the ball.
- B) Derogatory remarks to officials or opponent.
- C) Questioning or trying to influence official's decision.
- D) Showing disgust with official's decision.
- E) Using insulting language or gestures or baiting acts which engender ill will.
- F) Making any contact with an opponent which is deemed unnecessary and which incites roughness.
- G) Using any part of teammate's body or any object to gain physical support for advance in playing the ball.
- H) Deliberately serving prior to the signal for serve.
- I) Abusing the re-serve rule.

**SEC.8** When a spectator becomes unruly or interferes with the orderly progress of the game, the official shall warn the head coach that further infraction by the spectator will result in a point and/or forfeiture.

**SEC.9** Procedure For Un-sportsman-like Conduct Violations:

- A) **Warning:** For a first minor offense, a yellow card is administered by the official at the first dead ball. The warning shall be recorded in the scoring book, but no penalty is assessed.
- B) **Penalty:** For a second minor offense by the same individual, or a single serious offense, a red card is administered at the first dead ball. A point or side-out is awarded the opponent, and the penalty is recorded in the scoring book.
- C) **Disqualification:** For a third minor or second serious offense by the same individual, or a single, flagrant offense, the yellow and red cards are displayed apart. The offender is disqualified from further participation in the match. No other penalty is assessed.  
When a coach or player is disqualified, the individual is removed from game, a point or side-out is awarded the opponent and the coach is notified of the reason for the disqualification.
- D) **Forfeit:** If a disqualified individual violates the conduct rule following disqualification, the offender's team shall forfeit the match.
  - 1. If the coach is removed from the game, and there is no other authorized school personnel available, the team shall forfeit the match.
  - 2. If a team refuses to play when directed to do so by the official the team shall forfeit the game.

- All cards carry over from game to game throughout the match; therefore the scorer shall transfer card notations from game to game throughout the match. If the situation warrants, the officials may issue a red card or a yellow and red card on a first un-sportsman-like violation
- When misconduct occurs from the bench and the officials cannot determine the specific offender(s), the warning or penalty is issued to the coach.
- Any cards given for misconduct prior to the first game or between games shall be administered at the beginning of the next game. After line-ups are recorded, the card(s) is recorded in the comments section of the scoring book for the next game.
- Requests such as the time-out, serving order check, substitution, etc. shall not be recognized until after the card(s) is administered.

## **RULE 25 - Line Judges Responsibilities**

### **SEC.1** Pre-match - Line judges shall:

- A) Be designated, and report to the official before the starting time.
- B) Review their responsibility with the official.
- C) Be assigned to their positions by the official prior to the match.

### **SEC.2** Position:

- A) When two lines judges are used, they shall stand near the intersection of the sideline with the end line, opposite the serving areas and move so they have a clear view of both the end line and the sideline.
- B) When four lines judges are used, they shall stand near the intersection of the sideline with the end line and move to have a clear view of the line for which they are responsible. The line judges shall be assigned to the following positions:
  1. one outside the sidelines on the end line extended near each serving area with the responsibility of observing the end line.
  2. one behind each end line on the sideline extended opposite the serving area with the responsibility of observing the sideline.
- C) Line judges shall hold the same positions relative to the court throughout the match.

### **SEC.3** During the Game:

Each line judge shall assist the official by:

1. indicating whether the ball is in or out of the court whenever it lands near any line to which the line judge is assigned.
2. indicating when a player touches a ball that is going out-of-bounds on the player's side of the net.
3. determining at the moment of contact for the serve whether the server touches the end line or floor outside the lines marking the width of the serving area.

**SEC.4** Each team should provide a line judge, preferably an adult or high school student. If none is available, a responsible team member should be used.

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## FLAG FOOTBALL RULE SUPPLEMENT FOR BOYS COMPETITION

Games shall be played under C.Y.A.A. Policies, Rules, and Regulations. The official has the authority to rule promptly and in the spirit of good sportsmanship on any situation not specifically covered in these rules. **The C.Y.A.A. is a passing league whereas no intentional blocking and/or contact will be allowed.** The game of flag football was designed to be played for recreational fun. There is no contact in regards to hitting, tackling, or other tactics that are related to tackle football. The defense is to pursue the ball carrier and de-flag him. All contact that is intentional will have penalties that will follow. Players can get out of control in the excitement of the game. Officials on the field are not to be left to control this kind of problem. Enthusiasm should be kept under control and in the proper perspective of the game.

The official will meet at mid-field and with a toss of the coin a team will elect to take the ball, defend a goal, or defer. The ball starts at the 20-yard line, and time begins with the first snap of the ball. The team with the ball has 4 downs to reach the next zone (about 20 yds). They then are awarded a new 1st down and continue to reach the next zone. When the defense stops the offense, and wins the ball over, they start from their 20 yard line. The rules that follow will help define the above paragraphs more clearly. Please keep this fun game in the perspective for which it was designed.

Basic Concept of the Game:

A basic concept for the game of flag-football is for the ball carrier to avoid bodily contact with the defensive player. The defense should play only the ball carrier's flags.

Flag-football is a game of skill both offensively and defensively. It is not a game where rough tactics or violent contacts are to be used. Tactics should be designed to employ speed and deception. Any flagrant or un-sportsman-like actions may lead to disqualification.

Mercy Rule will be mandatory during tournament play when there is a 28 point deficit at the end of the third quarter. The Mercy Rule may be waived during regular season play if both coaches agree to such waiver.

## **RULE #1: PLAYERS**

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- SECTION 1. The game of flag-football is played with eight (8) offensive players & seven (7) defensive players.
- SECTION 2. Flags may only be worn by **ALL players on OFFENSE and DEFENSE**. If a player intercepts a pass and is not wearing flags, the ball is dead at the spot of interception.
- SECTION 3. A 5-yard penalty is given for any infraction of section 2 above.
- SECTION 4. Players and coaches must stay inside the 20-yard line areas, 2-3 yards away from the sideline. A 5-yard penalty is given for this infraction.

## **RULE #2: EQUIPMENT**

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- SECTION 1. Shoes: Tennis, soft molded cleats, (soccer or Pop Warner) shoes may be worn. Metal cleats, hard molded cleats, street shoes, stocking feet, or bare feet will not be allowed.
- SECTION 2. Uniforms - Hard surface padding such as shoulder pads or hip pads **MAY NOT BE USED**. Forearm pads are also illegal. Casts, hard or soft, may not be used.
- SECTION 3. BALL - The official ball for games shall be junior size for 5<sup>th</sup>/6<sup>th</sup> division and intermediate/youth size for 7<sup>th</sup>/8<sup>th</sup> division. Teams may use a "runner" to bring their game ball into the game when possession changes.
- SECTION 4. Flags - Flag belts must be manufactured and designed for the game of flag-football. In October, 1988, a rule was passed that a team may wear flag belts that have 3 flags that are attached to the belt and have a clip that holds the belt onto the player.
1. Teams are not to alter the flags in any manner.
  2. Flags are not to be less that 15 INCHES in length from the top of the belt.
  3. Flags must be a contrasting color from the pants or shorts that are worn.
- SECTION 5. All players must keep their shirts tucked in their shorts or pants at all times. If unable to tuck in, flag must be worn over shirt. The official will warn the player(s) first and then if the problem continues they will penalize each team member in violation 5 yards.
- SECTION 6. The coach should never keep the TIME or work the DOWN MARKER. The home team provides the timekeeper, down marker, and the people to staff these positions.

SECTION 7. It is the home team that will adjust to another color if the visiting team is wearing the home teams colors.

SECTION 8. A first aid kit should be available at the field.

**RULE #3: THE PLAYING FIELD**

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The field shall be a rectangular area with lines and zones as shown. It is suggested that all lines be burned out with weed oil. If chalk is used, it must be done prior to each home game. Goal lines must be marked by flags or an equivalent. It is recommended that the field width to be changed to 50 yards if possible.

**RULE #4: TIME FACTORS**

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SECTION 1. Playing time shall be four (4) ten (10) minute running quarters.

SECTION 2. The clock is stopped for:

- a. Time-outs
- b. During the last two minutes of the half and of the game  
\*\* Clock starts on the ensuing snap from scrimmage.

SECTION 3. One of the two officials should keep the time on the field.

SECTION 4. Time-outs: At the request of the captain on the field (or head coach), a one (1) minute time-out is allowed. Each team is allowed two (2) time-outs per half. Time-outs from the first half may not be carried over to the second half.

**RULE #5: SUBSTITUTIONS**

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Substitutions are unlimited; however, no substitutes shall enter during a down. Hideouts are illegal. Penalty: 10 yards and loss of down (unsportsmanlike conduct)

*This page updated August 23, 2013*

**RULE #6: C.Y.A.A. TIE BREAKER**

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SECTION 1. Regular season games that end in a tie will be recorded as such.

SECTION 2. Tournament games that are tied at the end of regulation play will be resolved according to CYAA tiebreaker rules.

A toss of the coin will determine who will be on offense first for each overtime period. The ball is placed at the opponents 20-yard line for the first overtime, 10 yard line for any other overtime. Each team has four (4) consecutive plays. Each team may score as many times in these 4 plays. Intercepted passes will be considered as loss of possession. After the total eight (8) downs have been completed, the winner will be the team scoring the most points. The point after an overtime will occur.

**RULE #7: PUTTING THE BALL IN PLAY**

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SECTION 1. Visitors shall call the pre-game coin toss. The winner of the pre-game toss shall have the choice of starting on offense (from the 20 yard line) or defense of a choice of goal or defer. At half time the loser of the pre-game toss shall have their choice.

SECTION 2. Teams have thirty (30) seconds to put the ball in play from the time the official spots the ball.

SECTION 3. In order to begin a play from the line of scrimmage, the ball must be snapped from between the legs of the center. The offense must pass the ball across the line of scrimmage within seven (7) seconds or the play is dead at the spot where the ball is located behind the line of scrimmage when time is expired. The quarterback's first movement of the ball (pass/lateral etc...) must be beyond the line of scrimmage. The quarterback is not an eligible receiver across the line of scrimmage. Two (2) rushers are allowed as long as they start 7-yards back from the line of scrimmage; five (5) yard penalty if not 7-yards back. Identified rushers may "fake" rushing, but cannot cross the line of scrimmage. Once a rusher crosses the line of scrimmage their hands must be below shoulder level. They cannot block a potential pass.

SECTION 4. Quarterback is allowed to kneel to run out the clock. This is not a dead ball.

**RULE #8: DOWNS**

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A team has four (4) scrimmage downs to advance the ball to the zone.

**RULE #9: DOWNED BALL**  
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In order to down a ball carrier, either flag must be withdrawn from the waist/or flag-belt combo removed by a "defensive" player. The "defensive player" must stop at the point of the de-flagging and extend his arm up into the air in view of the officials. The ball carrier is declared down at this point. It is considered unsportsman-like conduct to throw or spike the flags and a penalty will be assessed.

**RULE #10: DEAD BALL**  
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In all cases, any ball that hits the ground is ruled dead.

**RULE #11: SCORING**  
\*\*\*\*\*

SECTION 1: Touchdown - six (6) points

SECTION 2: Conversion - From the five (5) yard line --- one (1) point  
From the ten (10) yard line --- two (2) points.

The try for an extra point is made by passing ONLY.

SECTION 3: Safety - Two (2) points plus possession

It is a safety when an offensive player causes the ball to go behind his goal line and it becomes dead in his team's possession (see interceptions).

**RULE #12: THE BALL CARRIER**  
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SECTION 1: The ball carrier shall strive to avoid the defense by agility. Any attempt by the ball carrier to RUN OVER, CHARGE, or STRAIGHT ARM shall be illegal.

**PENALTY:** 10 yards from the point of the infraction/loss of down/possible disqualification from the game.

**NOTE:** Officials, in judging "running over" by the ball carrier, will keep in mind the charging rule as applied to basketball.

- SECTION 2: Spinning - spinning is allowed.
- Ball carrier must always have one foot in contact with the ground at all times.
- SECTION 3: Jumping is not permitted unless in the Official's judgement, the ball carrier jumps to **avoid injury**. The ball carrier must have one foot in contact with the ground at all times.
- PENALTY:** 10 yards from the point of infraction/loss of down.
- SECTION 4: Diving - Diving is the act of the ball carrier attempting to advance the ball by diving through the air. No player may dive to advance the ball.  
EXAMPLE: It is illegal for the ball carrier to dive over the first down or goal line to gain the first down or to score.
- PENALTY:** 10 yards from the infraction/loss of down.
- SECTION 5: Spearing - The ball carrier may not run with his head down, i.e. as a battering ram.
- PENALTY:** 10 yards
- SECTION 6: A ball carrier is down whenever he drops his flag or when the flag is pulled off by an opponent, except in special situations, as explained in Section 7 and 8.
- SECTION 7: When the ball carrier releases the ball and his flags are pulled and the ball is then returned to him, a two-hand tag below the waist will down him.
- SECTION 8: Premature flag pulling by the defense on purpose, in the judgment of the officials, carries a 10-yard un-sportsman-like penalty and the down is played over. The penalty may be refused by the offense and the gain may be taken.
- SECTION 9: Any unsportsman-like conduct (spiking of flags or ball, throwing the ball into the air, or language that is deemed as not appropriate by a player on or off the field of play) is not allowed. This also includes parents/fans of the players that are on the sidelines. The penalty is 10 yards on the next possession if a score was made, or 10 yards from the point of the infraction.
- SECTION 10: Quick Whistle
- a) Behind the line of scrimmage or when the ball is in the air, the play is dead and goes over.
  - b) Beyond the line of scrimmage, the ball is dead where it is when the whistle is blown.

**RULE #13: PROTECTING THE FLAG**

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The ball carrier cannot protect his flags by guarding, hacking, or holding the flag with his hands or the football.

**PENALTY:** 10 yards from the spot of the foul and a loss of down.

**RULE #14: DEFENSIVE ROUGHNESS AGAINST THE BALL CARRIER**

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SECTION 1: Pushing out of bounds is illegal.

**PENALTY:** 10 yards from the spot of the foul.

SECTION 2: If the only defensive man within the inside of the 20 yard line and the goal line is guilty of the above violation, the ball carrier shall be given the score he would have attained if he was not fouled.

SECTION 3: Any contact other than that of pulling the flag is illegal.

**EXAMPLES: Holding, grabbing the arm of the ball carrier, tripping, or tackling** are all causes for unnecessary roughness.

**PENALTY:** 10 yards from the spot of the foul (Beyond the line of scrimmage. The situation will mandate an automatic first down. If behind the line of scrimmage, the down remains the same).

SECTION 4: Defensive player cannot strip the ball.

*This page updated July 19, 2011*

## **SPECIAL POINT OF INTEREST**

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**FORWARD PASS** - A forward pass is a pass thrown by the team that has put the ball in play from the line of scrimmage (forward pass must be beyond the line of scrimmage). The passer is declared down if his flag is withdrawn by a defensive player or if the passer accidentally pulls his own before his arm is in a forward motion.

**LOSS OF FLAGS** – If the player loses his flag with possession of the ball, a player is down at that point of play. If the flag hangs on the ball carrier after being pulled, player is downed at the point of the play.

**PASS INTERCEPTION** – A player who intercepts a pass anywhere on the field during a game, can run the ball back to attempt to score. If flags are pulled in the end zone, the ball is placed on the 20-yard line. The only exception to this rule is if the player who intercepts on the field of play and runs back into the end zone – if he is downed, a safety would occur.

The quarterback cannot become a defensive player and pull the flags after an interception. If in the official's judgment the player intercepting the pass would have scored had his flag not been pulled by the quarterback a touchdown will be awarded.

**PASS RECEIVING** - A receiver needs to have only one foot in bounds when catching a pass.

**PASS INTERFERENCE** - No contact with receivers is allowed (chucking, bumping, etc.). If pass interference occurs it will be a spot of the foul penalty and automatic first-down.

**OFFENSIVE RUSHING** – There shall be no offensive rushing allowed. Any illegal plays will result in 10-yard penalties.

**CHANGE OF POSSESSION** – Any change of possession results in the ball being placed back at the 20-yard line. **NO PUNTS**

**SCREENS AND PICKS** – Screens and/or stationary picks are NOT allowed.

**PASS RUSHING** – you may send two (2) rushers as long as they start 7-yards from the line of scrimmage.

## **TIPS FOR PLAYERS AND COACHES**

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All contact is illegal.

Only 1 offensive player is allowed in motion.

Offense needs 3 players on line of scrimmage.

*This page updated August 23, 2013*

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## SOFTBALL RULES FOR GIRLS COMPETITION

Games shall be played under C.Y.A.A. Policies, Rules, and Regulations. Rules not covered in the C.Y.A.A. Manual shall be played under Arizona Interscholastic Association Rules. A.I.A. Rules may be obtained by calling the A.I.A. Office at (602) 385-3818

### **RULE 1 - THE FIELD**

**SEC. 1** The playing field shall have a distance from home plate to the nearest obstruction on fair ground of at least 145 feet.

**SEC. 2** The diamond shall have a sixty foot base lines, pitching distance from home plate to the pitcher's plate shall be 40 feet for the 7th & 8th division and 35 feet for the 5th & 6th division. When allowed to use a pitcher's circle, it shall be sixteen feet in diameter with the pitcher's plate located in the center.

**SEC. 3** On deck circles shall be a safe distance to the side and away from home plate.

**SEC. 4** If every effort has been made and a team cannot obtain a grass or dirt field, then games may be played on a black top surface, provided:

- A) The field is free of unsafe obstructions.
- B) Sliding is not permitted.
- C) A runner cannot make contact with fielders.

**SEC. 5** If there are special conditions or limits on the playing field, the home coach shall propose special ground rules prior to the game. If agreed upon by the visiting team, these shall be enforced. If an agreement cannot be reached, the umpire will formulate the ground rules.

- Ground rules should never supersede the rulebook.

### **RULE 2 - PLAYER UNIFORM**

**SEC. 1** Uniforms of all team members should be of the same color and style and reflect pride and modesty.

**SEC. 2** Caps, visors, and headbands may be mixed. If worn, they must all be of the same color. If worn, headbands must be one piece, and a single solid color. The logo may be any color. Plastic visors and bandannas are prohibited.

**SEC 3** For individual players, uniform sleeve lengths may vary. However, sleeves of each individual player shall be approximately the same length and shall not be ragged, frayed or slit.

**SEC. 4** Exposed garments, if worn, are considered part of the official uniform. All exposed undergarments shall be either school color or colors of black, white or gray.

- A pitcher's exposed upper-body undergarment may be white or gray if she is the only team member wearing an upper-body undergarment or if other team members are wearing the same color.

**SEC. 5** A uniform shall not have any dangerous or reflective buttons or ornaments.

**SEC. 6** A pitcher shall not wear any items on the pitching hand, wrist, arm or thighs, which may in the umpire's judgment, be distracting to the batter.

**SEC. 7** A number on the back of each player's jersey is required and shall be at least 6 inches high. The number must be of solid color contrasting with the color of shirt. The numbers may have a contrasting color border, which shall not exceed ¼ inch. No player on the same team shall wear identical numbers.

## **RULE 3 - EQUIPMENT**

**SEC. 1** A batting helmet bearing the embossed NOSCAE stamp and exterior warning label is mandatory for each batter, on-deck batter, players/students in the coach's boxes, runners and retired runners. Non-adult bat/ball shaggers shall wear batting helmets while in live-ball area, even if the ball is dead. The batting helmet shall have extended earflaps, which cover both ears and temples. Batting helmets that are broken, cracked, dented, or that have been altered are prohibited from use. A commercially manufactured face mask may be attached to a helmet that does not have a face mask, provided the attachment procedure is approved by the manufacturer. If a pitcher wears a batting helmet, its outer covering shall have a non-glare surface. Chin straps and face guards are required for batting helmets.

**SEC. 2** The catcher shall wear a head protector and a protective mask with throat protector that is part of or attached to the mask. A throat protector that is part of the mask shall extend far enough to adequately protect the throat. An attached throat protector shall be commercially manufactured, properly attached, unaltered and worn properly. A catcher also shall wear a body protector, baseball/softball protective shin guard. (Any non-adult warming up a pitcher at any location within the confines of the field shall wear a mask and throat protector.)

**SEC. 3** Tennis shoes or molded cleat shoes are required. Metal spikes or screw-on cleats are illegal.

**SEC. 4** Players in the game are prohibited from wearing jewelry such as rings, watches, earrings, bracelets, necklaces (including cloth or string types) barrettes other cosmetic decorative items that are hard. Medical -alert bracelets or necklaces are not considered jewelry. If worn,

they must be taped to the body, so as to remain visible. All casts, splints, and braces must be padded. Prostheses may be worn. Any equipment that is judged by the umpire to be potentially dangerous is illegal.

**SEC. 5** C.Y.A.A. recommends players wear a mouthpiece. Chin straps and safety masks are required.

**SEC. 6** The ball shall be white or optic yellow sphere formed by either solid core or number one long-fiber Kapok or yarn wound around a small core of cork, rubber, or similar material, and covered with a flat surface or a smooth seam stitch which is not visible.

**SEC. 7** The bat shall be a smooth cylinder with a knob. Only bats that pass through a 2 ¼ diameter bat ring are legal. Each bat shall be no more than 2 1/4 in diameter at its thickest part and no more than 34 " in length. There shall be no devices, attachment or wrappings that cause the handle to become flush with the knob. All bats shall meet the ASA bat performance standard and such bats shall be labeled with the permanent ASA approved certification mark.

A warm-up bat shall have all parts permanently and securely attached at the time of manufacture and at the time of use. No player may use more than two bats when warming up in the on-deck circle. Devices added to a bat for warm-up purposes shall be commercially manufactured specifically for a softball bat and shall be securely attached, so as not to disengage during use.

**SEC. 8** Gloves/mitts shall be worn by all fielders. The glove/mitt worn by the catcher may be any size.

Glove/mitts may be two-tone unless judged to be distracting. A glove/mitt worn by players that is entirely gray, white, or optic in color is illegal. Gray, white or optic colored circles on the outside or inside of the glove/mitt that give the appearance of a ball or is judged to be distracting are illegal.

**SEC. 9** First, second, and third base shall be white bags made of canvas or molded rubber or synthetic material and shall be securely attached to the ground. Bases may have tapered edges. Bases designed to disengage their anchor systems for safety purposes are permitted.

CYAA requires a double first base (safety base). A double first base (safety base) will be required during all tournament play.

**SEC. 10** Home plate shall be a 5-sided slab of whitened rubber or other suitable similar material. It shall be a 17-inch square with two of the corners filled in so that one edge is 17 inches long, two are 8 ½ inches and two are 12 inches. It shall be set flush with the ground in fair territory with the two 12-inch edges coinciding with the foul lines extending from home plate to first base and third base and with the 17 inch edge facing the pitcher's plate.

The pitcher's plate shall be a rectangular slab of whitened rubber or suitable material, 24 inches by 6 inches. It shall be set in the ground with the top flush with the playing surface.

**SEC. 11** Prior to the start of the game, the head coach shall be responsible for verifying to the umpire that all his/her players are equipped and in compliance with equipment.

**SEC. 12** Loose equipment of the teams may not be on or near the field.

- Penalty: The ball is dead if it touches any loose equipment. For offensive equipment causing a blocked ball (and interference), the runner being played on is out, but all runners must return to the last base touched at the time the ball is declared dead. If the equipment belongs to the defensive team, it becomes a "blocked" ball, the ball is dead and the overthrow rules applies (two bases)
- Discarded bat by the batter and the catcher's mask and helmet are not examples of loose equipment, they are considered part of the playing field.

**SEC. 13** Home team shall be responsible for:

- A) Bases
- B) The official ball - new 12" leather ball (white or optic yellow is permissible)
- C) Official score book
- D) Home plate umpire

## **RULE 4 - SUBSTITUTION**

**SEC. 1** A substitute may replace a player, including the pitcher, when the ball is dead or time has been called. The substitute or coach shall report, at the time of the change, to the umpire-in-chief by stating name and shirt number of the player entering the game for the first time or the player (starting player) re-entering, the name of the player entering the game as a courtesy runner or being replaced in the batting order and the position to be occupied in the field if the player is not a courtesy runner.

- The pitcher is no longer required to pitch until the first batter facing her has completed her turn at bat or the side has been retired.
- A pitcher may be removed as a pitcher, move to a different defensive position and return as pitcher only once per inning provided the return as pitcher does not violate either the substitution or charges conference rule.

**SEC. 2** The umpire-in -chief shall record all substitutions on the lineup card and then announce immediately any change(s) to the opposing team. Projected substitutions are not allowed. Should there be no announcement of substitution, a substitute has entered the game when the ball is alive and:

- A runner takes the place of a runner she has replaced;
- A pitcher takes her place on the pitcher's plate;
- A fielder reaches the position usually occupied by the fielder she has replaced; or
- A batter takes her place in the batter's box;
- and, in each of the above situations, when the ball is declared live by the umpire-in-chief.

**SEC. 3** Any player may be withdrawn from the game and re-entered once, provided such player occupies the same batting position whenever in the line-up. A violation results in illegal substitution. A substitute who is withdrawn may re-enter.

**SEC. 4** Illegal Substitute. When dealing with situations where an illegal substitute is detected in the game, the umpire should keep in mind that the intent of this rule is to penalize the offending team and offending players as follows:

1. Illegal offensive or defensive players may be discovered by the umpire or either team anytime after the ball becomes alive and an illegal substitute has taken a position as:
  - A) a runner she has replaced or as a batter in the batter's box;
  - B) a pitcher on the pitcher's plate, or as a fielder reaching a position usually occupied by the fielder being replaced; or
  - C) a courtesy runner if that player has violated the courtesy-runner rule.
2. Illegal offensive players may be discovered:
  - When in the batter's box, the ball is alive and/or before the batter-runner reaches first base, or is put out and before a pitch is delivered to the next batter of either team;
  - When the illegal batter-runner or runner(s) score, advance or cause a play to be made that allows another runner to advance or score, and the infraction is detected before the next pitch by either team;
  - When an illegal batter-runner or runner(s) scores, advance, or cause a play to be made that allows another runner to advance and the infraction is detected after the next pitch by either team.
3. Illegal defensive player is discovered before the next pitch to either team when:
  - Involved in a play with batted ball;
  - A non-batted ball is handled or touched by an illegal substitute that leads to a runner being put out;
  - A not-batted ball is handled or touched by an illegal substitute that alters the play, but no runner is put out (i.e. on an overthrow on a stealing runner, the illegal substitute retrieves ball and prevents runner from advancing farther.)

**SEC. 5** A hitter may be designated for any one starting player (not just pitchers) and all subsequent substitutes for that player in the game. A designated hitter for said player must be selected prior to the start of the game, and her name shall be included on the lineup cards presented to the umpire-in-chief and official scorekeeper. It is not mandatory that a team use a designated hitter, but failure to declare a designated hitter prior to the game precludes the use of a designated hitter in that game. If a pinch-hitter or pinch runner for the designated hitter is used, that player becomes the new designated hitter. The player that was the designated hitter may re-enter like any other player under the re-entry rule. A designated hitter and the player for whom she is batting are locked into the same position in the batting order. No multiple substitutions may be made that will alter the batting rotation. The role of the designated hitter is terminated for the remainder of the game when:

- The defensive player, or any previous defensive player for whom the designated hitter batted, subsequently bats, pinch hits or pinch runs for the designated hitter; or
- The designated hitter or any previous designated hitter assumes a defensive position.

**SEC. 7** Any player who has been rendered apparently unconscious during a game shall not be permitted to resume participation that day without written authorization from physician.

**SEC. 8** A player or coach who is bleeding or who has an open wound shall be prohibited from participating further in the game until appropriate treatment has been administered. If medical care or treatment can be administered in a reasonable amount of time, the individual does not have to leave the game. The length of time that is considered reasonable is umpire judgment. The re-entry rule would apply to players taken out of the game for this rule. If there is an excessive amount of blood on any part of the uniform, that part of the uniform shall be changed before that individual may participate.

**SEC. 9** For 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> softball teams playing time regulations are one time at bat or three outs in the field.

This is recommended for the season but is mandatory for the tournament.

## **RULE 5 - PLAYING TERMS AND DEFINITIONS**

**SEC. 1 Charged Conference** - meeting which may involve the coach or other team personnel or player(s).

**SEC. 2 Error** - misplay by fielder

**SEC. 3 Passed Ball** - pitch that the catcher fails to stop or control with ordinary effort and which enables a runner to advance.

**SEC. 4 Interference and Obstruction** - illegal touching of a ball or hindrance of a fielder by anyone connected with the team at bat. Faking a tag is considered interference or obstruction.

- A) Umpire Interference - umpire inadvertently moves so as to hinder a catcher's attempt to throw or when a fair ball touches an umpire.
- B) Spectator Interference - action(s) by a spectator impedes the progress of the game.
- C) Defensive Interference - fielder or catcher hinders a batter or runner.

**SEC. 5 Fielder's Choice** - the act of the fielder with a live ball, who elects to throw for an attempted putout or to retire unassisted any runner thus permitting the advance of the batter or runner.

**SEC. 6 Infield Fly** - a fair fly (not including a line drive or an attempted bunt) which can be caught by an infielder with ordinary effort; and provided the hit is made before two are out and at a time when first and second bases or all bases are occupied. When it seems apparent that batted ball will be an infield fly, the plat umpire immediately announces it for the benefit of the runners. If the hit should then prove to be foul, the decision is reversed and it is treated the same as any foul.

**SEC. 7 Pitcher's Pivot Foot** - the foot, which is in contact with the ground, as opposed to the non-pivot foot with which the pitcher steps toward home plate.

**SEC. 8 Illegal Pitch** - a violation of the pitching rules

**SEC. 9 Crow Pitch** - the re-plant of the pivot foot prior to delivering the pitch.

**SEC. 10 Leap** - when both the pitcher's feet are airborne

**SEC. 11 Strike Zone** - the space over home plate which is between the batter's armpit and the top of the knees when the batter assumes a natural batting stance. Any part of the ball passing through the strike zone shall be considered a strike. The umpire determines the batter's strike zone according to the batter's usual stance when swinging at a pitch.

**SEC. 12 Wild Pitch** - pitch which cannot be handled by the catcher with ordinary efforts.

## **RULE 6 - COACHING**

**SEC. 1** Any member of the team at bat who has not been ejected for unsportsmanlike behavior may occupy each coach's box while the team is at bat. The person in the coach's box may address base runners or the batter.

**SEC. 2** No offensive team personnel, other than the base coach, shall be near a base for which a runner is trying so that a fielder may be confused; nor shall anyone fail to vacate any area (including coach's box) needed by a fielder in an attempt to put out a batter or runner. If a thrown live ball accidentally touches a base coach in foul territory, or a pitched or thrown ball touches an umpire, the ball is alive and in play. If the coach is judged by the umpire to have intentionally interfered with a thrown ball, any runner being played on is out. If, in the umpire's judgment, no runner is being played on, the runner closest to home is declared out.

**SEC. 3** A coach shall not physically assist a runner while the ball is alive.

**SEC. 4** If any offensive team member, other than a runner or retired, interferes with a batted fair ball or foul fly ball, the batter is to be declared out. If, in the umpire's judgment the interference prevented a possible double play, the batter and runner closest to home shall be declared out.

## **RULE 7 - BENCH AND FIELD CONDUCT**

**SEC. 1** A coach, player, substitute, attendant, or other bench personnel shall not:

- A) Carelessly throw a bat or fake a tag without the ball.
- B) Deliberately throw a bat, helmet, etc.
- C) Call "Time" or use any command or commit any act for the purpose of trying to cause the opposing pitcher to commit an illegal pitch.
- D) Use words or acts to incite or try to incite spectator to demonstrations; intimidate, or use remarks which reflect upon opposing player, umpire or spectator; display poor bench decorum or poor field conduct; or use bull horns or amplifiers.
- E) Enter any area behind the catcher while the opposing pitcher and catcher are in their positions
- F) Act in an unsportsmanlike manner or exhibit behavior that is not in accordance with the spirit of fair play. (Maliciously running over a fielder, charging umpires or using profanity, etc.)
- G) Be outside the vicinity of the designated dugout (bench) or bullpen area if not a batter, runner, on deck batter, in the coach's box or one of the nine players.
- H) Have any object in his or her possession in the coach's box other than scoring material.
- I) Argue ball or strike call or other judgment call.

## **RULE 8 - CHARGED CONFERENCE**

**SEC. 1** Each team, when on defense, may be granted not more than three charged conferences without penalty during a six-inning game to permit coaches or their representatives to confer with a defensive player or players. In any extra-inning game, each team shall be permitted one charged conference without penalty each inning while on defense. The number of charged conferences permitted is not cumulative. A coach, player, substitute, or an attendant may make a request for time for a conference. Time granted for an obviously incapacitated player shall not constitute a charged conference. A conference is not charged when the pitcher is removed as pitcher. This defensive team charged conference rule coverage is effective when the ball first becomes alive at the start of each half-inning.

**SEC. 2** Each team, when on offense, may be granted not more than one charged conference per inning to permit the coach or any of that team's personnel to confer with base runners, the batter, the on-deck batter or other offensive team personnel. The umpire shall deny any subsequent offensive team requests for charged conference. This offensive team charged conference rule coverage is effective when the ball first becomes alive at the start of each half inning. Time granted for an obviously incapacitated player shall not constitute a charged conference.

**SEC. 3** When either team has a charged conference, the other team may also have a conference, which is not charged, provided the non-charged conference concludes when the opposing team's charged conference concludes thus not delaying the game.

## **RULE 9 - STARTING AND ENDING THE GAME**

**SEC. 1** Before game time, the home and visiting team shall deliver their respective batting orders to the umpire, official scorekeeper, and opposing team.

**SEC. 2** The game begins when the umpire calls "Play Ball".

**SEC. 3** A regulation game is six innings unless extra inning(s) are necessary because of tie score. No new inning after 1:30 min. Each new inning will be finished. The umpire's clock is the official game time. NO EXCEPTIONS. In the case of bad weather or darkness, three complete innings constitutes a complete game.

**SEC. 4** A team must begin the game with nine players.

If a player is forced to leave the game and her team, not having any more substitutes was left with eight players, the game could continue. (Each time the player who left the game, comes up to bat it will constitute an out.)

**SEC. 5** A regulation game ends if:

- A) A team leads another by ten runs after four complete innings.
  - If home team is up by ten runs at the bottom of the third inning or thereafter, it does not bat.
  - The home team is batting in the bottom of the 4<sup>th</sup> inning or thereafter and increases its lead to 10 runs the game is to be halted by the umpire regardless of outs.
- B) In the umpire's judgment, darkness and/or inclement weather interfere with play and if four complete innings have been played.
- C) Time limit expires. New inning(s) may not start after one and half-hours of play from the starting time.

**SEC. 6** A game called for any reason, where a winner cannot be determined, or any game called at anytime for mechanical failure, (artificial lights, water systems, etc.) will be treated as a suspended game. If the game is to be completed, it will continue from the point of suspension, with the lineup and batting order of each team exactly the same as the lineup and batting order at the moment of suspension subject to the rules of the game.

**SEC. 7** If the score is tied after five complete innings and/or time has expired, play shall continue until one team scores more runs than the other in an equal number of complete innings, unless the home team leads.

**SEC. 8** The following Tie Breaker Procedure will be used during the tournament and is suggested during the season:

Begin the tiebreaker inning by placing a runner on second base. That runner is the player in the batting order that precedes the lead -off batter in that inning. Then the game proceeds a full inning or until a winner is determined in that inning.

**SEC. 9** A game shall be forfeited to the offended team by the umpire when a team:

- A) Is 20 minutes late after a scheduled game time. This may be set aside if the umpire considers the delay unavoidable.
- B) Refuses to continue play after the game has started.
- C) Delays more than one minute in resuming play after the umpire calls "Play Ball" or in obeying the umpires order to remove a player for violation of the rules.
- D) Persists in tactics designed to delay or shorten the game.
- E) Willfully and persistently violates anyone of the rules after being warned by the umpire.

**SEC. 10** Run rule – no more than six (6) runs in one half inning may be scored unless there is a hit and more runners score on a continuation. (Maximum of 9 runs may be scored if a home run is hit.)

If a team leads by ten (10) runs after four (4) innings, the game shall be called.

If the umpire declares last inning the “Last Inning Rule” is in effect.

## **RULE 10 - DEAD BALL OR SUSPENSION OF PLAY**

**SEC. 1** A ball becomes dead immediately when:

- A) A pitch touches a batter or the batter's clothing.
- B) The ball is illegally batted or comes in contact with the bat a second time.
- C) Any batted ball while on or over foul ground that touches any object other than the ground or any person other than a fielder.
- D) There is interference.
- E) A fair ball touches a runner or umpire before touching any fielder and before passing any fielder other than the pitcher.
- F) A live ball is touched by a spectator.
- G) The umpire calls "Time".
- H) An infielder, or outfielder, if the ball could have been caught by a fielder with ordinary effort, intentionally drops a fair fly, line drive, or bunt in flight with at least first base occupied and with less than two outs.

**SEC. 2** It is a delayed dead ball when:

- A) An illegal pitch is committed.
- B) There is interference by a batter.
- C) A catcher or any fielder obstructs a batter, or obstructs the ball through use of detached player equipment.
- D) Umpire interferes with catcher who is attempting to throw.
- E) A coach physically assists a runner.
- F) A ball touches an illegal glove or mitt.

**SEC. 3** "Time" shall be called by the umpire and play is suspended when:

- A) The umpire considers the weather or ground conditions unfit for play.
- B) A player is incapacitated except if injury occurs during a live ball.
- C) A player or coach is granted "Time" for substitution, conference with the pitcher, or similar cause.

## **RULE 11 - PITCHING**

**SEC. 1** Prior to starting the delivery (pitch), the pitcher shall take a position with the pivot foot on or partially on the top surface of pitcher's plate and the non-pivot foot in contact with or behind the pitcher's plate. Both feet must be on the ground within or particularly within the 24" length of the pitcher's plate.

- A) Preliminary to pitching the pitcher must take a position with shoulders in line with first and third base with the ball in the glove or pitching hand, and with the hands separated.
- B) While in this position, the pitcher shall take (or simulate taking) a signal from the catcher.
- C) After completing (B) the pitcher shall bring the hands together in front of the body for not less than one second and not more than ten seconds before releasing the ball. The hands may be motionless or moving.
- D) The pitcher shall not be considered to be in pitching position unless the catcher is within the lines of the catcher's box and in position to receive the pitch.
- E) The pitcher may not take the pitching position on or near the pitcher's plate without having possession of the ball.
  - To indicate to the pitcher that she may not start the pitch, the umpire should

raise one hand with the palm facing the pitcher. "NO PITCH" shall be declared if the pitcher pitches while the umpire's hand is in said position.

- Penalty: Illegal pitch in (A), (B), (C), and (E). In (D) no pitch shall be called.

**SEC. 2** The Pitch:

- A) The pitch starts when one hand is taken off the ball or the pitcher makes any motion that is part of the wind-up after the hands have been brought together.
- B) Once the hands are brought together, the pitcher shall not take more than one step, which must be forward, toward the batter and simultaneous with the delivery. A step backward must begin before the hands come together. The step may end before or after the hands come together. Towards is interpreted as within or partially within the 24" length of the pitcher's plate.
- C) The pivot foot may remain in contact with or may push off and drag away from the pitching plate prior to the front foot touching the ground, as long as the pivot foot remains in contact with the ground. Pushing off with the pivot foot from a place other than the pitcher's plate is illegal.
  - It is not a step if the pitcher slides her foot in any direction on the pitcher's plate, provided contact is maintained.
  - Techniques such as the "crow hop" and "the leap" are illegal.

**SEC. 3** A legal delivery shall be a ball, which is delivered to the batter with an underhand motion.

- A) The release of the ball and the follow through of the hand and wrist must be forward past the vertical line of the body.
- B) The hand shall be below the hip and the wrist not farther from the body than the elbow.
- C) The pitch is completed with a step toward the batter.

**SEC. 4** The pitcher may use any wind-up desired providing:

- A) No motion to pitch is made without immediately delivering the ball to the batter.
- B) The pitcher does not use a rocker action in which, after having the ball in both hands in pitcher position, removes one hand from the ball, takes a backward and forward swing and returns the ball to both hands in front of the body.
- C) The pitcher does not use a wind-up in which there is a stop or reversal of the forward motion.
- D) The pitcher does not make more than one revolution of the arm in the windmill pitch. A pitcher may drop the pitching arm to the side and to the rear before starting the windmill motion. The ball does not have to be released the first time past the hip.
- E) The pitcher does not continue to wind-up after taking the forward step, which is simultaneous with the release of the ball.

**SEC. 5** The pitcher shall not:

- A) Deliberately drop, roll or bounce the ball while in pitching position in order to prevent the batter from striking it.
- B) At any time during the game it is not allowed to use tape or other substance on the ball, the pitching hand or fingers, nor shall any other player apply a foreign substance to the ball. Under the supervision and control of the umpire, powdered resin may be used to dry the hand. The pitcher shall not wear any item on the pitching hand, wrist, arm or thighs, which may be distracting to the batter. Jewelry is prohibited.

**SEC. 6** Once the ball has been returned to the pitcher, she has twenty seconds to release the next pitch.

- Penalty: (SEC.5 - SEC.6). Any infraction is an illegal pitch. The batter is awarded a ball, and base runners are awarded one base without liability to be put out.
- If the pitcher completes the delivery of the ball to the batter and the batter hits the ball, the coach of the team at bat shall have the option of the result of the play or the penalty for an illegal pitch. A delayed dead ball will be signaled by the umpire by extending his or her left arm horizontally.

**SEC. 7** No pitch shall be declared when:

- A) The pitcher pitches during the suspension of play.
- B) The pitcher attempts a quick return of the ball before the batter has taken position or is off balance as a result of a previous pitch.
- C) The runner is called out for leaving a base too soon.
- D) The pitcher pitches before a base runner has retouched the base occupied after a foul ball has been declared and the ball is dead.
- E) A player, manager or coach calls "Time" or employs any other word or phrase or commits any act while the ball is alive and in play for the obvious purpose of trying to make the pitcher commit an illegal pitch.

**SEC. 8** At the beginning of each inning or when a pitcher relieves another, no more than one minute may be used to deliver no more than five balls to the catcher or other teammate.

- Penalty: For excessive warm-up pitches a pitcher shall be penalized by awarding a ball to the batter for each pitch in excess of five.

**SEC. 9** If the ball slips from the pitcher's hand during the back swing, it shall not be a pitch. If the ball slips during the forward motion, a ball is called on the batter. In either case the ball remains in play and runners may advance at their own risk.

**SEC. 10** The pitcher shall not throw to a base while a foot is in contact with the pitcher's plate after having taken the pitching position.

**SEC. 11** Any defensive player, other than the catcher, is in foul territory at the time of the pitch.

- Penalty: For infraction of SEC.10-SEC.11 - Illegal pitch, the ball is dead immediately. A ball is called on the batter and all runners advance one base without liability to be put out.

**SEC. 12** The Catcher shall:

- A) Be inside the lines of the catcher's box when the pitcher takes a position to pitch and when the pitch is released.
- B) Return the ball directly to the pitcher after each pitch except after a strikeout or putout made by the catcher or to play on a base runner.
  - Penalty: For SEC.12A an illegal pitch is called. For SEC.12B the batter is awarded a ball.
  - Intentionally violating the rule in order to walk the batter without pitching shall not result in a ball being awarded the batter.

**RULE 12 - BATTING**

**SEC. 1** Each player of the team at bat shall become the batter and shall take her position within the batter's box (on either side of home base) in the order in which her name appears in the line-up. This order shall be followed during the entire game except for an entering substitute who takes the replaced player's place in the batting order. A batter is in proper order if she follows the preceding player in the line-up, even though such preceding batter may have batted out of order. An improper batter is considered to be at bat as soon as she enters the batter's box and one pitch has been thrown. When improper batter's infraction is first discovered, time may be requested and the improper batter replaced by a proper batter with the improper batter's ball and strike count still in effect, provided the infraction is detected before the improper batter is put out, or becomes a base runner.

**SEC. 2** After the first inning, the first batter in each inning shall be the player whose name follows that of the last batter who completed her time at bat in the preceding inning.

**SEC. 3** A batter shall not:

- A) Delay the game by failing to promptly take her position in the batter's box within twenty seconds.
- B) Hit the ball fair or foul while either foot is touching the ground completely outside the batter's box or while touching the plate with any part of a foot.
- C) Interfere with the catcher's fielding or throwing.
- D) Permit a pitched ball to touch her.
- E) Disconcert the pitcher by stepping out of the box on one side of home plate to the box on the other side while the pitcher is in position ready to pitch.

**SEC. 4** A strike is charged to the batter when:

- A) A pitched ball enters any part of the strike zone in flight and is not swung at.
- B) A pitched ball is struck at and missed.
- C) A pitched ball becomes a foul when the batter has less than two strikes.
- D) A pitched ball becomes (even on third strike) a foul tip or a foul from an attempted bunt.
- E) A penalty strike is called because of a batter delay.

**SEC. 5** A ball is credited to the batter when a pitch is not touched by the bat and is not a strike, when there is an illegal pitch, or for catcher's or pitcher's delay.

**SEC. 6** A foul hit or fair hit (which may be a bunt) occurs when a pitch is touched by the bat of the batter who is in her box.

**SEC. 7** A batter is out when:

- A) She enters the batter's box with an illegal bat or is discovered using an illegal bat.
- Only the umpire or defense may detect an illegal bat.
- B) A third strike is out regardless of whether a pitch is caught or not.  
(5<sup>th</sup> & 6<sup>th</sup> grade only)
- C) Her foul (other than a foul tip not a third strike) is caught by a fielder or such catch is prevented by a spectator reaching over the enclosed fence.
- D) An attempt to bunt on third strike is a foul.
- E) A third strike is not caught, provided a runner occupies first base at the time of the pitch and not more than one is out – 7 & 8 grade only.
- F) An infield fly is declared when runners occupy at least first and second bases and before two are out.
- G) An offensive player, including runners, or coach interferes with a fielder attempting to field a foul fly ball.
- H) A team is playing with one less than the starting number and her turn to bat is reached.
- I) The ball is hit a second time in fair territory intentionally by a dropped bat.
- If the bat and ball accidentally come in contact with each other a second time in fair territory while the batter is holding the bat in the batter's box, it is a foul ball.
  - If the ball hits a bat on the ground in fair territory the batter is not out. The ball remains alive.
  - An infielder intentionally drops a fair fly, fair line drive or fair bunt in flight with at least first base occupied and with less than two out.
  - Penalty: A batter is out and all runners must return in (A), (C), (D), (G), (I) and (J).
  - In (A) runners would not return if they were put out on the play.
  - If the bat breaks and is hit by the ball or hits runner or a fielder, no interference will be called. If a whole bat is thrown and interferes with a defensive player attempting a play, interference will be called.

## **RULE 13 - BASE RUNNING**

**SEC. 1** A batter becomes a runner with the right to attempt to score by advancing to first, second, third and then home plate in the listed order when:

- A) Hitting a fair ball.
- B) Charged with a third strike. (If the ball is caught the batter is out) (See Sec 2)
- C) A fourth ball is called by the umpire.
- D) A pitched ball (legal or illegal) hits the batter, provided the batter does not strike at the ball.
  - If the batter makes no effort to avoid being hit; or if the umpire calls the pitched ball a strike, the hitting of the batter is disregarded except that the ball is dead. It is a strike or ball depending on location of the pitch.
- E.) The catcher or any infielder obstructs her. The coach or captain of the team at bat, after being informed by the umpire of the obstruction, shall indicate to the umpire whether she elects to decline the penalty and accept the resulting play. Such election shall be made before the next pitch (legal or illegal) or before the infielders leave the diamond. Obstruction of the batter (before she has become a batter-runner) is ignored if the batter-runner reaches first and all other runners advance at least one base.

**SEC. 2** A batter becomes a base runner when the catcher fails to catch the third strike when there are less than two outs and first base is unoccupied, or anytime there are two outs – 7 & 8 grade only.

**SEC. 3** An advancing runner shall touch first, second, third and then home plate in order.

- A) A returning runner shall retouch the bases in reverse order. When an uncaught foul ball causes the ball to become dead, the runner need not touch intervening bases.
- B) Any runner who misses a base while advancing may not return to touch the missed base if a following runner has scored.

**SEC. 4** If a batted ball (fair or foul other than a foul tip) is caught, the initial contact of the ball by a fielder releases the runner(s) from the base(s) occupied at the time of the pitch.

**SEC. 5** If a batter-runner is entitled to return to first base after over-running it or if a runner fails to touch home plate and if either such runner desires to return to such base, the runner shall return immediately.

- Penalty (SEC.3- SEC.5): For failure to touch base (advancing or returning), or failure to tag up after a fly ball, the runner is out. This is a delayed penalty if not played upon by the defense during same playing action (live ball). After all playing action has ended, the umpire will indicate time-out to call runner(s) out. During playing action, the runner is out, if before returning to each untouched base, the runner is touched by the ball in the hand of a fielder, or the ball is held by a fielder on that missed base (including home plate). In this instance, the out would be called immediately before time is called. If a base running infraction is the third out, runs scored by the following runner(s) would not count. With two outs, if the base missed was the first to which the batter or runner was forced to advance, no runs would score. When a runner is legally returning after a long fly ball has been caught, she can be put out by being tagged or by the defense merely touching the base occupied at the time of the pitch.

**SEC. 6** A batter-runner who reaches first base safely and then overruns or overslides may immediately return without liability of being put out provided she does not feint or attempt to advance to second.

**SEC. 7** A runner acquires the right to the proper unoccupied base if the runner touches it before being put out. The runner is then entitled to this base until being put out or until legally touching the next base while it is unoccupied or until a following runner is forced to advance to the base occupied.

**SEC. 8** Each runner shall touch her base after the ball becomes dead. All awarded bases must be touched in their proper order. The runner returns to the base she has reached or passed when the ball became dead. In the event of interference, a runner returns to the base she had legally reached at the time of the interference. If the interference does not cause the batter to be out and any other runner cannot return to the base last legally occupied at the time of the interference, she is advanced to the next base.

- The runner returns to the base occupied at the time of the pitch if her advance was during an uncaught foul.

**SEC. 9** On a base on balls, a batter is entitled to run the same as if she has hit the ball or was advancing due to a dropped third strike. The batter may continue past first base and is entitled to second base as long as she does not stop at first base if the pitcher has possession of the ball on the pitcher's plate or in the vicinity thereof. The defense cannot call time-out to keep a runner from advancing on a base on balls. The runner has the right to advance until the umpire calls time-out.

**SEC. 10** When a base runner is legitimately off base, (moving off a base after a pitch or rounding a base after a hit, walk or dropped third strike), the pitcher is obligated to allow sufficient time for the runner to return; however, once the pitcher has the ball and is ready to pitch, the runner is obligated to move toward the base last touched. After returning to the base, the runner may not move off the base even though the pitcher is standing off the pitcher's plate. Failure of the runner to respond as indicated shall cause the umpire to signal the ball dead, declared no pitch, and rule the runner out.

**SEC. 11** A legal slide is feet first If a runner slides feet first, at least one leg and buttock shall be on the ground. If a runner slides, runner must be within reach of the base with either a hand or a foot when the slide is completed. The runner may dive back to base in a stealing situation.

**SEC. 12** A slide is illegal if:

- A) The runner uses a rolling, cross-body or pop-up slide into the fielder.
- B) The runner's raised leg is higher than the fielder's knee when the fielder is in a standing position.
- C) The runner goes beyond the base and makes contact with or alters the play of the fielder.
- D) The runner slashes or kicks the fielder with either leg.
- E) The runner tries to injure the fielder.

**SEC. 13** A runner is out when:

- A) Detected maliciously running into a fielder.
  - Base runners return to the bases occupied at the time of the infraction unless they scored or were put out before the infraction occurred.
- B) She does not slide legally or attempt to avoid a fielder who has the ball. Hurdling is prohibited. Stepping over or jumping over the outstretched glove of a fielder holding the ball on or near the ground waiting to make a tag is legal.
- D) Detected attempting to advance to home plate when the batter interferes with a play at home plate, provided two are not already out.
- E) Detected running bases in reverse to confuse opponents or to make a travesty of the game.
- E) On a force play at any base except first base when the runner or returned runner fails to execute a legal slide, or fails to attempt to avoid the play.
- F) After at least touching first base, the runner leaves the baseline, obviously abandoning her effort to touch the next base.
- G) Is on or beyond a succeeding base when the ball is declared dead after having left a base too soon on a caught fly ball, or having failed to touch a preceding base, or continues and touches a succeeding base after the ball became dead.
- H) Not in contact with the base at the time a pitched ball leaves the pitcher's hand. However, if the pitcher does not allow sufficient time for a runner to return to a base, the runner shall not be called out for being off the base before the pitcher releases the ball. The runner may advance as though the base was left legally.
- I) Running more than three feet away from a direct line between bases to avoid being tagged or to hinder a fielder while the runner is advancing or returning to a base.
  - This is not an infraction if a fielder, attempting to field a batted ball, is in the runner's proper path and if the runner runs behind the fielder to avoid interfering.
- J) Intentionally interfering with a throw or thrown ball.
- K) Hindering a fielder's initial or subsequent attempt to field a batted ball.
- L) Being put out is prevented by an illegal act by anyone connected with the team.
- M) Touched by a live ball securely held by a fielder or is touched by a fielder's glove or hand with the live ball held therein, while the runner is not touching base. If a batter-runner safely touches first base and then overslides or overruns it, the batter-runner may immediately return to first base without liability of being tagged out, provided there was no feint or attempt to advance to second. Also, if any base comes loose from its fastening when any runner contacts it, such runner cannot be tagged out because the base slides away from the runner.

## **Catholic Youth Athletic Association Basketball Rules Supplement For Competition - Boys and Girls**

Games shall be played under C.Y.A.A. Policies, Rules and Regulations. Rules not covered in the C.Y.A.A. Manual shall be played under Arizona Interscholastic Association Rules. A.I.A. Rules may be obtained by calling the A.I.A. Office at (602) 257-0272.

### **Rule 1 – Court and Equipment**

**SEC. 1** The Playing Court – the playing court shall be a rectangular surface free from obstructions with dimensions not greater than 84 feet in length by 50 feet in width, or as close to these dimensions possible.

**SEC. 2** There should be at least a 3 foot border around the edge of the court to eliminate dangerous drop offs.

**SEC. 3** The official game ball for C.Y.A.A. for Girls Basketball is the 28.5 basketball. 5<sup>th</sup> & 6<sup>th</sup> grade boys are to use the intermediate or youth basketball.

**SEC. 4** The home team is responsible for:

- A) Game ball
- B) Pinnies
- C) Scoring book
- D) Scorekeeper
- E) Officials
- F) Clock, timer and possession arrow
- G) First half line-up sheet

C.Y.A.A. does not pay for officials, timers, or scorer during league games.

**SEC. 5** It is recommended that benches for players and coaches of both teams be place along that side of the court on which the scorekeeper's and timer's table is located.

### **Rule 2 – Player Equipment**

**SEC. 1** A clearly visible number must be worn by each player on the front and/or back of the uniform. Suggested numbers are:

**0,3,4,5,00,10,11,12,13,14,15,20,21,22,23,24,30,31,  
32,33,34,35,40,41,42,43,44,50,51,52,53,54,55.**

**SEC. 2** If both teams uniforms are similar in color, the home team must adjust and supply pennies.

**SEC. 3** Teams should have first half line-up sheet.

**SEC. 4** A player's shirt shall be tucked inside the shorts and the shorts shall be above the hips and worn properly. Beginning with 1995-6 school year, company logos, commemorative or memorial patches and insignias are not permitted on the uniform. Players not conforming to this uniform policy shall be directed to leave the game.

**SEC. 5** Undershirts may be worn provided they are of solid color front and back.

**SEC. 6** A player may not wear any equipment which is dangerous or confusing to other players or is not appropriate. Example of illegal items:

- A) Any guard cast or brace made of hard unyielding leather, plaster, soft plastic, metal or any other hard substance, even though covered with soft padding, when worn on the elbow, hand, finger, wrist, or forearm.
- B) Barrettes or ribbons. Rubber band should be used to control hair.
- C) Jewelry, earrings, medical or religious medals.
- D) Unnatural equipment designed to increase a player's height or reach.

**SEC. 6** Tennis shoes are required.

**SEC. 7** C.Y.A.A. recommends that players wear a mouthpiece.

### **Rule 3 – Players and Substitutes**

**SEC. 1** A substitute who desires to enter the game in the second half shall report to the scorers' table, giving his/her number and the number of the player who is being replaced and with to be called or waved in by the official.

**SEC. 2** The entering player shall not replace a free thrower or a jumper except in the case of injury or disqualification.

**SEC. 3** A player who is bleeding, has an open wound, or has an excessive amount of blood on her uniform shall be directed to leave the game and may not return until appropriate treatment is administered (See Basic First Aid). C.Y.A.A. requires coaches to carry extra uniforms and a First Aid Kit.

**SEC. 4.** A player who is unable to play his 4-minute due to injury and needs a substitute, that substitute will have what is left of the original player's 4-minute. The injured person will not be able to play until the second half. The substitute player will be ineligible to play the next 4-minute interval.

### **Rule 4 – Timing Regulations**

**SEC. 1** Playing time shall be four (4) quarters of eight minutes running until last two minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarters; each with intermissions of one (1) minute after the 1<sup>st</sup> and 3<sup>rd</sup> and five (5) minute at half-time.

(See Page 75)

**SEC. 2** During the first half, an unofficial (15 second) stop in play will be called every four minutes to substitute players and allow the opportunity for all to play.

**The clock will stop.** There is no other substitutions allowed . (All players MUST play in the first half) following the additional rules listed below.

- a) During the regular season teams may have at least 5 players to begin the game.
- b) During the CYAA tournament teams that have less than 7 players at the start of game time must forfeit that game.
- c) All players must play a minimum of 4 minutes during the first half. A player that shows up late to a game during the regular season or CYAA tournament will not be eligible to play in the game if they have not met the first half 4 minute playing time rule.
- d) A team that does not meet the requirement of SEC.2 d. will forfeit the game.

**SEC. 3** The game watch shall be stopped when an official:

- a) signals in last two minutes of 2<sup>nd</sup> & 4<sup>th</sup> quarters
  - 1) a foul
  - 2) a held ball
  - 3) a violation
  - 4) free throw
- b) stops play (official time out):
  - 1) because of injury
  - 2) to confer with scorers and timers
  - 3) delay in getting a dead ball alive

**SEC. 4** Three (full) time outs and two thirty (30) second time outs may be granted each team per game. Time outs in excess of the allotted number may be granted at the expense of a technical foul for each.

**SEC. 5** Tie Game – If the score is tied at the end of the second half, play shall continue without change of basket for three (3) minutes. The last minute of over time the clock will stop Continue three (3) minute overtimes until a winner is declared. One extra time out will be permitted to each team during any overtime period.

*This page updated July 19, 2011*

## **Rule 5 Conduct**

**SEC. 1** A coach, substitute, team attendant or followers shall not:

- a) disrespectfully address an official nor attempt to influence his/her decision
- b) disrespectfully address coaches, C.Y.A.A. directors, etc.
- c) disrespectfully address or bait an opponent
- d) indicate his/her objection to an official's decision by rising from the bench or sung gestures
- e) use profanity, inappropriate language or obscene gestures
- f) do anything to incite undesirable crowd reactions
- g) enter the court unless by permission of an official to attend an injured player

Penalty: The offended team is awarded two (2) free throws and its coach shall designate the shooter and no substitution will be allowed.

## **Rule 6 Reminders and Special Rules**

**SEC. 1** The visiting team should also keep a score book, Scorekeepers should sit together. In regard to the score and personal fouls, it is important that the books are in agreement at the end of each quarter.

**SEC. 2** Cheers and chants must be of a positive nature. They may only be done prior to the start of the game at half time or when the ball is not in play.

**SEC. 3** Once the seventh (7) team foul is committed in either half, the bonus goes into effect. Personal fouls and team fouls are carried over to any overtime period.

**SEC. 4** The timekeepers will need a whistle to signal the end of the quarters. They should give both benches a two-minute, one minute, thirty second and ten second warning.

**SEC. 5** Once the official gives the ball to the player at the free throw line there may be no distractions from other players, coaches or spectators.

**PENALTY: TECHNICAL FOUL**

**\*SEC. 6** Pressing is only allowed the last four minutes of the game and overtime period. If the score differential reaches 15 points the pressing must stop immediately.

**SEC. 7** A means of posting a running score (portable chalkboard could be used) is suggested. The scoreboard should be located so it can be easily seen by players and coaches.

**SEC. 8** Player is disqualified on the fifth (5) personal foul or if he/she gets two (2) technical fouls. A technical foul also counts as a personal foul and a team foul. If a player or coach is ejected from the game he/she must sit out the next game.

\*Updated Sec 6. Aug 19, 2014

## BASKETBALL SUBSTITUTION

School: \_\_\_\_\_ # of players present at start of game \_\_\_\_\_

### Quarter 1, first four minutes

### Quarter 1, second four minutes

Player #	Name	Player #	Name

### Quarter 2, first four minutes

### Quarter 2, second four minutes

Player #	Name	Player #	Name

The following Substitution Rule **MUST BE FOLLOWED BY EVERY TEAM!!!!**

SEC. 2 During the first half, an unofficial (15 second) stop in play will be called every four minutes to substitute players and allow the opportunity for all to play. The clock will stop. There is no other substitutions allowed. (All players **MUST** play in the first half) following the additional rules listed below.

- a. During the regular season teams must have at least 5 players to begin the game.
- b. During the CYAA tournament, teams that have less than 7 players at the start of the game time must forfeit that game.
- c. All players must play a minimum of 4 minutes during the first half. A player that shows up late to a game during the regular season or CYAA tournament will not be eligible to play in the game if they have not met the first half 4 minute playing time rule.
- d. A team that does not meet the requirement of “d.” will forfeit the game.

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## BASEBALL RULES SUPPLEMENT FOR BOYS COMPETITION

C.Y.A.A. rules will apply to all games played with the following exceptions, additions, or corrections. Rules not covered in this supplement will be played according to Arizona Interscholastic Association (AIA) Rules.

### **Rule #1: PLAYERS**

- Section 1: Every 6 innings pitched must have four (4) days rest. The pitching chart (Appendix O) will be used during the tournament and will be exchanged before each tournament game with the opposing team. It is strongly recommended that a pitcher not exceed 60-70 pitches per game and must have four (4) full days rest between pitching in games.
- Section 2: Teams must field nine (9) players at the beginning of the game. If a player is forced to leave the game and his team, not having any more substitutes was left with eight (8) players, the game could continue. Each time the player who left the game comes up to bat it will constitute an out.

### **Rule #2: THE PLAYING FIELD**

- Section 1: Ground rules establishing the limits of the playing field (if any) shall be agreed upon by the team coaches and umpire before the game begins.
- Section 2: For 7<sup>th</sup> & 8<sup>th</sup> grade teams, the official diamond shall have 80 foot base lines. Pitching distance from home to the pitcher's rubber shall be 60 feet 6 inches. Grades 5 & 6 shall use a 60 foot base line with 46 feet pitching distance.
- Section 3: All ball fields must be marked.
- Section 4: All playing areas should be inspected prior to the game for holes, stones, glass, or other foreign objects.

### **Rule #3: EQUIPMENT AND UNIFORMS**

- Section 1: The home team shall be responsible for having all the necessary basic equipment for playing the game: bases, game balls, and official score book.
- Section 2: Each team is responsible for their own bats, practice balls, mask, chest protector, and helmets. Face guards are mandatory for the batter in 5<sup>th</sup> and 6<sup>th</sup> grades.

- Section 3: The home team provides two (2) new balls; the visiting team provides one (1) good ball for each game.
- Section 4: Shoes - molded or rubber cleats may be worn. Use of metal cleats or spikes will not be allowed.
- Section 5: A good double eared batting helmet is required for all batters. It may not be broken or cracked. A catcher's helmet is required for catchers. An old helmet is required for all runners.
- Section 6: The home team keeps the official score book. The score should be made known to the umpire and both coaches at the end of each inning.
- Section 7: For safety and injury prevention, exposed jewelry such as wrist watches, neck chains, bracelets, metallic items, or any item deemed dangerous by the umpire must not be worn during the game.
- Section 8: A pitcher shall not wear sweat bands on his wrists.
- Section 9: A first aid kit should be available at the field.
- Section 10: All players shall have shirts tucked into their pants.
- Section 11: For grades 7 and 8 the bat shall not exceed the -3 (drop 3) length to weight ratio nor the 2 ¾ inch barrel. In addition, the bat must have the BBCOR approved stamp on it. Any ALL wood bat is approved.
- Section 12: 5<sup>th</sup> and 6<sup>th</sup> grade bats will have the “Little League Approved” stamp on them.

#### **Rule #4: THE GAME**

- Section 1: Avoid contact with the catcher or any other position player. On close play at home or base, runner must slide or concede.
- Section 2: The game shall be six (6) innings. The umpire and coaches shall use their judgment about sufficient light to continue a game. 5<sup>th</sup> and 6<sup>th</sup> grade time limits one hour and a half. No new inning after one hour 40 minutes. 7<sup>th</sup> and 8<sup>th</sup> grades no new inning after one hour – 45 minutes.
- Section 3: Ties – In the case of a tie, international rule shall be invoked. That is, if the score is tied after six complete innings and time has expired, play shall continue until one team scores more runs than the other in an equal number of complete innings, unless the home team leads.
- Section 4: Run Rule - No more than ten (10) runs in one 1/2 inning; 1/2 inning stops when the 10th run scores. If a team leads by ten (10) runs after four (4) innings, the game shall be called.
- Section 5: No Protests.

Section 6: 3 1/2 innings constitutes a game.

Section 7: Coaches must notify the opposing team and the local Athletic Director prior to any schedule change, unless called because of bad weather.

Section 8: Weather conditions vary throughout the Valley. Some fields drain better than others and may be playable when others are not. Coaches are responsible for notifying opponent regarding condition of the home field.

Section 9: Coaches are permitted in the coaching boxes.

Section 10: Batting

In league play: 7<sup>th</sup> and 8<sup>th</sup> grades may use a DH (designated hitter) and an EH (extra hitter) in their lineup, thus could have 10 hitters in the lineup.

In 5<sup>th</sup> & 6<sup>th</sup> grade play, all available players must be in the batting lineup and will play at least three (3) outs in the field.

7<sup>th</sup> & 8<sup>th</sup> grade: Minimum play for 7<sup>th</sup> & 8<sup>th</sup> grade team is three (3) outs in the field or one (1) at-bat.

In Tournament play:

7<sup>th</sup> and 8<sup>th</sup> grades may use a DH (designated hitter) and an EH (extra hitter) in their lineup, thus could have 10 hitters in the lineup.

Each player must get one at-bat or three consecutive outs in the field. In the event of a shortened game, this rule will be suspended.

Section 11: Batting Out Of Turn

a) A batter shall be called out, on appeal, when failing to bat in the proper turn, and another batter completes a time at bat in the proper batter's place.

b) When an improper batter becomes a runner or is put out, and the defensive team appeals to the umpire before the first pitch to the next batter of either team or before any play or attempted play, the umpire shall declare the proper batter out and nullify any advance or score made because of a ball batted by the improper batter or because of the improper batter's advance to first base on a hit, an error, a base on balls, a hit batter, or otherwise.

NOTE: If a runner advances, while the improper batter is at bat, on a stolen base, balk, wild pitch, or passed ball, such advance is legal.

c) When an improper batter becomes a runner or is put out, and a pitch is made to the next batter of either team before an appeal is made, the improper batter thereby becomes the proper batter, and the results of such time at bat become legal.

Section 12: Stealing

In 5<sup>th</sup> & 6<sup>th</sup> grade play, there will be no leading off and the runner must stay on the base until the ball reaches the plate. At the point the ball crosses the plate the runner can attempt to advance. Once the ball is controlled by the pitcher on the pitching mound, the runner must go back to the base he occupied at the time of the pitch. In grades 5 and 6 the batter cannot run on a dropped 3<sup>rd</sup> strike.

Section 13: Substitution

a) A player in the starting line-up who has been removed for a substitute may reenter the game once, only in the same order in the batting line-up, provided:

1. The substitute has completed one time at bat
2. The substitute has played defensively for a minimum of one inning (3 outs)
3. A Pitcher that starts the game in the pitching position and is then removed to a different position and not removed from the game, may re-enter as a pitcher **ONE TIME ONLY** provided he has pitching innings remaining. This would also apply to a position player that starts the game and is not removed from the game.
4. Only a player in the starting line-up may reenter the game

NOTE #1: When two or more substitute players of the defensive team enter the game at the same time, the manager shall, immediately, before they take their positions as fielders, designate to the umpire such players' positions in the team's batting order and the umpire shall notify the official scorer. The umpire shall have authority to designate the substitutes' places in the batting order, if this information is not immediately provided.

NOTE #2: Should injury or illness prevent a manager from fielding nine (9) players, the manager may, without penalty of forfeiture, replace the injured or ill player with a player previously in the line-up, but only if use of all other eligible players has exhausted the roster. The provision does not apply with respect to a player or players ejected from the game. If a team is unable to field nine (9) players for reasons of ejection of a player and no eligible substitute is available, previously used player may not enter the game.

b) A player whose name is on the team's batting order may not become a substitute runner for another member of the team.

**DIOCESE OF PHOENIX  
C.Y.A.A. HOME FIELD LOCATIONS**

<p>Annunciation Catholic School- Blue &amp; Green 32648 N Cave Creek Rd. Cave Creek, Arizona 85331 480 361-8234 FAX 480-595-0886</p>	<p>*Sacred Heart School--Red &amp; White 131 North Summit Avenue Prescott, Arizona 86301 928-445-2621 FAX 928-445-0966</p>
<p>Christ the King--Blue &amp; Gold 1545 E. Dana (East of Stapley, 2 blocks south of Main) Mesa, Arizona 85204 480-844-4480 FAX 480-844-4498</p>	<p>*San Francisco de Asis—Blue &amp; Gold 320 North Humphreys Flagstaff, AZ 86001 928-779-1337 FAX 928-774-1943</p>
<p>Loyola Academy at Brophy – Red &amp; White 4701 N. Central Ave. Phoenix, AZ 85012 602-264-5291</p>	<p>SS. Simon &amp; Jude--Green &amp; White 6351 N. 27th Avenue (N of Bethany Home Road) Phoenix, Arizona 85017 602-242-1299 FAX 602-433-7608</p>
<p>Most Holy Trinity--Green &amp; White 535 E. Alice Avenue (S of Dunlap at 7th St.) Phoenix, Arizona 85020 602-943-9058 FAX 602-943-3188</p>	<p>St. Agnes--Green &amp; Gold 2311 E. Palm Lane (24th Street, South of Thomas) Phoenix, Arizona 85006 602-244-1955 FAX 602-286-0250</p>
<p>Our Lady of Mt. Carmel--Red &amp; White 2117 S. Rural Road (S of Broadway in Tempe) Tempe, Arizona 85282 480-967-5567 FAX 480-967-6038</p>	<p>St. Catherine of Sienna--Red &amp; White 6413 S. Central Avenue Phoenix, Arizona 85040 602-276-2241 FAX 602-268-7886</p>
<p>OLPH-Glendale--Blue &amp; White 7521 N. 57th Avenue (N of Glendale Ave) Glendale, Arizona 85301 623-931-7288 FAX 623-930-0256</p>	<p>St. Francis Xavier--Blue &amp; Gold 4715 N. Central (Next to Brophy) Phoenix, Arizona 85012 602-266-5364 FAX 602-279-0423</p>
<p>OLPH-Scottsdale--Green &amp; White 3801 N. Miller Road Scottsdale, Arizona 85251 480-874-3720 FAX 480-874-3767</p>	<p>St. Gregory--Blue &amp; White 3440 N. 18th Avenue (19th Avenue &amp; Osborn) Phoenix, Arizona 85015 602- 266-9527 FAX 602-266-4055</p>
<p>St. John XXIII – Blue &amp; White 16235 N. 60<sup>th</sup> Street Scottsdale, AZ 85254 480-905-0939 FAX 480-905-0955</p>	<p>St. Jerome--Blue &amp; Gold 10815 N. 35th Avenue (N of Peoria Avenue) Phoenix, Arizona 85029 602- 942-5644 FAX 602-467-4929</p>
<p>Queen of Peace--Blue &amp; White 109 N. Macdonald Street Mesa, Arizona 85201 480-969-0226 FAX 480-275-2097</p>	<p>St. John Bosco – Blue &amp; Yellow 16035 S. 48th Street Phoenix, AZ 85044 (480) 219-4848 FAX 480-219-5767</p>

<p>St. John Vianney - Blue &amp; Silver  539 La Pasada Blvd.  Goodyear, Arizona 85338  (623) 932-2434 FAX 623-925-0094</p>	<p>St Timothy Catholic Academy – Maroon &amp; White  2520 S Alma School Rd  Mesa AZ 85210  480-775-2650 FAX 480-775-2651</p>
<p>*St. Joseph - Cottonwood  2715 E. State Route 89A  Cottonwood, Arizona 86326  928-649-0624 FAX 928-649-1191</p>	<p>St. Vincent de Paul--Red &amp; White  3130 N. 51st Avenue (Osborn &amp; 51st Avenue)  Phoenix, Arizona 85031  623-247-8595 FAX 623-245-0132</p>
<p>St. Louis the King--Blue &amp; Gold  4331 W. Maryland (43rd Avenue &amp; Maryland)  Glendale, Arizona 85301  623-939-4260 FAX 623-930-1129</p>	<p>Villa de Marie Academy – Blue &amp; White  6535 E Osborn Rd, Ste. 404  Scottsdale, Arizona 85251  480-947-9441 FAX 480-990-8284</p>
<p>St. Mary-Basha—Light Blue &amp; Gray  200 W. Galveston (West of Arizona Avenue)  Chandler, Arizona 85224  480-963-4951 FAX 480-963-8959</p>	<p>All Saints Episcopal--Blue &amp; White  6300 N. Central Avenue  Phoenix, Arizona 85012  602-274-4866 FAX 602-274-0365</p>
<p>St. Matthew--Blue &amp; Gold  2038 W. Van Buren Street  Phoenix, Arizona 85009  602-254-0611 FAX 602-253-4124</p>	<p>Christ Lutheran--Green &amp; White  3901 E. Indian School Road  Phoenix, Arizona 85018  602-957-7010 FAX 602-955-3191</p>
<p>*St. Peter Mission--Gold &amp; Blue  P.O. Box 10840, (1500 N. St. Peter Rd.)  Bapchule, Arizona 85221  520-315-3835 FAX 520-315-3963</p>	<p>Phoenix Day/Deaf—Blue &amp; Gold  1935 W. Hayward Avenue  (19th Ave, South of Northern Ave)  Phoenix, Arizona 85021  602-336-6808 FAX 602-336-6944</p>
<p>St. Theresa--Blue &amp; White  5001 E. Thomas Road  Phoenix, Arizona 85018  602-840-0010 FAX 602-840-8323</p>	<p>Scottsdale Christian--Red, White &amp; Blue  14400 N. Tatum Blvd.  (Between Thunderbird &amp; Greenway)  Phoenix, Arizona 85032  602-992-5100 ext 1081 FAX 602-992-0575</p>
<p>St Thomas Aquinas --Blue &amp; White  13720 W Thomas Rd  Avondale, AZ 85323  623-935-0945 FAX 623-935-5044</p>	<p>Summit School of Ahwatukee  4515 E Muirwood Drive  Phoenix, AZ 85048  (480) 403-9500 FAX (480) 403-9599</p>
<p>St. Thomas the Apostle--Red &amp; White  4510 N. 24th Street  Phoenix, Arizona 85016  602-954-9088 FAX 602-381-3256</p>	<p>Torah Day School of Phoenix  1118 W Glendale Ave  Phoenix, AZ 85021  (602) 374-3062</p>

\*Not all sports 8/18/14 removed Trinity Lutheran /added Torah Day School of Phoenix