



# ParochialAthleticAssociation

Handbook

Summer, 2017 Revision

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## PHILOSOPHY STATEMENT

The athletic programs administered by the Catholic Diocese of Memphis are based on the premise that young adolescents between the ages of 10 and 15 have special spiritual, intellectual, emotional, social and physical needs, which are best met in an environment, which is distinct from not only elementary school but also high school athletic programs. The Parochial Athletic Association (PAA) offers to its participants a sense of belonging and creates a climate resulting in young people who work toward developing strengths and improving weaknesses. This atmosphere allows young adolescents to experience positive growth and development now and in the future. Athletic programs, which are based on the teachings of Christ and rooted in the teaching of His Church, provide avenues for learning which foster positive attitudes about self and others. The PAA also offers for the younger children (school age – grade 4) a league that offers soccer, basketball, baseball and softball – this league is known as the Charlie Brown/Lucy League (CBLL).

Within the five principal areas of maturation typifying the young adolescent years: spiritual, intellectual, emotional, social and physical, administrators and coaches of PAA programs work harmoniously with church/school leaders and teachers and utilize a variety of instructional techniques. The instructional aspects of PAA programs are participant-centered and specifically geared to meet individual player needs. No interested adolescent is “cut” from a team, i.e. denied participation on a church/school-sponsored team in a PAA league. Furthermore, all PAA programs and related activities receive equal planning and support. The respect for the human dignity of each participant is at the forefront of all decision-making.

The PAA programs are the instruments by which young adolescents develop the fundamental skills and basic strategies of the games or activities in which they participate. During the ages of 10 and 15, adolescents want to explore all extra-curricular possibilities in order to determine which ones they are most interested in and most proficient in. Winning should not be the primary goal of PAA athletics. Winning is less important than preparing the athlete to win. Young adolescent athletes should be rewarded for personal bests and positive efforts, regardless of game outcomes. If the emphasis on winning or being the best is introduced too early or too strongly, the emotional balance of this age group is upset. Administrators and coaches in the PAA must have an understanding of adolescent development phases, enjoy working and having fun with youngsters, and respect the uniqueness of each of their charges. Likewise, administrators and coaches in the PAA must be committed to enhancing the growth and development of players, to offering specialized and proper instruction, and to working as a part of the church/school athletic programs teams. They must foster trust, dignity, consistency, fairness, and add a degree of humor to their endeavors.



The CBLL league is structured in such a way that all players who are eligible should receive equal playing time in each game. Scores are kept but the emphasis is not on winning, but is on learning the basic fundamentals of the game, sportsmanship and the advantages of being a member of a team. League standings are not kept in this league and there are no team awards presented.

## **GOALS OF THE PAA/CBLL**

### Spiritual

- To appreciate and actively support the inherent ties between church, school, and the sponsored activities.
- To embrace the challenge of working for the development of a personal relationship with Christ for each participant

### Intellectual

- To utilize and foster the development of proper communication skills, diverse teaching strategies, and necessary game skills

### Emotional

- To provide opportunities for each adolescent participant to explore his/her identity, values and abilities

### Social

- To model respect for human dignity
- To promote the ideals of sportsmanship
- To ensure the development of teamwork

### Physical

- To acquire a keen understanding of adolescent development & adolescent needs
- To accept responsibility for guiding children through subsequent emotional changes associated with physical development
- To hold the bodily safety of each participant, as previously identified, in the highest regard

## **THE ROLE OF SPORTS IN CATHOLIC SCHOOLS**

Catholic schools are excellent because they are holistic in nature, i.e. they educate the whole person. In addition to the spiritual and intellectual dimensions, there is a need for the physical development of each student.

Pope John Paul II, an avid sportsman himself, believes that “sports can and must contribute to the integral development of the human person.”

Catholic elementary schools in the Diocese of Memphis support sports programs as part of their ministry to their students. Sports promote good health, strong self-esteem, loyalty, fair play, generosity, friendship, cooperation and other positive values.



First and foremost in the minds and hearts of all those involved in Catholic school sports programs should be the interest of the young people under their care. Every effort should be made to place competitive sports in a Christian perspective. The desire to win at all costs should be discouraged. Violence on the field, poor sportsmanship, excessive negative reinforcement, and other such inappropriate behavior should be eliminated. The emphasis should be on insuring positive reinforcement, skill development, teamwork and good sportsmanship.

It is the goal of the diocesan athletic director's office to insure that the sports programs reflect the highest principles and teachings of the Catholic Church.

## STUDENT SPORT PARTICIPATION POLICY

Every effort should be made so that every child is given the opportunity to participate in some portion of every competition. A good coach is able to devise a strategy to insure that every young person under his or her care gets an opportunity to play.

Because children develop differently, their ability to acquire the skills necessary to perform well in any sport will vary widely. Coaches must keep them interested, committed, content and confident. Too many children have such a bad experience with sports programs that they quit early in life, never having the chance to meet their full potential.

Sports in the Catholic school system strive to further the mission statement of our schools:

**The Catholic schools in the Diocese of Memphis, in accordance with the teachings of the Roman Catholic Church, are committed to quality education, in an environment of spiritual, intellectual and moral formation, in which faith, culture and life are brought into harmony.<sup>i</sup>**

## SELECTION OF COACHES

The initial selection of coaches is vital if an athletic program is to reflect Christian values. A coach should not be selected purely for his/her knowledge of sports, but rather as a potential youth minister who will reflect and model the Gospel values that should be incorporated into the athletic program.

The Head Coach of each team will be held responsible for all actions of assistant coaches, game personnel and fans/spectators. In the absence of a game administrator, the head coach will have to assume those responsibilities.

Criteria for selection of coaches must include:

- Model Christian
- Emotionally stable & responsible
- Interested in working with young people in order to build their confidence, while being sensitive to their differences
- Completion of diocesan coaches accreditation program
- Knowledge of sport and skills necessary to be successful
- Knowledge of PAA rules and regulations
- Approval of the Pastor, and/or Principal
- Criminal background check on file at Diocesan Office
- VIRTUS® training completed

It is recommended that at least one coach of each team be currently certified in CPR and First Aid.

## CATHOLIC SCHOOL COACHES' PLEDGE

*Upon my honor as a Catholic school coach, I pledge myself to the following:*

- *To guide each player to be a better Christian & better citizen;*
- *To be ethical and sportsmanlike in my coaching conduct toward all players, officials, fans, and other coaches;*
- *To motivate each player to compete according to the rules at all times;*
- *To teach each player, especially through my own example, to be humble and generous in victory and proud and courteous in defeat*

## A GOOD COACH

- Understands the rules and instructs his/her players accordingly
- Controls his/her emotions
- Knows when and who to substitute
- Speaks in a manner and tone appropriate for his/her position
- Realizes players never purposely make mistakes and never ridicules
- Concentrates on coaching and lets the officials call the game
- Is fair and does not show favoritism
- Sets realistic practice and game schedules
- Never permits an ill or injured player to practice or play
- Insists that a team practice with the same enthusiasm and skill as demonstrated during a scheduled game
- Uses ALL players in practice and in games
- Never deliberately humiliates an opponent by pushing up the score
- Insists that players accept victory with modesty and defeat without alibi
- Does not review a game immediately after the final whistle when emotions are high, but saves detailed comments for the next practice



- Realizes a team's reputation is built not only on its playing ability, but also on its sportsmanship, courtesy, and manner.

## CODE OF CONDUCT FOR COACHES & PLAYERS

No coach or player is to:

1. Refuse to abide by official's decision or use profane language or gestures.
2. Exhibit objectionable behavior (i.e. throwing equipment or any other forceful action)
3. Verbally abuse an official for any real or imagined unjust decision or judgment, or verbally abuse a player, opposing coach, or spectator
4. Physically touch, push, shove, strike or threaten to strike a player, official, coach or spectator.

The head coach of the team playing will be held responsible for the conduct of all players, assistant coaches and fans from their schools at home/away contests.

***The Board of Control and the Diocesan Director of Athletics in consultation with the Superintendent's office will determine penalties for any of the above infractions.***

Until a decision is made on the penalty associated with unsportsmanlike behavior - any coach/player who is ejected from a contest for any reason will serve an immediate suspension.

In most cases, suspension will be for two games for all sports with the exception of football, soccer, golf and cross country (1 game). Suspension will be in effect until all paperwork has been faxed to PAA office and approval faxed back to school. After serving one suspension, if coach/player is ejected again within the same school year, the suspension will be for one-year.

Any coach/player ejected for unsportsmanlike conduct must attend a conference before rejoining the team. At this conference – in attendance should be the Athletic Director, Principal (or Pastor if a church setting) and player/coach ejected. If it is a player – at least one parent/guardian must attend the meeting as well as the head coach of the team.

Athletic Director must provide a written statement that the conference was held; those in attendance; and the games that the coach/player/fan will sit out. Player/coach may NOT rejoin the team in any way until approval from the League Office.

The above will be enforced by the PAA office – local institutions may add to the discipline – but not take away.

## CODE OF CONDUCT PARENTS & FANS

Any parent or fan whose behavior is deemed objectionable (i.e. offenses similar in nature to those in the coaches and players code of conduct) by any game official, pastor, school principal or appointed person in authority at that event, should be asked to leave the premises. The pastor/principal of the school(s) involved should then make a further determination as to whether or not the individual(s) should be banned from additional games.

It is recommended that fan ejections for unsportsmanlike conduct be handled in the same manner as coach/player ejections. (Revised August, 2001)

The head coach will be held responsible for the actions of all assistant coaches, game personnel, players and fans/spectators.

## CHILDREN'S ACT FOR CLEAN INDOOR AIR

For health and safety reasons, smoking is not permitted at any PAA sponsored activity. In response to the "Children's Act for Clean Indoor Air" enacted as Public Chapter 455 by the Tennessee General Assembly, the act prohibits smoking at all public and private kindergarten, elementary, and secondary schools and school grounds. The term is defined in the act and includes any building, structure, and surrounding grounds. Adults may be permitted to smoke outdoors as long as they are more than fifty feet from any entrance to the building or playing field.

## CONCUSSION AND SUDDEN CARDIAC ARREST POLICY

- 1) Information concerning the nature, risk and symptoms of concussion and head injury and sudden cardiac arrest, should be reviewed by all school administrators, coaches, youth athletes and their parent or guardian. The Tennessee Department of Health has concussion and sudden cardiac arrest information available at <http://www.tn.gov/health/article/tbi-concussion> and <http://www.tn.gov/health/topic/sudden-cardiac-arrest-prevention-act>.
- 2) The following information includes a copy of "Signs/Symptoms of Concussion". The required Centers for Disease Control and Prevention concussion checklist is available at [www.cdc.gov/concussion/pdf/TBI\\_schools\\_checklist\\_508-a.pdf](http://www.cdc.gov/concussion/pdf/TBI_schools_checklist_508-a.pdf). Every individual involved in athletics at member schools or youth organizations must review information on concussions and sudden cardiac arrest annually and sign a form that states this process has been completed.
- 3) The NFHS has developed a free courses online regarding concussions and sudden cardiac arrest in sports. The courses may be accessed at [www.nfhslearn.com](http://www.nfhslearn.com).



Athletic directors and coaches, whether employed or volunteer, must complete this course annually.

- 4) Prior to the annual initiation of practice or competition the following persons must review and sign a concussion and head injury information sheet and the sudden cardiac awareness information sheet: all coaches, athletic director, any appointed licensed health care professional, AND the principal of each member school.
- 5) Prior to the annual initiation of practice or competition, all student athletes and the athlete's parent/ guardian should review a concussion and head injury information sheet. A form confirming this review shall be signed and returned by the student athlete, if the athlete is 18 years of age or older; or, by the athlete's parent/ guardian, for athletes younger than 18 years of age. Member schools must maintain this information on each student athlete for a period of no less than 3 years.
- 6) Any player who exhibits signs, symptoms or behaviors consistent with a concussion such as loss of consciousness, headache, dizziness, confusion or balance problems, shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.
- 7) Any player who exhibits signs, symptoms or behaviors consistent with a sudden cardiac arrest shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.

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# CONSTITUTION AND BY-LAWS

## Article I: Name and objective

Section 1: The name of this organization shall be the Parochial Athletic Association (PAA).

Section 2: The purpose of this organization shall be to: (a) promote the ongoing development of all participants within the framework of the stated philosophy and the programs' goals (b) coordinate the sports program with the educational programs in member churches/schools; and (c) develop and maintain consistent regulations and standards for behavior during all sponsored activities.

## Article II: Administration

Section 1: The PAA is constituted as a part of the Department of Education in the Diocese of Memphis in Tennessee. The PAA is accountable to the Superintendent of Catholic Schools who, acting as the Diocesan Bishop's representative for educational functions, must ratify all resolutions submitted from the organization. PAA regulations shall not conflict with Diocesan legislation or policy.

Section 2: The administrative authority of the PAA shall be vested in a Board of Control composed of the Diocesan Director of Athletics and three (3) elected members from the association. Eligible members of the Board of Control are: principals, assistant principals, pastors, assistant pastors, and/or athletic directors. Beginning in Fall, 2004 – a commissioner for each sport will be appointed. The commissioner shall have full authority over that sport in accordance with the PAA handbook. The commissioner will be the first point of contact for Athletic Directors, Officials and Principals for any questions/problems. Commissioners will be appointed by the Diocesan Athletic Director in consultation with the Superintendent's office.

Section 3: The members of the Board of Control shall serve a term of one year. Elections will be held annually at a meeting of Athletic Directors (**revised August, 2001**). The Superintendent of Catholic Schools shall appoint the Diocesan Director of Athletics. The pastor and/or principal of member institutions shall appoint the athletic director from each institution. An alternate may be designated only when the athletic director is unable to attend a meeting.

Section 4: The duties of the Board of Control shall be to:  
Have general control over all athletic contests and sponsored activities in which member institutions participate,  
Act as a final court of appeals,



Recommend necessary amendments to the Constitution and Bylaws,  
Act upon suggestions submitted by the association's membership, and  
Have authority to act on any cause not covered by the Constitution and Bylaws, until an amendment is adopted covering the situation.  
Assess penalties & fines to member institutions for violations of rules, regulations, and deadlines.

Section 5: The Board of Control shall meet to rule on matters as needed.

### **Article III: Membership**

Section 1: Membership in the PAA is open to all Catholic schools and parishes in Memphis and Shelby County, to Catholic schools and parishes in the metropolitan Memphis area, and to other churches and church affiliated schools in these geographical areas that desire to participate in sponsored athletic programs and activities. Members shall agree to abide by rules established by the association in the Constitution and Bylaws and in special playing rules for each sport and activity. All member schools agree to abide by all decisions made by the Board of Control.

Section 2: The annual dues for an institution with grades 5 & 6 shall be \$250.00, with grades 7 & 8 only \$350.00, and with grades 5 – 8 \$450.00. Membership dues shall be paid by September 1 each year (after September 1, a \$25 late fee will be assessed). Soccer for grades 5 – 8 is the only sport not included – these fees are per player. Please refer to soccer section for more information.

Membership for grades 1 – 4 leagues are on a per team or player scale. The contests usually do not charge admission fees so all costs for the season are paid up front.

Membership is possible on a single sport basis. The dues for such affiliation shall be \$100.00 per team entered in each league. Payment is due at the time the eligibility form is submitted. Both the sport and the team's division of play categorize the status of any team. Schools that enter only one team in a specific sport may not participate in the instructional league. Single sport memberships are for one sport/year. **(Revised August, 2001)**

Schools desiring to join the PAA (either on a single sport basis or as an institution) should submit in writing a letter requesting to join the PAA. The letter should include signatures from the Pastor, Principal; school name, address, phone number, sports that will be offered, approximate number of teams, and approximate enrollment. **Schools that join the PAA are ineligible to win the League Championship and to participate in any sort of PAA sponsored end of the season tournaments for the first two years of membership. (Revised, Summer, 2006)**



Section 3: There shall be two age divisions for athletic competition or other activities for both girls and boys. Grades 5 & 6 participate in the Formative Division, which is divided into the Peewee Division (boys) and the Lassie Division (girls). Grades 7 & 8 participate in the Junior Division (boys & girls). Large/small divisions will be based on school enrollment. **(Revised August, 2001) AMENDMENT – Aug, 2003 – The PAA will include the following sports for grades 1 – 4: soccer (boys and girls), basketball (boys and girls), baseball (boys) and softball (girls). These sports will play under the name “Charlie Brown/Lucy League Sports”.**

CBL sports are played according to grade – divisions will be 1<sup>st</sup> and 2<sup>nd</sup> grade boys, 1<sup>st</sup> and 2<sup>nd</sup> grade girls, 3<sup>rd</sup> and 4<sup>th</sup> grade girls, 3<sup>rd</sup> and 4<sup>th</sup> grade boys. Please refer to the maximum age for each grade level. In case of a difference in age/grade – an appeal should be made in writing to the Diocesan Athletic Director for review.

Section 4: The PAA shall sponsor the following sports for grades 5 – 8: cross country, boy’s football, girl’s volleyball, basketball, baseball and softball. The PAA shall sponsor golf for grades 7 & 8 (boys & girls). Cheerleaders are also permitted for grades 5 – 8. Soccer is offered for grades 1 – 8 (boys & girls). Basketball, baseball & softball are offered for grades 1 – 4 (boys & girls). Students must play in the appropriate age division level. Students cannot move up to a higher grade/age division. Example: 5<sup>th</sup> grader could play in any league offered for 5<sup>th</sup>, 6<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup> graders, but could not play in any 7<sup>th</sup> leagues. This applies to all ages and grades.

Section 5: The PAA’s member institutions shall manage their respective teams, whenever possible, in the order of pastor, administrative head of the school, athletic director, sport commissioner, team coach, etc. The designated head of an institution’s team is responsible to the PAA and shall have control over matters of finance, eligibility, scheduling, etc. Any institution whose athletic program is managed outside of the pastor-administrator/designate model shall not be eligible to hold membership in the association.

Section 6: When a team is entered in the instructional/combination league the following requirements must be met: School/church must have entered a team in either the large and/or small division; team entered in the instructional league must be balanced as evenly as possible (grade, talent, size, etc). **(Revised August, 2001)**

Section 7: Teams are not allowed to participate in another league during the same sport season. Individual games may be added, but they cannot conflict with a regularly scheduled league game or put a team over the maximum number of contests allowed. **(Revised August, 2001)**



## Article IV: Duties and Responsibilities

Section 1: The PAA shall provide playing schedules in accordance with the association's sports calendar for each team entered by a member institution in any sport. The PAA shall designate dates, sites and times for competition.

Section 2: The PAA shall establish event admission prices and fees to be paid assigned game officials from the host institution's gate receipts. Some schools are required to pay by vouchers that are processed through the Accounting Office at the Catholic Center. These schools are required to process the vouchers the next school day after the event so the proper game personnel shall be paid in a timely manner. The PAA shall also provide member institutions with admission passes for all administrators and coaches.

Section 3: The PAA shall conduct mandatory rules meetings for coaches and game officials for each sponsored sport before the first league game. Failure of the head coach or a representative of the head coach to attend will result in a \$25 fine that must be paid prior to the start of the season.

The PAA will have a copy of National Federation rulebook governing each sponsored sport. It is highly recommended that member schools contact the National Federation and purchase additional rulebooks so that all head coaches have one.

Section 4: The PAA shall provide all academic award certificates or ribbons and championship plaques for deserving individuals and teams from member institutions. Schools are asked to NOT provide members of winning teams with any sort of extra recognition awards. Good sportsmanship is of upmost importance and most times when t-shirts, sweatshirts, etc are printed and distributed – it does not promote good sportsmanship between schools. Schools are allowed to hang banners recognizing a championship/runner up status in a league or PAA tournament. PAA does not allow All-tournament teams or games.

Individual academic award certificates for PAA student participants who achieve an overall grade point average of 3.5 or higher (semester or yearly) are available at no charge from the Director's office. Requests should be emailed to PAA office and 2 business allowed for preparation.

Section 5: The PAA shall provide a copy of the association's handbook on the Catholic Schools Office website ([www.cdom.org](http://www.cdom.org), click on schools, click on athletics), which may be recopied as necessary. Amendments shall be forwarded to member institutions for immediate inclusion in the handbook as the changes are adopted. Each athletic director/administrator should also be familiar with the Crisis Management Handbook published by the Department of Education, The Catholic Diocese of Memphis in Tennessee.



Section 6: The responsibilities of PAA member institutions shall be to:

- a) File affiliation forms which certify student enrollment and remit affiliation fees.
- b) Require all student participants to file a sports medical form/parental permission form before trying out and/or practicing with any sponsored team or for any event.
- c) Copy sports medical form/parental permission form on each participant for institutions files and for responsible coaches who should have forms readily assessable at all practices and games/meets.
- d) List all participants on the team eligibility form for a particular sport and submit (with all required signatures) to the director before the published deadline.
- e) Provide for training and certification of responsible persons, at least 18 years old, who serve as coaches.
- f) Comply with the diocesan sports safety policy.
- g) Disperse copies of the PAA handbook to all coaches and administrators.
- h) Provide safety equipment as necessary for participants and contest areas.
- i) Conduct local programs for building sportsmanship and for embracing PAA membership.
- j) Have a published plan for emergency medical services at hosted PAA events
- k) Control crowds at hosted PAA events.
- l) Notify the PAA Director of any infraction of PAA guidelines.
- m) Request a hearing before the Board of Control to discuss any infraction
- n) File hardship requests as necessary concerning the eligibility of student participants.
- o) Request permission to host/participate in invitational tournaments, to participate in post- or pre- season tournaments or bowl games.
- p) Honor all PAA passes at admission gates for the appropriate season
- q) Request PAA academic achievement award certificates for all deserving participants.
- r) Abide by all rules/regulations set forth in this handbook.
- s) Comply with diocesan policies regarding VIRTUS training and criminal.background checks for all adults serving in any capacity with the children.
- t) Comply with the current heat index policy which prohibits outside participation in all sports when the heat index reaches the “danger” level. All schools should have some sort of heat index monitor to monitor these measurements. (refer to [www.tssaa.org](http://www.tssaa.org) for guidelines)**
- u) Comply with Concussion Policy (found at [www.tssaa.org](http://www.tssaa.org)) and Thunder/Lightening policy for all outdoor events (see appendix)**
- v) Have a written emergency plan for dealing with all home athletic events. This plan should be thoroughly discussed with all coaches and distributed to all involved. Plans should also be in writing and distributed to all involved for any and all neutral location events – such as cross country meets held at Shelby Farms.**



## Article V: Student Eligibility

Section 1: To be eligible to participate in athletic contests or activities during the year, the student shall be enrolled full time at a member school or be a member of the parish/church, enrolled in and regularly attend a religion education program sponsored by the member institution. In the case of home school students who wish to participate, those will be handled on a case by case basis. Parent should contact member institution and athletic director/principal from member institution should contact league office to begin an appeal/hardship process.

Section 2: It is required that no student be permitted to participate in tryouts, practices, or events until there is on file with the administrator of the student's athletic program a sport medical form/parent permission form signed by a properly licensed doctor of medicine and the student's parents/guardians. The sports medical form shall certify that the student has passed an adequate physical examination not earlier than April 15 of the current school year, that the student is physically fit to participate in sports programs, and that the student has permission to participate. The parent permission form will include all pertinent information as to insurance and whom to contact in case of an accident.

Section 3: It is required that no student be permitted to participate in tryouts, practices, or events until there is on file with the administrator of the student's athletic program a copy of the TN Concussion Awareness and Sudden Cardiac Arrest Awareness forms complete and signed by the student and the student's parents/guardians. .

Section 4: No student who has reached the maximum age by grade level on or before September 1 of the current school year is eligible to participate. The age by grade maximums shall be:

- Grade 1 – 8 years old
- Grade 2 – 9 years old
- Grade 3 – 10 years old
- Grade 4 – 11 years old
- Grade 5 – 12 years old
- Grade 6 – 13 years old
- Grade 7 – 14 years old
- Grade 8 – 15 years old

(\*refer to section 12 for information on filing a hardship/appeal in certain cases)

**Section 5: Students who are retained (for non-athletic reasons) are eligible for participation if the following requirements are met: If a child is a member of a PAA school and the school recommends he/she repeat a grade that the Principal can grant an exception to the rule and allow the child to participate as long as the child is still within the age guidelines for the grade. (If principal is convinced that retention is for the best interest of the child academically and in no way athletically related.) The**



**Principal would need to submit in writing to the Superintendent a letter stating the pertinent information related to the student they are granting the exception to. If a child is not a member of a PAA school and transfers in for the year they are repeating – this automatic exception is not an option. May, 2007**

Section 6: Each member institution shall develop and file with the PAA Director an eligibility requirement of academics. This form is due no later than September 1.

Section 7: An eligibility list containing the name of each student who is to participate during the season in each sport shall be filed by the member institution's administration with the Director's office prior to the published deadline. An eligibility list shall be filed for each team in each division in any sport. If a student whose name does not appear on the original team eligibility form wishes to join the team, an additional eligibility form listing the added student must be filed with the Director's office prior to the athlete's participation. **(this form can be sent via email as an EXCEL spreadsheet – it should include school info, team info, coach info and the names/grades of all participants on that team as well as a notation from Principal/Pastor that all eligibility requirements have been met for all players and coaches). May, 2007**

Section 8: A student in grade 8 who participates in a varsity or B-team sport with his/her high school team is not eligible for the institution's PAA team in the same sport. The student is eligible for participation in other sports sponsored by the PAA.

Section 9: No student with an athletic record during a school year who transfers from one member institution to another without a corresponding change of address of parents/guardians shall be eligible for participation in sports for the remainder of the school year.

Section 10: A student who attends a member institution is allowed to play for another member institution only when the member institution he/she is a member does not offer the sport. The student must play for the chosen school for the duration of their grade school years. Example: A member of OLPH desires to play football. Player chooses to play for Holy Rosary. Player is eligible to play for Holy Rosary, but must play for Holy Rosary until he graduates from 8<sup>th</sup> grade. Exception would be if OLPH should decide to start a team, the player would then have to play for his member institution.

Section 11: Accidental, intentional, or other use of ineligible players by member institutions shall require that a team's victories in which the ineligible player(s) participates be forfeited. Repeated instances of the use of ineligible players by the same institution can require the suspension of the institution from participation in the PAA and/or monetary fines.



Section 12: No part of these eligibility rules shall be set aside by mutual agreement for any contest or event whatsoever, nor shall they be supplemented in any contest or event held.

Section 13: The Director and the Board of Control shall have the authority to set aside the effect of any eligibility rules upon an individual student when in their opinion the rule fails to accomplish the purpose for which it is intended, or when the rule works an undue hardship on the student.

Requests for a review of the student's status should be made in writing to the Director. It is recommended that hardship application letters filed with the Director list the eligibility rule for which the institution is requesting an exception and the reasons for the request.

These requests will be reviewed by the Board of Control, Diocesan Athletic Director and a representative of the Superintendent's office. A ruling by this group will be made with the best interest of ALL involved.

## **Article VI: General Contest or Event Rules**

Section 1: In general, the official rule books as published by the National Federation of High School Associations shall be used in PAA sponsored sports. Additional rules/requirements for individual sports shall be found in the individual sports section of this handbook.

Section 2: The PAA's member institutions shall adhere to the published Sports Calendar. The sport season for any team shall end when the team has been eliminated from the PAA tournament if one is offered or played their last PAA game if a tournament is not offered.

Section 3: Participation in the PAA jamboree does not count as a regular season contest; however, team eligibility lists should be filed with the Director prior to participation. If the PAA does sponsor a jamboree all teams participating in the league are expected to participate.

Section 4: Participation in any PAA sanctioned invitational tournament or any tournament before or during league play shall count as two games for purposes of reconciling game limits by sport for the PAA Sports Calendar.

It is recommended that all member institutions notify the Director's office of any tournament that will be sponsored by the member institution during the season. League games may NOT be rescheduled to accommodate a tournament schedule.



Section 5: No practice games, combined practices, or controlled scrimmages shall be played after a team plays its first PAA contest.

Section 6: If member institutions do not have enough students to field a team and wish to join with another institution to form a team the Director's office must receive written notification from both institutions with the appropriate administrator's signature prior to the deadline for eligibility forms.

Section 7: Sports teams, cheerleading squads, and other event participants shall not exceed a maximum of eight hours of games, practices, or related activities in any week. No practice session shall exceed two hours in length. A game shall count as one and one-half hours. The maximum numbers of game sessions and/or practices sessions shall not exceed five per week.

Section 8: The head coach or a designated representative (submitted in writing to Director's office prior to meeting) must attend the PAA rules meeting for each sport. Penalty for violation of this rule shall be a fine of \$25.00. Athletic Director and assistant coaches are also welcome to attend.

Section 9: PAA coaches must always set a proper example and maintain a professional attitude toward student athletes, other coaches, and game officials. Furthermore, coaches must be living a lifestyle consistent with the basic beliefs of the Church and be an active member of their own church, regularly attending worship services.

PAA coaches shall display good sportsmanship, always maintaining poise and control of themselves and their players. Coaches shall publicly shake hands with opposing coaches before and after each contest. Coaches shall also help the institution's administrators control the behavior of parents and fans during events.

Section 10: The game officials shall have the authority to use as a penalty the forfeiture of contests as sanctions against the flagrant misconduct of coaches or spectators. The flagrant misconduct of players or coaches shall be penalized by the player's /coach's ejection from the game and a suspension that will follow.

In the event that any of these situations occur, the game officials shall report in writing to their Coordinator who will in turn report to the PAA Director.

It is asked that each member institution report to the PAA Director all situations involving an expulsion of a player, coach, or spectator. Player and/or coach involved are ineligible for further participation until the proper procedures have been followed and a clearance issued from the Director's office.

Section 11: The use of alcohol, tobacco in any form, or profanity by coaches, officials, spectators, or athletes is prohibited at PAA events.



Section 12: The coaches of member institutions should review the PAA handbook each year.

Section 13: It is the responsibility of each coach to complete an officials rating form provided by the different official's organization after each contest. This will help all involved to make sure we are providing our student athletes with the best officiating possible. Forms should be returned to athletic director and then in turn forwarded to the respective head of the officials association.

Section 14: Member institutions shall require the presence of, at least, one administrator or designated representative at PAA events to help with crowd control and to intervene on behalf of student participants whose coach may be unable to remain at the event until its conclusion. This person should introduce himself/herself to the opposing coach upon the opposing teams arrival at the host site. In the event an administrator is not on hand, the head coach will assume these responsibilities.

Section 15: It is asked that all PAA events begin with a prayer involving both teams. Prayer cards are available from the Catholic School Office.

Section 16: Member institutions shall not only be responsible for outfitting sponsored teams in proper uniforms, but shall also provide coaching attire, which identifies coaches.

Section 17: The coaches of member institutions are responsible for promulgating and enforcing PAA sport rules beyond those listed in National Federation rulebooks.

Section 18: The coaches of member institutions shall be responsible for not allowing large scoring differentials to exist during PAA contests. They shall adhere to the specific rules listed for each sport for the purposes of holding down runaway scoring.

Section 19: Member institutions may not charge more than \$4.00 to any adult and \$1.00 to any student (grades 1 – 12) as an admission fee to PAA events.

Game officials shall be paid their fees as set by individual sport's rules from the gate receipts of the event's host no later than half time of the session's final contest. If school policy mandates the use of vouchers, vouchers must be signed before the event begins, and voucher should be processed the next school day following the event.

Section 20: Member institutions shall extend the highest forms of hospitality to visiting teams and their fans. All PAA contests shall end with the individual handshake greeting of each visiting event participant by each host participant.



Section 21: Member institutions shall provide to game officials private, secure areas in which to change, rest between sessions, and store valuables. Officials are not to be approached by coaches, players, or spectators after the event for any reason. Any problems with the officials should be reported to the head of the specific officials association and to the PAA Director.

Section 22: Member institutions shall be responsible from time to time for supplying knowledgeable persons, preferably adults; to assist game officials with various event related duties.

Section 23: Whenever teams from member institutions forfeit contests to opponents, the forfeiting team shall be responsible for reimbursing the opponent for the game officials' fees and also subject to a \$50 fine from the league office.

Repeated forfeitures on the part of member teams shall require additional sanctions from the Board of Control.

Member institutions shall have in place solid criteria for establishing teams so that teams do not drop out of leagues after schedules have been finalized. Member institutions may be liable to pay forfeit fees for the team's schedule.

Section 24: If a member institution enters more than one team in a sport, players may not change teams. A player must participate with the team that his/her name appears on the eligibility form submitted prior to the beginning of the season.

Section 25: Member institutions should host a parent meeting prior to the beginning of each season. Policies, procedures, and expectations should be covered at this time.

Section 26: The Athletic Director must submit Protests to the Diocesan Athletic Director in writing. All protests must be accompanied by a \$25 fee, which will be returned if the protest is upheld. Protesting coach must notify official and opposing coach at the point of his intention to protest. No protests are allowed on judgment plays by officials. Games may be protested within three days of contest. Player eligibility may be protested until the end of the season. A decision will be rendered within 48 hours of the Board of Control meeting.

Complaints may also be filed – there is no charge for filing a complaint, but it must be submitted in writing.

Section 27: Schools hosting end of the season tournaments sponsored by the PAA should submit a financial statement upon completion of the tournament. Twenty percent of gate receipts (after paying official's fees) should be forwarded to the Director's office within 5 business days of the last tournament event. It is requested that a check be submitted, payable to the Parochial Athletic Association.



Section 28: Cancellations/rescheduling of games are restricted to the week prior to league play. All changes should be forwarded in writing to the Director's office as well as the proper official's organization, emergency personnel, opponent, and any other game personnel. Once league play has begun, cancellations will only be made for inclement weather. If the Catholic Schools are closed because of inclement weather, all PAA events are also cancelled. Scheduling requests should be submitted at the time the eligibility form is due. In emergency situations, all rescheduled events should be scheduled and completed within seven days of original date.

Section 29: It is recommended that male teams always have a male chaperone present with the team at all games and practices and all female teams always have a female chaperone present with the team at all games and practices.

Section 30: It is the responsibility of the Athletic Director from member institutions to file the end of season summary sheet and also to attend a seeding meeting for the tournament if one is held. Failure to submit the summary form or attend the seeding meeting can result in withdrawal from tournament.

Section 31: It is asked that an accident form be completed when needed and a copy forwarded to the Director's Office.

Section 32: 50% or equal playing time rule: Grades 1 -4 mandates 50% or equal playing time for all participants in each game that they are eligible to play in. It is a local decision as to eligibility to play in each game (this is separate from player eligibility based on handbook) – player "game" eligibility should be communicated to all parents/players prior to the season (preferably at the pre-season meeting). The intent of this rule is for all children to receive equal playing time at each game – it is not the intent that the better or older players play all of the game and the younger or lesser skilled players "split" the remainder of the game to play 50%. In 5/6 instructional basketball league – there is a 1 continuous quarter rule. Please refer to individual rules for each sport for specifics.

**Section 33: All PAA Coaches, Assistant coaches are required to complete the "Heads Up Concussion in Youth Sports" online program each year. Upon completion of the course, it is responsibility of coach to submit the completion certificate to their Athletic Director. All PAA Coaches must have completed the Protecting God's Children, "VIRTUS", course and provide proof to Athletic Director as well as submit to a criminal background check. It is the responsibility of the Athletic Director to maintain compliance with these requirements. Schools and churches who are not in the Catholic Diocese of Memphis, can submit their diocesan/church requirements for approval as a substitute for the Protecting God's Children and background check policy. Concussion training is required of all. (Summer, 2015)**



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# FALL SPORTS

## PAA CROSS COUNTRY RULES

### Teams

- 1) Divisions
  - ~~a) Junior Division(7-8<sup>th</sup>)—Course distance is 2 miles. (Nov, 2006)~~
  - ~~b) Peewee/Lassie Division(5-6<sup>th</sup>)—Course distance is 1 mile.~~
  - c) Middle School Division (6<sup>th</sup> – 8<sup>th</sup>) Course Distance is 2 Miles (2017)
  - d) Elementary School Division (1<sup>st</sup> – 5<sup>th</sup>) Course Distance is 1 mile (2017)
- 2) Teams shall have a minimum of five runners for scoring in team competition
  - a) Teams are allowed an unlimited number of runners
  - b) Where teams consist of more than 5 runners, only the top five runners will be awarded points toward the team's total.
  - c) Runners 6 & 7 points will be used in the event of a tied score in the Team Competition
    - i) The score of BOTH the 6<sup>th</sup> & 7<sup>th</sup> runners from each of the tied teams shall be summed. The lowest of these sums determines the "winner" of the tie.
    - ii) In the rare case that a tie remains after summing the scores of the 6<sup>th</sup> & 7<sup>th</sup> runners, the position of each of the tied teams' 6<sup>th</sup> runner shall be compared, the better finish of these determining the "winner" of the tie.
  - d) All runners shall be eligible for individual honors
  - e) *Exception: (junior division) FALL 2012*
    - i) *To be implemented if there are less than four teams having the minimum 5 runners needed to score as a team*
    - ii) *Teams with a minimum of 3 runners will be able to score as a team*
- 3) Runners shall be outfitted in uniforms, which uniquely identify their sponsoring institution or team.

### Meets

- 1) MYA will host meets for PAA. (Fall 2016)
- 2) A maximum of 8 meets may be run during the season.
- 3) When the number of teams in the league exceeds 8, multiple venues may be scheduled so that there are not a large number of teams at one meet. FALL 2012
- 4) ~~Weekly meet schedule.~~ MYA will control order of events. (Fall 2016)
  - ~~a) 1<sup>st</sup> race Lassie division~~
  - ~~b) 2<sup>nd</sup> race Peewee division~~
  - ~~c) 3<sup>rd</sup> race Junior division girls~~
  - ~~d) 4<sup>th</sup> race Junior division boys~~
- 5) A race official will be designated for each meet and assigned from the PAA office. This official will have the final say on all rulings.
- 6) ~~Each school shall serve as host for a scheduled meet, as decided upon by the coaches at the rules meeting. (Host responsibilities may be assumed singly or jointly, when schools agree to share the responsibilities.) (Fall 2016)~~



- 7) ~~League championship (for the entire season) will be determined by each team finish in each weekly PAA meet.~~ FALL 2012
- 8) A championship meet will be held at the conclusion of the season.
  - a) To be eligible to compete in the league championship, each runner must have participated in at least two weekly meets.
  - b) Each team must have at least 5 or more runners that have met the above requirement in order to compete for the team awards at the championship meet.

**Meet Scoring:**

- 1) Individual
  - a) 1<sup>st</sup> place = 1 point
  - b) 2<sup>nd</sup> place = 2 points
  - c) And so on
- 2) Teams – Lowest number of points shall be meet winners.
- 3) Weekly meet scoring has no championship implications
- 4) Championship meet will be scored same as weekly meets
- 5) Tie-Breaker (See Above)

**Participant Conduct/Disqualification** (FALL 2012)

- 1) No runner shall be unfairly aided or impeded by another runner, coach, parent, or spectator during the course of a race. Any such action may result in the disqualification of a competitor. The performance of a disqualified runner will not be considered in the results for Individual honors or Team scoring. Actions that are deemed improper include but are not limited to:
  - a) Tripping, pushing, shoving, kicking, and blocking deemed by race officials to be deliberate and/or non-incidental, by any runner against another runner, shall result in immediate disqualification of the offender.
  - b) Pacing, the accompaniment of a runner by another party in order to aid the competitor in achieving a better performance, is considered unfair aid and it is therefore forbidden. A runner who is paced by anyone NOT competing in the same race is subject to disqualification.



# PAA FOOTBALL RULES

## (Leagues – 5/6 and 7/8)

- 1) Three game officials will be assigned to league contests. Officials shall be paid according to the pay schedule published by the official's coordinator. Member institutions shall provide a 3-person chain crew comprised of adults, and one person to act as clock operator/scorer.
- 2) Member institutions must have on the premises a paramedic or certified athletic trainer at all home games. Unless school policy prohibits, payment should be made to EMT/trainer by half time or voucher signed by the beginning of the game.
- 3) Coaches are responsible for outfitting their players in certified headgear, all required padding, and mouthpieces. Helmets must be NOCSAE certified and be in compliance with the recommended reconditioning policy. A helmet inspection must be scheduled with the Director's office prior to the beginning of practice. Shoulder pads must also meet NOCSAE certification standards.  
A player's footwear shall be tennis shoes or cleated athletic shoes with molded soles supporting rubber cleats or plastic cleats without inner spikes. Athletic shoes with metal or removable cleats may not be worn.
- 4) No two a day practice sessions are allowed. It is further recommended that good medical judgment be used with extreme temperatures. Water breaks every 20 – 30 minutes should be standard procedure for all games/practices.
- 5) All teams should be taught the fundamentals with safety as the most important factor. It is further recommended that coaches take this opportunity to thoroughly discuss the safe way to tackle.
- 6) To inhibit runaway scoring, coaches shall substitute on offense and defense when they are fortunate to have a lead of 21-0 or greater. Furthermore, passing plays and trick plays are prohibited for a team with a lead of 21-0 or greater.  
When a contest's scores reaches 35-0, the losing team's coach may request that the game clock be run non-stop. Game officials shall honor this request.
- 7) Fields used for league contests shall have restrictive fencing or cables on both sidelines to separate team benches from spectators.
- 8) Posts and all areas surrounding the field must be padded in accordance with National Federation and Diocesan Policy. All fields should be inspected prior to each contest (by the host school) to make sure it is free from hazards that might injure the participants. It is also recommended that the opposing school also conduct a safety walk through prior to the team taking the field. If any safety issues cannot be rectified at the time, the game is not to be played until those safety issues are corrected.
- 9) The PAA Jamboree will be held prior to the beginning of the season. Weigh-ins will be conducted at the Jamboree for all players. If a player makes weight on the weigh-in day – he will be certified for the entire season. There will be no other weigh-ins conducted during the season. Offensive backs, offensive ends, and defensive backs may not exceed the division's established weight limit. No player in excess of weight limit may advance the ball.



- 10) Players in excess of the maximum weight limit shall be designated by a PAA decal on their helmet.
- 11) The PAA shall certify championships for teams on the basis of league record and scores of contests between institutions of comparable student enrollment.
- 12) A maximum of 8 games may be played during the season.
- 13) The first 3 days of practice are to be “non-contact” practices.

**JUNIOR DIVISION**

- 1) The weight limit for advancing the ball is 155 pounds.
- 2) The league football is the standard YOUTH-size ball.
- 3) The league games shall consist of four, eight-minute quarters. If contests are tied at the end of regulation, the Kansas tiebreaker system shall be used (see National Federation rulebook). There shall be a maximum of two overtime periods.

**PEEWEE DIVISION**

- 1) The weight limit for advancing the ball is 130 pounds.
- 2) The league football is the standard JUNIOR-size ball.
- 3) The league games shall consist of four, seven-minute quarters. If contests are tied at the end of regulation, the Kansas tiebreaker system shall be used (see National Federation rulebook). There shall be a maximum of one overtime period.



# PAA FLAG FOOTBALL RULES

(Added Fall 2017)

## 1) Age Divisions

- a) Under 8: For players 6 & 7 years old, determined by their age on June 1.
- b) Under 10: For players 8 & 9 years old, determined by their age on June 1.
- c) Under 13: For players 10-12 years old, determined by their age on June 1.

## 2) Ball Sizes

- a) Under 8: K2
- b) Under 10: K2
- c) Under 13: Junior or TDJ

## 3) The Game

- a) 2 halves; 20 minutes long with 5 minutes for halftime.
- b) Clock stops inside 1-minute of 2nd half on dead balls.
- c) No Overtime.
- d) Please begin each game with a prayer at center field.
- e) The start of play will be determined by a coin toss. The team that wins the toss will choose the ball or defer to 2nd half and choose which goal they want to defend first.
- f) Possession will alternate at the start of 2nd half. (Team 1-1st half, Team 2-2nd half)
- g) Teams will switch ends of the field after half time.

## 4) The Coach

- a) The coach will be responsible for all behavior issues related to players and fans.
- b) Only the Head Coach may ask the officials questions about a rule clarification or interpretation.
- c) Coaches are responsible for seeing that his/her bench area is cleaned after each game.

## 5) Players

- a) 5 v 5 Game – and a maximum of 5 players on the field at any time.
- b) Maximum players on a roster, 10.
- c) Every player must play at least 50% of the game if they are physically able.
- d) Each team must have at least 5 players to begin the game.
- e) We strongly recommend playing the game even with borrowed players.

## 6) The Score

- a) No league standings will be kept. We want to emphasize fun, fellowship and instruction.
  - i) Touchdown – 6 Points
  - ii) Extra Point – 1 Point (5 yard line)
  - iii) Extra Point – 2 Points (10 yard line)
  - iv) Safety – 2 Points (If flag is pulled, OR if ball is fumbled in the end zone by the offense)

## 7) Rules of the Game



- a) Offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has 3 plays to score a touchdown.
- b) If the offense fails to get a 1st down at midfield, or score a touchdown, the ball changes possession and the new offensive possession takes over on its 5-yard line.
- c) All possession changes, except for interceptions, start on the offense's 5-yard line.
- d) When the ball is spotted, a team has 30 seconds to snap the ball. A 10-second warning will be given before delay of game penalty is assessed.
- e) Each team has a 60 second and 30 second time out per half.
- f) Offense
  - i) The ball must be snapped between the legs, not off to one side, to start play.
  - ii) The Quarterback cannot attack the line of scrimmage (fake a run) or cross the line of scrimmage with the ball.
  - iii) Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
  - iv) Absolutely, NO LATERALS (overhand throw behind the line of scrimmage).
  - v) Toss sweeps or pitches are allowed. Option plays are NOT allowed as this would constitute the quarterback faking the run.
  - vi) "NO RUNNING ZONE" located 5-yards from each end zone and 5-yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
  - vii) The player who takes the handoff can throw the ball from behind the line of scrimmage.
  - viii) Once the ball has been handed off, all defensive players are eligible to rush.
  - ix) Spinning is not allowed, and players cannot intentionally leave their feet to avoid a defensive play (no diving).
  - x) The ball is spotted where the ball carrier's feet are when the flag is pulled.
  - xi) No blocking is allowed behind the line of scrimmage, nor down field moving screens.
- g) Receiving
  - i) All players are eligible to receive passes (including the quarterback if the ball has been handed off or pitched behind the line of scrimmage). All passes must be caught downfield, past the line of scrimmage.
  - ii) Only one player is allowed to be in motion at a time.
  - iii) A player must have at least one foot inbounds when making a reception.
  - iv) All passes must be forward and received beyond the line of scrimmage.
  - v) Shovel passes are allowed but must be received beyond the line of scrimmage.
  - vi) Interceptions are dead balls, at the spot of reception, and can't be advanced.
- h) Dead Balls
  - i) Substitutions may be made on any dead ball.
  - ii) When the ball hits the ground (even on Quarterback/Center exchange).



- iii) Ball carrier's flag is pulled.
  - iv) Ball carrier steps out of bounds.
  - v) Touchdown or safety is scored.
  - vi) Interceptions.
  - vii) Ball carrier's knee hits the ground.
  - viii) Ball carrier's flag falls out (official's discretion may be used).
  - ix) Any penalties or infractions.
- i) **Defense**
- i) All players who rush the QB must be a minimum of 10-Yards from the line of scrimmage when the ball is snapped.
  - ii) Any number of players can rush from 10-Yards away from the line of scrimmage.
  - iii) Players not rushing the QB may defend on the line of scrimmage, but CANNOT cross the line of scrimmage until a handoff is made.
  - iv) Once the ball has been handed-off, the 10-Yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
  - v) A special marker will be used, OR the Back Judge will determine the 10-Yard Rush Line.
  - vi) NO tackling or rough play is allowed.
- 8) Penalties / Infractions**
- a) **Defense:**
- i) Offsides– 5 Yards, repeat down.
  - ii) Interference – 10 Yards and automatic 1st down.
  - iii) Illegal flag pull, before receiver has the ball, 10 Yards and automatic 1st down.
  - iv) Diving, 10 Yards from spot of infraction.
  - v) Rough Play, 10 Yards and automatic 1st down.
  - vi) Rushing the QB before a handoff, or from inside the 10 Yard marker will result in off-sides, 5 Yard and repeat down.
- b) **Offense:**
- i) False Start, 5 Yards and repeat down.
  - ii) Illegal forward pass, (pass received behind LOS or pass made beyond LOS), 5 Yards and loss of down.
  - iii) Flag guarding, Dead Ball at spot of infraction.
  - iv) Blocking & Screening, 10 yards and loss of down. Referees will determine incidental contact that may result in normal run of the play.
  - v) Intentionally spinning or leaving the ground to avoid having a flag pulled will result in a Dead Ball at the spot of infraction.
- c) Games cannot end on a defensive penalty unless Offense declines it.
- 9) Sportsmanship**
- a) If the officials witness any tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected.
  - b) ROUGH PLAY WILL NOT BE TOLERATED.



- c) Officials have the right to determine offensive language. At the discretion of the Officials, and or Site Manager, violators of offensive language (coaches, players and or spectators) may receive a warning OR possible ejection. Repeat violators may be banned.

**10) The Equipment**

- a) Tennis shoes or soft-cleated shoes.
- b) Triple-threat type flags and Mouthpieces are MANDATORY for the Offense.
- c) Flag Belts (flags on sides and back) MUST be a different color from the uniform.
- d) Matching shirts/jerseys are required and must have the Church name on them.
- e) Mouthpieces are MANDATORY, no exceptions.

**11) The Officials**

- a) Two (2) officials will be assigned by PAA to enforce the rules of the game, which with instruction, fun, fairness and safety in mind.
- b) Referee should briefly explain all infractions.

**12) Youth Flag Football Field Dimensions**

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## PAA VOLLEYBALL RULES

(Leagues – 5th, 6th, 7th, 8th , 5/6 Combo, 7/8 Combo)

- 1) ALL NFHS rules apply except in the following situations:
  - a) The officials association will assign one game official. The officials association shall set the fees for each season. Member institutions shall provide two line judges, preferably adults, at the request of the officials.
  - b) Teams shall be outfitted with numbered jerseys, which have logos/monograms to identify the sponsoring institution.
  - c) To inhibit runaway scoring, coaches shall substitute freely **in accordance with game rules** when scoring becomes lopsided.
  - d) Both divisions shall use only six players when the ball is in play.
  - e) The PAA shall sponsor a season-ending tournament for teams. Schools desiring to host the tournament should notify the Director's office.
  - f) A maximum of 20 matches may be played during the season – tournaments count as 2 games. **(Revised, August, 2011)**
  - g) For the LASSIE DIVISION **only**, the serving line shall be 5 feet inside the regulation end line. The net height shall be exactly 7 feet and the ball used is the “volley-lite” ball.
  - h) The PAA does NOT use the Libero in any division of play.
- 2) Scoring:
  - a) **Junior Girls will use rally scoring**
    - i) 2 out of 3 games to 25 pts. no cap
    - ii) Third game is to 15 – win by two- no cap.
    - iii) A let serve will be playable.
  - b) **Lassie Girls will continue to use traditional side-out scoring:**
    - i) 2 out of 3 games to 15
    - ii) Must win by two with no cap.
    - iii) There is **no** let serve in the Lassie division.



## PAA GOLF RULES

- 1) Except as outlined below, all matches and tournaments will be conducted pursuant to the USGA Rules of Golf in effect at the time.
- 2) PAA Golf is open to all boys and girls in 6<sup>th</sup> through 8<sup>th</sup> grade.
- 3) No coed teams shall compete in league or tournament play.
- 4) Girls' team scores will be based on two players' scores. Girls' teams may enter up to three players per match with the best two scores counting as the team score. Boys' team scores will be based on four players' scores. Boys' teams may enter up to five players per match with the best four scores counting as the team score. If a team has less than the minimum number of players (2 for girls, 4 for boys), the team can still participate in the match with the maximum score per hole being assigned for the missing player(s).
- 5) Member institutions shall provide one adult supervisor for each match who will be designated as the "Coach". A Coach may offer assistance or advice to any player on his team. Advice to players is limited to Coaches only.
- 6) League matches shall be nine holes and shall be medal play. Foursomes shall be comprised of two players from team A and two players from team B, unless otherwise agreed by the Coaches.
- 7) Girls shall conduct their matches from tee boxes that set the course up to play 1,500-2,000 yards for nine holes, unless otherwise agreed by the Coaches. Boys shall conduct their matches from tee boxes that set the course up to play 2,000-2,500 yards for nine holes, unless otherwise agreed by the Coaches.
- 8) No riding carts are permitted for player use. Players may use pull carts.
- 9) To enhance the pace of play, a "triple bogey" stroke limit will be enforced.
- 10) All players must have in their possession his/her own golf bag and clubs – no sharing clubs.
- 11) Member institutions are responsible for paying green fees to the course at each match.
- 12) Players must be outfitted in collared shirts with logos/monograms which identify the sponsoring institution.
- 13) The PAA shall host a season-ending championship tournament for individuals and teams. The number and size of teams representing each school shall be determined by the Commissioner of Golf based upon the number of schools and teams participating in the league. The tournament shall be 18 holes and played over one day, weather permitting.
- 14) Parents and spectators must maintain a 50-foot distance from players during all matches and tournaments.
- 15) To enhance pace of play, balls that are "out of bounds" or "lost" or "unplayable" in areas designated by the coaches before a match, or by the PAA, will be treated as if they came to rest in a lateral hazard. The player will incur a one stroke penalty and then drop within one club length of where the ball last crossed the margin of the designated "hazard".



- 16) In the case of inclement weather, if all players have finished 6 holes, the match will be complete and a winner will be declared. If not, the match results will be canceled, and the match must be rescheduled.
- 17) In order to enter a “team”, schools/churches are allowed to roster 6<sup>th</sup> graders if they deem necessary. 6<sup>th</sup> graders must meet all PAA handbook requirements.

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# WINTER SPORTS

## PAA BASKETBALL RULES

**(Leagues normally offered: 5 girls, 5 boys, 6 girls, 6 boys, 5/6 small school girls, 5/6 small school boys, 5/6 combo girls, 5/6 combo boys, 7 girls, 7 boys, 8 girls, 8 boys, 7/8 small girls, 7/8 small boys, 7/8 combo girls, 7/8 combo boys.)**

- 1) Two game officials shall be assigned to league contests. Officials shall be paid the published amount according the fee schedule published by the officials association.
- 2) Member institutions shall provide two persons at least 18 years old to serve as bookkeeper and clock operator.
- 3) League coaches must be outfitted in attire, which identifies the member institution they coach for, and they are responsible for having their players in proper uniforms.
- 4) Teams who forfeit games shall be responsible for reimbursing assigned game officials. Repeated forfeiture of games will result in suspension from league.
- 5) Member institutions are responsible for keeping the playing floor free of debris during games and for having backboards and walls/stage edges properly padded.
- 6) In the interest of good sportsmanship, stomping/striking bleachers, using noisemakers, and cheering/screaming at opponents (especially in a derogatory manner) is strictly prohibited. Penalties for violation of this rule shall be a warning by game administrator. The warning will be relayed through the head coach of the offending team. A future violation during the same game can result in the game administrator stopping the contest and issuing a forfeit to the offending team.
- 7) The length of games for all divisions shall be four quarters.
- 8) A maximum of 24 games may be played during the season. Tournaments count as 2 games.
- 9) It is the responsibility of the Athletic Director to keep current with the arbiter.net (official's assignment web site).
- 10) Beginning with the 2008-09 season – all teams must wear white colored jerseys at home and dark colored jerseys for away games.
- 11) All schools are asked to have a copy of these rules at the scorer's table and in each scorebook.
- 12) Schools have the option of conducting evaluations the week prior to the first week in November if the following conditions are met:
  - a) Teams are not "announced" in any way/form/fashion prior to the published calendar date each year.
  - b) This is a period which each group is allowed a one and ½ hour evaluation period to enable AD's to appropriately place a child on a team.
    - i) Ex: 5<sup>th</sup> grade girls can gather for one and ½ hr the week before Nov. 1 to be "evaluated" by the AD/coaches/committee however evaluations are conducted at each site. These girls participating in these evaluations are not to be told which team they are on until the official practice date. These girls may not "practice" together again until after the official start of the season



nor can they combine with another grade division so have another hour and ½ session this week.

### **13) Junior Division**

- a) The basketball for girls' league is the same ball as is used for high school girls. The basketball for boys' league games is the same as is used for high school boys.
- b) League games shall be six-minute quarters. Overtime periods, if necessary shall be three minutes each.
- c) Three-point goals are allowed.
- d) To control runaway scoring, a team with a 15-point lead or greater may not full-court press; a team with a 20-point lead or greater may not half-court trap or run a man-to-man defense (defense must stay within the 3 point arc). Repeated disregard of this rule can eventually result in forfeiture of the game.

### **14) Lassie/Peewee Division**

- a) The basketball used for both boys' and girls' league is the same as is used for high school girls.
- b) League games shall be six minute quarters. Overtime periods, if necessary shall be two minutes each.
- c) Three-point goals are not allowed.
- d) The foul shot line in the following divisions will be 12' – 5<sup>th</sup> grade boys and girls, 5<sup>th</sup> & 6<sup>th</sup> grade small division boys and girls and the 5<sup>th</sup> & 6<sup>th</sup> grade COMBO boys and girls leagues.
- e) A player may elect to shoot from the 15' line but in doing so, must shoot all shots from that penalty shot from the 15' line for those series of free throws. Also, all rules regarding foul shots will be enforced from the 15' line – they will not have the 3 feet area.
- f) 6<sup>th</sup> grade boys and girls league will use the regulation line (15').
- g) To control runaway scoring, a team with a 15-point lead or greater may not full-court press; a team with a 20-point lead or greater may not half-court trap or run a man-to-man defense (defense must stay within the 3 point arc). Repeated disregard of this rule can eventually result in forfeiture of the game.
- h) The Lassie/Peewee COMBO leagues are the only leagues with a mandatory playing time requirement. Each player (dressed out) at the game is required to play one full quarter of each game. Each head coach is to designate in the official scorebook the mandatory quarter with a "C" in the appropriate quarter box in the scorebook. Each coach is asked to make this available to the opposing coach prior to the game. In the event a player gets hurt or fouls out during his/her mandatory quarter, and has to be removed from the game, that quarter shall count. The coach has in good faith tried to comply with the rule. Any school who does not comply by the rule, it is requested the opponent notify their Athletic Director and give copies of scorebook – the Athletic Director is asked to notify Steve Winnette. Appropriate sanctions will be applied to the offending school. **Revised, Nov. 2008**



15) Please note that this is NOT a rule the referees are to enforce. The scorekeeper (please use adults as requested) should notify the head coach if an “illegal” substitution is being attempted. Should the coach continue with the substitution and/or not IMMEDIATELY correct it, that game is subject to protest/forfeiture and sanctions taken against offending school and coach.

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# SPRING SPORTS

## PAA BASEBALL/SOFTBALL RULES

- 1) The official's coordinator will assign one game official unless two officials have been requested (by the home team) and are available. Officials will be paid according to the published pay schedule. Prior to each game when coaches exchange line-ups and discuss ground rules, the head coach of each team shall present the umpire with one game ball and one-half of the official's fee (or present voucher for signing).
- 2) League coaches shall be outfitted in attire, which indicates the member institution for which they coach. Also, coaches are responsible for having their players properly equipped as well as in proper uniforms.
- 3) Catchers must wear batting helmets with throat protectors that have the current NOCSAE certification. Batters must wear batting helmets that have the current NOCSAE certification. Players who serve as base coaches must wear batting helmets that have the current NOCSAE certification.
- 4) Steel cleats are permitted for 7/8 grade baseball and softball.
- 5) Member institutions shall be responsible for maintaining field safety. Backstops must remain in good repair; fields must be free of debris and have properly secured bases; and there must be fencing between team benches and the field of play.
- 6) The softball for both divisions shall be NFHSS (National Federation of High School Sports) approved. The baseball for both divisions shall be in accordance with NFHSS standards.
- 7) Courtesy runners may be used in league games for catchers and pitchers only, providing the runner has not previously entered and then left the game. The same courtesy runner can not be used for both the pitcher and the catcher. Players can be used as substitutes after being used as a courtesy runner.
- 8) There are no limits established for a pitcher's maximum number of innings.
- 9) All batters may run to first base if the catcher misses the third strike according to NFHSS rules.
- 10) Games called by darkness are continued whenever possible from the point at which the game was originally called. Games called by rain or other hazard are replayed in their entirety unless the game had completed 3 innings of a 5 inning game or 4 innings of a 6 inning game as a limit.
- 11) Games tied at the end of regulation should be played until one team wins. The last out from the previous inning shall be placed on 2<sup>nd</sup> base to start any and all extra innings.
- 12) Nine players are used at any one time in league games in the field.
- 13) Teams must have 9 players at game time (10 minute grace period which comes off the game time) to begin a game. Teams may go to 8 players after the game begins, if due to injury or illness. An automatic out will be recorded for the injured or ill player when it is that person's time at bat. If teams drop to less than 8 players after the game begins, that team then will lose by forfeit. Teams with less than 9 available players due to player ejection will forfeit the game.



- 14) The penalty for using an illegal bat/equipment is an immediate out/expulsion from game for unsportsmanlike conduct and followed by a 2 game suspension for the head coach and the player attempting to use the bat/equipment. All bats should be inspected prior to beginning of the game by the official. Any equipment not available for the pregame inspection should not be used. (Revised, August, 2008)
- 15) Maximum number of games to be played in a season is 16 – tournaments will count as 2 games regardless of the number of games played.

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## PAA BASEBALL/SOFTBALL RULES

	Formative Division (5 <sup>th</sup> & 6 <sup>th</sup> Grades)	Junior Division (7 <sup>th</sup> & 8 <sup>th</sup> Grades)
Maximum # of Innings	5	6
No New Inning After	1 HR 15 Min	1 HR 30 Min
Game Over Due to Run Rule:		
13 Run Lead After	3 Innings	4 Innings
7 Run Lead After	4 Innings	5 Innings
Girls:		
Mound	35 Feet	40 Feet
Bases	60 Feet	60 Feet
Lead Off Bases	No	No
Stealing	After Ball Crossing Plate	Leaves Pitcher's Hand
Max. Per Inning Run Rule For Entire Game	6	6
Bats	Current ASA Approval w/ ≤ 2.25 Inch Barrel	Current ASA Approval w/ ≤ 2.25 Inch Barrel
Flex Rule (Must be noted before game)	No	Yes
Balk	No	No
Boys:		
Mound	49 Feet	56 Feet
Bases	66 Feet	81 Feet
Lead Off Bases	Yes	Anytime during live ball
Stealing	Yes	Anytime during live ball
Max. Per Inning Run Rule For Entire Game	6	6
Bats	-8 Differential in Length & Weight with ≤ 2.75 Inch Barrel	-8 Differential in Length & Weight with ≤ 2.75 Inch Barrel
Designated Hitter	No	Yes
Balk	Yes	Yes



## PAA CHEERLEADER RULES

- 1) Member institutions shall select cheerleader sponsors and coaches who value their squads, first as church/school representatives for hospitality and sportsmanship and then, secondly, as competitive units.
- 2) Cheerleaders shall assume their responsibilities to help control crowds as they support their teams. Cheerleaders shall have knowledge of games they lead cheers for and shall always offer positive supportive cheers for their teams. Cheerleaders shall never resort to negative, degrading cheers directed toward opponents of their church/school teams.
- 3) The number of cheerleaders on a squad is a local decision. However, the organization of cheerleading squads shall not stipulate summer camp attendance or non-sports participation for inclusion in cheerleader programs. Participation in cheerleading must be financially accessible to all interested students.
- 4) Cheerleading activities shall be conducted within the framework of the association's philosophy statement, (i.e. no interested student in grade 5 – 8 shall be denied the opportunity to participate on church/school cheerleading squads). However, member institutions may decide to limit local participation to grade 8 only.
- 5) Cheerleaders and pep squad members in uniform shall be admitted free to all PAA activities for which they will be actively cheering for.
- 6) It is recommended that cheerleaders in grades 5 – 6 use basic, low-cost uniforms and do not participate in competition versus other squads.
- 7) Any member institution may offer to host a cheerleading competition. Competition will be limited to one during the course of the school year. Contact the Director's office if interested.
- 8) Cheerleader coaches and sponsors shall be responsible for the safety of their squad members. Difficult stunts shall be attempted only after adequate practice consisting of proper instruction and with necessary spotters and padding.
- 9) Pom-poms are not permitted for use at PAA indoor activities with the exception of the PAA competition.
- 10) Cheerleaders may not cheer on the playing floor of indoor activities while the ball is in play. Cheerleaders may not jump in bleachers or inhibit the view of spectators.



## PAA CHARLIE BROWN / BASEBALL RULES

- 1) Mandatory rules meeting for coaches and athletic directors will be held prior to beginning of season.
- 2) Rosters (signed) will be due at the meeting.
- 3) League fees are due at the meeting.
- 4) Intent to enter league, field availability & black out dates are due by deadline set by league office.

### 5) Rules for grades 1 – 4 Machine Pitch

- a) Games will be limited to 5 innings or 1 hour and 20 minutes. However, any inning started before the minutes must be finished IF required to declare a winner. Tied games may be continued without interfering with the schedule at the discretion of the umpire and coaches.
- b) There will be a limit of 5 runs scored in any inning. Even if more than 5 runners cross the plate, only 5 runs will count. Also, note this rule allows a team to win the game as early as the 3<sup>rd</sup> inning, in this case the game may continue at the discretion of the coaches and umpire even though the outcome has already been determined.
- c) A pitching machine, with the longer legs, will be used with a catcher. It will be set up 49 ft. from home plate. There will be no walks, however, strikes will be called by an umpire. The 1<sup>st</sup> and 2<sup>nd</sup> graders will be allowed to take the first pitch. Please encourage them to swing away if it is a strike. Both divisions may be called out on a third strike.
- d) The speed for the machine will be: 35 mph for ½ grade and 42 mph for ¾ grade.
- e) Balls used are regulation little league approved baseballs.
- f) Bats must also be little league approved.
- g) Base distances: 60 ft. for ½ grade and 66 ft. for ¾ grade.
- h) Batter who strikes out is automatically out even if the catcher drops the ball.
- i) There is no stealing.
- j) Runners may not leave the base until the ball is hit. There is no infield fly rule.
- k) Teams may not practice more than twice a week.
- l) There will be free substitution.
- m) Make up games will be left at the discretion of the athletic directors at each site. However, there will be NO double headers played.
- n) There will be a circle with a diameter of 15 ft. that is considered the mound. There will be a circle drawn around the machine. The pitcher of any other player is not allowed with this circle at any time.
- o) The ball is automatically dead when it gets back to the pitcher's mound.
- p) ½ grade – the ball is thrown back to the mound and the pitcher makes contact or an honest attempt. The ball does not have to be in his possession or within the circle.
- q) ¾ grade – the ball is thrown back to the mound and the pitcher has control of the ball or the ball stays within the circle. In both cases (14 & 15), when the ball is considered dead, the runners will advance or return to the nearest base.



- r) At any time the ball hits the pitching machine, it will be considered a dead ball at that point. If the ball is hit and it hits the machine the batter will start over with a new count. A pitcher will be used for fielding, but he must have both feet within the circle.
  - s) The batting order must be made from 1 to whatever number of players show up for the game. If a player misses several practices without good reason, the coach may at his discretion advise the player that he cannot play in the games until he resumes attendance at practice. All players must play in the field for at least one inning.
  - t) Both divisions will play 10 in the field. There are to use them in an umbrella fashion. A team can play without forfeit if it has only 9 players.
  - u) Interference calls on offensive and defensive players can be made by the umpire.
  - v) There will be an arch drawn connecting both foul lines, 7 ft. from home plate. If the ball is hit and stops within this area, it is considered a no pitch. No bunting allowed.
  - w) Coaches are reminded that winning is not the purpose of the program, but to provide the players with an environment in which to develop their abilities and character while having a good time.
  - x) Each coach is to supply a game ball and \$12.50 to the umpire before each game.
  - y) Before the game begins, both teams should gather together and recite the prayer before games or one of the coaches may elect to say a prayer.
- 6) Rules for coaches:
- a) There will be no smoking or any type of tobacco use by coaches on the field or the dug-out area.
  - b) There is to be no alcoholic beverages on the playing site (field, stands, parking lot, anywhere) at anytime by either coaches or parents.
  - c) All head coaches will be held responsible for the actions of their players, fans, and assistant coaches.
  - d) All coaches and any adult working with the team must be registered with the VIRTUS© program
  - e) All coaches and any adult working with the team must have a criminal background check on file in the Human Resources Department at the Catholic Center.
  - f) Any coach (or anyone working in any capacity with a team) who is ejected from a game or reported to the league office for unsportsmanlike behavior will receive a sanction administered through the league office.
  - g) Coaches are to allow only those players who appear on the league roster (that has been submitted) to participate.
  - h) Coaches should have emergency forms available on all players at all practices and games. This form should list any medical conditions, allergies, special circumstances, and all emergency numbers.
  - i) Coaches should have a first aid kit at all practices and games.
  - j) Coaches should be properly attired at all games & practices.
  - k) Coaches should stress safety first in all circumstances.



- l) Coaches must attend a mandatory rules meeting in order for the team to be included in the regular season schedule. If the head coach cannot attend, the athletic director should contact the league office for a make-up date for the meeting AND also attend the rules meeting in the head coach's absence.

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## PAA SOCCER RULES

- 1) Please refer to PAA handbook for league policies, procedures, eligibility requirements, etc. (ages, grades, limits on practices, games, physicals, behavior, etc). We will enforce all policies/procedures, requirements in PAA handbook – it is not the desire of the league for these to negatively affect a student – we have in place an appeal/hardship policy. This must be done PRIOR to a student/team participating in any sort of practice/game. This request must be in writing (mail, fax, email)-include in your request all pertinent information and also the rule that you are asking that the PAA set aside this one time for this student. All requests are kept confidential.
- 2) **Divisions**
  - a) 1<sup>st</sup> and 2<sup>nd</sup> grade (U8)
  - b) 3<sup>rd</sup> and 4<sup>th</sup> grade (U10)
  - c) 5<sup>th</sup> and 6<sup>th</sup> grade (U12)
  - d) 7<sup>th</sup> and 8<sup>th</sup> grade (U14)
- 3) **Proper placement in divisions**
  - a) Divisions will be offered in the above divisions for both boys and girls.
  - b) Boys are not allowed to play in the girls division. If a team is not able to enter both a boys and a girls team in a division, a girl may be permitted to play in the boys division. This should be noted on the roster when it is submitted. (Per PAA handbook – a student must play in his/her appropriate division and not play either up or down a division.
  - c) Exclusions to this rule must be handled prior to the beginning of the season by requesting a hardship/appeal on this rule.)
- 4) **Teams playing in multiple leagues**
  - a) Teams are not allowed to play in another league during the PAA soccer season.
  - b) PAA does not dictate policy on individuals playing on dual teams with the exception that a player may not play on 2 teams that are in the PAA league.
  - c) Schools/Churches are permitted to enforce their local policy.
- 5) **Equipment**
  - a) All players must wear soccer shinguards properly. Shinguards must be put on the foot first and then completely covered by socks. (do not put the sock on first, then the shinguard, then pull the sock over the top of the shinguard).
  - b) No player is allowed to wear any type of jewelry. Band-aids are not allowed to be placed over earrings.
  - c) Barrettes, bobby pins, plastic clips, metal clips or any type of hair accessory are not permitted. (Soft scrunchies, rubber bands, all fabric pony tail holders are acceptable). Nothing with metal or a hard surface/coating is allowed.
  - d) Soccer cleats are preferred but tennis shoes may be worn. Cleats must be soccer cleats (no football, baseball, cross-country). Toe-cleats may not be removed to try and make a different type of cleat a soccer cleat.
- 6) **Schools/churches with multiple teams in one division**



- a) When an school/church enters more than one team in a division, all teams must be evenly balanced in regards to age, grade, and ability.
- b) If, in the opinion of the league office, a team is intentionally stronger than the others – the school/church will be given the option of redistribution of that team or withdrawing from the league.

**7) Players “switching” teams**

- a) Players are not allowed to switch back and forth among teams (if school/church enters multiple teams in a division) during the season. The player must participate on the team that his/her name appears on the roster. IF, in an emergency situation, a team needs to borrow a player – written notification must be made to league office as well as notification to the opposing team.

**8) Awards**

- a) no team trophies are awarded and league standings are not kept.

**9) Disqualified or ejected players**

- a) In the U8 and U10 divisions – a player who has been ejected (given red card) may not return to play in that game, but can be replaced.
- b) In the U12 division, a player who has been ejected may not return to play in that game and may NOT be replaced.
- c) In all divisions, a report should be filed with the League Office within 24 hours of the occurrence – a determination will be made after reviewing reports from teams and officials as to the length of the suspension the player will serve. (See Code of Conduct in PAA handbook. In some instances, a red card can be given in soccer when a 2 game suspension may not be warranted – these situations will be dealt with individually)

**10) Disqualified coaches**

- a) Coaches must immediately leave the field and the site. Coaches should immediately notify their Athletic Director and provide a written report of the occurrence. Report should be forwarded to league office and will be reviewed. (See Code of Conduct in PAA handbook.)
- b) If the team does not have an approved assistant coach on the sideline, the game will be stopped at the point of the disqualification of the coach.

**11) Length of games**

- a) U8 – 4 quarters of 12 minutes each
- b) U10 – 4 quarters of 12 minutes each
- c) U 12 – 2 halves of 30 minutes each
- d) U 14 – 2 halves of 35 minutes each

**12) Size of ball**

- a) U8 - #3 soccer ball
- b) U10 - #4 soccer ball
- c) U 12 - #4 soccer ball
- d) U 14 - #5 soccer ball

**13) Substitution**

- a) Either team may substitute: after a goal, between periods, after an injury, or before a goal kick.



- b) Only the team in possession may substitute; after the ball goes out-of-bounds at the touch line.
- c) Once that team has stopped play for a substitution, the other team can then also substitute.

#### **14) Rosters**

- a) An official roster must be submitted by the league mandated deadline.
- b) Players may be added after rosters are submitted, but before the player participates in any manner – a revised roster should be submitted to the league office as well as necessary fees. The name of the new player must be highlighted/noted and all required signatures must be on the roster (coach, athletic director, pastor or principal).
- c) Player will become “eligible” after athletic director/soccer commissioner contacts the League Office to confirm receipt of roster (and payment).

#### **15) Team/Coaches boxes and spectator restraining lines**

- a) Coaches area (boxes) will be established not to exceed 1/3 the length of the field (approximately 30 yards) and no closer than 3 feet from the touch line. All substitute players and coaches must remain in the box.
- b) Spectators shall sit or stand no closer than 3 yards from the touch line.
- c) Persistent, illegal coaching from the touch line outside of team and coaches box shall result in a warning by the referee the first time and an indirect free kick thereafter awarded by the referee, from the point of play.
- d) Any coach who enters the field of play without permission of the referee, for any reason except in the case of an injured player, will be issued an automatic yellow card. A second such occurrence in the same game will result in an automatic red card, and the coach must leave the field and site. In the event of such an occurrence, the referee shall not have the option of whether or not to issue the card.

#### **16) Goals**

- a) U 8 –U12 will measure 6’ x 16’ (inside dimensions).
- b) Goals for U 14 will be 8’ x 24’ (inside dimensions).
- c) Goals for all divisions will be equipped with regulation nets and if padded, must be properly padded & secured.

#### **17) Penalty shots**

- a) U 8 –U12 penalty shots will be taken from a distance of 8 yards.
- b) U 14 penalty shots will be taken from a distance of 10 yards.

#### **18) Fifty percent/equal play rule**

- a) Each player must play a minimum of fifty percent of each game the player attends if he/she is eligible. The intent of this rule is for all players who are eligible to participate – receive equal playing time. (It is not the intent of this rule for all players to play 50% of the game and then the better players play 100% of the game – all players should receive equal playing time EACH GAME). It is the responsibility of each member institution to convey to parents/players at the beginning of each season what factors will determine a players “eligibility to



- play in games” – this is not the same as the PAA player eligibility rule that determines if a player can represent the member institution.
- b) For all age groups, the coach must make a good faith effort to keep track of the player’s time to insure compliance with the “minimum 50%/equal playing rule” each game.
  - c) It is the responsibility of each school/church to monitor all their teams’ compliance with this rule.
  - d) Coaches/teams not complying with rule are subject to league sanctions.
  - e) To report violations of this rule – a written report should be filed with the league office and a copy sent to the offending institutions athletic director. The report should contain as much information as possible so that the athletic director can conduct an investigation into the matter. Violations should be reported within 48 hours of the game. As stated above, the league office will deal with the offending teams athletic director and pastor/principal – a reply will not be made to the team/person who turned in violator.

**19) Rescheduled games**

- a) After school/church has submitted intent to enter league or the deadline to submit the information has passed – games will not be rescheduled except for rare occasions.
- b) The league office will determine whether or not a game will be rescheduled.
- c) Fines will be assessed for all games rescheduled, even with the league’s approval. Fines will also be assessed for any team who does not show for a game.
- d) If for any reason the league office schedules a team on a date that was submitted on the intent to enter league form – that game will be rescheduled at no cost to the teams involved.

**20) Inclement weather**

- a) It is the duty of each institution’s Athletic Director to determine whether or not that institution’s field will be playable on game day.
- b) At the time a decision is made, it is the responsibility of the Athletic Director to notify the Official’s Coordinator as soon as possible and no later than 1 hour prior to the beginning of the first game on game day.
- c) It is also the responsibility of the Athletic Director (or designated appointee) to convey this information in a timely manner to all who will be playing at their field on that day. Some places choose to post information on a recorded message - this should be posted prior to 1 hour before the first game.
- d) The phone number to call must be made available to member institutions athletic directors and representatives and coaches, officials coordinator and officials – IT IS NOT TO BE GIVEN TO PARENTS.
- e) Each coach will be responsible for contacting his/her team.
- f) Once it has been determined that the field is playable , it shall be solely the discretion of the designated referee as to whether or not a game shall be played, or, if in progress, halted, due to inclement weather or dangerous playing conditions



## **21) Rescheduling of rained out games**

- a) It is the responsibility of the Athletic Directors of the schools involved to reschedule games if so desired.
- b) If the official has been compensated for the rained out game or postponed game – it is the responsibility of the teams involved to provide payment for the official at the published rate.
- c) Before players are informed of rescheduled events, the officials coordinator must be notified and provide approval that an official can be assigned.
- d) All rescheduled games due to inclement weather should be turned into league office in writing by both teams involved after confirmation has been made with Officials Coordinator. Notation should be made on this form as to how payment will be made to official.

## **22) Protests & Complaints**

- a) All protests will be reviewed by the Board of Control, Diocesan Athletic Director, representative from the Superintendent's Office and the PAA Soccer Commissioner.
- b) If any of the above is directly connected with any party of the protest – a substitute will be appointed to review that case.
- c) Protests should be made within 72 hours of the act about which there is a complaint or protest.
- d) Protests should be made in writing and signed by the coach, athletic director and pastor/principal. Schools desiring to file a protest should provide a copy of a videotape of the game if possible if by viewing the videotape, it will better enable the members of the Board of Control to determine cause/action.
- e) A \$25 protest fee must be paid by check to the League Office before it will be reviewed. If the protest is upheld, the \$25 check will be returned.
- f) Protests are never allowed on a judgment call by the official.
- g) Two items are considered as protests:
  - i) determination of the eligibility of a player and
  - ii) misapplication of a soccer rule by the game referee.
- h) If such a protest is allowed, the Board of Control can assess a fine/penalty/punishment/forfeiture of game/or have the game replayed.
- i) A complaint may be filed with the League Office on matters that are not eligible for a protest. Game officials are required to report unsportsmanlike behavior by coaches, players and fans, before, during or after a game to the Officials Coordinator.
- j) Complaints should be submitted in writing to the League Office within 72 hours of the problem.
- k) Complaints will be reviewed by the members of the Board of Control, Diocesan Athletic Director, representative from the Superintendent's Office and the PAA Soccer Commissioner, but a meeting will not be convened.
- l) Game results will not be altered nor will the game be replayed.
- m) The Board of Control will take such action as necessary to correct any problem that may be discovered as a result of the complaint.



- n) Examples of complaints are: unsportsmanlike conduct, improper judgment calls by the officials, poor playing conditions and violation of 50%/equal play rule.

**23) Referees**

- a) The PAA shall use state registered referees in all games under its jurisdiction. Each new referee must complete a recognized training course and then pass a written and physical testing. All referees will abide by the Laws of the Game (FIFA) and the PAA handbook.
- b) Referees shall be compensated only for games played and officiated, or those games scheduled for which the referee appears at the field, but the game is forfeited by one of the teams, or for those matches postponed in progress due to inclement weather.
- c) Fees to referees shall be paid on a per game basis, the amount to be determined by agreement of Officials Coordinator, Board of Control, Diocesan Athletic Director, representative from Superintendent’s office and the PAA Soccer Commissioner.
- d) Any referee who willfully fails to enforce any of the rules is subject to immediate and permanent suspension by the league office and any fee due for that game will be forfeited.

**24) Coaches**

- a) Only 1 coach is allowed to give tactical advice to players and that advice must be given from the coaching area (30 yards either side of center, 1 yard from touchline).
- b) No coach may enter the field of play without the referee’s permission (except in the case of an injured player).

**25) Spectators**

- a) The spectator restraint line is parallel to and at least 9 feet from touchline. All spectators, substitutes and assistant coaches must remain behind this line.
- b) No parent, spectator, sibling, assistant coach may coach/watch from touchlines or goal line.

**26) Starting Game**

- a) U 8 and U 10: The team LOSING the toss kicks off in quarters 1 and 2. The team WINNING the toss chooses the goal and kicks off quarters 3 and 4.
- b) U 12 and U 14: The team LOSING the toss kicks off 1<sup>st</sup> half. The team WINNING the toss chooses the goal and kicks off 2<sup>nd</sup> half.

**27) Field dimensions and goal width**

Division	Goal Width	Field Dimensions
U8 – U12	16 feet	Length: 65 – 70 yards
U 14	24 feet	Length: 100 yards

- a) U8 –U12 fields – the absolute minimum width is 94 feet (goal of 16 feet plus penalty areas of 36 feet outside each goal plus three feet between penalty area and touchline). Absent severe space restrictions, the minimum width is 120 feet (40 yards).
- b) U8 –U12, the penalty area is a rectangle 88 feet wide centered on the goal, extending 36 feet into the field.



- c) The goal area is a rectangle 40 feet wide centered on the goal, extending 12 feet into the field.
- d) The penalty mark is a spot 8 yards from the center of the goal (halfway between penalty area line and goal area line).
- e) The penalty arc is drawn outside the top of the penalty area at a radius of 20 feet from the penalty mark.
- f) U14 fields – the absolute minimum width is 50 yards.
- g) The penalty area is a rectangle 132 feet wide centered on the goal, extending 54 feet into the field.
- h) The goal area is a rectangle 60 feet wide centered on the goal, extending 18 feet into the field.
- i) The penalty mark is a spot 12 yards from the center of the goal (halfway between penalty area line & goal area line).
- j) The penalty arc is drawn outside the top of the penalty area at a radius of 30 feet from the penalty mark.
- k) Each field shall have a centerline, with a center circle of radius 20 feet for U 8 – U12 and center circle of radius 30 feet for U 14 divisions.

**28) Number of players**

Division	Maximum # of players	Minimum # of players
U 8	7	7
U 10	7	7
U 12	8	8
U 14	11	7

**29) League fees**

- a) PAA soccer fees are charged per player. PAA is responsible for paying the officials coordinator, officials fees for all regularly scheduled games, training fees/rules meetings associated with officials and coaches. If enough interest, the PAA will sponsor state certification clinics. This cost will be passed on to member institution for the number of coaches who attend and gain certification.

**30) Coach certification and training**

- a) It is the responsibility of each member institution to ensure that each coach (head and assistant) and anyone who might serve in a leadership/teaching capacity with any team:
- b) Have on file at the Catholic Center a completed criminal authorization form and proper clearance of that check. (Proper clearance is granted through the Human Resources Dept. at the Catholic Center). See appendix for a copy of the criminal authorization background check form.
- c) This form should be submitted prior to the person being approved as a coach/volunteer.
- d) All coaches (head and assistant) and anyone who might serve in a leadership/teaching capacity with any team must have attended and registered online to certify attendance at the VIRTUS – Protecting God’s Children Program. These courses are taught throughout the Diocese at different parishes/schools.



Upcoming schedules are published in the West Tennessee Catholic and also available through the Human Resources Department at the Catholic Center.

- e) Each head coach must attend the mandatory rules meeting for the sport. Assistant coaches are welcome to attend also.

**31) Games Ending in Ties**

- a) Regular season games that are tied at the end of regulation – will end as a tie. The 5<sup>th</sup> – 8<sup>th</sup> grade divisions traditionally have an end of the year tournament upon completion of the regular season. Because a winner must be determined to advance to the next round, the following procedure will be followed:
  - b) One 5-minute overtime period. If the score is not tied, the one with the larger number of goals will be declared the winner.
  - c) If the score is still tied at the end of the first 5-minute overtime, the teams will play a second 5-minute overtime. If the score is not tied at the end of the second overtime, the one with the larger number of goals will be declared the winner.
  - d) If the score is still tied at the end of the second 5-minute overtime, the teams will go into a shoot-out where 5 different players from each team will go one-on-one with the opponent's goalie. This procedure will be continued until one team has broken the tie.
  - e) Please note that neither the overtime periods nor the shootouts are not sudden death where the 1<sup>st</sup> team to score wins. Each overtime period is to be played in full as well as each 5-player shoot-out per team is to be completed.

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## CHARLIE BROWN/LUCY LEAGUE BASKETBALL RULES

- 1) New 2012 – Athletic Directors have agreed to use the CBLL Subbing Pattern. All players present at the beginning of the game are assigned a number based on the number of players in attendance. Coaches are to complete the Pattern Sheet prior to the game and place copy of the scorer's table. Substitutions are only allowed for: Injury, Fouling out of game or at the player request
- 2) **Objectives:**
  - a) To teach basic basketball fundamentals in a recreational environment (stress the skills of dribbling, passing, rebounding & shooting).
  - b) To teach the basic offenses and defenses (man to man, zones).
  - c) To teach players the positions (point guard, wing, high post, low post) and to present it in such a way that all participants understand.
  - d) To teach team concepts (get away from the one-man shows, spend time teaching the players that is about "us" and not "me").
- 3) **Rules**
  - a) All divisions will have 4 – 5 minute quarters with the clock stopping on dead balls and at the 2 ½ minute mark each quarter. The break at the 2 ½ minute mark of each quarter is for player substitution according to the CBLL Subbing Pattern. Player transition/subs should be made as quickly as possible – should unnecessary delays occur, the official may issue a time-out after a warning has been given.
  - b) Free throws for fouls will be shot during the game with the clock stopped. Free throws will be awarded for fouls where shots are made (one free throw), shooting fouls (two shots) and bonus situations (one and one). Teams will enter the bonus situation for team fouls 7 – 9 and upon reaching 10 fouls – 2 free throws will be awarded. Bonus situations are each half.
  - c) One time out per half will be allowed. Time outs not used do not carry over to the next half.
  - d) All field goals count 2 points. No 3 point field goals will be awarded.
  - e) A coin toss will decide who takes the ball out to start the game. Possession arrows will determine possessions for the remainder of the game.
  - f) The head coach will be allowed to stand in the coaching box unless the official deems it necessary that he/she be restricted to the bench.
  - g) One team is to provide a volunteer scorekeeper while the other team should provide a volunteer to run the clock.
  - h) No full-court pressing is allowed in any division at any time. During the game, half-court pressing is allowed by teams with a 0 – 14 point lead. Teams with a 15 point or greater lead will be required to play defense within the 3 pt. circle (if no 3 pt. circle exists, defense will be required to stay within the free throw lane).
  - i) Referees used must be registered with an approved officials association – either as active or inactive. Approved associations are TSSAA, MPSA or Metro Officials Association. If a referee holds membership in a different association – referee should contact league office with pertinent information regarding the



association. That information will be reviewed by Board of Control and the association can possibly be added to the list of approved associations.

- j) Consistent refereeing should occur. Referees will be instructed to let the players learn within reason and to call the game according to the level of play. As a general rule, fouls & violations will be called by referees especially when one team gains an advantage over the other. It should be understood by all that the children are just learning the game so every violation will not and cannot be called. Every effort will be made to call violations that give one team an advantage over the other.
- k) All referees will be paid the same amount per game – amount will be set by league office. Referees should complete a voucher pay sheet - athletic directors should fax these completed forms to the PAA office by NOON OF THE NEXT SCHOOL DAY following weekend play. (Fax to 901-373-1223). Failure of a host site to submit vouchers by Monday at noon will result in a \$25 fine per game on the second occurrence.
- l) If the game ends in a tie, one – three minute overtime period can be played. Each coach would receive one time-out to use during the overtime period. Should the overtime period end in a tie, there are no additional overtime periods. The game just ends in a tie. Because all players should have received their 2 quarters of play, this period will not count towards the 2 quarter rule.

#### **4) Uniforms**

- a) Uniforms should be kept very basic (t-shirt or singlet).
- b) Uniforms should have a legal basketball number on the front and back (1-5,10-15,20-25,30-35,40-45,and 50-55). Teams should make every effort to make sure 2 players do not have the same jersey number – we will not penalize (by a technical foul) for having an illegal number since some schools use the same jerseys for multiple sports.
- c) Every school should make an effort to have players in matching color shorts. P.E. shorts are acceptable in this league – once again – we will not penalize for having non-matching shorts.
- d) Home schools should have some sort of singlets/pennies available in case both schools are wearing same jersey color.

#### **5) First & second grade boys & girls**

- a) Ball used is 27inches – Junior Size ball. Goal is 8 ½ feet.
- b) Free throw line should be marked at 10 feet.
- c) Each player will be allowed one free throw and one lay-up at halftime. Scoring one point for each shot made and the points being added to the game score. It is the responsibility of the coach to keep track of the points and report to the scorer's table before the 3<sup>rd</sup> quarter begins.

#### **6) Third & fourth grade boys & girls**

- a) Ball used is 28.5 inches (girls high school basketball). Goal is 8 ½ feet.
- b) Free throw line should be marked at 12 feet.
- c) Free throws and lay-ups made during half-time will not be counted toward your game score. Teams can shoot or rest during half-time.



**7) Summary**

- a) One of the purposes of this league is to introduce grades 1 -4 to the game of basketball – players should be taught the basics.
  - b) All players should be given an equal chance at playing time – coaches are to use the CBLL Subbing Pattern.
  - c) All players, coaches, parents & fans should have fun and appreciate the value of the league.
  - d) Keep controversies to a minimum – athletic director for each site should be on site or have someone designated as a game administrator to handle any problem that should arise.
- 8) Gym floors should be kept clean at all times and each playing site is responsible for having backboard and walls/stages properly padded. All sites should refer to the current NFHS Basketball Rules book for the proper requirements for padding, spacing between playing floor and bleachers, etc. Any questions should be addressed through the site Principal/Pastor, Safety Coordinator and Diocesan Director of Risk Management.

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## SOFTBALL RULES

Softball (for girls) and kid/coach pitch baseball (for boys) for students in grade1 – 4 is available through the MCRA – contact Christ United Methodist Church Recreation Dept. The season is May – June.

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## PRAYER BEFORE THE GAME

*Dear Lord,*

*You have blessed us with many gifts and talents.*

*We thank you especially for the ability to participate in sports today.*

*Help us to play in a Christ-like manner.*

*Help us to play in a way that will foster teamwork.*

*Help us to play to the best of our abilities.*

*Win-or-lose we hope to have fun, make friends, and celebrate life.*

*Amen.*

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## <sup>i</sup> PAA Policy on scheduling of events

One of the functions of the PAA office is to provide a master schedule for all PAA sanctioned events. In order for this to happen, the PAA office must rely on the Athletic Director to submit the following information: dates/time that the playing venue is available & unavailable; are schools allowed to play on Wednesdays and Sundays; if so the times they are available.

Events are not scheduled on Holy Days nor during Thanksgiving Break, Christmas Break, MLK Day, Spring Break, Palm Sunday – Easter Monday.

Many schools/churches opt to play on Sunday afternoons because it is a non-stressful time for many families. Some schools/churches opt to not play on Sunday afternoon while some prefer to play, but not at home. Some block out Wednesday evenings because of PRE.

The PAA office does honor these requests, but we are only as good as the information we receive from the site Athletic Director. We ask that they consult with the school principal and Pastor before turning in dates that their site and teams are available/unavailable.

### Lightning Guidelines

If lightning is seen or thunder is heard – it is close enough to strike. Follow the thirty minute rule. Once play is suspended, at least 30 minutes must pass after the last clap of thunder is heard or the last flash of lightning is witnessed prior to resuming play. Any subsequent thunder or lightning after the beginning of the 30 minute count requires the clock to be reset and another 30 minute count to begin.

### Concussion Guidelines

In April 2013, Tennessee passed a sports concussion law designed to reduce youth sports concussions and increase awareness of traumatic brain injury. The PAA follows Tennessee State Law on concussions. Please see TN.gov website for the most updated information in regards to the law.

### Sudden Cardiac Arrest Awareness

In April 2015, Tennessee passed the Sudden Cardiac Arrest Prevention Act to increase awareness of sudden cardiac arrest among coaches, parents and athletes.

The PAA follows Tennessee State Law on concussions. Please see TN.gov website for the most updated information in regards to the law.

