



Parochial Athletic Association

Handbook

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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 ensure 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 ensure 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.

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 from all levels of participation for that sport. Levels of suspension include game play, team practices, and attending team games as a spectator.

Any coach ejected from a contest must exit the gym or field and premises immediately following the ejection. It is the parent or guardian's responsibility to remove an ejected player from the gym/field and premises as soon as reasonably possible. If a player's parent or guardian is not available at the time of the ejection, the coach or assistant coach should take reasonable measures to remove the player from the facility to ensure the safety of the player.

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 suspension time is served and 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.

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

ⁱⁱInformation 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 and forms available at <http://www.tn.gov/health/article/tbi-concussion> and <http://www.tn.gov/health/topic/sudden-cardiac-arrest-prevention-act>.

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. 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.

The NFHS has developed free courses online regarding concussions and sudden cardiac arrest in sports. The courses may be accessed at www.nfhslearn.com. Athletic directors and coaches, whether employed or volunteer, must complete this course annually.

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, and any appointed licensed health care professional of each member school.

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. In compliance with TN State Law, member schools must maintain this information on each student athlete for a period of no less than 3 years.

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 they have been evaluated by a licensed medical professional and received written clearance to return to sporting activities.

Any player who suffers a sudden cardiac arrest shall be immediately removed from the game and shall not return to play until they have been evaluated by a licensed medical professional and received written clearance to return to sporting activities.



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 Directors, a Board of Control, and a commissioner for each sport.

Section 3: Board of Directors

The Board of Directors is composed of the Diocesan Director of Athletics and four (4) appointed members from the association. The Board of Directors consists of:

- Diocesan Director of Athletics
- Financial Officer
- Scheduling Officer
- Compliance Officer
- Communications Officer

Eligible members of the Board of Directors are: principals, assistant principals, pastors, assistant pastors, past/present officials, and/or past/present athletic directors. The Superintendent of Catholic Schools shall appoint the Diocesan Director of Athletics. Members of the Board of Directors shall be appointed by the Diocesan Director of Athletics in consultation with the Superintendent's office.

The Board of Directors shall make necessary amendments to the Constitution and Bylaws and act upon suggestions submitted by members of the Association.

Section 4: Board of Control

The Board of Control is composed of the Board of Directors Compliance Officer 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. The members of the Board of Control shall serve a term of one year. Elections will be held annually at the Fall meeting of Athletic Directors.



The duties of the Board of Control shall be to:

- (a) Have general control over all athletic contests and sponsored activities in which member institutions participate,
- (b) Act as a final court of appeals,
- (c) Recommend necessary amendments to the Constitution and Bylaws,
- (d) Act upon suggestions submitted by the association's membership, and
- (e) Have authority to act on any cause not covered by the Constitution and Bylaws, until an amendment is adopted covering the situation.
- (f) Assess penalties & fines to member institutions for violations of rules, regulations, and deadlines.

The Board of Control shall meet to rule on matters as needed

Section 5: Sports Commissioners

Commissioners will be appointed by the Board of Directors in consultation with the Superintendent's office. A commissioner will be appointed for each sport. Eligible members Sports Commissioners are: principals, assistant principals, pastors, assistant pastors, athletic directors, and/or coaches. 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.

Article III: Membership

Section 1: Membership in the PAA is open to

- all Catholic schools and parishes in Shelby County,
- Catholic schools and parishes in the metropolitan Memphis area, and
- other churches and church affiliated schools in the metropolitan Memphis area.

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.

Membership Dues

Section 2: The annual dues for an institution with

- grades 1 – 8 shall be \$525,
- grades 1 – 4 only \$350.00,
- grades 5 – 8 \$350.

Membership dues shall be paid by September 1 each year (after September 1, a \$25 late fee will be assessed). Cross Country for grades 3 – 8 is the only sport not included – these fees are per player.

Membership for league grades 1 – 4 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 \$125 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.

Affiliate Member

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.

Programs and Divisions

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.

The PAA will include the following sports for grades 1 – 4:

- | | |
|---------------------------------|--|
| Flag football (boys and girls), | Softball (girls), and |
| Soccer (boys and girls), | T-Ball. |
| Basketball (boys and girls), | Cross Country (boys and girls grades 3-4 only) |
| Baseball (boys) | |

These sports will play under the name “Charlie Brown/Lucy League Sports” (CBLL).

CBLL sports are played according to grade – divisions will be:

- | | |
|--------------------------|--------------------------|
| 1st and 2nd grade boys, | 3rd and 4th grade girls, |
| 1st and 2nd grade girls, | 3rd and 4th 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.

The PAA will offer programs for Preschool for boys and girls in grades PreK, PreK3, and PreK4. Programs offered include Soccer and T-Ball.

Section 4: The PAA shall sponsor the following sports for grades 5 – 8:

- | | |
|----------------------|---|
| • boys’ football, | • Golf (grades 7 & 8 only boys & girls) |
| • girls’ volleyball, | • Cheerleading |
| • basketball, | • Soccer |
| • baseball | • Cross Country |
| • softball | |

Students must play in the appropriate age division level. Students cannot move up to a higher grade/age division. Example: A 5th grader could play in any league offered for 5th, 6th, 5th/6th graders, but could not play in any 7th/8th grade leagues. This applies to all ages and grades.



Program Management

Section 5: The PAA's member institutions shall manage their respective sports programs and 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.

Article IV: Amendments

Section 1. The Constitution may be amended by a majority of the membership of the Board of Directors. The action of the Board of Directors shall be final except that any amendment it makes may be appealed to the entire membership upon request of members of the Association submitted to the Diocesan Athletic Director in writing. An appeal to the membership must be participated in by at least 51 percent of the total membership or the appeal will be void. A two-thirds majority of those voting will be necessary to reject a regulation adopted by the Board of Directors. Any item, not on the agenda, that is submitted by a member school to the Board of Directors must be in writing and submitted to the Diocesan Athletic Director no later than two weeks prior to the meeting of the Board of Directors at which the item is to be submitted. Any item to be placed on the agenda of the Board of Directors must be submitted by the Athletic Director of a member school, a committee established by the Board of Control, Board of Directors or the Superintendent of Catholic Schools.

Section 2. The Board of Directors shall not act on any proposed rule changes affecting any sport sponsored by PAA unless the proposed change has been called to the attention of the membership by letter or by being printed in the PAA Quarterly Agenda.

Article V: Duties and Responsibilities

Schedules

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.

Payment of Officials

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.

Awards

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 utmost 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 Diocesan Athletic Director's office. Requests should be emailed to PAA office and 2 business allowed for preparation.

League Responsibilities

Section 5: The PAA shall provide a copy of the association's handbook on the Catholic Schools Office website (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 Diocesan Athletic 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 Diocesan Athletic 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 for guidelines)
- u) Comply with Thunder/Lightening Policy (found at www.tssaa.org) for all outdoor events.
- v) Comply with Tennessee State Laws for concussion and sudden cardiac awareness. (see www.tn.gov for details)
- w) 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 VI: Student Eligibility

Enrollment Requirements

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 prior to the start of each school year. 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.

Sports Physicals

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.

Concussion and Sudden Cardiac Arrest Awareness

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.



Age Requirements

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 5 – 12 years old

Grade 2 – 9 years old

Grade 6 – 13 years old

Grade 3 – 10 years old

Grade 7 – 14 years old

Grade 4 – 11 years old

Grade 8 – 15 years old

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

Academic Requirements

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.

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

Eligible Players

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 Diocesan Athletic 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 Diocesan Athletic 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).

Ineligible Players

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 that participates in an outreach program with the church for purposes of



sports participation is not eligible for participation in sports programs offered by the PAA.

Cooperative Student

Section 11: 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 8th grade. Exception would be if OLPH should decide to start a team, the player would then have to play for his member institution.

Eligibility Violations

Section 12: 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 13: 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.

Hardship Requests

Section 14: The Diocesan Athletic 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 Diocesan Athletic Director. It is recommended that hardship application letters filed with the Diocesan Athletic 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, and the Diocesan Athletic Director. A ruling by this group will be made with the best interest of ALL involved. See Index for examples of hardship requests.

Article VII: 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.



Tournaments

Section 3: Participation in the PAA jamboree does not count as a regular season contest; however, team eligibility lists should be filed with the Diocesan Athletic 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 Diocesan Athletic 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.

Practices during League Play

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

Cooperative Players

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 Diocesan Athletic Director's office must receive written notification from both institutions with the appropriate administrator's signature prior to the deadline for eligibility forms.

Maximum Weekly Practices

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 Diocesan Athletic 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 welcomed to attend.

Coaching Expectations

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 Diocesan Athletic 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 Diocesan Athletic 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.

Event Control

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 team's 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.



Event Admission Fees

Section 19: Member institutions may not charge more than **\$5.00** to any adult up to age 65, \$2.00 for sr. adults (65 and older), and **\$2.00** 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.

Forfeited Games

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.

Players participating on Multiple Teams

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.

Protests

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 to the PAA Compliance Officer.

Hosting Tournaments

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.

Game Cancellations / Rescheduling

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.

Player Equal Play Time

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.

Certain sports may restrict the maximum number of players on a team to control playing time. In addition, the PAA may develop a substitution pattern to aid coaches and teams with control of this rule.

Extra-League Play

Section 33: 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.

Coach Requirements

Section 34: All PAA Coaches, Assistant coaches are required to complete, free of charge, the CDC “Heads Up Concussion in Youth Sports” online program or the NFHS online “Concussion in Sports” course each year. All PAA Coaches, Assistant coaches are also required to complete, free of charge, the NFHS online “Sudden Cardiac Arrest” course each year. Upon completion of the course, it is responsibility of coach to submit the completion certificates 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.

Article VIII: Definitions

Affiliate Member – A school that has all the privileges and responsibilities of membership but does not participate in the tournament series in any sport.

Athletic Program – All aspects of the member school’s program of interscholastic athletic competition in the sports listed in Article III, Section 3 and Section 4, of the PAA Bylaws.

Athletic Record – A student has an “athletic record” if the student has played in an interscholastic contest on behalf a PAA member school.

Coach – Anyone who instructs or supervises student-athletes in practices or contests.

Cooperative Player – A student who petitions in writing, to participate in a sport at another school because his/her school does not have a team participating in a particular sport. See Article VI, section 10 of the PAA Bylaws.

Cooperative Program – Two member schools forming a single team in a sport in which at least one of the schools does not have a team and has not had a team for the previous year.

Enrolled – A student is considered “enrolled” at a school, for purposes of these Bylaws, when the student has:

- 1) completed all paperwork required for attendance at the school;
- 2) paid all deposits and tuition due where applicable; and
- 3) either:
 - a) attended classes for three days;



- b) engaged in three or more days of practice during the period; or
- c) participated in an athletic contest in any sport.

4) Or, is enrolled and regularly attends religious education classes with the church.

A student may not be considered to be enrolled in more than one school at any time.

Guardian – An adult with whom the student has lived for twelve (12) or more months. For purposes of PAA Bylaws, official appointment by a court is not required to establish guardianship; however, no person may be considered a guardian for purposes of these Bylaws unless the student has lived with that person for twelve (12) or more months, regardless of whether that person has been appointed as a guardian by a court.

Parent – The birth mother and biological father of a student; the person(s) to whom a proper jurisdiction grants adoption of the student; or a step-parent with whom the student regularly resides.

Practice – Any interaction between a coach and student-athlete(s) where instruction, teaching, coaching, etc., is occurring. In addition, try-outs are considered practice.



FALL SPORTS

PAA CROSS COUNTRY RULES

Teams

- 1) Divisions
 - a) Middle School Division (6th – 8th) Course Distance is 2 Miles
 - b) Elementary School Division (3rd – 5th) Course Distance is 1 mile
- 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 6th & 7th 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 6th & 7th runners, the position of each of the tied teams' 6th 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)
 - 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) PAA teams will compete in events sponsored by MYA, TMSAA, or elect to host their own event at a designated site sponsored by a PAA host school. When PAA schools are participating in events sponsored by MYA or TMSAA, all rules and policies of the host organization will govern the event.
- 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.
- 4) Weekly meet schedule of events.
 - a) 1st race Elementary Girls
 - b) 2nd race Elementary Boys
 - c) 3rd race Middle School Girls
 - d) 4th race Middle School 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 may 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.)
- 7) A championship meet will be held at the conclusion of the season sponsored by MYA.
 - a) 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) 1st place = 1 point
 - b) 2nd 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

- 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-incident, 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 reach 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) 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) The PAA shall certify championships for teams on the basis of league record and scores of contests between institutions of comparable student enrollment.
- 11) A maximum of 8 games may be played during the season.
- 12) The first 3 days of practice are to be "non-contact" practices.



JUNIOR DIVISION

- 1) The weight limit for advancing the ball is 165 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 145 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

1) Divisions

- a) Grades 1 and 2
- b) Grades 3 and 4

2) Ball Sizes

- a) Grades 1 and 2: K2
- b) Grades 3 and 4: K2

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.



- i) The Quarterback cannot attack the line of scrimmage (fake a run) or cross the line of scrimmage with the ball.
 - ii) Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
 - iii) Absolutely, NO LATERALS (overhand throw behind the line of scrimmage).
 - iv) Toss sweeps or pitches are allowed. Option plays are NOT allowed as this would constitute the quarterback faking the run.
 - v) "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.
 - vi) 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.
 - vii) Spinning is not allowed, and players cannot intentionally leave their feet to avoid a defensive play (no diving).
 - viii) The ball is spotted where the ball carrier's feet are when the flag is pulled.
 - ix) No blocking is allowed behind the line of scrimmage, nor down field moving screens.
 - x) Fake hand-offs and fake pitches are allowed.
 - xi) Center sneaks are not allowed. For the center to be eligible to run, there must be a completed exchange on the hike and a proper hand-off to the center. THE CENTER CANNOT HIKE AND KEEP THE BALL.
- 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 official witnesses any tackling, elbowing, cheap shots, blocking, or any unsportsman-like act, the game will be stopped, and the player will be ejected.
- b) ROUGH PLAY WILL NOT BE TOLERATED.
- c) The Official has the right to determine offensive language. At the discretion of the Official, 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

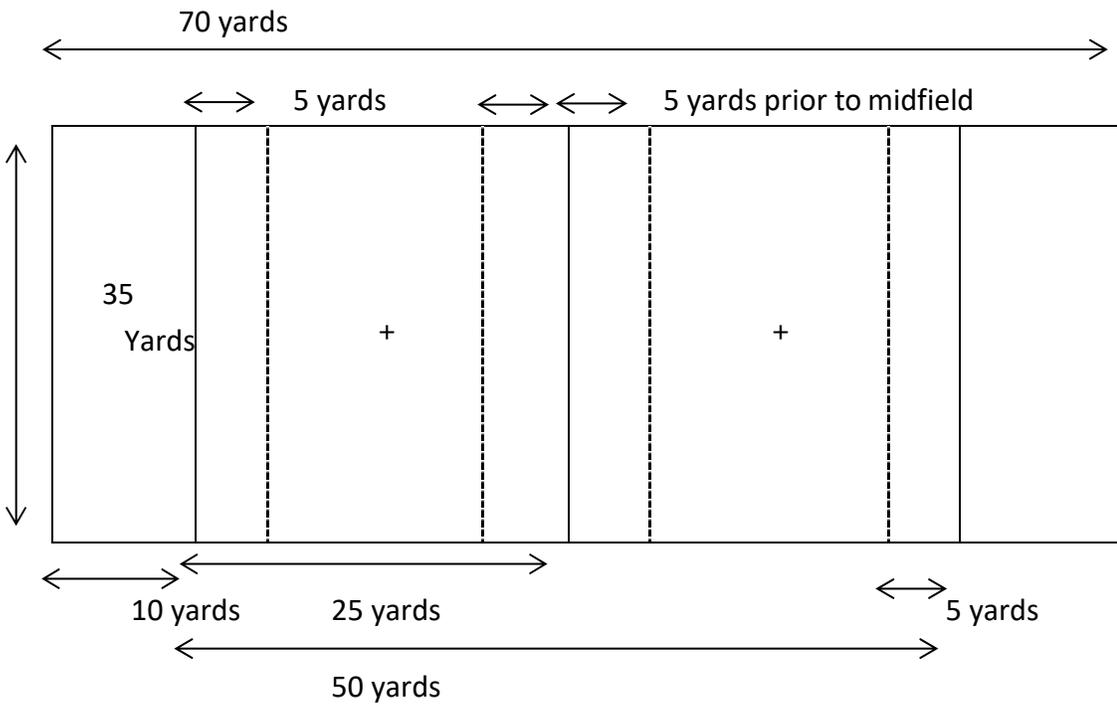
- a) Tennis shoes or soft-cleated shoes.
- b) Triple-threat type flags are MANDATORY for the Offense.
- c) Flag Belts (flags on sides and back) MUST be a different color from the uniform.
- d) Matching shirts/jerseys are required and must have the School name on them.
- e) Mouthpieces are MANDATORY,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

11) The Officials

- a) One (1) official 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



PAA VOLLEYBALL RULES

(Leagues – Junior Girls: 7th/8th Varsity, 7th/8th Jr. Varsity.
Lassie Girls: 5th/6th Varsity, 5th/6th Jr. Varsity)

- 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.
 - 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 the Lassie division of play.
 - i) Junior division teams may elect to play using the Libero.
 - j) The Libero must wear a solid color numbered jersey that is in a contrasting color to the rest of the team.
- 2) Balls:
 - a) Junior Division – NFHS Indoor approved ball
 - b) Lassie Division – Volley-Lite ball
- 3) 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.
- 4) Teams:
 - a) Schools may have Varsity or Jr. Varsity teams.
 - b) If any player on a team has played club ball, the player, or team, must play in the Varsity division.
 - c) Players are not allowed to switch teams during the season.
 - i) Varsity players may not play on Jr. Varsity teams.
 - ii) Jr. Varsity players may not play on Varsity teams.



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 5th through 8th grade.
3. No coed teams shall compete in league or tournament play.
4. Girls' team:
 - a) Scores will be based on two players' scores.
 - b) Girls' teams may enter up to three players per match with the best two scores counting as the team score.
 - c) If a team has only 1 player the Players can still participate in the match, however there will be no team score. The team with only 1 player is not allowed to win the league team championship but may participate to win the individual player championship.
5. Boys' team
 - a) Scores will be based on four players' scores.
 - b) Boys' teams may enter up to five players per match with the best four scores counting as the team score.
 - c) If a team has less than the minimum number of players (4 four boys), the team can still participate in the match with the maximum score per hole being assigned for the missing player(s).
6. 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.
7. 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.
8. 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.
9. No riding carts are permitted for player use. Players may use pull carts.
10. To enhance the pace of play, a "triple bogey" stroke limit will be enforced.
11. All players must have in their possession his/her own golf bag and clubs – no sharing clubs.
12. Member institutions are responsible for paying green fees to the course at each match.
13. Players must be outfitted in collared shirts with logos/monograms which identify the sponsoring institution.
14. 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.
15. Parents and spectators must maintain a 50-foot distance from players during all matches and tournaments.
16. 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".
17. 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.
18. In order to enter a "team", schools/churches are allowed to roster 5th graders if they deem necessary. 5th graders must meet all PAA handbook requirements.



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) 1st and 2nd grade
 - b) 3rd and 4th grade
 - c) 5th and 6th grade
 - d) 7th and 8th grade
- 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 shin guards properly. Shin guards must be put on the foot first and then completely covered by socks. (do not put the sock on first, then the shin guard, then pull the sock over the top of the shin guard).
 - 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 1st/2nd and 3rd/4th 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 5th/6th 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) 1st/2nd grade – Four quarters of 12 minutes each
- b) 3rd/4th grade – Four quarters of 12 minutes each
- c) 5th/6th grade – Two halves of 30 minutes each
- d) 7th/8th grade – Two halves of 35 minutes each

12) Size of ball

- a) 1st/2nd grade - #3 soccer ball
- b) 3rd/4th grade - #4 soccer ball
- c) 5th/6th grade - #4 soccer ball
- d) 7th/8th grade - #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) 1st/2nd grade thru 5th/6th grade will measure 6' x 16' (inside dimensions).
- b) Goals for 7th/8th grade 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) 1st/2nd grade thru 5th/6th grade penalty shots will be taken from a distance of 8 yards.
- b) 7th/8th grade 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) b) 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. It is the responsibility of each school/church to monitor all their teams’ compliance with this rule.
- c) Coaches/teams not complying with rule are subject to league sanctions.
- d) 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.
- e) Grades 5/6 and 7/8 shall have 2 parent volunteers as line judges.

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) 1st/2nd grade and 3rd/4th grade: 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) 5th/6th grade and 7th/8th grade: The team LOSING the toss kicks off 1st half. The team WINNING the toss chooses the goal and kicks off 2nd half.

27) Field dimensions and goal width

Division	Goal Width	Field Dimensions
1 st /2 nd grade		
3 rd /4 th grade	16 feet	Length: 65 – 70 yards
5 th /6 th grade		
7 th /8 th grade	24 feet	Length: 100 yards



- a) 1st/2nd grade thru 5th/6th grade 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 (40yards).
- b) 1st/2nd grade thru 5th/6th grade, 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) 7th/8th grade 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 1st/2nd grade thru 5th/6th grade and center circle of radius 30 feet for 7th/8th grade divisions.

28) Number of players

Division	Maximum # of players	Minimum # of players
1 st /2 nd grade	7	7
3 rd /4 th grade	7	7
5 th /6 th grade	8	8
7 th /8 th grade	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) Games Ending in Ties

- a) Regular season games that are tied at the end of regulation – will end as a tie. The 5th – 8th 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 1st 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.



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 to 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) 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).
- 11) All teams must wear white colored jerseys at home and dark colored jerseys for away games.
- 12) All schools are asked to have a copy of these rules at the scorer's table and in each scorebook.
- 13) 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: 5th 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.



- 14) When a team is entered in the instructional/combo 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).
- 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 for all divisions.
 - d) To control runaway scoring, a team with a 20-point lead or greater may not full-court press; a team with a 30-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.

15) 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' – 5th grade boys and girls, 5th & 6th grade small division boys and girls and the 5th & 6th 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) 6th grade boys and girls league will use the regulation line (15').
 - g) To control runaway scoring, a team with a 20-point lead or greater may not full-court press; a team with a 30-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 continuous full quarter of each game. Each head coach is to designate in the official scorebook the mandatory quarter 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.
- 16) 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.



PAA CHARLIE BROWN/LUCY LEAGUE BASKETBALL RULES

- 1) 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 play four (4) quarters (6 minutes in length) with the clock stopping on dead balls and at the 3 minute mark each quarter. The break at the 3 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 27 inches – 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 3rd 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.



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 cannot 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 2nd 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.



- 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.

	Formative Division	Junior Division
	(5 th & 6 th Grades)	(7 th & 8 th 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 CHARLIE BROWN BASEBALL/SOFTBALL RULES

- 1) Home team is determined by coin flip.
- 2) Games will be limited to 5 innings or 1 hour and 15 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 other games schedule at the discretion of the umpire and coaches.
- 3) There will be a limit of 6 runs scored in any inning. Even if more than 6 runners cross the plate, only 6 runs will count.
- 4) The game may be complete after 3 innings or 2-1/2 if the home team is ahead.
- 5) All teams must wear matching jerseys.
- 6) All batters and runners are required to wear helmets.
- 7) The catcher must wear helmets, face mask with throat protector, chest protector, and shin guards.
- 8) All players MUST bat during the game in the established order at the start of the game.
- 9) Only those players who appear on the league roster (that has been submitted) are allowed to participate.
- 10) Rules

Rule	Softball		Baseball	
	1st/2nd Grade Coach Pitch	3rd/4th Grade Kid Pitch	1st/2nd Grade Coach Pitch	3rd/4th Grade Kid Pitch
Bats	Official Softball Bats	Official Softball Bats	Little League Bats with 2-1/4" barrel - No big barrel bats allowed	Little League Bats - Drop - 12 with 2-1/4" barrel - No big barrel bats allowed
Balls	11" Green Dot Softball Each team must furnish 1 ball	11" Green Dot Softball Each team must furnish 1 ball	11" Green Dot Softball Each team must furnish 1 ball	11" Green Dot Softball Each team must furnish 1 ball
# Infield Players	6	6	6	6
# Outfield Players	4	4	4	3
Max # Players on Field	10	10	10	9
Mound	30 ft	30 ft	38 ft	46 ft
Bases	55 ft	55 ft	60 ft	60 ft
Lead Off Bases	No - can leave when ball is hit. Leaving too soon is an out but leaving anticipating a hit is not an out.	No - can leave when ball is hit. Leaving too soon is an out but leaving anticipating a hit is not an out.	No - can leave when ball is hit. Leaving too soon is an out but leaving anticipating a hit is not an out.	No - can leave when ball is hit. Leaving too soon is an out but leaving anticipating a hit is not an out.
Stealing	No	No	No	No
Infield Fly Rule	No	No	No	No
Max # of Pitches	5 (A courtesy 6th pitch will be allowed if the 5th is a foul - if the 6th pitch is foul the batter is out.	N/A	5 (A courtesy 6th pitch will be allowed if the 5th is a foul - if the 6th pitch is foul the batter is out.	N/A
Balks	No	No	No	No
Batter is Out if:	3 called or swinning strikes or 5 pitch limit is reached	3 called or swinning strikes	3 called or swinning strikes or 5 pitch limit is reached	3 called or swinning strikes
Dropped 3rd Strike	Not in Effect	Not in Effect	Not in Effect	Not in Effect
Walks	No	Yes	No	Yes
Hit by Pitch	No	Yes	No	Yes



Pitch Limit	N/A	None	N/A	8 innings per calendar week (Sun-Sat) Throwing 1 pitch constitutes an inning
Pitching Changes	N/A	2 Trips to the mound in one inning or 3 times in a game per pitcher	N/A	2 Trips to the mound in one inning or 3 times in a game per pitcher
Pitches	Must be delivered in underhand motion with an arch that should drop between the batter's shoulder and knees.	Start with both feet in contact with the pitcher's plate. Must come to a complete stop in front of the body with the body facing the plate. Pivot foot must stay in contact until the ball leaves the hand. Can step in any direction as long as the pivot foot stays in with the pitcher's plate. SLOW PITCH - must have an arc at the top of the batter's head dropping between the shoulders and knees when crossing the plate. No quick pitch allowed. The ball must be seen at all times.	Pitches must be delivered in an overhand motion (flat baseball style pitch)	Pitches must be delivered in an overhand motion (flat baseball style pitch)
Dead Ball	The ball is dead when the team in the field attempts to throw the ball to the pitcher or infielder. As soon as the ball crosses the plane of the infield, the ball is dead. If a runner is off base the runner is allowed to continue to the next base and stop.	The ball is dead when the team in the field attempts to throw the ball to the pitcher or infielder. As soon as the ball crosses the plane of the infield, the ball is dead. If a runner is off base the runner is allowed to continue to the next base and stop.	The ball is dead when the team in the field attempts to throw the ball to the pitcher or infielder. As soon as the ball crosses the plane of the infield, the ball is dead. If a runner is off base the runner is allowed to continue to the next base and stop.	Regular baseball rules
Overthrown Balls	The runner and batter are allowed to take the base they were going plus one.	The runner and batter are allowed to take the base they were going plus one.	The runner and batter are allowed to take the base they were going plus one.	The runner and batter are allowed to take the base they were going plus one.

11) Rules for coaches:

- a. All head coaches will be held responsible for the actions of their players, fans, and assistant coaches.
- b. 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.
- c. Coaches should have a first aid kit at all practices and games.
- d. Coaches should be properly attired at all games & practices.
- e. Coaches should stress safety first in all circumstances.



PAA T-Ball RULES

- 1) Teams can be coed or all boys or all girls (Jr. K and Sr. K)
- 2) Home team determined by coin toss
- 3) Infield shall consist of 5 infielders plus a catcher – all other players must be 12 feet behind the infield base path
- 4) Five (5) innings or 1 – ½ hours game length. No new inning may start after 1 hr and 10 mins from the start time.
- 5) Each half inning is 3 outs or 6 runs. (Teams are encouraged not to talk up the score since we do not keep score in the league.
- 6) All players must bat during the game and in the order established prior to the start of the game.
- 7) The tee stand is placed on the home plate
- 8) All batters must hit off the tee – no pitched balls to batters
- 9) There are No strike outs in T-ball
- 10) The ball hit off the tee must travel a distance of 10 feet or more to be considered a hit. (fields should have the 10 foot area marked)
- 11) Time outs- Can be called just don't abuse the time.
- 12) Coaches:
 - a. Defense: One (1) coach may be on the field (in the outfield) behind 2nd base.
 - b. Offense: One (1) coach may be on first and one (1) on third and one (1) at home plate to help the batter and prevent injuries if bats are slung.
 - c. Coaches may not touch, grab, hold, or push their players while the ball is in play.
- 13) Officials:
 - a. Coaches can serve as the officials – base coaches call the bases while their team is at bat or both coaches agree on a volunteer.
- 14) One plus one on overthrows at 1st and 3rd bases.
- 15) The ball is dead when it passes the plane of the infield from the outfield – any player off the base is allowed to go to the base he/she is headed toward.
- 16) Please do not have players take extra bases – it confuses everyone –
 - a. the fielders do not learn how to field and instead throw the ball around behind the runner
 - b. the runners don't learn how to run the bases and don't learn to pay attention to the base coaches.
- 17) No forfeits – borrow players and play with less than 9 players if necessary.
- 18) Equipment:
 - a. Catchers must wear helmets
 - b. Balls: Cooper soft touch, rag balls, or Incrediball™
 - c. Bats: T-Ball bats
- 19) Encourage both teams to come together at the end of the games in fellowship and prayer.



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.



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.



SPORTS FORMS

All required sports forms can be found at the TSSAA website. Search “TSSAA Forms” or go to <http://tssaa.org/schools/forms/>

Sports Physicals

- 1) [MED-01 – TSS SAA Pre-participation Medical Evaluation Form & Emergency Treatment/Parent’s Consent Form](#)

Concussion Awareness

- 1) [CON-02 – Concussion Information & Signature Form for Coaches](#)
- 2) [CON-03 – Concussion Information & Signature Form for Parents & Student-Athletes\(English\)](#)
- 3) [CON-03 – Concussion Information & Signature Form for Parents & Student-Athletes\(Spanish\)](#)
- 4) [CON-04 – TSSAA Concussion Return to Play Form](#)

Sudden Cardiac Arrest

- 1) [SCA-01 – Sudden Cardiac Arrest Information & Signature Form for Parents & Student-Athletes\(English\)](#)
- 2) [SCA-02 – Sudden Cardiac Arrest Information & Signature Form for Parents & Student-Athletes\(Spanish\)](#)
- 3) [SCA-03 – Sudden Cardiac Arrest Information & Signature Form for Athletic Directors & Coaches \(English\)](#)
- 4) [SCA-04 – Sudden Cardiac Arrest Information & Signature Form for Athletic Directors & Coaches \(Spanish\)](#)
- 5) [SCA-05 – Sudden Cardiac Arrest Release Form for Return to Play](#)

Emergency Action Plan Template

- 1) [Emergency Action Plan Template](#)



CBLL Basketball Substitution Pattern

HOME TEAM: _____ VISITING TEAM: _____

NAME OF COACH: _____ NAME OF COACH: _____

SUBSTITUTION PATTERNS

NUMBER OF PLAYERS

6 (Opt 1)	6 (Opt 2)	7 (Opt 1)	7 (Opt 2)	8 (Opt 1)	8 (Opt 2)	9 (Opt 1)	9 (Opt 2)	10
1st Quarter								
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
5 1 2 3 4	4 5 6 1 2	6 7 1 2 3	5 6 7 1 2	6 7 8 1 2	5 6 7 8 1	6 7 8 9 1	6 7 8 9 1	6 7 8 9 10
2nd Quarter								
5 6 1 2 3	1 2 3 5 6	4 5 6 7 1	1 2 3 4 5	3 4 5 6 7	1 2 3 4 6	2 3 4 5 6	1 2 3 4 6	1 2 3 4 6
4 5 6 1 2	4 5 6 2 3	2 3 4 5 6	5 6 7 3 4	8 1 2 3 4	5 6 7 8 2	7 8 9 1 2	6 7 8 9 2	6 7 8 9 10
3rd Quarter								
3 4 5 6 1	1 2 3 4 6	7 1 2 3 4	1 2 3 4 7	5 6 7 8 1	1 2 3 4 7	3 4 5 6 7	1 2 3 4 6	1 2 3 4 5
2 3 4 5 6	4 5 6 1 3	5 6 7 1 2	5 6 7 1 2	2 3 4 5 5	5 6 7 8 3	6 9 1 2 3	6 7 8 9 3	6 7 8 9 10
4th Quarter								
1 2 3 4 5	1 2 3 4 5	3 4 5 6 7	1 2 3 4 5	7 8 1 2 3	1 2 3 4 8	4 5 6 7 8	1 2 3 4 6	1 2 3 4 5
6 1 2 3 4	4 5 6 1 2	1 2 3 4 5	5 6 7 3 4	4 5 6 7 9	5 6 7 8 4	9 1 2 3 4	6 7 8 9 4	6 7 8 9 10

I-AM: _____

PLAYER NAME & NUMBER	PLAYER NAME & NUMBER
1: _____	6: _____
2: _____	7: _____
3: _____	8: _____
4: _____	9: _____
5: _____	10: _____

**Note – Red #'s in Opt 2 represent core group in each half of the quarter and repeat throughout the game.*

List the names of your players on each line and circle the substitution pattern you will follow. If you have more than 10 players, you can formulate this pattern for your number of players.

Remember: Each player must play equal time. Substitutions should only be made between players when using the substitution forms. Substitutions are made at the ½ of each quarter and between quarters.



INDEX

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 or 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.

Concussion Guidelines

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

Hardship Request Examples

The burden of establishing each of these elements to the Board of Control's satisfaction is upon the school at which eligibility is sought.

- (a) the circumstances causing the student to fail to satisfy the eligibility rule were unforeseen and unavoidable;
- (b) application of the rule to the student works an undue hardship in light of the unforeseen and unavoidable circumstances;
- (c) application of the rule would not accomplish the purpose for which the rule was intended; and
- (d) in the case of a change of schools, the change is for reasons unrelated to participation in athletics.