

**DIOCESE OF TUCSON**  
**Department of Catholic Schools**



**DIOCESAN YOUTH SPORTS LEAGUE**  
**HANDBOOK**

**Revised July 2017**

## **About this Handbook**

This handbook reflects the mission, goals, expectations, policies and procedures of the Diocesan Youth Sports League and may not undergo further revision without the expressed consent of the Principals' Sports Committee and/or the administration of the Department of Catholic Schools. It is expected that all participants and those engaged in the Diocesan Youth Sports League will uphold the mission, goals, expectations, policies and procedures contained herein.

### **A Prayer to See God in Youth Sports**

*We pray for young athletes...*

*Who, through sports, develop important values such as loyalty, perseverance, friendship, and sharing.*

*We pray for coaches...*

*Who appreciate the gifts of all players and have respect for the game; who place players before winning and value sportsmanship.*

*We pray for parents...*

*Who love their children for who they are, not for how they perform.*

*We pray for officials...*

*Who inspire fair play and protect the integrity of the game and players.*

*O God, we pray for all who participate in games; may their hearts be open to see your presence in and through sports; may their minds remember the element of fun reflective of your Spirit; may their bodies reflect the gracefulness and wonder of your creation. Let all who play the games be enriched by your presence in the gym, locker rooms, and on the fields. Amen.*

*By Ed Hastings (National CYO sports; NFCYM)*

Handbook revisions conducted by Erica Cornett, Diocesan Youth Sports Director

This Handbook has been approved by the Department of Catholic Schools for use in the Diocesan Youth Sports League, Tucson.

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## **Mission Statement**

*The Diocesan Youth Sports League provides positive extra-curricular sporting events that contribute to the development of the whole child by modeling and teaching Catholic Christian principles and the ideals of good sportsmanship.*

## **Diocesan Athletic Code of Conduct**

As a participant and supporter of the Diocesan Youth Sports League, I will conduct myself in a manner consistent with the values and teachings of the Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports League Handbook.

## **Behavior Expectations**

The general behavior of an athlete in school and elsewhere is a credit to her/his team, school, coaches, family, and her/himself. It is the expectation of the Diocese that athletes will conduct themselves in a manner consistent with the values and teachings of our Catholic Christian faith. When determining conduct, it is advisable for everyone involved to keep the following in mind:

### **Behavior Expectations of Athletes:**

- Treat ALL with respect.
- Maintain sportsmanlike conduct.
- Refrain from using profanity, disrespectful/harassing gestures at any time.
- Encourage fellow teammates and all athletes during competition.
- Follow the guidelines for Uniform Dress Code.
- Follow all school rules and procedures.

### **Behavior Expectations of Athletic Directors & Coaches:**

- Model respectful treatment of all, especially officials, athletes, parents, and other teams' coaches, players, and families.
- Model sportsmanlike conduct at all times.
- Refrain from using profanity, disrespectful/harassing gestures at any time.
- Encourage all athletes (including those on the opposing team) during competition.
- Follow the coach guidelines for the Diocesan SPIRIT program.
- Follow all school rules and procedures.

## **Behavior Expectations of Parents & Spectators:**

- Model respectful treatment of all, especially officials, athletes, and other teams' coaches, players, and families.
- Model sportsmanlike conduct at all times at sporting events.
- Refrain from using profanity, disrespectful/harassing gestures at any time.
- Encourage your child athlete(s) and all athletes during competition.
- Follow the parent guidelines included in the Diocesan SPIRIT program.
- Follow all school rules and procedures.

## **Goals and Objectives - Athletes**

In addition to abiding by the Diocesan Athletic Code of Conduct, student athletes will:

- A. Develop basic athletic skills required for the sport(s) in which they are engaged.
- B. Know and understand rules of the sport(s) in which they are engaged.
- C. Practice good sportsmanship at all times.
- D. Demonstrate team spirit and responsibility while fostering a humble appreciation for individual accomplishments.

## **Goals and Objectives – Athletic Directors & Coaches**

In addition to abiding by the Diocesan Athletic Code of Conduct, Athletic Directors and coaches will:

- A. Participate in the Diocesan SPIRIT program and abide by its philosophy and mission.
- B. Provide healthy, fair, and safe competition for athletes and teams.
- C. Uphold Diocesan safe environment policies and guidelines.
- D. Train and educate parents and athletes on the Diocesan handbook, rules and policies of the sports program.

## **Goals and Objectives – Parents & Spectators**

Parents and spectators will:

- A. Participate in a parent-specific training (which will be held at each individual school seasonally/annually) to learn the rules and policies of the Diocesan handbook and sports program. Parents must abide by its philosophy and mission.
- B. Support a healthy, fair, and safe competition for athletes and teams.
- C. Demonstrate good sportsmanship at all times.

## Framework of the Diocesan Youth Sports League

Students participate in three separate sport seasons: volleyball, basketball, and track & field. The league is divided into two levels of competition: junior varsity and varsity.

The structure and intent of the junior varsity level is primarily to teach basic fundamentals and skills, sportsmanship, and to prepare athletes for the varsity level program. The junior varsity program, beginning at the fourth grade level (for some schools), is structured to offer students an opportunity to compete and play. Schools may field as many junior varsity teams as necessary to accommodate the number of students wishing to participate.

Please refer to “General Rules” for specific “Age Allowances” for the junior varsity level.

The varsity level program is offered primarily to 8<sup>th</sup> graders, with some underclassmen involved, to engage them in the highest level of competition available. This level includes more practice time, a greater number of opportunities for competition, experienced officials, and the use of indoor sport facilities as much as possible. The intent of the varsity level is to prepare our athletes for the next level of competition, i.e. high school. Each school is allowed one varsity level team per sport and season. Any 8<sup>th</sup> grader who wants to join a team **MUST** be allowed to participate at the varsity level regardless of skill or experience. Underclassmen can play on the varsity team if deemed necessary by the school’s Athletic Director.

## **Prayer Before Games**

*Heavenly Father,  
Be with us  
As we begin this competition.  
We thank you for the gifts  
Of our health and strength.  
May we represent  
Our parents, teachers, coaches, and You well.  
May we enter this game with  
Spirit, good sportsmanship  
And appreciation of each other and the game.  
Amen.*

**\*\*\*It is intended that this prayer be prayed in unison by all teams prior to the start of the competition and be led by an individual (i.e., Coach or AD) of the HOME team.**



## **Diocesan Sports Committee**

Under the ultimate authority of the Superintendent, the Diocesan Sports Committee supports the Diocesan Youth Sports League. This committee is comprised of principals whose schools participate in our Elementary School Sports Program, the Diocesan Youth Sports Director(s), Assistant to the Youth Sports League Director(s), and the Superintendent of Catholic Schools or designee. Principals can appoint a designee, e.g. assistant principal or other school leader, to attend the league meetings as long as that designee is consistent throughout the school year and updates their principals regarding each meeting agenda and issues discussed. As participants and supporters of the Diocesan Youth Sports League, the conduct of this committee will be consistent with the values and teachings of our Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports Handbook. The Diocesan Sports Committee meets four times annually: August, November, February/March and April/May. Its role includes but is not limited to the following:

- Reviews the budget, calendar, schedules, and any changes in policy and procedures of the Diocesan Youth Sports League.
- Evaluates, and suggests possible changes if necessary, of the previous sports seasons after input from the Diocesan Youth Sports Director(s).
- Advises the Diocesan Youth Sports Director(s) on protocol and procedure concerning specific situations, Diocesan policies and practices, and appropriate courses of action in the event of specific issues or concerns.
- Collaborates with the Superintendent or designee in the evaluation and employment of the Diocesan Youth Sports Director(s).
- Decisions made regarding changes in the operation of the Sports League will be by consensus agreement; however, should consensus not be reached a vote will be called with approval of the Department of Catholic Schools.

### **Voting members include the Principals of the following schools:**

- Immaculate Heart Academy
- Our Mother of Sorrows
- St. Ambrose
- St. Cyril
- St. Elizabeth Ann Seton
- St. John the Evangelist
- St. Joseph
- Sts. Peter and Paul
- Santa Cruz
- San Xavier Mission

### ***Ex-officio* members include:**

- Superintendent of Catholic Schools or designee
- Diocesan Youth Sports Director(s)
- Assistant to the Youth Sports Director(s)- when applicable

## Principals' Responsibilities

As a participant and supporter of the Diocesan Sports League, the principals will conduct themselves in a manner consistent with the values and teachings of the Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports Handbook.

Further responsibilities include:

- Signing the official team roster and/or addendums distributed by the Diocesan Youth Sports Director(s).
- Providing the emergency treatment form that is to be in the possession of coaches for each athlete during competition.
- Paying the annual fee to the Department of Catholic Schools by **September 1st** of each school year.
- Committing to participate in a sport by seasonal deadlines determined and announced by the Diocesan Youth Sports Director(s). **If a school commits to a program but fails to field a team, or if a school's team becomes ineligible for more than one game per season, that team cannot re-enter for the remainder of that sports season.**
- **Developing and implementing the Diocese of Tucson Youth Sports League policy for transporting athletes to and from after school sporting events, including having on file for each athlete the *Parental Permission Form* for travel for school athletic events. Both this policy and a copy of the permission form can be found at the end of this handbook.**

Team participation is as follows:

- One (1) minimum junior varsity girls'/boys' volleyball and girls'/boys' basketball team
- One (1) varsity level girls'/boys' volleyball and girls'/boys' basketball team
- One (1) coed varsity and one (1) coed junior varsity track & field team

## **Diocesan Youth Sports Director(s) Responsibilities**

The Diocesan Youth Sports Director(s) is an individual who is responsible for the coordination and oversight of the Diocesan Youth Sports League at the elementary school level. This individual is directly responsible to the Superintendent (or designee) and Diocesan Elementary School Principals who form the Sports Committee. As a participant and supporter of the Diocesan Youth Sports League, they conduct themselves in a manner consistent with the values and teachings of the Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports Handbook. The responsibilities of the Diocesan Youth Sports Director(s) include, but are not limited to the following:

- Planning and conducting meetings with the Diocesan Sports Committee, School Athletic Directors, and coaches for the purpose of reviewing sport seasons, calendaring of events, clarifying rules and procedures, and discussing needs for the current sports season.
- Inform Principals and Assistant Superintendent of any issues of concern within the program including those regarding Athletic Directors, coaches, parents, and athletes.\*\*  
\*\*ADs and coaches are employees of the school, therefore any issues which may occur will be directed to the respective school principal who will then deal with it as a personnel issue.
- Oversee all Athletic Directors and coaches as well as implement and enforce all rules, regulations, policies, and procedures of the Diocesan Sports League.
- Making all calendars, schedules, brackets, etc. prior to the sports season for regular season and tournament play.
- Securing a location for weekend basketball games and tournaments.
- Advising the Sports Committee on protocol and procedure in the day-to-day proceedings of the Sports League and any situations that may arise.
- Supervising and/or making provision for the supervision of all games and track meets held at high schools within our diocese.
- Interpreting all rules and regulations concerning any sport.
- Assigning all varsity officials for varsity basketball and volleyball games.
- Paying and reconciling all officials for varsity basketball and volleyball games.
- Reconciling all accounts receivable and payable with the Dept. of Catholic School's Executive Assistant.
- Compiling and distributing a list of contact persons/ADs for all schools.
- Submitting a proposed annual budget for review by the Diocesan Sports Committee and the Superintendent's Office.

- Communicating with the Superintendent's Office, Diocesan Sports Committee and school Athletic Directors and coaches consistently using all modes of communication as necessary prior to, during, and after each sports season.
- Purchasing supplies for the operation of the Diocesan Youth Sports League, including equipment, trophies, etc.
- Scheduling concession stand assignments for tournaments and track meets.
- Conducting any necessary trainings.

## **Assistant to the Youth Sports Director(s) Responsibilities**

The Assistant to the Youth Sports League Director(s) is an individual who is hired by the Director and is directly responsible to the Director. As a participant and supporter of the Diocesan Youth Sports League, they conduct themselves in a manner consistent with the values and teachings of the Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports Handbook. The responsibilities of the Assistant to the Youth Sports Director(s) include, but are not limited to the following:

- Attend weekend basketball games and help to supervise, set-up, clean-up, and resolve any conflicts that may occur. Must be able to speak to parents, coaches, ADs, officials, and athletes in an appropriate manner.
- Attend both the JV and Varsity tournaments each season.
- Attend and help run all track meets including:
  - Five Saturday meets
  - Three Weekday meets (two cross country; one field)
    - Possibility of one Sunday meet (field invitational)
- Attend all AD/Coaches meetings and committee meetings.
- Inform the Diocesan Youth Sports Director of any concerns, conflicts, suggestions, etc. regarding the sports program.
- Enforce the Diocesan Youth Sports Handbook, including the Code of Conduct, etc. to teach sportsmanship to the student athletes.
- Oversee all Athletic Directors and coaches as well as implement and enforce all rules, regulations, policies, and procedures of the Diocesan Sports League.
- Interpret all rules and regulations concerning any sport.

## Athletic Directors' Responsibilities

As supporters of the Diocesan Sports League, Athletic Directors will conduct themselves in a manner consistent with the values and teachings of the Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports Handbook.

Each school shall name an Athletic Director for the school's after school sports program. Responsibilities of this individual may include, but are not limited to the following:

- Enforcing the Diocesan Youth Sports Handbook, including the Code of Ethics, etc. to teach sportsmanship to the student athletes.
- Advertising for and training coaches for each of the various sports and teams, both varsity and junior varsity. This may include compliance training for the safe environment of children.
- Instructing coaches on the Diocesan handbook and the rules for each particular sport with which they will be involved.
- Instructing coaches on the school's discipline policy, techniques and expectations of student behavior and attitude and correcting any inappropriate behavior from either the coaches or the athletes.
- Creating the format for the school regarding eligibility requirements.
- Communicating to the principal and the Diocesan Youth Sports Director(s) those issues that arise regarding the operation of the sports program on and off the school site.
- Creating the format for any additional games/matches at the junior varsity level only and/or varsity scrimmages.
- Communicating with other Athletic Directors and confirming scheduled games/matches.
- Committing to the schedule and only cancelling games/matches when absolutely necessary. All volleyball cancellations MUST be made by 4pm the day prior to the scheduled game; basketball cancellations MUST be made by 4pm Thursday prior to the scheduled weekend game (unless due to an emergency). **Schools who cancel after the set deadline will be fined \$35 per volleyball game (one official) and \$70 per basketball game (two officials).**
- **Recognizing that any additional JV games or scrimmages scheduled by the Athletic Director will be considered "real" games and must follow the cancellation policy.**
- Submitting rosters for play by the deadline assigned by the Diocesan Youth Sports Director(s).
- Communicating to the coaches on regular basis any and all pertinent information concerning school and/or Diocesan requirements, issues, etc. of the sports program.
- Monitoring or overseeing the collection of fees associated with the sports program.
- Attending all meetings as required by Diocesan Youth Sports Director(s).
- Communicating with the Diocesan Youth Sports Director(s) regarding any and all issues pertinent to school's team and play.

- Assisting in the formulation of policies and procedures required by the Diocesan Youth Sports Director(s) and/or the Assistant Superintendent.
- Acting as administrative authority for the principal in regard to decisions at the planning/coordination level of AD meetings.
- Communicating as necessary with the Principal's Sports Committee.
- Ensuring that equipment for each sport is obtained, maintained, and ready for each use.
- Obtaining volunteers and others as needed to ensure the smooth operation of the school's sports program. This may include referees and other officials.
- Ensuring that proper sports physicals and other school required documents are filed for each sports participant prior to practices/play.
- Conducting meetings and/or communicate frequently with parents whose children participate in the sports program for the purpose of clarifying policies, procedures, expectations, discipline, etc.
- Correcting any inappropriate behavior from school parents and spectators which might occur at either home or weekend games/matches as well as at tournaments and meets.
- Training new parents and athletes on the Diocesan handbook annually and require them to follow the program rules and policies in order to participate in the sports program.
- Supporting the sports program by helping to set-up and/or clean-up at events, run scoreboards and books, and supervise teams (including coaches) at games/matches/meets and tournaments.
- Being present, or have a representative present at all home events (including weekend games/matches and tournaments/meets) in a supervisory capacity.
- Enforcing playing time rules.
- Providing officials:
  1. An official for home junior varsity volleyball matches
  2. An official at every junior varsity basketball game, both home and away.
    - **NOTE:** If there is only one basketball official (or two officials from the same school), the team having NO OFFICIAL will forfeit. NO scrimmage nor game will be allowed.
- Enforcing the school policy for transporting athletes to and from after-school games/matches/meets.

## Coaches' Responsibilities

As a participant and supporter of the Diocesan Sports League, coaches will conduct themselves in a manner consistent with the values and teachings of the Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports Handbook.

Further responsibilities include:

- Encouraging sportsmanlike behavior.
- Attending the Diocesan SPIRIT training and any other required meetings.
- Monitoring and supervising the conduct of the team at all times.
- Teaching athletes that the priority of learning basic skills and fundamentals of a sport takes priority over winning.
- Making ministry a part of their daily coaching.
- Informing parents of parental responsibility.
- Performing a uniform check and enforcing the uniform policy.
- Preparing home court facilities by 4pm game/match time.
- Starting each game/match with a prayer.
- Supplying the following:
  1. Game ball
  2. Equipment
  3. Competent scorekeepers as per general rules
  4. Score book
  5. Score board
  6. Seating facilities for teams
  7. Water availability
  8. Officials' facility
  9. Uniforms for home athletes
- Arriving to an away game/match with ample time to warm-up before the 4pm game/match time.
- Having the Emergency Treatment Form and a first aid kit readily available at all games/matches/meets.
- Submitting game/match lineup to the opposing coach.
- Providing officials:
  1. An official for home junior varsity volleyball matches
  2. An official at every junior varsity basketball game, both home and away.
    - **NOTE:** If there is only one official (or two officials from the same school), the team having **NO OFFICIAL** will forfeit. NO scrimmage nor game will be allowed.
- Officials must have a whistle in order to ref a game/match.
- Following the playing time rule at every game/match and scrimmage.



- Facilitating track officiating that is required by each school.
- Informing your Athletic Director of game/match results and other pertinent information pertaining to the game/match.
- Attending the entire tournament for your sport. Specific responsibilities will be assigned at the mandatory coaches' meeting.
- Completing the season evaluation and returning it to your Athletic Director.
- Reporting to the school Athletic Director and then to the Diocesan Youth Sports Director(s) if necessary.
- Enforcing playing time rules.

### **Coaches' Responsibilities at Indoor Facilities**

As a participant and supporter of the Diocesan Sports League, coaches will conduct themselves in a manner consistent with the values and teachings of the Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports Handbook.

Further responsibilities include:

- Informing everyone (AD, athletes, fans, principal) where to enter, how to behave, what to expect, etc.
- Working the score/clock table before or after the game, or as instructed by the Diocesan Youth Sports Director(s).
  1. If a coach has the first game of the day, the coach will work the score/clock table for the second game. If the coach has the second game of the day the coach will work score/clock table for the first game.
  2. If there are three games for one day, then the Diocesan Youth Sports Director(s) will assign table duties one week prior to the game.
- All coaches must attend a mandatory meeting prior to the tournament as scheduled by the Diocesan Youth Sports Director(s). Schools without a representative will be fined \$30.
- Bringing equipment, scorebook, clipboard, and balls for warm-ups, etc.
- Helping to set-up prior to the first game, helping to tear down and clean up after the last game, and supervising athletes at all times.
- Following all rules given by each individual facility.

## Officials' Responsibilities

As a participant and supporter of the Diocesan Sports League, officials will conduct themselves in a manner consistent with the values and teachings of the Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports Handbook.

Further responsibilities include:

- Working directly for the Diocesan Youth Sports Director(s).
- Enforcing the uniform policy.
- Having a working knowledge of and follow the *NFHS Rule Book* and the Diocesan Youth Sports Handbook.
  1. The official(s) shall have full authority to see that each game/match is based upon good sportsmanship. If there is any conduct concerning players, spectators or coaches that is perceived as unsportsmanlike by the official(s), the official(s) will inform the coach/AD/Diocesan Youth Sports Director so as to control the situation.
    - Volleyball: For a player on the bench, coach, or spectator becoming unruly or interfering with the orderly progress of the match, the official shall caution the offending team (yellow card) and suspend the match until such time as the match can proceed in an orderly manner. Failure to do so in a reasonable amount of time shall result in a loss of point (red Card) and possible forfeiture if it persists. See *NFHS Rule Book*.
    - Basketball: For a player on the bench, coach or spectator becoming unruly or interfering with the orderly progress of the game, the official shall caution the offending team and suspend the game until such time as the game can proceed in an orderly manner. Repeated offenses may result in a technical foul being assessed to the coach. See *NFHS Rule Book*.
- Junior varsity officials officiating junior varsity games are under the direct supervision of the Athletic Director or the designated supervisor while working the game/match. If any problems arise during games/matches that involve these officials, the AD/designated supervisor has the final authority for settling any disputes.
- Officials have been informed of the Diocesan SPIRIT program and have permission from the committee to bench athletes, give a technical to coaches, and ask for the removal of spectators who are displaying inappropriate behavior that violate Diocesan policy such as:
  1. Harassment of athletes, coaches, or officials.
  2. Using foul language or gestures.
  3. Are involved in physical altercations
  4. Etc.

## Spectator Responsibilities

As a participant and supporter of the Diocesan Sports League, spectators will conduct themselves in a manner consistent with the values and teachings of the Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports Handbook.

Further responsibilities include:

- Cheering in a positive manner for one's own team and never attempting to discourage, distract, or embarrass the opposing team.
- Allowing the coach to coach her/his own team without interference. Do not yell instructions to your athlete or coach.
- Respecting the coach. Talk to the coach. Do not publicly second-guess the coach's decision.
  1. Do not verbally or physically harass the coach.
  2. If you have issues with a coach, make an appointment after the game/match with the coach and the school's Athletic Director to discuss the problem.
- Recognizing the difficulty of an official's job.
  1. Display a good attitude towards the officials.
  2. The officials in the junior varsity programs are volunteers. They have the authorization to expel unruly fans from the facilities.
  3. The officials at the varsity level are normally members of the Arizona Interscholastic Association (AIA). They have authorization to expel unruly fans from facilities.
- Signs, horns, or excessive cheering is not allowed at sporting events.
- Spectators that do not follow the sportsmanship policy will be given one warning to resolve the issue. If the behavior continues, or if the behavior poses a risk to others, they will be asked to leave the facility.

## Parents' Responsibilities

As a participant and supporter of the Diocesan Sports League, parents will conduct themselves in a manner consistent with the values and teachings of the Catholic Christian faith and will follow the rules and procedures outlined in the Diocesan Youth Sports Handbook.

Further responsibilities include:

- Respect the Diocesan Youth Sports Director, School Athletic Directors, Coaches, and Officials at all times.
- Respect the decisions made by the Officials, remembering that this is a teaching league and that winning is not the top priority- true sportsmanship outweighs winning. (Reminder that the officials at the junior varsity level are **volunteers**.)
- Follow the chain-of-command for your school should you have any concerns or questions: Coach → AD → Principal (or the League Director if at a tournament).
- Providing legal and appropriate uniforms for competition.
- Scheduling appointments for your child that will not conflict with practice or games/matches.
- Being flexible. Schedules may change (weather, availability of other schools).
- Arranging for athletes to arrive at the prescribed location and at the expected time as directed by the coach. School and Diocesan policies regarding transportation for field trips must be followed. These policies, page A-4e and 4-10 from the Diocese of Tucson *Handbook of School Policies and Procedures*, include:
  - Signed and dated Diocese of Tucson *Field Trip-Parent Request Form* from the parents/guardian of each child using only the official Field Trip permission form.
  - A copy of the emergency form for each athlete participating in the game. Drivers must be 25 years of age and must have security clearance.
  - Drivers must have a valid, unrestricted driver's license. A copy of each driver's license must be kept on file at the school.
  - The driver must carry liability insurance as required by state law. A copy of the current declaration of coverage must be maintained on file at the school.
  - Each occupant must have and use a seat belt.
  - Vehicles must be designed for eight (8) or fewer passengers.
  - No one may ride in the bed of a pick-up truck.

- There should be two adults in each vehicle. If this is not possible, always avoid a situation in which one adult is driving with only one minor that is not his/her own child.
- Helping whenever possible. When attending any game/match at your school or another Diocesan school, volunteer to help set up, tear down, and clean up.
- Volunteer to keep score, keep time, officiating junior varsity games/matches, etc.
- Being courteous to one another.

**Attending functions at Indoor Facilities:**

1. Volunteering to help set up, tear down and clean up as these facilities have graciously allowed the Diocesan Youth Sports Program to use their facility.
2. Parking in the facilities' **designated** parking areas.
3. **Do not eat or drink** food or beverages of any kind in the indoor facilities unless it has been approved by that particular facility.

## Uniform Dress Code

All athletes are to be in legal uniform in order to compete. A player not conforming to this uniform policy shall not be allowed to participate in the game until the issue is resolved.

- All players on a team will wear **like-colored uniforms** (which include no trim of a different color) consisting of T-shirts and shorts (all which must be at an appropriate length).
- A **number** on the uniform shall identify each player. The number shall be at least four (4) inches high on top of the front of the shirt and at least six (6) inches high on the back of the shirt. Athletes on the same team may not have duplicate jersey numbers.
- Uniform shirts shall not hang below the shorts line and shall be tucked in for game play.
- If a player wears an undershirt, it shall be solid white only. Long-sleeved undershirts must be either solid black or white color only and may only be worn outdoors. **\*\*Long-sleeved undershirts and sweatpants will not be allowed during indoor games without a valid medical reason which must be submitted to the Youth Sports League Director before they will be deemed acceptable to wear.**
- Players shall not wear uniforms that include advertising or a partial/whole manufacturer's logo or trademark that exceeds 1 ½ inches high by 1 -½ inches wide, or appears more than once on each piece of the uniform. Uniform shorts must be of a solid color and may not include stripes or additional designs.
- Uniform shorts/bottoms shall be above the hips (no sagging) and of an appropriate length.
- Players shall not wear undergarments or tights, including compression pants, which extend below the uniform shorts. (Exception: compression shorts that are unadorned, of a single color similar to the predominant color of the uniform bottom, and do not extend below the knee, may be worn.) All Undergarments must be covered at all times.
- Any body adornment, such as body painting, or **tattoos** will be covered. Further, any excessive face make-up, including face paint and eye black, will not be permitted. Any type of jewelry will not be permitted during games including stud earrings, necklaces, bracelets, anklets, etc.
- Hair styles/cuts will not include any sprayed hair colors contrary to the natural color of the hair, hair sprinkles, excessively spiked hair, long/straggly hair, etc. In addition, hard hair clips and headbands will not be allowed during games; however, soft hair accessories are permitted.
- Individual athletes **MUST** wear matching socks of a **solid white color only**, which shall be of equal length, no higher than the knee and no lower than the ankle.
- Knee pads are highly recommended for volleyball athletes but are also allowed during basketball. Knee pads must be of either solid white or black only.
- Appropriate playing shoes are to be worn.

- In track, spiked shoes with or without spikes are not allowed.
- In case of cold weather, coaches are to use their best judgment and if necessary allow the athlete to also wear sweats as a means to stay warm. The sweats may or may not be of a color matching the uniform. This does not excuse the athlete from being in legal uniform, nor does it apply to indoor games. The jersey is to be worn outside of the sweatshirt to allow all parties to identify all players at all times. Sweatpants must be solid black or gray and may not consist of any logos larger than 1 ½ inches high by 1 ½ inches wide, stripes, or decals. Sweatpants can be worn either inside or outside the shorts. \*\*Bike shorts, tights, turtlenecks, T-shirts are not appropriate attire for warmth.

## General Rules

### Age Allowances

- Any student in the 8<sup>th</sup> grade and under who is not older than fifteen (15) years of age is eligible to participate.
- An athlete turning sixteen (16) may compete in the sport in which she/he has already begun competing. However, she/he is not eligible to begin competing in any future sport.
- If on September 1<sup>st</sup> an athlete, other than an 8<sup>th</sup> grader is not yet fourteen (14), they are eligible to play basketball and/or volleyball at the JV level that year.
- If on September 1<sup>st</sup> an athlete, other than an 8<sup>th</sup> or 7<sup>th</sup> grader, is not yet thirteen (13), they are eligible to run JV track that year.

**\*\*\*Any school that uses an ineligible player will forfeit that game/match/meet and all other games in which said player has participated.**

### Other

- A. Students will provide the following information to the school office before they will be allowed to participate or compete in the sports program.
  1. Birth certificate
  2. Emergency treatment form
  3. **Current physical examination and health information (physicals which are more than 12 months old at any time during the season are not acceptable)**
  4. Signed parental permission forms for participation and field trips.
  5. Sports participation fees
  6. Proof of academic eligibility
  7. Signed statement by both parent and student of “Athletic Code of Conduct”
- B. The Principals and their staffs will determine academic eligibility. This includes probationary involvement and disciplinary measures.
- C. Sportsmanship is the “name of the game”. Therefore, should any flagrant display of temper, utterance of unacceptable language, etc. occur, the offender will be ejected from the game/match/meet/tournament. All players, coaches, parents, spectators, and athletes MUST follow the Diocesan Youth Sports Code of Conduct as well as policies set forth in the Diocesan SPIRIT program. If a player, coach or fan is ejected from a game/match they will serve a one-game/match suspension; a second violation earns the offender expulsion from the sport.
- D. A coach may promote any volleyball or basketball player from the junior varsity to varsity. The athlete will be allowed to participate in



two (2) contests with the varsity; however, upon participating the third time, they will become ineligible to participate with the junior varsity for the remainder of the season. In track, a junior varsity team member may participate in any varsity event if she/he has participated on the junior varsity level on the same day, as long as she/he does not exceed the allowed number of events. Athletes are not allowed to participate in both the junior varsity and varsity level for the same event during a single track meet.

- E. All travel activities will follow the Diocesan field trip policies and procedures.
- F. Changes to the schedule will be only at the discretion of the Diocesan Youth Sports Director(s). Requests to move a varsity volleyball match must be made to the Diocesan Youth Sports Director(s) in a timely manner in order to reserve an official.
- G. In the case of a school conflict, games/matches must be cancelled by 4pm the day prior to the scheduled game/match in order to avoid a forfeit. Any volleyball match cancelled after the 4pm deadline will result in a \$35 fine to the school who cancelled (one official); basketball will result in a \$70 fine (two officials).
- H. In the case of weather, games/matches must be cancelled between 12pm-2pm in order to avoid a forfeit and a penalty of \$35. The Athletic Directors of both schools must agree on the game cancellation, then the AD of the home school must notify the Diocesan Youth Sports Director in order to cancel the official. However, if the weather becomes a concern after the deadline, then the schools must cancel immediately in order to avoid any penalty.
- I. The starting time for all weekday varsity and junior varsity games/matches will be at 4:00 PM. A varsity game/match shall not start later than 4:15 PM. For junior varsity, where multiple teams are playing, the first game/match of the day will be at 4:00 PM and shall not start later than 4:15 PM. Varsity teams failing to field the required number of players, or not have facilities ready by 4:15 PM, will forfeit the game/match and be fined \$35 per offense.
- J. Varsity basketball games are held on the weekend and schools will rotate starting times. Teams should be prepared to start the game at the scheduled starting time. Teams who do not have the required number or players will be given a ten (10) minute grace period to field their team or a forfeit will occur and the team will be fined \$70 per offense.
- K. Gymnasiums will open (for weekend games) 30 minutes prior to the first scheduled game time, unless notified.
- L. The home team will provide an official game ball and official scorekeeper. Whenever a discrepancy occurs in the score, the home scorekeeper's score will be considered official and correct. The scorekeeper in junior varsity basketball **MUST** keep track of personal

and team fouls. The scorekeeper must be an adult or supervised by an adult.

- M. Judgment calls by officials are not subject to protest. The Diocesan Youth Sports Director will supply the game balls at weekend games but schools are required to supply an official scorekeeper.
- N. Rule interpretations may be protested only if it has an effect on who wins or loses a game/match.
- If a protest is made, it is made verbally to the official and opposing coach involved immediately.
  - Thirdly, if the protest is not made verbally at the time of the incident, a late protest will not be allowed.
  - All protests must be made in writing within five (5) days and mailed, faxed, or emailed to the Diocesan Youth Sports Director(s).
  - The original copy is maintained by the Diocesan Youth Sports Director(s), with copies of the protest provide to the coaches, AD's and Principals of the schools involved.
  - Additional copies will be filed with the Diocesan Sports Committee and the Department of Catholic Schools (Asst. Superintendent), and the officials involved in the protest.
  - If a hearing is needed, this will include the Diocesan Sports Committee, all coaches, AD's, and officials involved, and the Diocesan Youth Sports Director(s).
- O. The Diocesan Youth Sports Director(s) has the authority to stop any contest in the event of unsportsmanlike behavior and/or if other criterions are not being met.
- P. Each sport tournament shall begin with a mandatory coaches meeting. Failure of at least one coach from each team to attend said meeting shall result in a fine of \$30.00 to be paid by the school.
- Q. A "uniform check" will be performed at the beginning of each game/match by each school's coach. If a team member is not in proper uniform, the player will not be allowed to play until the issue is resolved. If several members are not in proper uniform, this may result in a forfeit of the game.
- R. In order to begin a game/match, a team must have at least six (6) volleyball players and five (5) basketball players. If the team cannot supply the required number of players, a forfeit will occur.
- S. **Playing Time-**
- At the junior varsity level:
    - Playing time must be as close to equal as possible throughout both the season and tournament regardless of the size of the team.
  - At the varsity level:
    - During season, minimum playing time per athlete must be as close to 25% as possible. Basketball coaches must follow the

first and second quarter substitution rule at every game during the season (found in basketball section).

- T. If a coach chooses to not follow the rules of the handbook, the following actions shall occur:
- The Youth Sports Director will address the AD or rep present at the game who is then expected to confront their coach and resolve the issue. If a representative is not present at the game, then the Director will address the coach directly.
  - If the behavior continues or happens a second time, the then coach will be removed from the game immediately and will serve a suspension the following weekend.
  - If a third occurrence should happen, then the coach will be removed from the game and will no longer be permitted to coach for the duration of the season.
    - **It makes no difference if the actions of the coach occur during a regular game or during tournament. All rules and consequences shall still apply.**
- U. Only coaches who are listed on the official team roster which is submitted by the Athletic Director or Principal will be allowed to sit on the team bench during games/matches. In addition, only the **head** coach is allowed to approach the official or make any complaints regarding a questionable call.

## Volleyball

The official rules that govern the Diocesan Volleyball Program are those published by the NFHS Association. The following are exceptions and/or guidelines followed in the Diocesan Youth Sports Program.

1. Setting is allowed when receiving the serve.
2. No lines persons shall be used at any outdoor or regular contest. However, the use of lines persons during tournament play shall be left to the discretion of the official of that match. In the championship contest of the varsity match, a lines official will be used.
3. The home team will select its team bench. For all matches, there will be a coin toss to start the match. The coin toss should occur at least five (5) minutes before the match time. The visiting captain shall call the toss. The winner shall choose either to serve/receive or choose their side. The loser of the toss shall be given the remaining choice.
  - If there is a third set, the home captain shall call the coin toss. The winner shall choose to serve/receive playing area. The loser of the toss shall be given the remaining choice. **\*\*\*Three sets are mandatory during both the junior varsity and varsity seasons. Rules may change for the tournament.**
  - In the event of a third set, the team will change sides when one team reaches half of the total points necessary (this applies only to outdoor games).
4. Varsity and junior varsity regular season matches are played at the same site. The junior varsity matches either follow the varsity matches or are played simultaneously if resources allow. The matches are played outdoors, weekdays, and after school with a start time of 4:00 PM at the various school campuses.
5. **\*\*\*NOTE: Only the head coach may stand during the match but is not allowed on the court.**
6. In the event that a player on the bench, coach, or spectator becomes unruly or interfering with the orderly progress of the game, the official shall caution the offending team (yellow card) and suspend the match until such time as the match can proceed in an orderly manner. Failure to do so in a reasonable amount of time shall result in the opposing team gaining an additional point. See *NFHS Rulebook*.
7. The volleyball format is rally scoring. The matches will be best of three sets. Each set is played to 25 with the third and deciding set to 15, with a 2-point victory margin. Sets are capped at 27, with no cap in a third set.
8. If a match is suspended due to rain or other unforeseen circumstance, the following guidelines will be used to determine if the match is official.
  - a) Two (2) sets must be completed.

- b) If during the third set the match is suspended, the team that has scored at least eight points will be declared the winner and the match will count as a completed match. (2 - point victory margin is waived in this case).
  - c) If neither team has scored 8 points or if the set is tied at 8 points, revert back to sets 1 and 2, add all points, plus total points scored in the third set. The highest total points scored will be the winner.
9. Cheers must be quick and not excessive or meant to embarrass or demean the opposing team.
10. In accordance with Diocesan playing time rules, equal playing time at the junior varsity level is mandatory. Coaches are required to give varsity athletes 25% playing time throughout the season while considering standard substitution rules.

## Basketball

The official rules that govern the Diocesan Basketball Program are those published by the NFHS Association. The following are exceptions and/or guidelines followed in the Diocesan Youth Sports Program.

1. Regular season varsity contests have four (4) six-minute quarters with a three-minute halftime. An overtime period will be three (3) minutes beginning with a jump ball.
2. Regular season junior varsity contests will have four (4) eight-minute quarters with running time, except for the last two minutes of each half. An overtime period, beginning with a jump ball, will consist of one (1) four-minute period of running time with the clock stopping the last minute of the overtime period. The 2<sup>nd</sup> overtime period will be a “sudden-death” format with no clock running and the first team to score will be declared the winner.
3. Junior varsity season games are played opposite the volleyball site. Games are played outdoors, weekdays, after school beginning at 4:00 PM at the various school campuses. Varsity regular season games are usually on weekends at an indoor facility (as much as possible).
4. In the event that players on the bench, coaches, or spectators become unruly or interfere with the orderly progress of the game, the official shall caution the offending team and suspend the game until such time as the game can proceed in an orderly manner. Repeated offenses may result in a technical foul being assessed to the coach. See *NFHS Rulebook*.
5. **\*\*\*NOTE: Only the head coach may stand during the game and that is only in the confines of a coaching box. If a coach receives a technical foul during the game, he must remain seated for the duration of the game (Seat Belt Rule).**
6. **Junior Varsity Rule:** Pressing during any junior varsity game is allowed only during the final two minutes of each half. If an offending team causes the opponent to lose control or possession while in the backcourt, play should be stopped, the ball returned to the offense, and the defensive team warned. Intentionally pressing or repeated accidental pressing will result in a technical foul for unsportsmanlike behavior.
7. **Full-court Press Rule:** Full court press is prohibited after a 15-point lead in any basketball game. It is also expected that the coach will discourage the running up of scores and as encourage athletes to pass the ball around more, sub starting players, etc. in order to keep the game competitive yet fair. This rule applies to both junior varsity and varsity games.
8. Language to intimidate, confuse, or harass the opponent is illegal. The penalty will be unsportsmanlike conduct that results in a technical foul. The offender will sit out the remainder of the game, or be asked to leave the facility. This includes but is not limited to:

- a) Comments directed at the player to get them to panic such as, after they pick up the dribble, as they are about to cross mid-court, or as they attempt to throw the ball in-bounds.
  - b) Disconcerting comments made while a player is on the line to attempt a free throw.
8. A technical foul may also be given for the following reasons:
- a) Use of inappropriate language
  - b) Display of disrespectful behavior towards officials
9. If a game is suspended due to rain or other unforeseen circumstances, the following guidelines will be used:
- a) If the first half or less has been completed when the game is called, the game does not count.
  - b) If any of the second half is played when the game is called, then the score of the game stand as complete.
10. Cheers must be quick and not excessive or meant to embarrass or demean the opposing team.
11. In accordance with Diocesan playing time rules, equal playing time at the junior varsity level is mandatory. Coaches are required to give varsity athletes 25% playing time throughout the season while also following the quarter substitution rule. Rules may change for the tournament.

**\*\*Basketball Quarter Substitution Rule (to be followed during the regular season only, but is encouraged during the tournament):**

- a) Coaches must split their team in half before the start of the game. Half the players will rotate during the first quarter and the other half will sit out the entire first quarter. The players will all switch for the second quarter allowing every athlete to play and sit out for an entire quarter. Playing time during the second half of the game will be left at the discretion of the coach however each starting athlete must sit at some point during the second half. **\*\*Exceptions: athletes may be substituted due to injuries or foul trouble.**
- b) In the event that a team has fewer than ten athletes and is not able to split their team equally, the opposing coach has the right to choose which athletes will sit out for the first half of the second quarter. Substitutions can be made halfway through the quarter in order to abide by the rule that no athlete can play an entire half. However, the opposing coach also has the right to decline this decision in which case the decision would then be made by the home team's head coach. To make their choice known, the two head coaches will meet at the score table in between the first and second quarters to discuss their decision in confidentiality. The home head coach will then inform their own team of the decision which was made during the meeting.
- c) **No athlete is allowed to play an entire half without a substitution if the number of athletes on the team allow for substitutions to be made. An exception will occur for volleyball teams with a total of six (6) players and basketball teams with a total of five (5) players.**

## VARSDTY TOURNAMENTS

- Varsity tournaments are held on weekends at an indoor facility. Each tournament takes two (2) days to complete.
- Each sport shall begin with a mandatory coaches' meeting. Failure of at least one coach from each team to attend said meeting shall result in a personal fine of \$30.00 to be paid by the school. Coaches are required to complete their assigned duties at all tournaments which includes keeping score at games/matches, supervising athletes, helping to set up/clean up, etc.
- During the regular season, games/matches are played to determine a season champion. The team with the best record is the season winner and is the #1 seed for the tournament. Ties will be broken by head-to-head results of regular season competition. If both teams are still tied, they will be declared regular season champions. A coin toss will determine placement for first and second seed.
- The format for the tournament will be double elimination for places. The championship game/match will take place on a Sunday afternoon with volleyball first and basketball to follow.
- Parking at indoor facilities is in **designated parking areas** only.



## JUNIOR VARSITY TOURNAMENTS

- Division tournaments are held at an indoor facility and takes two days to complete. **Volleyball will be held on Saturday and basketball will be held on Sunday.**
- Each sport shall begin with a mandatory coaches' meeting. Failure of at least one coach of a team to attend shall result in a personal fine of \$30.00 paid by the school.
- Coaches are required to attend their team's entire tournament bracket and may be asked to officiate if necessary.
- Prior to the tournament a seed meeting will be held. Athletic Directors of each school will attend the seed meeting for the purpose of placing teams in the proper division. Teams will be properly placed into the division to insure the fairest of competition.
- There will be **no formal champion** for the junior varsity tournaments and no trophies or awards will be given.
- Basketball time will be divided into two (2) twelve-minute halves, running time. The clock will stop the last two minutes of the game. During the last two minutes of the game, pressing will be allowed. There will be one time-out per half per team. Half time will be two (2) minutes. Warm-up time will be three (3) minutes.
- Overtime procedure: If a game is tied at the end of regulation, there will be a one (1) minute overtime with the clock stopping. There will be a one (1) minute timeout between regulation and overtime. If another overtime is needed, the second overtime will be "sudden-death" overtime. There will be no clock and the first team to score will be the winner.
- In volleyball, each team will play either two (2) sets to 25 (with a cap of 27) with no tie-breaker or will play best-two-out-of-three (3) sets to 15 (with a cap of 17). Warm-up time will be three (3) minutes.
- **The number of volleyball matches or basketball games each team is scheduled to play will be decided at the bracket meeting with the Youth Sports Director and the school's Athletic Directors.**
- The Diocesan Youth Sports Director(s) has the authority to shorten games/matches due to time constraints.
- Parking at indoor facilities is in **designated parking areas** only.

## Track and Field

The official rules that govern the Diocesan Track and Field Program are those published by the NFHS Association. The following are exceptions and/or guidelines followed in the Diocesan Youth Sports Program.

1. Track consists of a variety of competition as follows:
  - a) **Salpointe Relays:** The Salpointe Relays is the first meet of the year. Both varsity and junior varsity players may compete. The Salpointe Relays are used to place teams in competitive categories that will be used for the remainder of the season. Any individual performance in the field events are used as qualifying attempts for the track and field Finals. Each school may enter 1 non-scoring team in the agreed upon events established by the Sports Committee. These events may include the JV 4x100, Varsity 4x100, 4x200, 4x400, Distance Medley, JV Sprint Medley, and Varsity Sprint Medley. Because field events are used for qualifying, 1, 2, 3 or 4 athletes can be a team. Running events must consist of 4 athletes. All scoring, including field events, is based on a four (4) person relay team. Field events will be scored at the varsity level.
  - b) **Cross Country:** A race of approximately 1 ½ miles in a non-track setting is held twice; preliminary and final. The entire track team can participate as a conditional exercise, but a minimum of ten is needed to compete as a scoring team. Scoring teams must be made up of a minimum of four (4) boys and four (4) girls with a maximum of five (5) boys and five (5) girls. Scores will be based on the total score of the top four (4) boys and top (4) girls combined. The fifth boy and fifth girl will be dropped from the total score. All other runners are considered non-scoring. This part of our program is intended to interest more athletes in the longer distances. Medals for first, second, and third place are awarded to individuals for each gender. Ribbons are awarded to the top 10 finishers in Cross Country Finals. A trophy will be awarded to the first-place team.
  - c) **Normal meets:** Normal meets, involving half of the schools at a time, occur twice. This is the first opportunity that each athlete can compete individually. Each school is limited to two athletes in lane events, unlimited athletes in non-lane events, and four athletes in field events. Non-lane events may have an unlimited number of athletes. These meets provide an opportunity for the individual to find their strengths and devote extra work on their weaker areas. The performances in the field events are used as a qualifying attempt for the finals.
  - d) **Field Event Invitational:** Field event invitationals give the athlete one more opportunity to perform a qualifying mark in the field events. Four competitors per event per school can compete, but since this is done on a school night or Sunday, the number of attempts is reduced to two.

e) **Qualifying Meet:** The Qualifying Meet is for running events only. Each individual is allowed two running events plus the relay, but the school is not limited as to how many athletes can be entered in any one event. Only the best performances at this meet qualify an athlete to participate in the individual running finals.

f) **Finals:** The finals are only for those who qualify: the top nine (9) performers in lane events and the top twelve (12) in all other events both field and running. Medals are awarded for first place, ribbons are awarded for second through sixth places, and trophies are awarded to teams as follows: 1<sup>st</sup> through 3<sup>rd</sup> for both boys and girls and a combo trophy for 1<sup>st</sup> place.

2. All track officials are volunteers from each school. It takes approximately thirty (30) people to run a track meet. Each school is required to supply at least one person to be trained to be in charge of some activity at **ALL** track meets. If a volunteer cannot be found, a **COACH OR AD** will be required to take charge of an activity. It works out best when that person who is in charge works all meets and other people from that school assist in the assigned job. Schools will be given an opportunity to be trained on their job duty at the track season meeting. Schools will rotate track duties every three years.
3. All players on a team will wear like-colored uniforms (which include no trim of a different color) consisting of shirts and shorts. Each player shall be identified by a number on the uniform. The number shall be at least four inches high on the front of the shirt and at least six inches high on the back of the shirt. Appropriate playing shoes shall be worn. No track shoes with or without spikes will be allowed. Participants will not be allowed to run in bare feet or socks only. If a player wears an undershirt, it shall be white only. Players shall not wear undergarments or tights which extend below the uniform shorts. Exception: compression shorts which are unadorned, of a single color and similar to the predominant color of the shorts and do not extend below the knees may be worn. Athletes **MUST** wear matching socks of a solid white color only, which shall be of equal length, no higher than the knee and no lower than the ankle. Players shall not wear uniforms which include advertising or a partial/whole manufacturer's logo or trade mark which exceeds 1 ½ inches high by 1 ½ inches wide, or appears more than once on each piece of the uniform. Athletes may not wear hats or hard hair clips. All competitors are to wear their team uniform. Failure to comply means disqualification.
4. In case of cold weather, coaches are to use their best judgment and if necessary, allow the athlete to also wear sweats as a means to stay warm and healthy. The sweats may or may not be of a color matching the uniform. The intent is to not cause additional expense to the families, but rather protection to the athletes. This does not excuse the athlete from being in legal uniform. The jersey is to be worn on the outside of the sweatshirt to allow all parties to identify all players at all times. Sweatpants can be worn either inside or outside the shorts. All other items worn, such as those mentioned above, must comply within the uniform regulations.
5. Starting blocks may be used.
6. The start time of the events will not be delayed for latecomers, which includes participants competing in other events. Make sure athletes report in to the proper official and are sure of starting information.

7. Junior varsity teams consists of 4<sup>th</sup> (in some schools) through 6<sup>th</sup> graders, provided a player meets age eligibility. 7<sup>th</sup> and 8<sup>th</sup> graders must compete as varsity participants.
8. In normal meets and the final meet, each individual will be allowed three (3) events plus the relay; two (2) running events and one (1) field event or two (2) field events and one (1) running event. The 4x100m relay does not count as one of the athlete's three (3) events.
9. Scoring will be 10-8-6-4-2-1.
10. Athletes will run the hurdles, 100, 200, and Varsity 400m, and all 4x100m relays in lanes. Athletes will run the 1600, 800, and junior varsity 400m in a waterfall start.
11. Hurdles – seven (7) 30 " hurdles.
  - 13 m (42'7") to the first hurdle.
  - 8.5 m (27'9") between hurdles.
  - 11 m (36'1") to the finish line.
  - 75 m (246'1") total
12. The order of events for Varsity will be:
  - Running-
    - 1600 m
    - 75m hurdles
    - 400 m
    - 100 m
    - 800 m
    - 200 m
    - 4x100 m relay
  - Field-
    - long jump
    - shot put – 6 lbs. for girls, 8 lbs. for boys.
    - discus – 1 K for all athletes
    - high jump - varsity boys start at 3'10", varsity girls start at 3'6"
      - two attempts on 1<sup>st</sup> three heights; three thereafter
13. The order of events for the Junior Varsity will be:
  - Running relay
    - 400m
    - 100m
    - 200m
    - 4x100m relay
  - Field events for Junior Varsity will be:
    - long jump
    - shot put (6 lbs.)
    - high jump Junior varsity boys start at 3'6", Junior varsity girls start at 3'2"
      - two attempts on the 1<sup>st</sup> three heights, three thereafter



## **DIOCESE OF TUCSON YOUTH SPORTS LEAGUE POLICY: TRANSPORTING STUDENTS TO & FROM SPORTING EVENTS**

The following procedural regulations must be followed in transporting student athletes to and from after-school sports events:

1. Only adults who are at least 25 years of age and who have background security clearance are allowed to transport student athletes. Drivers must have on file at the school office the following:
  - A copy of their valid, unrestricted driver's license.
  - A copy of their current declaration of insurance liability coverage
  - Current background security clearance documentation.
2. Prior to each event, the school will give each driver a list of the athletes who will be transported to and from the event in his/her car.
3. Emergency forms for each student assigned to a driver will be given to the driver. Upon completion of the event and the return to school, the driver will return the emergency forms to a school representative.
4. Each driver is responsible for returning the same athletes who are on his/her list back to school after the sports event. The driver then gives the school representative the list of athletes who were transported in his/her car to verify all are accounted for.
5. A driver, coach, or school representative must never be alone with a student(s) while waiting for rides either before or after the sporting event. At least two adults must be present.
6. It is the parent/guardian responsibility to pick their child up from school after they have been returned from a sports event.
7. No one may pick up an athlete at the event location unless the athlete's parent or guardian has made a prior arrangement for this to occur and the driver has been notified thereof by the school. Only a parent or guardian may pick up an athlete upon his or her return to school, unless the athlete's parent or guardian has made a prior arrangement with the school.
8. Drivers may not transport athletes, even temporarily, to locations other than to the sports event and ultimately back to school.

\_\_\_\_\_ **School**

**Parental Permission Slip**  
(Travel for School Athletic Events)

Student: \_\_\_\_\_

Date: \_\_\_\_\_

My child, \_\_\_\_\_, has my permission to participate in \_\_\_\_\_ School's \_\_\_\_\_ sports program for the 20\_\_ - 20\_\_ school year. I understand and consent that my child may be transported to and from games and meets that are off School grounds by volunteer drivers who may not be employees of the School, but who meet \_\_\_\_\_ School's field trip driver qualifications.

I understand and acknowledge that my child's participation in the above athletic events and activities is conditioned upon my child maintaining proper and respectful behavior. I further understand and acknowledge that the same code of conduct required of my child while in school applies while my child is engaged in School athletic activities and while being transported to and from such athletic activities.

I understand and acknowledge that athletic schedules may change and that it is my responsibility to actively stay informed on the dates and times of proposed School Athletic Events.

I understand that if this Parental Permission Slip is not signed and submitted to the \_\_\_\_\_ School office before \_\_\_\_\_, my child may be transported to and from School Athletic Events only by a parent or legal guardian.

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date