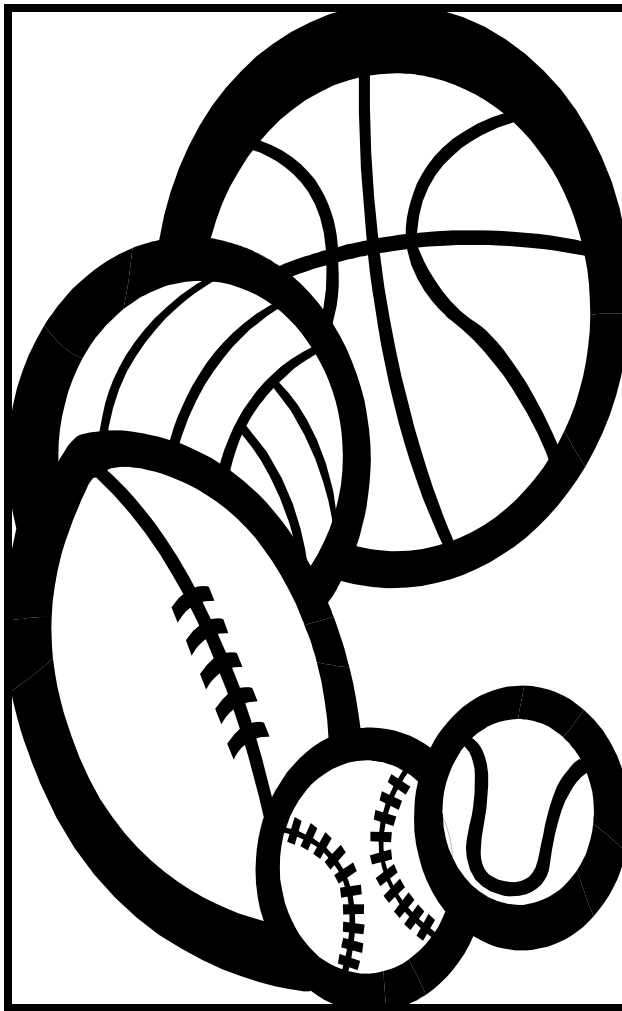


CYO

Catholic Youth Organization
ARCHDIOCESE OF PHILADELPHIA
2007-2008

ATHLETIC MINISTRY HANDBOOK



**Catholic Youth Organization
Archdiocese of Philadelphia**

***The Athletic Ministry Handbook is
published by***

Office for Youth and Young Adults

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“Beloved Young Adults”

The late Pope John Paul II's words
On Nov.24, 1984, to Olympians who had
participated in the Los Angeles Games.

“Beloved young athletes, athletics offers you, among other things, also the opportunity to improve your own personal spiritual state. Called as you are frequently to engage in your competitions in the midst of nature, amid the marvels of the mountains, seas, fields and slopes, you are in the best position to perceive the value of simple and immediate things, the call to goodness, the dissatisfaction with one's insufficiency, and to mediate on the authentic values that are the basis of human life.

These are the virtues that harmonize well with the Christian spirit because they demand a capacity for self-control, self-denial, sacrifice and humility, and therefore an attitude of gratefulness to God, who is the giver of every good and therefore also the giver of necessary physical and intellectual talents.

Sports are not merely the exercise of muscles, but the school of moral values and of training in courage, in perseverance, and in overcoming laziness and carelessness. There is no doubt that these values are of the greatest interest for the formation of a personality which considers sports not an end in itself but as a means to total and harmonious physical, moral and social development.”



Dear Friend of CYO Athletic Ministry,

The Archdiocese of Philadelphia's CYO has a long history and strength built on the integrity and hard work of many faithful volunteers. The Athletic Ministry Department of the Office for Youth and Young Adults' role is to provide the vision and framework from which our coaches, administrators and parents carry out this vital ministry. This Handbook is a reference tool to remind all involved of the mission of Athletic Ministry as well as the structure and rules under which this ministry is carried out.

Training is an important aspect of the department's role, and we provide 2 primary trainings: 1) The Annual Athletic Ministry Conference and 2) Coaches Orientations. We continue to look at other training needs and seeking feedback on a variety of issues that impact how well we all nourish the emotional, spiritual, physical and social development of our youth.

One simple way we can all view our role is that we help youth identify, develop and share their gifts with others. We also help youth understand that these are gifts from God, and that He expects each of us to return to Him in equal measure the gifts He has bestowed on us; nothing less and, equally important, nothing more. This is clearly stated in the Parable of the Talents (Luke 19, 11-27).

I would strongly encourage each parish to build on the CYO Mission Statement and their own parish mission statement by answering two questions in as much detail as is feasible: 1) What does a successful CYO season entail? and 2) what does a successful CYO program entail? When we answer these questions in light of the CYO Mission Statement and Gospel example of Jesus, I believe it will help ground us in making decisions in how we approach our daily practices and games.

This year we will be focusing on addressing the many challenges that parishes face in having effective ministry through sports as well as the pragmatic, day-to-day running of the parish and Regional programs. The Athletic Ministry Department and Regional Boards are here to help you work through this process.

We look forward to continue working with all of you in this exciting ministry!

Yours in Christ,

Brian M. Hanlon
Director of Athletic Ministry

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I. Introduction to CYO Athletic Ministry

A. CYO Sports Mission Statement

CYO Sports is:

one component of a parish's comprehensive youth ministry program which enables the partnership of parents, coaches, priests, religious, teachers, and adult leaders to manage and support a sports program that allows youth to grow in their relationship with God and come to better understand themselves and the Catholic faith.

Such a program:

- *employs healthy and enjoyable competition to promote the sharing of gospel values among athletes, parents, and coaches.
- *assists parish leadership in nourishing the emotional, spiritual, social, and physical needs of young people.
- *encourages young people to appreciate the gifts that they possess, and challenges them to share these gifts with their community.
- *allows youth to witness the life of Christian discipleship in their coaches and adult leaders.
- *encourages youth to become responsible members of their faith community.

B. CYO Points of Emphasis

MINISTRY— CYO sports provide a unique opportunity for youth ministry with the potential for great Christian influence. All CYO sports volunteers should strive to ignite spiritual development out of the relationship between the youth and athletics. God has blessed the youth with many gifts and talents, and volunteers are called to realize the importance of animating an appreciation for those blessings. We encourage our volunteers to act as ministers by facilitating **prayer before and after practices and games**, attending **Mass as a team**, and creating a team **service project**. Most importantly, we ask that they teach values of faith and character development and to reflect those values in their own actions. Participation in athletics provides many “teachable moments” and all involved need to be prepared to constructively address those opportunities.

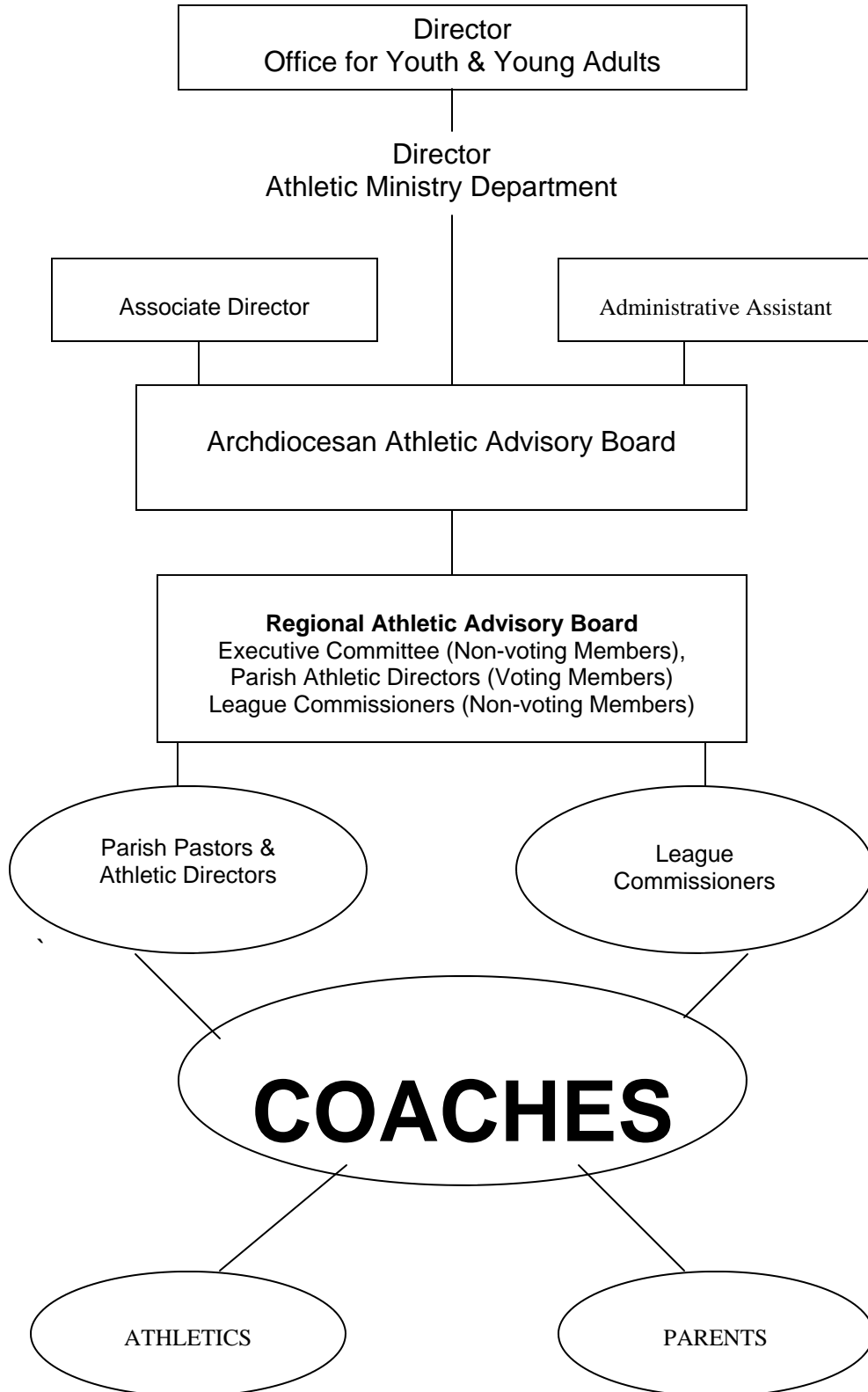
SPORTSMANSHIP— All CYO programs must reflect Christian attitudes and values through coaches emphasizing good sportsmanship. Coaches are expected to set sportsmanship standards with their teams and discuss proper conduct. Part of showing good sportsmanship involves both coaches and their teams shaking hands with the other team before and after each contest. Sportsmanship also includes treating game officials with respect. Officials will make mistakes, and therefore coaches and athletes must be tolerant. The CYO is not tolerant of shouting and criticism nor any negative or derogatory comments toward officials, coaches and/or athletes. **In short, let players play, coaches coach, officials officiate and parents support.**

ENJOYMENT— The CYO is not a spectator sport for the benefit of coaches and parents. All competitions are supposed to be enjoyable for the athletes! Therefore, coaches must always be positive by praising and constructively instructing their athletes. **Good CYO coaches “succeed” by enabling youth to develop their talents, not by winning being the measure of “success”.** **Coaches succeed** by helping each youth become the best they can be through skill development, building team as part of the parish community, helping youth see beyond themselves to the needs of others, appreciating the social aspects of sport, seeing God as the source of our gifts and praising him for it, and having fun along the way. It is critical that our youth understand that they get their worth from God as a free gift, NOT from success in athletics. We pray that parents will support their children without placing undue pressure on them to win or be the best athlete on their team or in their Region. We also ask that spectators cheer in a positive manner. Remember that the participants are not small adults, they are children playing a game.

ORGANIZATION— The creation of Regional Athletic Advisory Boards in 2003 helped to bring information, processing, and decision making closer to the parish level—all under the oversight of the Athletic Ministry Department. The tremendous commitment and work by volunteers on the Boards and parish athletic directors has helped strengthen and make CYO more responsive. **The Boards also represent another voice reinforcing the importance of living the Gospel values through sports.**

**The Office for Youth and
Young Adults**

A. Organizational Chart



B. The Archdiocesan Administration

1. The Office for Youth and Young Adults (OYYA)

This Archdiocesan Office is organized under the Office of the Secretariat of Catholic Education. It encompasses Parish Youth Ministry, Young Adult Ministry, Community Service Corp, and CYO Athletic Ministry. These departments assist parishes in their efforts to help young people grow in their relationship with God and become responsible participants in their faith community. The Director of Athletic Ministry works for this office.

2. Athletic Ministry Department

The Athletic Ministry Department is responsible for carrying out the Mission of the Office for Youth & Young Adults through the unique avenue of sports. Decisions are driven by the need to support the adult leaders to help our youth “hear and respond to the call of Jesus Christ.”

The Athletic Ministry Department is comprised of the Director of Athletic Ministry, a part-time Associate Director, and an Administrative Assistant. We rely heavily on the good work of the many CYO volunteers, without whom an effective CYO program would not be a reality. We continue to look for ways to work more efficiently and more effectively, given limited resources.

The Archdiocesan Athletic Advisory Board had been established as part of a 3-year planning process that ended in 2003. It assisted the Director of Athletic Ministry in maintaining all CYO Athletic Ministry Programs and developing the organization’s purpose, policies, procedures, and goals. One major part of its work involved setting up the structure and function of the Regional Boards. This Board had been inactive since prior to the 2005-06 year, after the Regional Boards were up and running.

Beginning with the 2006-07 CYO year the new Director of Athletic Ministry gathered the Regional Coordinators in an effort to draw on the experience of CYO people who were actively involved in running their Regions. This group highlights issues they feel need to be addressed, shares successes and challenges, evaluates rules and procedures, and makes recommendations to the Director.

The Athletic Ministry Department continues to evaluate the best way to benefit from the vast gifts of its constituents while setting a clear course for the vision of CYO. We continue to seek the expertise and support needed to effectively run the CYO Regions and the Archdiocesan Tournaments. We have Archdiocesan Coordinators and Committees for a few of our sports, which has served all CYO constituents well, and we look to expand that model.

C. Regional Administration

1. The CYO Sports Region

The Archdiocese of Philadelphia is currently divided geographically into 15 CYO sports Regions for the purpose of the Athletic Ministry Program. All parishes with CYO’s are assigned to a Region, and their teams must participate with their Region’s sports league. Failure to do so, without Archdiocesan permission, will result in elimination from Regional, Area, and/or Archdiocesan competition.

a. Regional By-Laws

1. Regional Athletic Advisory Boards are encouraged to develop by-laws to assist in governing parish participation in Regionally- sponsored sports leagues.
2. Regional by-laws may enable the Region or parishes to take steps that are not feasible on an Archdiocesan-basis that foster the mission and vision of CYO, with the exception of eligibility requirements which are consistent across the Archdiocese. Each Region needs to provide the by-laws and explanation of any deviations from rules in this Handbook to the Athletic Ministry Department for review prior to the beginning of each CYO Year, and immediately if mid-year changes are made. If a Region is found to be in non-compliance to any rule outlined in this Handbook, they will face a review by the Athletic Ministry Department and certain penalization.

b. Parish Assignments

1. The current assignments of parishes to particular Regions is set indefinitely. However, if a Parish feels strongly that it should be removed from its current Region and assigned to a new Region, their Pastor and Parish Athletic Director may present a request for an “assignment review” to the Director of Athletic Ministry Department (See “Regional Alignment” on p. 23).
2. If a Region does not sponsor a league in a particular sport, then the Archdiocesan CYO Athletic Ministry Department will assign that parish’s team to a neighboring Region’s league for that particular sport only. As long as the team is in compliance with all Archdiocesan rules outlined in this Handbook, they will be eligible to represent that Region at post-season Archdiocesan competition.

2. **The Regional Athletic Advisory Board** serves as the governing body of the Region. The Executive Committee, the Parish Athletic Directors (See p.9) and League Commissioners serve as its membership. Together, they hold the responsibility of coordinating, managing and supervising all Regionally-sponsored CYO sports programs and events. Their responsibilities include:
1. Promoting the purpose and goals of the CYO Sports Mission Statement (p.1).
 2. Providing a forum for communication and decision-making amongst the Region’s parishes.
 3. Developing a set of Regional by-laws within the domain of Archdiocesan rules and policies.
 4. Facilitating fair voting procedures when necessary.
 - a. Voting privileges are granted strictly on the basis of, “One parish, one vote.”
 - b. Non-parishioners may not vote for a parish.
 5. Ensuring all volunteers attend the appropriate and required training and education, for example:
 - a. CYO Coaches Orientation (p.43)
 - b. Athletic Ministry Conference (p.44)
 6. Recruiting, screening and hiring Commissioners who demonstrate an understanding of how to conduct a truly “Christian League” (See p.7).
 7. Forming subcommittees to review issues that may need Regional supervision (For example: Behavior, Rostering Review, Financial Procedures).

3. The Executive Committee

- All members may incur more specific duties, other than those listed below, as defined by the Region's by-laws.
- All positions are elected by the Regional Athletic Advisory Board and may serve term as regulated by the Region's by-laws.
- Members:

A. The Coordinator of Athletic Ministry is commissioned to provide leadership and direction to the Region's parish membership. He or she must:

1. Manage the Region's parish membership, programs and events so they:
 - a. Promote the purpose and goals of the CYO Sports Mission Statement.
 - b. Comply with Regional By-Laws and Archdiocesan CYO Rules.
2. Schedule and chair Regional Athletic Advisory Board meetings.
 - a. Minimum of four (4) per CYO Year.
 - b. Create meeting agendas to address current Regional issues.
3. Develop a set of Regional by-laws with the assistance of the board, and conduct a yearly review process of existing by-laws.
4. Facilitate board decisions on thorough voting procedures honoring each parish membership with one vote. The involvement of the entire board should be encouraged.
5. Serve as a liaison between the Regional Board and the Director of Athletic Ministry via e-mail, phone calls and meetings. He or she must represent the Region at all meetings requested by the Director of Athletic Ministry, or designate an appropriate representative.

B. The Assistant Coordinator is commissioned to assist the Coordinator & the Executive Committee in managing the Region's parish membership, programs and events. The Assistant stands in as the Coordinator when he or she cannot be present.

C. The Coordinator of Mission & Ministry acts as the keeper of the CYO Sports Mission Statement. He or she must actively promote CYO as Ministry through sports, for example: through promoting prayer, liturgies, service projects, retreats, and reflection. He or she serves to remind the Regional board that all decisions are to be made in the light of the CYO Sports Mission Statement (p.1).

D. The Coordinator of Finance is responsible for the stewardship of resources available to the board. He or she must:

1. Document Regional income and expenses.
2. Disseminate financial reports to the board.
3. Maintain a Regional checking account.
4. Approve financial expenditures with the board.

E. The Coordinator of Communication is responsible for the dissemination of information to all board members. He or she must provide all necessary written correspondence and electronic communication requested by the Region's Executive Committee, as well as the Director of Athletic Ministry. He or she is responsible for keeping all of the Region's athletic volunteers well- informed.

4. The League Commissioner derives his or her authority from the Regional Athletic Advisory Board. Commissioners are appointed by the Board to manage a Regionally-sponsored sport on a daily basis. Decisions affecting the structure, operation, finances, and/or organization of the league must be reviewed by the Board. The Commissioner assists the Board by ensuring a particular sport is run so that it is consistent with the CYO Sports Mission Statement and compliant with both the Archdiocesan CYO Rules outlined in this Handbook and Regional By-Laws. A Commissioner must:

1. Attend the pre-season sports meeting conducted by the Archdiocesan CYO Office.
2. Distribute and collect the following forms for coaches:
(*All available at www.ozya.org/athletics)
 - a. Completed roster forms & fees from each team (See "Roster & Fees" on pgs 19-20)
 - b. Completed "Coaching Eligibility Affidavit" from each team.
 - c. Commissioners are responsible for ensuring attended the Coaches Orientation (See #1 on p.11)
3. Review the above items to ensure that they are completed and compliant with all CYO "Eligibility Rules" (Coaching— See pgs. 11-12) and present the original to the Archdiocesan CYO Office. Additional forms may be introduced by the Director of Athletic Ministry at the pre-season meeting.
4. Develop a set of league by-laws and/or conduct a yearly review of existing by-laws.
 - a. League by-laws must be approved by the Regional Athletic Advisory Board.
 - b. League by-laws have the flexibility outlined in Regional by-laws, as they relate to coordination with Archdiocesan by-laws.
 - c. League by-laws should establish policies and procedures for all regular season league administration, Regional playoffs and for determining a representative(s) for Archdiocesan level competition.
5. Organize and schedule league games, officials, and Regional playoffs.
6. Act as an officer of the by-laws established by the Region, the league and the Archdiocesan CYO Rules outlined in this Handbook.

NOTE: League Commissioners are not permitted to officiate in the same league(s) in which they commission.

E. Parish Administration

1. The Pastor has final authority on all decisions pertaining to his parish. However, he may designate a priest Moderator to work closely with a Parish Athletic Director and/or develop a Parish Athletic Advisory Board. It should be the goal of parish administration to offer a sports program which promotes the purpose and goals of the CYO Sports Mission Statement (p.1) and complies with both the Archdiocesan CYO Rules (outlined in this Handbook) and its Regional membership's by-laws (p. 5).

The Pastor must also be knowledgeable of the "Parish Eligibility" requirements outlined on p.10 and the Grade School and High School Athletic Eligibility Requirements outlined on pages 12-17. The Archdiocesan CYO Office stands ready to assist all parishes in their efforts to produce a sports program charged with youth ministry.

2. The Parish Athletic Director is appointed by the Pastor and is guided by parish by-laws as to length of term and specific responsibilities. He or she automatically is a voting member of the Regional Athletic Advisory Board which governs his or her parish's CYO sports Region. The Parish Athletic Director is responsible for the following:

- a. Communicating the CYO Sports Mission Statement (p.1) to parish sports volunteers and working to uphold its purpose and goals.
- b. Developing a set of "Parish By-Laws," and/or conduct a yearly review of existing ones.
- c. Ensuring the following:
 1. That only qualified individuals are selected to work with children and that they're aware of their spiritual obligations and "Eligibility Requirements" (pgs. 11-12) as a CYO coach.
 2. That the parish sports program is compliant with all Archdiocesan CYO Rules (outlined in this Handbook), Regional By-Laws and existing Parish By-Laws.
 3. That the parish meets all "Parish Eligibility" requirements outlined on p.10.
 4. That parish team rosters (pgs. 19-20) and additional forms are complete, accurate (See "Athlete Eligibility" - Grade School on pgs. 12 -16, and High School on pgs. 16-17), and timely submitted.
- d. Chairing Parish Athletic Advisory Board meetings, unless a formal structure is in place.
- e. Representing the parish at all Regional Athletic Advisory Board meetings.
- f. Following through with all other duties as communicated from the Pastor or Priest Moderator.

3. The Parish Athletic Advisory Board - It is recommended that the parish form a board to assist the Parish Athletic Director and/or Priest Moderator. Length of term and specific responsibilities of the board should be outlined in the parish CYO sports program's by-laws. The Parish Youth Minister should sit on the board.

4. Coaches

Potential coaches must be screened by the Parish Athletic Director and/or the Parish Athletic Advisory Board. All coaches must meet the "Coaching Eligibility" rules outlined on pgs. 11-12. It is recommended that all coaches be retained for one year of service and then have to reapply. Potential coaches must realize that becoming a CYO coach means acting as a role model to

the youth of the Church. Therefore, his/her actions and words must reflect the purpose and goals of the CYO Sports Mission Statement (p.1). It is the duty of all CYO coaches to be knowledgeable of the Archdiocesan CYO Rules outlined in this handbook.

III. Eligibility Standards

While all CYO sports Regions and participating parishes should strive to involve as many young people as possible, there is an inherent part of participation that requires certain rules in order to regulate fair and safe competition. These rules apply to the involvement of adult volunteers as well as the child athlete. At times, these rules may not seem to be in the best interest of the individual Region, parish or athlete. However, they are regarded to be appropriate for the majority of the participants and consistent with the goals of the Office for Youth and Young Adults (p.4). It is the responsibility of all CYO constituents, particularly the Regional Athletic Advisory Board, the Parish Athletic Director and/or the Parish Athletic Advisory Board, to ensure that all Archdiocesan CYO Rules (outlined in this Handbook) are followed in both letter and spirit. The primary enforcer of our rules is the honesty and integrity of the CYO volunteer membership.

NOTE: Rationalizing breaking these rules is dishonest and contrary to the purpose and goals of the CYO Sports Mission Statement (p.1) and certain penalization will follow no matter the intent.

A. Parish Eligibility

In order for a parish to participate in an Archdiocesan CYO sanctioned and Regionally-sponsored sports league, the following criteria must be met:

1. Each parish must charter annually with the Office for Youth and Young Adults (a.k.a. OYYA, see p. 4). Charter forms will be sent to each parish over the summer, and should be returned by the established deadline listed on the form. Charters indicate the Pastor's acknowledgement of the following: 1) A CYO sports program exists at the parish, 2) the sports program is under his responsibility, and 3) the sports program should incorporate youth ministry aspects like prayer, liturgy and service. A charter must also list the Parish Athletic Director's contact information. For more information about chartering, please call OYYA at 215-965-4636.

2. Each parish is required to send at least one representative to one of the Annual Athletic Ministry Conference Dates (See p.44).
3. Each parish team must be in compliance with the "Roster & Fee Procedures" outlined on pgs. 19-20.
4. Each parish must ensure all coaches are in compliance with the "Coaching Eligibility" requirements outlined below.
5. All parishes must be in compliance and "good standing" with their Regional Membership's By-Laws and their Region's Athletic Advisory Board. ("Good standing" ie: meeting required attendance at Regional board meetings.)

NOTE: Non-compliance with any of the above criteria will jeopardize a parish's sports teams' eligibility for Regional and Archdiocesan competition, and may result in further penalization. For any parish that will not allow non-parish school players to play CYO, that parish will be ineligible for Archdiocesan tournaments. They are eligible to play in their Region.

B. Coaching Eligibility

In order to coach a parish team in an Archdiocesan CYO sanctioned and Regionally sponsored sports league, all head coaches and assistant coaches must meet the following requirements:

1. Attendance at the CYO Coaches' Orientation before starting their second year of coaching a particular sport. For more information and this year's schedule see p. 43.

NOTE: The Archdiocese of Philadelphia is committed to the implementation of the *Charter for the Protection of Children and Young People*. Therefore, **all adults** involved in youth ministry and service to children **must provide required background checks and proof of attendance at the Safe Environment Training for their parish**. For more information and training schedule please visit www.virtus.org. This is NOT handled by the Athletic Ministry Department but through your parish.

2. Age criteria for Head Coaches:

- a. Grade School: Must have reached their 21st birthday before the start of season (For "Start of Season" per sport, see pgs. 26-42).
- b. High School: Must have reached their 25th birthday before the start of the season (For "Start of Season" per sport, see pgs. 26-42).

NOTE: An "Assistant Coach" is defined as anyone who works with and/or instructs individual athletes on a team, one day or more per week. There is no specific age requirement for assistant coaches. **However, ALL coaches over 18 that have any coaching role must complete Safe Environment requirements. Assistant coaches under 18 should never be left alone with athletes.**

3. All coaches must be familiar with and comply with all Archdiocesan CYO Rules outlined in this Handbook, or penalties may be levied.

4. All coaches must meet any additional requirements of their parish, their team's league and/or the Region.

5. All coaches must agree to the following pledge and it is recommended that they recite it in the presence of the Parish Athletic Director and/or League Commissioner:

C. Grade School Athletic Eligibility

1. Grade School Age/Grade Restrictions - In order to participate for a CYO parish/school team, all athletes must be in compliance with the eligibility standards listed below. The signature of the Coach, Parish Athletic Director and League Commissioner on a team's roster (See pgs. 19-20) implies that they have thoroughly reviewed the roster for accuracy and compliance with the rules listed below.

a. Grade School Varsity (Class D) - Participants must be 7th or 8th grade students who have **not** reached their 15th birthday before September 1, 2007. Violators will face the penalties outlined in "Eligibility Violations" on p. 16.

1. 6th Graders - Only if a parish does not offer a Junior Varsity team, may 6th graders participate on the Varsity team. See "Years of Eligibility" on p. 13.

2. 8th Graders - Students in 8th grade who have reached their 15th birthday before September 1, 2007 may participate for their parish's "high school" sports teams (See "High School Athletic Eligibility" on p. 16).

3. 9th Grade and Above - Regardless of age, 9th graders and above may not participate on a Varsity (Class D) team.

4. Exception - Cross Country and Track & Field, only, are approved to employ different age/grade restrictions (See pgs. 27 & 38).

b. Grade School Junior Varsity (Class E) -

Participants are to be 5th or 6th grade students who have not reached their 13th birthday before September 1, 2007. Violators will face the penalties outlined in "Eligibility Violations" on p. 16

1. 4th graders - Regardless of age, 4th graders are not eligible to participate on a Junior Varsity (Class E) team.

a. Exception - Cross Country and Track & Field, only, are approved to employ different age/grade restrictions (See pgs. 27 & 38)

2. 6th graders who are too old to participate on a Junior Varsity (Class E) team are eligible to participate on a Varsity (Class D) team.

3. Below Junior Varsity (Class E)

*Except for Track & Field and Cross Country, the Archdiocese of Philadelphia does not sanction any programs involving students in 4th grade or below. Therefore, in order to qualify for insurance and liability assistance from the Archdiocese, a parish that is hosting any other athletic team which involves students in 4th grade or below must meet the minimum requirements for *Non-Sanctioned Sports Programs* outlined under "Insurance and Liability" on pgs. 23-24.

2. Years of Eligibility for Grade School Athletes:

a. Junior Varsity - 2 years

b. Varsity - 2 years

1. 6th graders participating on a Varsity team because there is no Junior Varsity team - will be credited with one year of Junior Varsity eligibility, rather than a year of Varsity eligibility. They will retain their full Varsity eligibility for their 7th & 8th grade years.

3. Grade School Residence Requirements:

a. General Residence Eligibility

1. Athletes must be either registered members of the parish or attend the parish school, otherwise they cannot participate.

a. Registered members must be Catholic and must be registered before the start of the sport's season in which they are participating (See pgs. 26-42 for "Start Dates" per sport).

b. Change of Residence

1. **Before the Start of the Season** - If an athlete moves out of his/her parish prior to the official start date of a sport's season (See pgs. 26-42 for "Start Dates" per sport), the athlete is ineligible to participate with his/her former parish.

2. **After the Start of the Season** - If an athlete moves on or after the official start date of a sport's season (See pgs. 26-42 for "Start Dates" per sport), he/she may choose to participate with their new or old parish.

NOTE: After the sport's roster deadline (See pgs. 26-42 for "Roster Deadline" per sport) athletes may no longer change teams. Once an athlete chooses to participate on a team at their new parish, he/she cannot participate for any teams at their former parish. The adjustment period is for that school year only.

3. **Formation of a New Parish** - Athletes cut off from their old parish because of the establishment of a new parish may participate for their former parish during an adjustment period of three years following the official date of the new parish's establishment.

4. Grade School Scholastic Regulations:

a. Parish-School Students

1. A student-athlete who attends a parish's school is eligible to participate on that parish's CYO team.
2. A student-athlete who attends a separate parish's school from his/her registered parish may participate with either parish's CYO, but they must immediately establish a preference.
 - i. Upon establishing a preference, the student-athlete must participate with the designated entity for the remainder of the scholastic year.
 - ii. Exception: If the chosen entity does not offer a particular sport, then the student-athlete may participate, for that sport only, with the entity which was not originally selected.
 - iii. At no time may a student-athlete participate for the same sport at 2 different CYO entities.

b. Non Parish-School Students

1. A student-athlete who is a registered member of the parish and attends a school (public, private or Catholic which is not part of CYO) other than their parish's school or is home-schooled is eligible to participate for their registered parish's team.

There is **No restriction** as to that student's participation with their other school nor any other athletic league, which is a change for the 2007-08 CYO Year.

NOTE: It is recommended that non-parish-school students be required to participate in the parish's religious education program.

c. Combined Schools

Parishes who share a "combined-school" may either offer CYO sports through their own parish or through the school. However, if the parishes involved choose to offer CYO sports through the school, the following conditions must be met:

1. Participation is limited to the students who attend the school and/or those Registered members of the parishes involved in the combined-school.
2. All involved parishes' Pastors must submit letters of their acknowledgement and approval of the "combined-school" CYO sports program to the Regional Athletic Advisory Board. The Pastor's letter must indicate: 1) the shared responsibility between the parishes for the CYO sports program, and 2) an understanding that none of the parishes involved may field a team on their own and separate from the combined-school team.
3. The Region must then forward the Pastors' letters onto the Director of Athletic Ministry.
4. This is much like a small-parish merger.

Violators will serve the penalties outlined under "Eligibility Violations" on p. 16.

d. The Small Parish/School Merger - Parishes without schools are encouraged to make every effort to maintain their own parish athletic program. However, the Archdiocesan Athletic Advisory Board has determined that there is a need to address parishes with declining school enrollments and/or the losing of such schools. The Board determined that these parishes who want to maintain athletics should be offered an option. The Board also agreed that the need for possible mergers would only be to keep intact a CYO program, NOT to make teams more competitive.

Criteria:

1. Two or more “small” parishes, in the same Region, may request a parish merger.
 - a. Parishes without schools may request a merger.
 - b. The merger must be necessary in order for “all” of the parishes involved to sustain a team.
 - c. No merger will be granted that gives the parishes involved a “substantial” competitive advantage.
2. Parish-schools must have a total enrollment of 300 or less in order to qualify to “request” a merger. Exceptions to this number can be requested, but unique circumstances must be presented.
3. A parish merger is agreed on a sport by sport basis. For example: If two parishes or more form a merger for soccer, they cannot simply elect to play together for basketball - they must apply again.
 - a. Mergers must also be reapplied for every year.

Procedures:

1. The cut-off date for requesting a merger is two weeks prior to the start of the season for each particular sport. (“CYO Seasons” per sport are listed on pgs. 26-42)
2. The Pastor and Parish Athletic Director from each parish must present written approval to the Regional Athletic Advisory Board for review.
3. Upon approval by the Regional Athletic Advisory Board, the request must then be forwarded to the Director of Athletic Ministry for final review.
 - a. Once approved by all levels, merged teams will retain the right to participate in all Archdiocesan events.

e. High School or Professional Athletes

An athlete found to be “rostered on” any high school team (freshman, j.v., or varsity) or professional team and also participating for a CYO team in that same sport during the same scholastic year will be considered ineligible.

5. Grade School Religious Regulations

a. Catholics - Athletes participating for a parish team must be registered members of the parish.

Candidates in the RCIA program are not eligible for CYO sports until they have completed the program.

b. Non-Catholics - Only if a non-catholic athlete attends the parish’s school, may they participate with a parish team.

c. Religious Education (CCD) - Affiliations with a parish PREP/CCD Program is encouraged, no required. Parishes may establish PREP/CCD enrollment and attendance as eligibility criteria in order to participate for the parish team.

D. Academic Standards— Coaches are strongly encouraged to request parents to expect minimum academic standards from children. Given the variety of schools attended, the Athletic Ministry Department is not able to require standards at this point.

6. Eligibility Violations

Athletes found to be non-compliant with any of the “Eligibility” rules outlined in this handbook may face the following penalties:

- a. Immediate discharge of the athlete from the violating team and the athlete will serve a one year suspension for all CYO sports.
- b. Forfeiture of any competition in which the violating team participated with the athlete.
- c. If the season has already ended, then any individual or team awards shall be returned.
 1. If the violating athlete is in their final year of eligibility, the suspension or partial-remaining suspension may be levied to a family member.

NOTES:

- a. If the circumstances of the violation necessitate further investigation, the violating individual will be suspended from competition until an informed decision can be made.
- b. The Athletic Ministry Department reserves the right to impose further penalties if deemed appropriate.

D. High School Athletic Eligibility

1. High School Age/Grade Regulations

a. Varsity (Class B)

1. Athletes must be 11th or 12th grade students who have not reached their 19th birthday before September 1, 2007.

NOTE: Athletes in 9th or 10th grade but over seventeen (17) years of age may be eligible for Varsity (Class B).

2. Athletes who would have completed secondary school (chronologically) had they remained enrolled are not eligible.

3. Parishes with not enough players to form a Junior Varsity (Class C) team (See “Resident of Parish with No Team” on p. 17), may allow 9th & 10th graders to participate on the Varsity (Class B) team.

4. Athletes in special schools or who have dropped out of school must comply with the eligibility rules outlined above.

b. Junior Varsity (Class C)

1. All athletes must be 9th or 10th grade students who have not reached their 17th birthday before September 1, 2007.

NOTES:

1. 8th graders too old to compete for a Varsity (Class D) team may compete in the appropriate age class for high school.

2. Athletes participating for a parish with both a Varsity (Class B) team and a Junior Varsity (Class C) team, may only play for one team.

2. High School Residence Requirements

a. Parish Resident - All athletes must be Catholic and registered members of the parish. For eligibility of Non-Catholics living within the parish boundaries see "Religious Regulations" outlined below.

b. Resident of Parish with No Team— A parish without enough athletes to form a team may request that their athletes be given permission to participate for a nearby parish within their Regional league. The Pastors of both parishes must provide letters of request to the League Commissioner to be reviewed by the Regional Athletic Advisory Board. If the Regional Board approves the request, then both Pastors' letters and a letter of approval from the Region must be attached to the team's roster.

c. Change of Residence - High school athletes must comply with the "Change of Residence" rules on p.13.

d. Formation of a New Parish - High School athletes must comply with the rules outlined under "Formation of a New Parish" on p. 13.

3. High School Scholastic Regulations

a. High School or Professional Athletes - High school athletes must comply with rules outlined under "High School or Professional Athletes" outlined on p. 15.

4. High School Religious Regulations

a. Non-Catholic Athletes - who live within the parish boundaries will be permitted to participate for that parish provided the following criteria is met:

1. The athlete complies with the "High School Athlete Eligibility" rules on pgs. 16-17.
2. The Pastor provides a letter of request to the League Commissioner to be reviewed by the Regional Athletic Advisory Board. If approved, the Pastor's letter and a letter of approval from the Region must be attached to the team's roster.
3. In order to create fairness, Regions may determine a limit on the number of non-Catholic athletes a team may have in order to be eligible for Regional playoffs.

NOTE: Teams rostering non-Catholics may not participate in the PA State Boy's Basketball Tournament.

b. Non-Catholic Teams - In the spirit of ecumenism, the League Commissioner in coordination with Regional Athletic Advisory Board may permit non-Catholic teams to engage in Regional competition with the approval of the Director of Athletic Ministry. The Region may restrict their level of participation within the league.

5. Penalties - See "Eligibility Violations" on p. 16.

IV. General Policies

A. Code of Conduct

The following are examples of Offensive Actions and Penalties:

No CYO athlete, coach or spectator is permitted to....

- a. Refuse to abide by an official's decision*
- b. Display objectionable behavior by throwing equipment or any other forceful action.*
- c. Heap verbal abuse upon any athlete, coach or official*
- d. Lay hands upon, push, shove, strike, threaten to strike or physically attack an athlete, coach or official.*

This list is not exhaustive.

Any athlete, coach or spectator who is found to be guilty of any of the above violations may face the following penalties:

- a. Violation of Articles a thru c:
Minimum five-game suspension for CYO league and/or playoff competitions. (A coach may not coach another CYO team while under suspension.)*
- b. Coach or Spectator in violation of Article d:
Minimum suspension for one full calendar year from all CYO sports.*
- c. Athlete in violation of Article d:
Minimum suspension for one full calendar year in that particular sport.*
- d. Violation of above imposed penalties for conduct: If a violator disregards a penalty when properly notified, his or her team will be suspended from all competition for one full calendar year for that particular sport.*

This list is not exhaustive.

NOTES:

- 1.** Penalties will carry over into the next season available in order to follow it to completion.
 - a.** If it cannot be completed, a penalty may be levied to a family member.
- 2.** If the circumstances necessitate further investigation, the individual in possible violation will be suspended until an informed decision can be made.
- 3.** If a violator would like to protest a penalty, please see "General Protests" on p. 22.

B. Safety

1. Equipment - Coaches must ensure all players wear the proper and mandated athletic equipment for their sport according to the "Primary Rules" for their sport. The "Primary Rules" are designated per sport on pgs. 26-42 and further defined at the pre-season Commissioner's Meeting.

2. Competition Sites - Day of Competition Coaches must ensure that all fields and facilities are safe and free from hazards on the day of the competition. Coaches should report any suspicious or unsuitable athletic conditions to the Facility/Field Director assigned to that competition immediately.

3. Competition Sites - Pre-Competition Day

It is the Commissioner's responsibility to make safety a priority in running the league that they preside over. It is recommended that the Commissioner make a site visit before the day of a scheduled competition as a safety precaution.

4. First Aid - Every coach is required to carry at least one first aid kit. No game may begin without at least one first aid kit available at the site of the competition.

5. Emergency— Access to 9-1-1 is important in the event of an emergency. A cell phone is typically sufficient.

C. Rosters and Fees

1. The Roster - Every CYO team must complete a CYO sports roster form. (*A copy of the form is available at www.ooya.org/athletics) The Commissioner is to distribute rosters at their pre-season coaches meeting and instruct their coaches on the process for submitting their roster outlined below:

Procedure:

1. Required Information - Coaches must ensure that all of the information required by the roster be provided and that it is honest, accurate and complies with the "Eligibility Rules" outlined on pgs. 12-17. A Coaching Eligibility Affidavit must be completed and attached to the roster (It will be distributed by the Commissioner and is also available at www.ooya.org/athletics):

2. Required Signatures - Coaches must ensure their team's roster has the following signatures in order to be considered complete:

- a. Head Coach
- b. Parish Pastor or School Principal
- c. Parish Athletic Director
- d. Commissioner

NOTE: All signatures on the roster imply the party has thoroughly reviewed the roster for accuracy of information and compliance with the "Eligibility Rules" outlined in this Handbook (pgs. 12-17).

3. 2007-08 Required Fees - Coaches must ensure that they submit their roster to their Commissioner with the appropriate roster fee:

a. Grade School & High School

- Varsity & Junior Varsity - \$50.00 per team

- All Parish "B" Teams - \$30.00 per team

*Leagues may charge parish teams additional fees for participation, this fee is to be communicated to coaches by the Commissioner.

NOTE: The intention of additional fees may only be to cover general expenses of the league. Commissioners must prepare a post-season financial report for the Region's Coordinator of Finance. The Coordinator of Finance in coordination with the Regional Board must review.

4. Deadline - Coaches must submit their completed roster accompanied by the appropriate roster fee (listed above) to their Commissioner before the established deadline (See "Roster Deadline" per sport on pgs. 26-42) or by an earlier deadline established by the Commissioner.

5. Roster & Fee Distribution - The Commissioner must distribute the following:

Rosters:

a. 1 copy to Coach

b. 1 copy to Commissioner

c. 1 copy to Regional Athletic Advisory Board

d. Original to Archdiocesan CYO Office

Fees:

1. After the Commissioner collects all of the fees from his or her league's coaches, he or she must present them to the Region's Coordinator of Finance.

2. The Coordinator of Finance must then deposit the fees into the Region's Financial Account, and submit one check per Regional league to be sent to the Archdiocesan CYO Office before the established deadline (See "Roster Deadline" per sport on pgs. 26-42).

a. This check must be accompanied by a brief financial summary of the total fees.
(For example: 10 Varsity Volleyball Teams x \$50.00 = \$500.00)

b. No individual parish checks will be accepted.

6. Roster Review - As stated above, the Commissioner must present a copy of his or her league's rosters to the Regional Athletic Advisory Board. In coordination with the Board, all rosters must be reviewed for compliance with the "Eligibility Rules" outlined in this Handbook (pgs. 12-17). It is recommended that the Board form a subcommittee to assist all Sports Commissioners with the review of rosters for compliance.

D. Post-Season Competition

1. Varsity (Class D) Leagues and above may host Regional post-season playoffs. Commissioners are responsible for the following:
 - a. Establishing, in writing prior to the season, clear procedures for determining the Regional champion and possible at-large teams eligible for Archdiocesan post-season competition.
 - b. Reporting which team(s) will be representing the Region at the Archdiocesan competition before the deadline established at the pre-season Commissioners' Meeting at the Archdiocesan CYO Office.
2. Regional invitations to Archdiocesan competition will be based on each league's size (# of parishes participating in the league for that sport). The # of "completed" rosters received before the roster deadline (See "Roster Deadline" per sport on pgs. 26-42) will determine the Region's size.

E. Officials

League Commissioners are responsible for contracting officials for league competition and regional playoffs. It is recommended that, in coordination with the Regional Board, the Commissioner hire an Assignor of officials.

1. The Assignor will schedule officials for the season. *It is recommended that the Commissioner work out an agreement with the Assignor so that the Region may pay the Assignor with one check. If so, the Commissioner would add an additional fee to the rostering fee for each team in order to cover the cost of the officials and the assigning. **All funds must flow through the Regional Financial Account.
2. Officials must be proficient and certified in the primary rules of the sport (See "Primary Rules" per sport on pgs. 26-42 and as adjusted at the Commissioner's Meeting).
 - a. Coaches must notify the Commissioner, in writing, about any problems or concerns with officials.
 - b. Coaches may not officiate for any CYO competitions for the same sport in which they coach.
 - c. Commissioners must request approval from the Director of Athletic Ministry in order to officiate in their Region. Permission will only be granted if the request is accompanied by the written approval of the Regional Athletic Advisory Board.

F. Admission Fees

1. **Archdiocesan Competitions** - may charge an admission fee in order to cover general expenses of the event.
2. **Regional Competitions** - may charge an admission fee to in order to cover general expenses of the event, only when approved by the Regional Athletic Advisory Board.
3. **Individual Parishes** - may charge an admission fee at parish-hosted competitions in order to cover general expenses of the event. However, if the Commissioner, in coordination with the Regional Board, finds these charges to be unreasonable or unnecessary, they reserve the right to refuse that parish home games on the league schedule.

G. General Protests

Protests may be filed on the basis of “rules interpretation” and/or “athlete eligibility,” they cannot be filed based on “judgment.” All protests must follow the process below:

Procedure:

1. Before a competition is completed, the Head Coach must indicate to both the Head Official and the Head Coach of the opposing team that the competition is being protested.
 - a. The protest shall be noted in the official scorebook when possible. If the protest is not indicated in the official scorebook, then the protest will be dropped.
 - b. If the Head Official has left the competition area without being notified of the protest, it will be dropped.
2. The protesting coach has 24 hours from the completion of the contest to send an e-mail of protest to the Commissioner.

NOTE: “Time sensitive” protests must be made within two hours of the completion of the competition.

3. If the protesting coach does not consider the protest satisfactorily resolved by the Commissioner, he or she may appeal the Commissioner’s decision to the Regional Athletic Advisory Board.
 - a. This appeal must be e-mailed within 24 hours of the Commissioner’s decision to the Regional Coordinator of Athletics for review by the Regional Board. A \$25.00 fee will be assessed to the protesting coach if the Commissioner’s decision is upheld by the Region. *If a protest is won at this level, no fees will be assessed.

NOTE: A “time sensitive” appeal of a Commissioner’s decision must be communicated to the Regional Coordinator within one hour of the Commissioner’s decision. The Coordinator should make an attempt to communicate with as many Regional Board Members (See p. 5) as possible. The Region’s decision is final on “time sensitive” appeals.

4. If the protesting coach does not consider the protest satisfactorily resolved by the Regional Board, he or she may appeal the Board’s decision to the Director of Athletic Ministry, who will gather information.
 - a. This appeal must be e-mailed within 24 hours of the Regional Board’s decision to the Director of Athletic Ministry and the Associate Director (See 1st page of this Handbook for e-mail addresses). A \$50.00 fee will be assessed to the protesting coach if the Regional Board’s decision is upheld. *If a protest is won at this level, no fees will be assessed.

b. Protocol is important and must be followed to ensure the appropriate people have reviewed a situation and as a practical matter that the Athletic Ministry Department is not able to respond to all constituents in the more than 200 CYO programs. **The Athletic Ministry Department is only able to respond to the Regional or other appropriate CYO personnel.**

NOTE: The Regional Board must resolve all protests related to a team prior to submitting them for Archdiocesan post-season competition. No team having been disqualified by a Region or by the Archdiocesan Athletic Ministry Office may participate in Archdiocesan post-season competition.

H. Lateness

Archdiocesan competitions may be held in any of the five counties within the Archdiocese, therefore coaches should plan for appropriate time when making travel arrangements. For Archdiocesan events, and when not addressed by Regional or league rules, the following policy shall govern teams who are late for a competition:

1. A fifteen (15) minute grace period will be granted beginning at the scheduled start of the competition. At the conclusion of this time, the Facility/Field Director and/or the Head Official may forfeit the game. At which time, the forfeiting team will be held responsible for their portion of the officials' fees.
2. A team with a requisite number of players is not entitled to the grace period.
3. The Field/Facility Director and/or the Head Official may extend the grace period if the team in question has contacted them, is en route and will reach the facility/field in a reasonable amount of time.

I. Regional Alignment

The Archdiocesan CYO Office reserves the right to assign parishes to the geographic entity known as the Region. When circumstances change within the structure of the Region, it may become necessary for the assignment of a parish(es) to a new Region(s). *In cases where a Region does not offer a sport, see "Parish Assignments" on p. 5.

J. Insurance & Liability

1. Sanctioned Sports Programs - Archdiocesan parish CYO sports programs and/or CYO sports Regions who sponsor a sport(s) sanctioned in this Handbook and are in compliance with "all" of the rules and requirements outlined in this Handbook may receive insurance and liability assistance from the Archdiocese of Philadelphia.

2. Non-Sanctioned Sports Programs - Archdiocesan parish CYO sports programs and/or CYO sports Regions who sponsor a sport(s) that are not sanctioned in this Handbook or sponsor a CYO sanctioned sport but the age requirements fall above or below the age class regulations sanctioned in this Handbook, must meet the following minimum requirements in order to receive insurance and liability assistance from the Archdiocese of Philadelphia:

a. Sponsorship - Each team must be fully parish sponsored: 1) Teams must provide written approval by the Pastor and the Parish Athletic Director to the Regional Athletic Advisory Board and the Director of Athletic Ministry, 2) Teams must roster with their assigned Region (See pgs. 19-20).

b. Finances - All parish team finances must flow through the parish's account, and all league finances must flow through the Regional account.

c. Rules Compliance - Parish teams and their league(s) must be in compliance with “all” of the rules and requirements outlined in this Handbook.

d. League By-Laws - Any league by-laws pertaining to the sport(s) must be approved by the Regional Athletic Advisory Board and the Director of Athletic Ministry before the start of season. *It is recommended that league by-laws reference a set of national safety guidelines.

e. Under Grade Five - Parish teams and leagues allowing the participation of athletes under grade five may be “developmental” only. *Playoffs and all-star competitions are prohibited for these levels of competition.

NOTE: Disregard for the above requirements may result in individual parties who host non-sanctioned sports activities in the CYO name, being held liable for any accident which takes place at these events.

K. Out-of-Season Violations

CYO teams in any form or by any name may not participate in out-of-season competition. CYO teams competing out-of-season (See “Season: Start Date & End Date” per sport on pgs. 26-42) prior to June 15th or after August 15th will jeopardize their parish’s participation in the following athletic season.

L. Summer Season

CYO teams in any form or by any name may participate together between June 15th and August 15th.

M. Field/Facility Directors

It is recommended that Commissioners assign responsible individuals to oversee and manage league competition, when they cannot be present. The duties of the Field/Facility Director include but are not limited to the following:

1. The Field/Facility Director’s decisions, in coordination with the Head Official, will be final at the time of the event.
2. He or she must ensure the competing teams pray together prior to the contest and preferably after as well.
3. He or she must sign and date the official score-book, where possible, at the completion of the event.
4. He or she must call in the final results to the Commissioner, and report any problems, protests or any other pertinent information regarding the event.
 - a. Field/Facility Directors must be familiar with the “Code of Conduct” (See p. 18) and must monitor the behavior of athletes, coaches and spectators. *Coaches are responsible for their spectators. If the Head Official has to stop a game for spectator behavior and/or a coach does not make an effort to correct his or her spectator(s) after proper notification from an official, the Field/Facility Director reserves the right to declare the competition a forfeit for the team whose spectators are in violation.
5. Other tasks may be assigned at the discretion of the Commissioner.

N. Tryouts

Coaches must give all eligible athletes a fair and equal chance to try out for a CYO sport or athletic activity. Tryouts may not be limited to participation or performance at any outside competition and/or membership to any outside team or organization.



VOLLEYBALL

***No tryouts, practice or competition may begin before 1:00 PM on Sundays**

Tryouts, Practice & Competition:

Season Fall
Starting Date 8/1/07
End Date Date of Archdiocesan Championship

General Policies: Coaches must be familiar with the policies outlined on pgs. 18-25.

Gender: Girls

Primary Competition Rules: NCAA (For 2007-08 changes, visit www.pavo.org)

CYO Competition Rules:

The following rules are amendments to the NCAA rules and must be followed by all CYO Volleyball Leagues:

1. All three games in match play must be played.
 - a. Exception: Regional and Archdiocesan postseason competition
2. Unlimited substitutions will be allowed with proper entries.
3. Teams may have a "Liberero" (Defensive Specialist).
4. The following rules have been adopted from USA Volleyball Rules (For more info. visit www.usavolleyball.org):
 - a. The Center-line Regulation
 - b. The Serve Rule (with one re-toss per serve & five second count)

CYO Eligibility Rules:

1. Coaches must be in compliance with the "Coaching Eligibility" rules on pgs. 11-12.
2. Athletes must be in compliance with the "Grade School Athlete Eligibility" rules on pgs. 12-16.

Roster Deadline:

See "Roster & Fees" on pgs. 19-20. Rosters are due to the Regions by a Region-established date and will be frozen as of the time submitted to the Archdiocese. The Regional due date may vary and the Archdiocesan due date will be established with the Regions. The Regional due dates will be about one month after the beginning of each season. Those teams which fail to submit their roster by the established deadline will: 1) automatically lose their eligibility for the Archdiocesan Tournament, 2) forfeit all of their games from the date of the deadline until their roster is submitted "complete" to the Archdiocesan CYO Office, and 3) may face further penalization.

Archdiocesan Tournament:

The Archdiocesan CYO Office will sponsor a Championship Tournament governed by NCAA and CYO Rules. At least one team will be invited from each Region, and at-large invitations may be granted by the Archdiocesan CYO Office, typically based on Region size.

CROSS COUNTRY

***No tryouts, practice or competition may begin before 1:00 PM on Sundays**

Tryouts, Practice & Competition:

Season	Fall
Start Date	8/1/07
End Date	10/28/07

General Policies: Coaches must be familiar with the policies outlined on pgs. 18-25.

Gender: Boys and Girls, Separate Competition

Primary Competition Rules:

AAU Rules will be used to establish the distances for each group. The Archdiocesan Coordinator, in coordination with the Director of Athletic Ministry reserves the right to adjust these distances based on age appropriateness and course availability.

CYO Eligibility Rules:

1. Coaches must be in compliance with the "Coaching Eligibility" rules on pgs. 11-12.
2. Athletes must be in compliance with the "Grade School Eligibility" rules on pgs. 12-16 and the "Age/Grade Restrictions" outlined below.

Age/Grade Restrictions:

Categories

- a. Novice** - Any boy or girl who has not reached his or her eleventh (11) birthday before January 1, 2008. No athlete may be below fourth (4th) grade.
- b. Minor** - Any boy or girl who has not reached his or her thirteenth (13) birthday before January 1, 2008.
- c. Cadet** - Any boy or girl who has not reached his or her fifteenth (15) birthday before January 1, 2008. No athlete may be in ninth (9th) grade or above.

Roster Deadline:

See "Rosters & Fees" on pgs. 19-20. Rosters are due to the Regions by a Region-established date and will be frozen as of the time submitted to the Archdiocese. The Regional due date may vary and the Archdiocesan due date will be established with the Regions. The Regional due dates will be about one month after the beginning of each season. Those teams who fail to submit their roster by the roster deadline will not be allowed to participate in CYO Cross Country Meets.

The Archdiocesan Championship Meet:

The Archdiocesan CYO Office will sponsor a Championship Meet at Belmont Plateau on October 28, 2007. The meet will be governed by AAU and CYO rules.

FOOTBALL

***No tryouts, practice or competition may begin before 1:00 PM on Sundays**

Tryouts, Practice and Competition:

Season	Fall
Start Date	8/15/07
End Date	11/22/07

General Policies: Coaches must be familiar with the policies outlined on pgs. 18-25.

Gender: Boys

Primary Competition Rules:

PIAA , and "Archdiocesan CYO Football League By-Laws" (By-Laws available at www.aopcyofootball.org)

CYO Competition Rules:

The "Archdiocesan CYO Football League By-Laws," available at www.aopcyofootball.org, are amendments to PIAA rules and must be followed by all CYO Divisions.

CYO Eligibility Rules:

1. Coaches must be in compliance with the "Coaching Eligibility" rules on pgs. 11-12.
2. Athletes must be in compliance with the "Grade School Athlete Eligibility" rules on pgs. 12-16.
 - a. **Player Exemption Form** - Any Varsity (Class D) athlete who turns fifteen or Class "E" athlete who turns thirteen between September 1st and November 30 of the current school year must submit an Player Exemption Form (Available at www.aopcyofootball.org) to their Commissioner prior to the start of the season. No athlete may participate in any games or scrimmages until this form has been approved by the CYO Football Coordinator.

Parish Affiliations:

Parish affiliations are granted in cases where it is necessary for a Host Parish to merge with, at most, four other parishes in order to sustain a football program. Affiliated parishes must be geographically adjoining to the Host Parish, and may not already be affiliated with another Host Parish. The Host Parish and its Parish Affiliations must be listed on the team's "Registration Form" (See p. 28) with each participating parish's Pastor's signature. See the "Archdiocesan CYO Football League By-Laws" at www.aopcyofootball.org for more info.

Team Registration:

All participating teams must complete a CYO Football "Registration Form" (Available at www.aopcyofootball.org) and mail it to the Archdiocesan CYO Office by July 15th. Those teams who fail to register by this date will automatically lose their eligibility for the "Parade of Champions" (See p.29) and may jeopardize their overall participation in the Archdiocesan CYO Football League.

1. Registration Fees (must accompany form):
Varsity and Junior Varsity \$250.00

Roster Deadline:

See "Rosters & Fees" on p. 20. (*CYO Football roster fees are already included in the registration fee outlined above). Rosters are due to the Football Commissioners by a Commissioner-established date and will be frozen as of the time submitted to the Archdiocese. The Archdiocesan due date will be established with the Commissioners. Teams who fail to submit their roster by the established deadline will: 1) automatically lose their eligibility for the "Parade of Champions" (See p.29), 2) forfeit all of their games from the date of the deadline until their roster is submitted "complete" to the Archdiocesan CYO Office, and 3) may face further penalization.

The Parade of Champions:

The Archdiocesan CYO Office will sponsor four (4) - five (5) championship football games governed by PIAA and CYO Rules on or about November 10, 2007. The method for determining invitations, as well as more detailed rules, is outlined in the "Archdiocesan CYO Football League By-laws" (Available at www.aopcyofootball.org).



CYO Eligibility Rules:

1. Coaches must be compliant with the “Coaching Eligibility” rules on pgs. 11-12.
2. Athletes must be compliant with the “Grade School Athlete Eligibility” rules on pgs. 12-16.

Roster Deadline:

See “Rosters & Fees” on pgs. 19-20. Rosters are due to the Regions by a Region-established date and will be frozen as of the time submitted to the Archdiocese. The Regional due date may vary and the Archdiocesan due date will be established with the Regions. The Regional due dates will be about one month after the beginning of each season. Teams who fail to submit their roster by the established deadline will:

- 1) automatically lose their eligibility for the Archdiocesan Tournament, 2) forfeit all of their games from the date of the deadline until the roster is submitted “complete” to the Archdiocesan CYO Office, and 3) may face further penalization.

The Archdiocesan Tournament:

The Archdiocesan CYO Office will sponsor a boy’s and a girl’s Championship Tournament governed by PIAA and CYO rules:

A. The Girl’s Tournament will consist of eight (8) teams. At least one team will be invited from each Region, and at-large invitations may be granted by the Archdiocesan CYO Office, typically based on Region size.

B. The Boy’s Tournament will consist of sixteen (16) teams. At least one team will be invited from each Region, and at-large invitations may be granted by the Archdiocesan CYO Office, typically based on Region size.



BASKETBALL

***No tryouts, practice or competition may begin before 1:00 PM on Sundays**

Tryouts, Practice & Competition:

Season	Winter
Start Date	11/1/07
End Date	2/28/08

General Policies: Coaches must be familiar with the policies on pgs. 18-25.

Gender: Boys and Girls (Separate Leagues)

Primary Competition Rules: PIAA

CYO Competition Rules:

The following rules are amendments to the PIAA rules and must be followed by all CYO Basketball Leagues:

A. Time Limit

Varsity	7 minutes/quarter
Junior Varsity	6 minutes/quarter

B. Thirty Game Limit

1. No team may play more than thirty (30) games in a regular season.
 - a. All tournament games count game for game against this cap.
 - b. Teams are allowed 4 scrimmages that do not count against the cap, and Regional and Archdiocesan playoffs do not count against the cap.
2. **Violation Penalties**
 - a. Teams will be automatically suspended for the rest of the current season and/or post-season and concede all awards won after 30 games.
 - b. Coaches will serve, at least, a one full calendar year suspension from all CYO sports.

C. Seat-Belt Rule- All coaches and athletes must remain seated at all times during games.

CYO Eligibility Rules:

1. Coaches must be in compliance with the "Coaching Eligibility" rules on pgs. 11-12.
2. Athletes must be in compliance with the "Grade School Athlete Eligibility" rules on pgs. 12-16.

Roster Deadline:

See "Rosters & Fees" on pgs. 19-20 Rosters are due to the Regions by a Region-established date and will be frozen as of the time submitted to the Archdiocese. The Regional due date may vary and the Archdiocesan due date will be established with the Regions. The Regional due dates will be about one month after the beginning of each season. . Those teams who fail to submit their roster by the established deadline will: 1) lose their eligibility for the Archdiocesan Tournament, 2) forfeit all of their games from the date of the deadline until the roster is submitted "complete" to the Archdiocesan CYO Office, and 3) may face further penalization.

Archdiocesan Tournament:

The Archdiocesan CYO Office will sponsor a boy's and a girl's tournament governed by PIAA and CYO rules. Each tournament will consist of thirty-two (32) teams. At least one team will be invited from each Region, and at-large invitations may be granted by the Archdiocesan CYO Office, typically based on Region size.



BASEBALL

***No tryouts, practice or competition may begin before 1:00 PM on Sundays**

Tryouts, Practice & Competition:

Season Spring
Start Date 3/1/08
End Date Date of Archdiocesan Championship Game

General Policies: Coaches must be familiar with the policies on pgs. 18-25.

Gender: Boys

Primary Competition Rules: PIAA

CYO Competition Rules:

The following rules are amendments to PIAA rules and must be followed by all CYO Baseball Leagues:

A. Pitching Limitations

Out of consideration for the safety of our athletes it is the responsibility of each coach to know, understand and strictly enforce the following pitching limitation rules:

1. A player may pitch in a maximum of seven (7) innings in one day, but no more than seven (7) innings in any seven (7) day period.
 - a. Delivery of one pitch constitutes an inning.
2. Innings Pitched and Rest Required
(1 calendar day of rest = 48 hours)
 - a. 3 innings or less in one day - no rest required
 - b. 4 or 5 innings in one day - 1 calendar day
 - c. 6 innings and above in one day - 2 calendar days
3. Sixth graders that are eligible to participate on a Varsity team (See "Age/Grade Regulations" on p. 12) may not pitch.
4. Coaches must monitor the number of pitches:
 - a. Varsity - pitchers must not exceed 75 pitches in one game. A pitcher may not start a new inning if they have already exceeded 65 pitches.
 - b. Junior Varsity - pitchers must not exceed 60 pitches in one game. A player may not start a new inning if they have already exceeded 45 pitches.
 1. Junior Varsity athletes may not throw curve balls.

NOTE: Violation of any pitching limitations designates the violating athlete ineligible for their next game and the athlete's team will forfeit the game in which the violation took place.

B. Equipment

1. Helmets - All batters and base runners are to wear a certified protective helmet, otherwise they will be declared "out" by the umpire.
2. Cleats - Metal cleats are strictly prohibited.
3. Bat-size - (-3) width/length, and 2 3/4 barrel

C. Fields

1. Pitching Mound Distance
 - a. Varsity - 60' 6"
 - b. Junior Varsity - 46' 6"
2. Base Distances
 - a. Varsity - 90 ft.
 - b. Junior Varsity - 60 ft. (where possible)

D. Game Length

1. Games are to be seven (7) innings in length.
2. If a game is stopped for any reason, it is to be complete and official when either one of the following occur at the completion of, or after the 4th inning:
 - a. If the home team is winning, and the visiting team completes its turn at-bat.
 - b. If the visiting team is winning, and the home team completes its turn at-bat.

CYO Eligibility Rules:

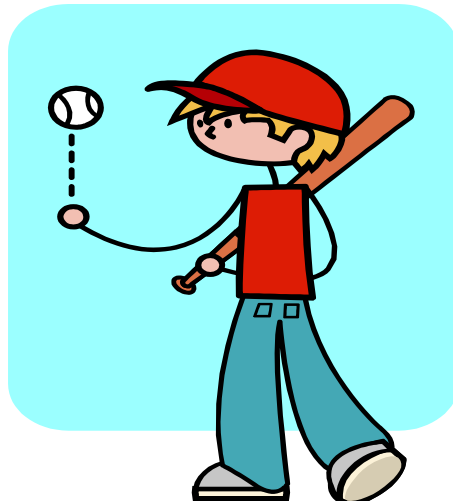
1. Coaches must be in compliance with the "Coaching Eligibility" rules on pgs. 11-12.
2. Athletes must be in compliance with the "Grade School Athlete Eligibility" rules on pgs. 12-16.

Roster Deadline:

See "Rosters & Fees" on p. 20. Rosters are due to the Regions by a Region-established date and will be frozen as of the time submitted to the Archdiocese. The Regional due date may vary and the Archdiocesan due date will be established with the Regions. The Regional due dates will be about one month after the beginning of each season. Those teams who fail to submit their roster by this deadline will: 1) automatically lose their eligibility for the Archdiocesan Tournament, 2) forfeit all games from the date of the deadline until the roster is submitted "completed" to the Archdiocesan CYO Office, and 3) may face further penalization.

Archdiocesan Tournament:

The Archdiocesan CYO Office will sponsor a Championship Tournament governed by PIAA and CYO Rules. This tournament will consist of sixteen (16) teams. At least one team will be invited from each Region, and at-large invitations may be granted by the Archdiocesan CYO Office, typically based on Region size.



SOFTBALL

No tryouts, practice or competition may begin before 1:00 PM on Sundays

Tryouts, Practice & Competition:

Season Spring
Start Date 3/1/08
End Date Date of Archdiocesan Championship Game

General Policies: Coaches must be familiar with the policies on pgs. 18-25.

Gender: Girls

Primary Competition Rules: ASA

CYO Competition Rules:

The following rules are amendments to ASA rules and must be followed by all CYO Softball Leagues:

A. Pitching Limitations

Out of consideration for the safety of our athletes it is the responsibility of each coach to know, understand and strictly enforce the following rules:

1. No athlete may pitch more than four (4) innings in one day.
2. One pitch delivered constitutes one (1) inning pitched.

NOTE: The first two pitching limitations apply to all Regions that allow windmill pitching, regardless of whether the pitcher is utilizing a windmill style.

3. If a pitcher wishes to "intentionally" walk a hitter, they do so by simply informing the umpire.
4. Pitchers are allowed three (3) pitches between innings.
5. Pitchers need to have one (1) foot in contact with the rubber while in motion.

B. Teams - Consist of ten athletes, the regular nine plus a short fielder. A game may begin with nine athletes.

C. Entering the Game - Athletes may enter the game twice, but they must bat in the same place in the line-up.

D. Fields

Varsity - the rubber is to be 38' to 40' from home plate Junior Varsity - the rubber is to be 35' to 38' from home plate

E. Equipment

1. All batters are to wear a certified protective helmet, otherwise, they will be declared out by the umpire.
2. Cleats - Metal cleats are strictly prohibited.
3. All athletes must wear numbered jerseys.

F. Game Length (There is no time limit)

1. All games are to be seven (7) innings in length.
2. Games are to be shortened by the *Mercy Rule*
 - a. When a team is up by 15 runs after 3 innings, or a team is up by 10 runs after 5 innings.

3. If a game is stopped for any reason, a game is to be complete and official when either one of the following occur at the completion of, or after, the fourth (4th) inning:
- a. If the home team is winning, and the visiting team completes its turn at-bat.
 - b. If the visiting team is winning, and the home team completes its turn at-bat.

CYO Eligibility Rules:

1. Coaches must be in compliance with the “Coaching Eligibility” rules on pgs. 11-12.
2. Athletes must be in compliance with the “Grade School Athlete Eligibility” rules on pgs. 12-16.

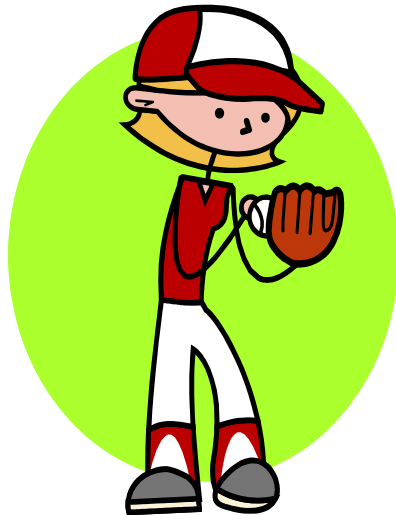
Roster Deadline:

See “Rosters & Fees” on p. 20. Rosters are due to the Regions by a Region-established date and will be frozen as of the time submitted to the Archdiocese. The Regional due date may vary and the Archdiocesan due date will be established with the Regions. The Regional due dates will be about one month after the beginning of each season. Those teams who fail to submit their roster by the established deadline will:

- 1) automatically lose their eligibility for the Archdiocesan Tournament, 2) forfeit all games from the date of the roster deadline until the roster is submitted “complete” to the Archdiocesan CYO Office, and 2) may face further penalization.

The Archdiocesan Tournament

The Archdiocesan CYO Office will sponsor a championship tournament governed by PIAA and CYO rules. The tournament will consist of sixteen (16) teams. At least one team will be invited from each Region, and at-large invitations may be granted by the Archdiocesan CYO Office, typically based on Region size.



Track & Field

No tryouts, practice or competition may begin before 1:00 PM on Sundays

Tryouts, Practice & Competition:

Season	Spring
Start Date	3/1/08
End Date	5/31/08

General Policies: Coaches must be familiar with the policies outlined on pgs. 18-25.

Gender: Boys and Girls, Separate Competition

Primary Competition Rules: USA Track & Field Rules

CYO Competition Rules:

For a detailed set of competition rules, obtain a copy of the "2008 CYO Track & Field Packet" from your Commissioner. The packet will also be available at www.oyya.org/athletics.

CYO Eligibility Rules:

1. Coaches must be in compliance with the "Coaching Eligibility" rules on pgs. 11-12.
2. Athletes must be in compliance with the "Grade School Eligibility" rules on pgs. 12-16 and the "Age/Grade Restrictions" outlined below.

Age/Grade Restrictions:

Categories:

1. **Novice** - Any boy or girl who has not reached his/her eleventh (11) birthday before January 1, 2008. No athlete may be below fourth grade.
2. **Minor** - Any boy or girl who has not reached his/her thirteenth (13) birthday before January 1, 2008.
3. **Cadet** - Any boy or girl who has not reached his/her fifteenth (15) birthday before January 1, 2008. No athlete may be in ninth (9th) grade or above.

Roster Deadline:

See "Rosters & Fees" on p. 20. Rosters are due to the Regions by a Region-established date and will be frozen as of the time submitted to the Archdiocese. The Regional due date may vary and the Archdiocesan due date will be established with the Regions. The Regional due dates will be about one month after the beginning of each season. Those teams who fail to submit their roster by the established deadline will: 1) automatically lose their eligibility for Archdiocesan-level competition, 2) forfeit all awards from the date of the deadline until the roster is submitted "complete" to the Archdiocesan CYO Office, and 3) may face further penalties.

Archdiocesan Championship Meet:

The Archdiocesan CYO Office will sponsor a Championship Meet on May 31, 2008. For complete information, check the official "2008 CYO Track & Field Packet" available on line at www.oyya.org/athletics.

CHEERLEADING

***No tryouts, practice or competition may begin before 1:00 PM on Sundays**

Season:

Cheerleading is considered both a CYO “Athletic Activity” which can act in support for other sports teams and/or a CYO Sport in which athletes perform in competition. Therefore, CYO Cheerleading in support of other sports teams is not restricted to a particular season. CYO competitions are a sport and are subject to the “season dates” that will be established.

Gender: Coed

CYO Competition Rules:

All CYO Cheerleading programs must comply with the following rules:

1. All teams are limited to competing in seven (7) competitions in one CYO Year.
2. All coaches must be familiar with the American Association of Cheerleading Coaches and Advisor’s (AACCA) national guidelines on competition and safety as well as CYO-specific guidelines. The AACCA website is www.aacca.org.

CYO Eligibility Rules:

1. Coaches must be in compliance with the “Coaching Eligibility” rules on pgs. 11-12.
2. Athletes must be in compliance with the “Grade School Athletic Eligibility” rules on pgs. 12-16.

Archdiocesan CYO Cheerleading Competition:

The Archdiocesan CYO Office will sponsor a cheerleading competition in March of 2008.

1. Competition Eligibility:
 - a. Teams must not have competed in five or more competitions before this event.
 - b. Teams must be compliant with the eligibility rules outlined in this Handbook.
2. Competition Rules:

A detailed set of official rules will be available at www.oyya.org/athletics.



High School BASKETBALL

***No tryouts, practice or competition may
begin before 1:00 PM on Sundays**

Tryouts, Practice & Competition:

Season	Winter
Start Date	11/1/07
End Date	2/28/08

General Policies: Coaches must be familiar with the policies outlined on pgs. 18-25.

Gender: Boys and Girls, Separate Leagues

Primary Competition Rules: PIAA

CYO Competition Rules:

High School Basketball Leagues may implement rules that are amendments to the PIAA rules. These rules must be reviewed and approved by the Archdiocesan CYO Office prior to November 1st.

CYO Eligibility Rules:

1. Coaches must be in compliance with the "Coaching Eligibility" rules on pgs. 11-12.
2. Athletes must be in compliance with the "High School Athlete Eligibility" rules on pgs. 16-17.

Roster Deadline:

See "Rosters & Fees" on p. 20. Rosters are due to the Regions by a Region-established date and will be frozen as of the time submitted to the Archdiocese. The Regional due date may vary and the Archdiocesan due date will be established with the Regions. The Regional due dates will be about one month after the beginning of each season. Those teams who fail to submit their roster by the established deadline will: 1) automatically lose their eligibility for the PA State Tournament 2) forfeit all games from the date of the deadline until their roster is submitted "complete" to the Archdiocesan CYO Office, and 3) may face further penalization.

PA State CYO Boy's Basketball Tournament

The Pennsylvania State Board of CYO Directors hosts annual state tournaments for boy's grade school and high school basketball and for girls grade school. The Archdiocese of Philadelphia may send one representative. The Archdiocesan CYO Office will accept recommendations for teams eligible to compete before the first Saturday in February, which must include:

1. Written recommendation from the Pastor
2. Written recommendation from the League Commissioner. (Must verify the team is in "good standing" with the league, i.e. no technical fouls.)
3. Summary of service project(s) completed during the current season. (May be submitted by the coach.)

High School VOLLEYBALL

***No tryouts, practice or competition may
begin before 1:00 PM on Sundays**

Tryouts, Practice & Competition:

Season	Spring
Start Date	3/1/08
End Date	6/14/08

General Policies: Coaches must be familiar with the policies outlined on pgs. 18-25.

Gender: Coed

Primary Competition Rules: NCAA

CYO Competition Rules:

High School Coed Volleyball Leagues may implement rules that are amendments to PIAA rules. These rules must be reviewed and approved by the Regional Athletic Advisory Board and the Archdiocesan CYO Office prior to March 1st.

Objective:

Teams and leagues must strive to create a healthy, safe and enjoyable social experience within the framework of an athletic event. Fun, camaraderie and social interaction between athletes should be the major focus.

CYO Eligibility Rules:

1. Coaches must be in compliance with the "Coaching Eligibility" rules on pgs. 11-12.
2. Athletes must be in compliance with the "High School Athlete Eligibility" rules on pgs. 16-17.
 - a. Exceptions: In order to help to foster the "objective" explained above, teams may request the following:
 1. 9th thru 12th grade students on the same team.
 2. Inclusion of "non-parish" students who are friends, classmates or relatives of parishioners on the team.
 - b. Exception Procedures:
 1. The Pastor must present a written request to the League Commissioner
 2. The Commissioner, in coordination with the Regional Athletic Advisory Board, must review the request.
 3. If approved by the Region, the written request of the Pastor and the written approval of the Region must be attached to the team's roster to be submitted to the Archdiocesan CYO Office.

Roster Deadline:

See "Rosters & Fees" on p. 20. Rosters are due to the Regions by a Region-established date and will be frozen as of the time submitted to the Archdiocese. The Regional due date may vary and the Archdiocesan due date will be established with the Regions. The Regional due dates will be about one month after the beginning of each season. Those teams who fail to submit their roster by the established deadline will: 1) automatically lose their eligibility for the Archdiocesan Tournament, 2) forfeit all games from the date of the roster deadline until the roster is submitted "complete" to the Archdiocesan CYO Office, and 3) may face further penalization.



VI. 2007-08 Special Events

A. The Liturgy for Athletes & Coaches

This year's mass will be part of OYYA's Bicentennial Event, Amazing Race for Grace. It will be held on Saturday **September 29, 2007**. The full day can be viewed at www.oyya.org. **All Fall sports teams are expected to be appropriately represented at the Mass.** The **Bill O'Neill recognition awards** will be determined in the spring and awarded at the **OYYA Recognition Liturgy on May 13, 2008**.

B. The Coaches Orientation is a one day seminar that provides assistance and training for coaches. It is designed to inform and develop the Catholic Coach. All coaches (head & assistants) must attend this seminar before their 2nd year of coaching a CYO sport. It consists of three parts:

- 1) Philosophy & Mission - Discusses the CYO sports philosophy of coach as athletic minister. Addresses the mission statement and provides tips on how coaches can create their own mission and communicate it effectively.
- 2) Sports Medicine & Christian Values - Discusses growth patterns, injuries and youth development in relation to participating in sports. Compares the recreational coach's role to the responsibilities of being a Catholic coach.
- 3) The Real Game...Life! - Discusses real-life youth sports situations and how to handle them as a Catholic leader. Presenters provide helpful tips addressing all angles of youth sports, including athletes, parents, coaches, officials and administrators.

Schedule (check www.oyya.org/athletics for updates):

August 11, 2007

St. Andrew's, Newtown

Registration: 8:30 AM - 9:00 AM Cost: \$15

Program: 9:00 AM - 3:00 PM

September 22, 2007

St. Anselm's, Philadelphia (Northeast)

Registration: 8:30 AM - 9:00 AM Cost: \$15

Program: 9:00 AM - 3:00 PM

October 13, 2007

SS. Philip & James, Exton

Registration: 8:30 AM - 9:00 AM Cost: \$15

Program: 9:00 AM - 3:00 PM

December 15, 2007

Immaculate Heart of Mary, Phila. (Roxborough)

Registration: 8:30 AM - 9:00 AM Cost: \$15

Program: 9:00 AM - 3:00 PM

January 26, 2008

St. Ephrem's, Bensalem

Registration: 8:30 AM - 9:00 AM Cost: \$15

Program: 9:00 AM - 3:00 PM

March 4 & 6, 2008; Archdiocesan Building

Archdiocesan Office, 222 North Seventeenth St., Phila.

Registration: 6:30 PM —7:00 PM Cost: \$15

Program: 7:00 PM—9:00 PM

April 19, 2008

Epiphany of Our Lord, Plymouth Meeting

Registration: 8:30 AM - 9:00 AM Cost: \$15

Program: 9:00 AM - 3:00 PM

C. 13th Annual Athletic Ministry Conference

Over the past twelve years, the Athletic Ministry Conference has served to aid parishes in developing healthy athletic programs that support the goals of the CYO Sports Mission Statement (p.1).

This year will be the 13th Annual Athletic Ministry Conference. This year's Conference will build upon prior years', providing both information and an opportunity for discussion. Our goal is for you to leave with practical applications for producing an athletic program with a truly Catholic message.

The Conference offers motivating Catholic youth-sports related material that will be backed up with practical applications that you can bring back to your parish. We strongly encourage you to send more than just one person.

Please feel free to invite anyone who works with the youth of the Church. For a registration form, please visit www.oyya.org.

The following are this year's dates and locations:

Saturday, October 20, 2007
Archbishop Ryan High School
8:30 AM - 3:00 PM

Saturday, November 3, 2007
Monsignor Bonner High School
8:30 AM - 3:00 PM



Service Projects for CYO Sports Teams

Many projects are very effective with young adolescents. Think local. The ideas below may spark your own creativity. Have your athletes share their thoughts and ideas too!

Most Importantly!

*Take the time to make service count for kids!
If you're going to do it, do it right by following
the **Three P's** below:*

Preparation:

Place the activity in the context of faith and discipleship. They need to know why the project is important

Participation:

Include adult supervision for guidance. Focus should be on those being served and the purpose of the project.

Processing:

Share insight and feelings. Reflect on applicable scripture/faith issues. Celebrate the work done and the service provided.

*If you need assistance, please call the Office for Youth and Young Adults at 215-965-4638.

Remember to Remember God

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CYO Sports Volunteer

Recommended Reading List

Wooden

By Coach John Wooden (UCLA Bruins Basketball)

The Double-Goal Coach

By Jim Thompson (Positive Coaching Alliance)

Just Let the Kids Play

by Bob Bigelow, Tom Moroney and Linda Hall

Values of the Game

by Bill Bradley

Character Development and Physical Activity

by Brenda Bredemeier and David Shields

My Losing Season

by Pat Conroy

Coaching for Character

by Craig Clifford and Randolph M. Feezell

Raising Cain

by Dan Kindlon and Michael Thompson

Coaching Catholic: Gospel Values in Youth Sports

by Rev. Richard J. McGrath, OSA, Ph.D.

The Parent's Guide to Catholic Youth Sports

by Rev. Richard J. McGrath, OSA Phd.

Positive Coaching: Building Character and Self Esteem Through Sports

by Jim Thompson

Shooting in the Dark

by Jim Thompson

Reviving Ophelia

by Mary Piper

Spirituality of Sport: Balancing Body & Soul

by Susan Saint Sing, Phd.

Way To Go, Coach!

by Ronald E. Smith and Frank L. Smoll

Good Sports: The Concerned Parent's Guide to Competitive Youth Sports

by Rick Wolff



Dear God,

**Bless our team here today
and all those who are about to compete.
Help us to know our talents
that you've blessed us with
and to be supportive of others.
Grant us the courage to do our best
and not give up when we fall behind.
Help us, Father, to have self-respect
and give credit to those who do something right.
Let us love and support our competitors
just as Jesus taught us to do.
Thank you, Lord, for all that you give us
and for listening to our prayers.**

Amen.

*Prayer written by Kelsey Schepise, 6th grade
student-athlete of Immaculate Heart of Mary Parish School.*

For more prayers like this one, order the prayer book published by The Athletic Ministry Department.

A book containing heartfelt prayers written by young adolescents of the Archdiocese of Philadelphia, and an excellent prayer resource for anyone who works with youth.

To order a copy for just \$5.00
(includes shipping & handling)
**or to inquire about submitting
prayers, please contact**

***The Office for Youth
& Young Adults
at 215-965-4638***