



DIOCESE OF PROVIDENCE
CATHOLIC ATHLETIC LEAGUE
RULE BOOK
2009-2010

PLAYER'S PRAYER

*Dear God we join in praying as Your Son, Jesus, taught us:
Our Father, Who art in heaven, hallowed be Thy name.
Thy kingdom come, Thy will be done, on earth as it is in heaven.
Give us this day, our daily bread,
and forgive us our trespasses as we forgive those
who trespass against us; and lead us not into temptation,
but deliver us from evil. Amen!*

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CAL COACHES CODE OF ETHICS

- ✓ *I will conduct myself in a manner befitting a Catholic Athletic League (CAL) Coach/Youth Minister.*
- ✓ *I will treat each player, opposing coach, official, parent and administrator with respect and dignity.*
- ✓ *I will become thoroughly familiar with the CAL rules for competitive activities and of the sport that I am coaching.*
- ✓ *I will become familiar with the objectives of the CAL Athletic program and I will strive to achieve and communicate these objectives to my players and their parents.*
- ✓ *I will conduct my practices and games so that all players of the team have an opportunity to improve their skill level through active participation.*
- ✓ *I will cooperate with the CAL Board and representatives in the enforcement of CAL rules and regulations, and I will, in a timely manner, report any irregularities that violate said CAL rules, sound competitive practices, and Christian ideals of sportsmanship.*
- ✓ *I will protect the health and safety of all players by insisting that all of the activities under my control are conducted for their spiritual,*

psychological and physiological welfare, rather than for the vicarious interest of others.

- ✓ I will conduct myself in a manner so as to be a true Christian role model to the youth in the CAL, both on my team and the opposing teams.*
- ✓ I will attend the yearly coaches meeting called by the CAL Administration for my respective area.*
- ✓ I will support and promote the mandatory Coaching Certificate Training Program of the Diocese of Providence.*

DIOCESE OF PROVIDENCE CATHOLIC ATHLETIC LEAGUE RULES

Effective 9/1/2009

MISSION STATEMENT

THAT THE CATHOLIC ATHLETIC LEAGUE IS ORGANIZED IN ORDER TO GIVE THE CHILDREN OF THIS DIOCESE A PLACE TO SHARE, GROW AND INTERACT IN A SAFE ENVIRONMENT. THE DESIGN OF THE LEAGUE OFFERS ALL CHILDREN A PLACE TO COMPETE IN A CARING, NURTURING ENVIRONMENT IN ORDER TO HELP THEM DEVELOP EMOTIONALLY AND SPIRITUALLY.

I—GENERAL RULES

THESE GENERAL RULES APPLY TO ALL SPORTS THAT ARE CONDUCTED UNDER THE AUSPICES OF CAL.

TEAM STRUCTURE

- 1-1 Age classification: CAL Age classifications (both boys and girls):
- a) **Intermediate Division: grades 9, 10, 11, and 12 (exception Volleyball)**
 - b) **Cadet Division: grades 9, 10, and 11**
 - c) **Grammar Division: grades 7 and 8**
 - d) **Midget Division: grades 4, 5, and 6** (“B” Division excludes 6th graders)

REFER TO SECTION 7 FOR AGE GUIDELINES FOR NEW ENGLAND COMPETITION

- 1-2 Catholic Athletics should model good youth ministry principles. It is therefore an expectation that all members of Catholic Athletic League (CAL) teams play for an amount of time specific to each sport in each game (refer to sport-specific section). Coaches who do not abide by this principle will be subject to disciplinary action.
- 1-3 All teams must be accompanied by a certified adult coach who has passed a criminal background check (who is a minimum of 21 years of age) at all times including team practices.
- 1-4 Only registered members (Baptized/Roman Catholic) of a parish who are active participants in the Religious Education program in the parish will represent/play for said parish.
- 1-5 Parishes or schools who have more than one team in a division must identify the teams by the use of numbers or colors. **Teams may not** use the letters “A” or “B”.
- 1-6 Any high school or prep school varsity – college freshman and/or varsity player who has participated [defined as suiting up and/or listed on the score sheet] in one official game, **including pre-season and all tournament games**, with his/her school team(s) in the same sport, during the current CAL season, is ineligible to participate in any further CAL league games. (The CAL season is to be interpreted for this rule as the period starting with the first scheduled game through the completion of the last tournament game.)
- 1-7 All Junior Varsity and Varsity players who have competed this season for a High School team will not be eligible for New England Competition.

Rules Regarding Non-Catholic Participation

- 1-8 Participation by non-Catholics in CAL competitive activities is allowed if the non-Catholic resides within the parish.
- 1-9 For New England CYO Playoffs, parish teams are limited to no more than two (2) non-Catholics (registered, baptized/Roman Catholic) on their rosters (with the exception of Catholic School students who are playing for their school team). A maximum of two pool (authorized) players may fill the two non-Catholic spots.
- 1-10 No Catholic participants may be cut or dropped from their parish team (s) in order to make room on the roster for a non-Catholic. The determination of team placement of both Catholics and non-Catholics is at the discretion of the Parish/School program administration.

1-11 This chart is for use to determine the number of players that you may have on your roster.

Team	non catholic	pool players	Pool and/or non-catholic NE competition
20	5	5	2
19	5	5	2
18	4	4	2
17	4	4	2
16	4	4	2
15	4	4	2
14	3	3	2
13	3	3	2
12	3	3	2
11	3	3	2
10	2	2	2
9	by exception of the league administration		
8	by exception of the league administration		

TEAM COMPOSITION

- 2-1 A youth may transfer to another parish for the purpose of youth ministry programming, and participate fully in activities providing that the following criteria have been met:
- a) A transfer application (available at the CAL office) is completed with signatures from pastor of youth's home parish and the pastor (or delegate) of the parish in which he/she wishes to participate.
 - b) Complete review and investigation by the diocesan transfer board under the auspices of the Office for Comprehensive Youth Ministry.
 - c) Receipt of transfer authorization, and return of signed acknowledgement of transfer stipulations

Note: The selection (parish or school) has been made upon signing the school or parish registration form.

- 2-2
- a) **Any Catholic youth may play for only ONE of the following: his / her home parish OR the Catholic regional, diocesan or independent school which he / she attends. The player must make this choice for the duration of that particular division (division meaning midget or grammar). No player may be on two different team rosters of the same sport at any one time.**
 - b) **If the player's home parish does not field a parish team the youth may be assigned by CAL [upon the successful submission of a completed and acceptable Player Pool Form] to play for another parish. If in a subsequent season a new (first time or returning) parish team {player's home parish} or school team is formed then the player will have the option of staying with the previous team (the one they have been pooled onto) or the player may choose to go to the newly formed team for the duration of play within that division. (See Rule 2-6)**
 - c) **If a player moves to a higher **division** (e.g.: a 6th-grader moves up to the grammar division), that player must play within that division (in either the parish or school league) for the duration of his/her eligibility within that division.**
 - d) **If a player moves from one level to a higher level (ex: from midget A1 to midget A2), he / she cannot move back to the lower level for the remainder of the season and playoffs.**
 - e) **If a player enrolls in a Catholic school and he / she has played previously on a parish team, that player may now choose between the parish or school team.**

2-3 Any player wishing to represent a parish after having played for another parish, without changing his/her residence, MAY NOT do so until one year after completion of the schedule in which he/she was last a participant. Waiver of this is automatic if a Diocesan Transfer Application has been approved.

2-4 Once a player has been rostered for a season, only a change of address will be considered for a change of parish **(or school) before** fifty percent of the regularly scheduled games (these dates will be provided on the sport-specific deadline sheet) **have been played.**

Rules regarding authorized players (Pool Players)

- 2-5 A Catholic youth whose home parish does not have a team in the particular sport/division may submit his/her name using the appropriate forms (available at the CAL office) into a player pool. The **CAL Administration** will then assign a player for the **duration of participation at that division** according to guidelines and availability of openings. Every effort will be made to accommodate needs within the available options. Once a player has been pooled onto a team the siblings of that player will also be eligible for the same consideration of assignment.
- 2-6 A player who had been placed on a parish team other than their own through the players' pool and whose parish is now offering a team in that respective division, has the option to either continue to play for the same parish of the previous year or play for their home parish. If the player is moving up into a new division, they must play for their home parish if it is sponsoring a team in that particular division. **If a player is pooled into a parish for one sport; he / she will remain pooled in that parish for other sports providing their home parish does not have a team for that sport. He / she may do so without submitting a new pool form for as long as that player stays within that division.** All pool assignments are contingent upon the welcome of the sponsoring parish. **Once a pooled player has completed the division they were pooled into, they must re-submit a new pool request for the next division.**
- 2-7 Players who have been assigned through the Player's Pool will be known as an Authorized Player.

FORFEITURE

- 3-1 Violation of rules will result in the automatic forfeiture of every league game from the time in which the infraction occurred and a win will be awarded to the offending team's opponents(s). Once the infraction has been rectified no further penalty will occur.
- 3-2 Eligibility of a player may be **protested for the regularly scheduled games and playoffs up until the Sports deadline date.** Any violation of rule 1-6 may be protested at any time during the season.
- 3-3 If two competing teams each use ineligible players during the regular season, the game will be disregarded and will not be replayed.
- 3-4 **Failure of a team to arrive within fifteen (15) minutes after the scheduled starting time will cause forfeiture of the game. The forfeiting team is responsible for the administrative penalty fee of \$75.00. A forfeiting team is responsible to pay the penalty fee to the Catholic Athletic League. Two successive forfeits, or three overall, may result in ejection from the league. The opposing team must fill in the reporting form and submit it to the league coordinator with a two to zero score.**
- 3-5 Any request to reschedule games may result in the forfeiting of that game which will be at the discretion of CAL administration. **If so, such request / notification of an upcoming forfeit may result in an administrative forfeit fee of no greater than \$75.**

SUSPENSIONS

- 4-1 All violations of the rules may result in a suspension as determined by **the diocesan administrative officials.**
- 4-2 Any player who is dismissed or ejected from a game shall automatically have a minimum of one game suspension and immediately following the dismissal or ejection must contact the league coordinator for that area within forty eight (48) hours of the incident to (a) set a meeting (b) produce a documented resolution for the official file. Failure by the ejected player or his representative to contact the league coordinator within the forty eight hours will result in suspension until further notice.
- 4-3 **Any coach who is dismissed or ejected from a game shall automatically be suspended from all coaching until a meeting is held with the area / district coordinator. The ejected coach must contact the league coordinator for that area within forty eight (48) hours of the incident to (a) set a meeting (b) produce a documented resolution to be filed at the Office for Comprehensive Youth Ministry. Failure by the dismissed coach to contact the league coordinator within the forty eight hours will result in suspension until further notice.**
- 4-4 Any player or coach ejected and/or dismissed from a playoff game shall be ineligible for the next game. Any player or coach ejected from the game by an official for fighting, on or off the court, will be ineligible for the remainder of the tournament, and may be ineligible for future tournaments. Playoffs include Diocesan, and New England Tournaments.

4-5 A Coach’s certificate may be revoked for any violation of Coaches Code of Ethics or Diocesan School Policy with written notification from the Director of Youth Ministry or Superintendent of Catholic Schools.

ROSTERS/PLAYOFFS

5-1 The parish / school liability release form and typed team rosters with the authorized signatures must be submitted prior to the **start of the season before or at Roster Night**. Failure to submit these forms will result in non participation by the offending team until all such forms are received by the league administrator. The non-participation penalty will be imposed as of the Wednesday prior to the start of the season. The deadline for subsequent weeks will be Wednesday for the receipt of these forms.

5-2 **Sports Deadline Dates for Eligibility, Pool and** Additional players who may not be added to a roster after:
 Fall sports: October 1 Winter sports: January 1 Spring sports: May 1

5-3 **In order to be eligible for the post-season play, a player must fulfill the following requirements based on the number of scheduled games played or forfeited as verified on the submitted Eligibility Sheets:**

Games	Games played for eligibility
15	5
14	5
13	4
12	4

If a player has an injury and cannot play, the number of games missed will not be counted if there is receipt of a doctor’s note verifying the injury.

5-4 **League formation and playoffs will be at the discretion of the League Administrator and/or Area Director depending on the number of teams.**

5-5 **Standings for all sports will be based on percentage.**

5-6 Diocesan playoffs shall be rescheduled or postponed only when weather interferes. It is the responsibility of the competing teams to appear for scheduled games or face forfeiture and incur the forfeiture fee.

5-7 **Seeding:** Tie breakers for the positions in the seeding for the playoffs will be determined by:

- a) Percentage (%) of wins based on seasonal record
- b) Head to head competition
- c) Record against the top finishing team
- d) Record against the next and subsequent finishing teams
- e) Coin flip with the tied teams only for seeding not for entry into the playoffs

5-8 **Ties for last place seed: if two or more teams are tied for the last playoff spot there will be a playoff game prior to the start of the playoffs to determine the last seed**

5-9 At the playoff meeting, a team’s representative (coach or coordinator) and the CAL coordinator will agree on the active players for that team’s playoff roster. The coach must confirm with the coordinator of the playoff site the names of the eligible team members present **thirty minutes** prior to the game. Teams who appear at the playoff game with less than the charted number of eligible players will forfeit that game and incur the penalty of \$75.00 if it is determined that the required number of players has not been met. The game will be played under protest and CAL will rule on the protest.

Eligible Players	Need to play
20.....	15
19.....	14
18.....	13
17.....	13
16.....	12
15.....	11
14.....	11
13.....	10

Eligible Players	Need to play
12.....	9
11.....	8
10.....	8
9.....	7
8.....	6
7.....	5
6.....	5
5.....	5

5-10 Should any situation arise, a playoff committee (CAL League Officials) will determine the resulting action (subsequent play or forfeit) based upon the issue and the available information.

MULTI-PARISH TEAMS

A multi-parish team is made up of a minimum of two independent parishes that are clustered or combined. Parishes that have been combined under the authority of the Bishop of the Diocese are not considered multi-parish **for the purpose of this particular rule.**

- 6-1 When a parish is unable to sponsor a team due to a lack of players, that parish may join with a bordering parish after petitioning their area director for authorization to participate in their CAL program. Any request for the combination of more than two (2) parishes should be brought before the CAL Board by the area director for consideration.

Guidelines for Petition

- 6-2 The petitioning parishes:
- a) May sponsor only one (1) multi-parish combine per division,
 - b) Should have one (1) member (parish) of that combine with an insufficient number of participants to sponsor a team,
 - c) Should share financial responsibility,
 - d) Shall show proof of open invitation for tryouts to all parishes of the combine (parish bulletins, newspaper clippings, etc.)
 - e) Shall have the approval of the pastor of each petitioning parish of the combine,
 - f) Shall have the approval of the local area director,
 - g) Must place all participants from the non-sponsoring parish on the same team in the event that two (2) teams are entered,
 - h) Shall not cut any players from the sponsoring parish in order to make room for players from the non-sponsoring parish,
 - i) Shall not cut any Catholic player in order to make room for non-Catholic players;
 - j) The non-sponsoring parish cannot supply non-Catholics to combine team.

Guidelines for Approval

- 6-3 The petitioning parishes shall submit to their CAL office a complete account and record of information pertaining to the guidelines for petition for a multi-parish team no later than two weeks prior to the Commitment Form deadline. The parish CAL athletic director/coordinator or his/her representative shall attend a hearing as determined by the area director.
- 6-4 Approved multi-parish teams shall be eligible for competition for one (1) activity season only. The parishes shall re-petition the CAL director for each subsequent activity season.
- 6-5 Multi-parish teams ARE NOT eligible for diocesan playoffs unless the criteria in rule 6-6 apply.
- 6-6 Athletic teams representing parish youth ministry clusters will be eligible for playoff competition if the following criteria are met:
- a) The cluster must be for youth ministry programming and not just for athletics.
 - b) The cluster must be in existence prior to the activity season.
 - c) Players on the cluster's team must be active in the youth ministry program as determined by the participant's parish.
 - d) The existence of a valid youth ministry cluster must be re-evaluated annually.

Guidelines for Mixed Teams from a Parish and Its School Playing Together

- 6-7 In the event that a parish or its school cannot field a team in the parish or school divisions due to an insufficient number of players, then a mixed team of parish and school youth may be formed. Mixed team shall be comprised of youth from both the parish and the school after petitioning to the Catholic Athletic League.
- 6-8 The petitioning parish or its school shall submit to the League Coordinator a complete account and record of information pertaining to the guidelines for petition for a mixed team no later than two weeks prior to the Commitment Form deadline.
- 6-9 The only schools allowed to participate in a mixed division are parish (or inter-parish) schools.

INTER-DIOCESAN COMPETITION (NEW ENGLAND)

- 7-1 The school or parish **Diocesan Champions, with the approval of the Diocesan Director and the CAL Administration** will be **invited** to represent the Diocese of Providence in their respective divisions for the New England competition.
- 7-2 In order to represent the Diocese of Providence in the New England CYO Tournament the parish or school must belong to the Diocese of Providence.
- 7-3 Participating teams assume their own travel, hotel, registration, and food expenses.
- 7-4 Refer to 1.8 for the number of non-Catholic / Pool player Participation in the New England **tournament**.
- 7-5 A mixed school / parish team may not participate in the New England Tournament.
- 7-6 All Junior Varsity and Varsity players who have competed this season for a High School team will not be eligible for New England Competition.
- 7-7 **All age criteria are as of December 31 of the season in question.**
- **INTERMEDIATE**
Grade criteria: Has not graduated from high school
Age criteria: Is greater than age 13 and less than the age 19 (ages 14-18 only)
 - **JUNIOR (CADET)**
Grade criteria: Has not graduated from high school
Age criteria: Is greater than age 11 and less than age 17 (ages 12-16 only)
 - **7th/8th GRADE (GRAMMAR)**
Grade criteria: Has not completed the 8th grade
Age criteria: Is greater than age 9 and less than age 15 (ages 10-14 only)
 - **5th/6th GRADE (MIDGET)**
Grade criteria: Has not completed the 6th grade
Age criteria: Is greater than age 7 and less than age 13 (ages 8-12-only)

COACHES

- 8-0 **All coaches must wear (display) their **current** coaches ID during all games. (To be presented at the mandatory annual coaches meeting in October).**
- 8-1 **PERMANENT CERTIFICATE:** All coaches, assistant coaches, managers, et al (hereby known as coaches) must receive a certificate authorized by the Diocesan Office for Comprehensive Youth Ministry. In order to gain a lifetime permanent certificate, the following requirements of the Catholic Athletic League must be met:
- a) **ASEP Program:** The requirements (as outlined in the ASEP registration form) must be completed prior to the awarding of the certificate: 1. Attendance; 2. Testing; 3. Completion of requirements prior to the deadline.
Note: Any attendee who does not complete the requirements prior to the deadline will be required to attend the entire program again before being allowed to coach. First year coaches need to complete the program prior to the end of the regular season of play in which they are currently coaching.
 - b) **Complete State Background Criminal Investigations;** prior to coaching: State BCI checks must be submitted on or before the Roster Deadline Date. Any individuals who coach without having procured the State BCI check will have their Coach's Certificate suspended and the game(s) forfeited. The BCI checks are to be done again **EVERY THREE YEARS.**
 - c) Complete the USCCB required **Safe Environment Training program: the renewal must be done EVERY THREE YEARS**
- 8-2 The Diocesan Director of Youth Ministry or the Superintendent of Catholic Schools may revoke a coach's certificate if there is a serious infraction of expected coaching behavior. See rule 4-5.

- 8-3 All head coaches must be at least 21 years of age and all assistants must be at least 18 years of age. They must have signed acknowledgment of the Diocesan Policy and Procedure in Cases of Sexual Misconduct and agree to conduct themselves according to the Code of Ethics and the Guidelines for Adult Volunteers.
- 8-4 All female teams coached by a male, and all male teams coached by a female must be accompanied by an adult (at least 21 years of age) that is the same gender as the members of team. In order to sit and thus coach on the bench this person must be ASEP certified. All volunteers working with youth by occasionally accompanying them must abide by the Guidelines for Adult Volunteers of the Diocese of Providence, **BCI and Safe Environment** guidelines.
- 8-5 Use of uncertified coaches may result in forfeiture of all games in which said person(s) has participated. A coach is defined as a person who instructs the players in any manner from a position reserved for coaches. (For example: a fan who joins the team huddle to give comments must be a certified coach of that team.) Scorekeepers who do not function as coaches (in any manner) may be exempt from the certification requirement providing they do not sit on the bench.

PROTESTS

- 9-1 Before any protest can be accepted by the CAL Board, the protest must meet ALL of the following requirements for submission:
- a) That the protest will be based on a rule infraction only and not on the official's judgment.
 - b) That the protest **be noted** by the official(s) and the opposing coach **at the point of the game / match** when the infraction occurs and a note acknowledging this fact accompanies the protest. A detailed report of the exact reasons for the protest must be submitted in writing to the CAL coordinator within 48 hours of the protested game's scheduled starting time, and must include all pertinent information (date, location of games, names, score at the time of incident, etc.)
 - c) The protest must include a protest fee of \$25.00. Said fee will be refunded if the protest is allowed, and must be paid in cash, parish check, or certified check
 - d) A majority vote of the Appeals Board will determine the outcome of the protest and their judgment will be final.

MISCELLANEOUS

- 10-1 The all play rule for each sport must be adhered to as described in each sport-specific section.
- 10-2 Playing dates, fees, starting times and assigning of officials shall be determined by the Catholic Athletic League Administration.
- 10-3 The league coordinator reserves the right to postpone any and all games in case of an emergency. Unless, in the opinion of the league coordinator, an emergency exists, all games must be played as scheduled. Any game(s) cancelled due to weather will not be rescheduled unless it is necessary for eligibility for the playoffs. For diocesan competition, said responsibility rests with the CAL Administrator.
- 10-4 All block out dates must be submitted on or with the **registration** forms for consideration in creating the schedule.
- 10-5 **The home team is the team that is listed second on the schedule.**
- 10-6 Respect for officials and all participants will be required of all players, coaches and spectators. Any infractions may result in suspensions, ejections, or forfeitures.
- 10-7 At all CAL games both teams and their coaches:
- a) Will gather to share prayer at the beginning of the game
 - b) In the spirit of Christian Sportsmanship, will exchange handshakes at the end of the game.
 - c) **Will be expected to display Christian Sportsmanship and appropriate behavior at all times.**
- 10-8 All team mascots, logos, and names must be appropriate for Catholic athletic teams. No team name may ever be larger than the name of the parish or school.
- 10-9 Each team must have their own First Aid Kit with them at all games and practices

- 10-10 The teams must keep a scorebook for both teams with the results of the game to the designated league administrator by e-mail. This e-mail from both coaches will verify the outcome of the game. At the end of the season the teams will present their scorebooks and eligibility sheets for verification and completing the final roster for the playoffs.
- 10-11 Each parent must sign a contract of behavior known as the “Parental Code” which will be kept at the parish / school office.

II—SPECIFIC RULES

WINTER BASKETBALL (BB)

PLEASE REFER TO THE GENERAL RULES FOR ALL NON SPECIFIC SPORT INFORMATION

- BB-1 A roster must have a minimum of ten (10) players listed for each team unless **written permission is received from the CAL Office.**
- BB-2 Refer to 1-1 for age classifications for both boys and girls.
- BB-3 There shall be a separate league(s) for boys and a separate league(s) for girls
- BB-4 Length of games:
 a) Midget (boys and girls): two halves each of 12 minutes in duration. Overtime two (2) minutes
 b) Grammar (boys and girls): two halves each of 14 minutes in duration. Overtime two (2) minutes.
 c) Cadet (boys and girls) and Intermediate (boys and girls): two halves each of 16 minutes in duration. Overtime two (2) minutes.
- BB-5 Home team in all leagues must supply the game ball. Each team must provide either a scorekeeper or timer to sit at the scorer’s table.
- BB-6 Official numbered team uniforms must be worn at each game.
- BB-7 **All teams must carry a First Aid Kit to practices and games.**
- BB-8 All games in all leagues shall be governed by the rules of the National Federation of State High Schools Association (NFSHSA) when these rules are not in conflict with CAL rules.
- BB-9 All girls divisions and boys Midget divisions shall use the women’s basketball, 28.5 as defined by the NFSHSA. All Grammar and Cadet boys divisions will use the 29.5 ball as defined by NFSHSA.
- BB-10 **All-Play Participation Rule:** Starting with the first game of the season, **and throughout the playoffs**, all Diocese of Providence CAL basketball teams must play ALL healthy, uniformed players in each game according to the following formula. The participation rule applies to the first half of play. The first half will be divided into minute segments
Midget: 3 minutes
Grammar: 3:30 minutes
Cadet and Intermediate: 4 minutes
 for a total of four all-play playing periods. **The time for each playing period will be on the clock.** All healthy uniformed players (up to a number of twelve) must play the minimum of a full continuous playing period during the first half. Every player entering the game for the first time must enter at the beginning of the playing period **and a minimum of one new player (who has not yet entered the game) must enter the game in each consecutive period, until all players have played.** The only exceptions will be due to injury or disqualification. If a player leaves a playing period due to injury and is later able to re-enter, the player must play a subsequent full playing period. If unable to re-enter until the second half, the player must play the equivalent of a full, continuous playing period on the clock. A substitute for an injured or disqualified player must play a complete playing period. Players arriving after the start of the game are required to play their playing period unless they arrive after the start of the second half. It is recommended that players arriving after half time be allowed to play.

All teams with thirteen or more players present have additional playing periods in the second half for the number of players greater than twelve in order for all the players to appear for the full playing period. At each consecutive period, however, a new player must enter the game until all players have played.

If a team is present at the start of the game with less than the minimum ten (10) players, the opposing team which has 10 or more can substitute the players by using the entire game, providing a new player enters the game at the beginning of each playing period.

The end of a playing period will be administered as an official's time out. The team in possession of the ball shall retain it at the beginning of the subsequent playing period with a throw-in at the spot on the sideline nearest the point of last possession. If a shot is taken and missed as time expires, the defending team will obtain possession of the ball.

Parish Athletic Coordinators shall monitor their program's coaches for compliance. Violations are a breach of sportsmanship and are subject to disqualification, forfeiture or suspension.

- BB-11 A team with a lead of twenty (20) points or more in all divisions may not use a full court press. Definition of a press: none of the players of a team which is holding that lead may guard any opposing player in the back court until the ball or a player in control of the ball has passed the half-court line of the opposing team. Penalty: one warning per game, then a technical will be called on the offending team for each violation. NOTE: the technical foul is a team technical.
- BB-12 Time outs: **4 full time outs only.**
- BB-13 **A parish or school may not have multiple teams in an A-1 level in either the Midget or Grammar division without having a team in the A-2 level.**

BASKETBALL GUIDELINES FOR THE MIDGET "B" LEVEL (BX)

PLEASE REFER TO THE GENERAL RULES FOR ALL NON SPECIFIC SPORT INFORMATION

The "B" Level in CAL Basketball League play is an **instructional** level. Therefore, league standings will not be kept. There may be a tournament held at the end of the season in which the pairings will be done randomly.

- BX-1 Parishes and/or Schools with only one team must enter the team into either the Open, A1, or A2 Level, not the "B" Level **unless written permission is given by the CAL office.**
- BX-2 All Play Participation Rule for the "B" Level:
Each "B" Level team must play ALL healthy, uniformed players in each game a total of **6** minutes. Each player must enter into the **1st half** of the game for 3 consecutive minutes of play, and for an additional 3 consecutive minutes of play in the **2nd half**. Every player entering the game for his/her 3-minute play time must enter at the beginning of the playing period. Exceptions will be due to injury or disqualification.
- BX-3 Defense is restricted to the three-point arc except for the last minute in the **first and second halves**. During this time it shall be permitted from baseline to baseline. As of **January 1**, the players will be allowed to play defense up to the mid (half court, division) line.
- BX-6 There will be a delay of the game count by the official (5 seconds) against the offense for holding the ball outside the three-point arc and not starting an offensive move to score.

WINTER CHEERLEADING (CH)

PLEASE REFER TO THE GENERAL RULES FOR ALL NON SPORT SPECIFIC INFORMATION

- CH-1 The rules of the Spirit Competition for the National Federation of State High Schools Association will govern all cheerleading teams within the Catholic Athletic League when these rules are not in conflict with CAL rules.
- CH-2 All coaches, assistant coaches, managers, assistants, etc., (hereafter called coach) must have a certificate authorized by the Diocesan Office for Comprehensive Youth Ministry-CYO. Refer to Rule 8-1. Use of uncertified coaches will result in non-participation by the cheerleading squad. See Rule 8-1 for a definition of Coach.

- CH-3 All squads must complete an official CAL Roster form and register with the CAL office by the designated deadline (which is normally the same deadline for basketball teams). Any squads who do not **will not be allowed to cheer at CAL games.**
- CH-4 Cheerleading and practices should be conducted in a safe environment conducive with the cheerleading activities being conducted in accordance with the NFHS rules. During all CAL sporting events and practices the cheerleading squads are required to use mats for all floor exercises. There shall be only two levels with no flyers at any time.
There shall at no time be:
- | | | |
|---------------------|------------------------------------|--------------------|
| a) Aerial stunts | d) Non release, specialized stunts | g) Tosses |
| b) Extended stunts | e) Release skills / stunts | h) Vaults |
| c) Suspended Stunts | f) Transitional Stunts | i) Swinging Stunts |
- CH-5 All clothing and routines shall be **reviewed to be** deemed appropriate by the parish / school administration and CAL.

SPRING CO-ED VOLLEYBALL (VB)

PLEASE REFER TO THE GENERAL RULES SECTION FOR ALL NON-SPORT SPECIFIC INFORMATION:

SCORING:

- VB-1 The Rally Point system will be used during each game.
The first team to 25 in the Grammar Division is the winner and the first team to 27 in the Intermediate Division is the winner. During the regular season a team does not have to win by two.
During the playoffs there will be a best of three series: first two games won-the MATCH ENDS, with no maximum and the games to be won by two.

PROCEDURES:

- VB-2 All three games of each match must be played during the season. Standings are recorded by games won, not by matches. The first game of the match will be forfeited at the 15 minute mark for the scheduled time and at the 20 minute mark the second and third games will also be forfeited.
- VB-3 If the prior game ends late, a 5-minute warm-up will be allowed. The referee will set the clock at 5 minutes for this warm-up.
- VB-4 **One timer and scorer will be supplied by each team and will sit at the scorers table.**

ROSTERS:

- VB-5 This is a co-ed League - a minimum of three girls and three boys on the roster is required. It is recommended that each team have more than 8 players. The process for exception in entering a team is to be reviewed by the league coordinator upon written submission of need by the principal, pastor or CYM. **Age criteria: Is greater than age 13 and less than the age 19 (ages 14-18 only) as of December 31 of the season in question.**
- VB-6 Roster sheets are to be carried by the coaches to each scheduled game and available for the referee if needed.
- VB-7 The rotation will reflect a **separation** format for all teams:

<u>REGULAR TEAM</u>	<u>2/3 TEAM</u>
B G B	G B G
B G B	G B G

PLAY:

- VB-8 Before each game, each team will establish an order of rotation to be submitted on the rotation form to the referee prior to the game beginning.
- VB-9 There is an all play rule whereby each player present is substituted in the rotation in each game. When the team rotates, the right forward will move to the bench and the next in rotation will enter in the right back to serve. Note: substitutes must be of the same gender.
- VB-10 A player may be substituted between servers only if an injury occurs. (The injured player may not re-enter that game until the next rotation.)

VB-11 **TEAM COMPOSITION FOR PLAY:**

- a) For Grammar and Intermediate leagues: A team will be permitted to play with four of one gender and two of the other gender, if the roster for that team is comprised of 2/3 of one gender. The date for changing status (either from 2/3 to balanced roster or from balanced roster to 2/3) is May 1.

CHART:

TOTAL NUMBER OF PLAYERS	GENDER	GENDER
15	5	10
14	5	9
13	4	9
12	4	8
11	3	8
10	3	7
9	3	6
8	3	5
7	2	5

- b) Playing with less than 6 players is permitted providing that:
 - I) A team may play if there is only 1 girl or 1 boy present, the team must then play with only 5 players. There may be either 4 of one gender, providing that the roster is comprised of 2/3 of one gender, and the 1 of the other gender. There is a normal serving pattern with the playing of 5 (no loss of service).
 - II) If the roster does not meet the 2/3 rule, then the team must field no more than 4 of any one gender.
 - III) A team may play with a minimum of 4 players to start the match; if another player arrives after the first service then that player must wait until the next game.
- c) If a team has only one player of a particular gender on the roster, that player will rotate out like all other players.

- VB-12 If a boy or girl arrives late to a game, he/she may not be added to the rotation for that game. Only after that current game is done, may you enter any new players on the rotation sheet for the next game / games. If a player arrives after the first service of the last game then he/she must wait to enter the game until his/her team gains the service.

SCORE SHEETS: Timer and Scorer to be provided from each scheduled team for each game of the match:

- VB-13 Each coach must sign the rotation sheets which establishes, for all non 2/3 teams that a boy / girl sequence is present, score sheets for each match (3 games) and then have the referee counter sign these sheets.
- VB-14 Only the captain and the coach may discuss the game with the referee.

DECORUM:

- VB-15 Players may not distract the opposing team by trash talking, clapping, vocalizations or noise making.
- VB-16 Trash talking or poor sportsmanship will not be tolerated.
- VB-17 The referee may give a player/coach an immediate Yellow or Red Card Warning.

COMMENCEMENT OF PLAY: NFHS RULE:

- VB-18 Home team is given the choice of the bench and the choice to receive or serve in the first game. Subsequent games alternate. (Reference Rule 10-5)

SERVICE AND SIDES IN SUBSEQUENT GAMES:

- VB-19 A player may serve from behind the service line as permitted under the NFHS General Rules. Service lines may vary according to the gym limitations. According to NFHS there are no blocks at the net on the serve.
- VB-20 A player has 5 seconds to serve the ball after the referee whistles for service.
- VB-21 If the player lets the ball hit the floor, the referee will call a re-serve and the server will be given 5 more seconds (once per service opportunity).
- VB-22 The team that did not serve first in the preceding game shall serve first in the next game.
- VB-23 Teams may allow any player to move up three feet to serve only until May 1 (Grammar division only). After May 1, one player per game may be designated to move up three feet from the service line.
- VB-24 No player may serve beyond 5 straight serves. The service will then go to the next player of the same team who will begin to serve once they have rotated. This player and subsequent players may not serve beyond 5 straight. This sequence will continue until the opposition gains the service.

CEILING RULES:

- VB-25 On a serve, if the ball hits the light cages, beams or pipes:
- In the center of the court: bad serve - side out
 - On the receiving side of the net: bad serve - side out.
 - On the serving side of the net and does not go over: bad serve - side out.
 - A net serve is a good serve: if the ball goes over the net, it is alive and must be played.
- VB-26 Any ball, other than a serve, that hits the ceiling on the same side is playable only if it drops on the same side of the net. If the ball hits the ceiling and passes over the net, it is ruled a foul.
- VB-27 Net height is 7'4".

MIDGET DIVISION INSTRUCTIONAL VOLLEYBALL

- VB-28 Service line will be the foul line extended or 10 feet from the back line
- VB-29 Net height is 6'
- VB-30 No playoffs will be held in this league since it is instructional.

SPRING CO-ED SOCCER (SO)

PLEASE REFER TO THE GENERAL RULES FOR ALL NON SPECIFIC SPORT INFORMATION

- SO-1 PLAYING RULES: All rules regarding participation will conform to the CAL guidelines and the National Federation of High School Sports Soccer rules.
- SO-2 LENGTH OF GAMES: two 30-minute halves. Overtime: this will consist of two five minute periods played to completion and if still tied will be followed by 5 penalty kicks by the players on the field and if still tied by 5 additional penalty kicks by five different players who are on the field at the end of play.
- SO-3 ALL PLAY RULE: All players are to play at least **10 minutes** of each game.

- SO-4 UNIFORMS: Uniforms shall consist of a colored and numbered T-shirt that the school/parish must provide. Goalies will wear a different colored shirt.
- SO-5 PLAYER EQUIPMENT: All players will be required to wear approved National Federation shin-guards, and NO jewelry or metal cleats will be allowed. (EARRINGS MAY NOT BE COVERED WITH TAPE)
- SO-6 EQUIPMENT: All teams must have their own First-Aid Kits with them at all games/practices.
- SO-7 SUBSTITUTIONS: On any throw in, corner kick or goal kick by either team. **(Any dead ball except direct or indirect kicks)**
- SO-8 STARTING A GAME: In order to start a game there must be at least 8 players available (7 field players and 1 goalie). In the spirit of Christian competition the opposing team will go no greater than one player above the competing team's number. As players arrive then the numbers can be increased at the next dead ball by each team.
- SO-9 **Opposing teams will match an equal number of boys and girls on the field at any one time. If there is an unequal number of one gender then the coaches shall meet at the beginning of the game to determine:**
- a) **How many of either gender will be playing (substitutions will be the same gender for gender)**
 - b) **If there are too many of one gender (greater than 3 player difference) then that team will lose the ability to field an 11-player squad and will play with one less player.**
- SO-10 In the Midget division the size of the ball is #4 and in the Grammar division it is #5.
- SO-11 The league coordinator reserves the right to postpone any and all games in case of an emergency or weather. Unless, in the opinion of the league coordinator, an emergency exists, all games must be played as scheduled. Any game(s) cancelled due to weather will not be rescheduled unless it is necessary for eligibility for the playoffs.

FALL CROSS COUNTRY (CC)

PLEASE REFER TO THE GENERAL RULES FOR ALL NON SPORT SPECIFIC INFORMATION

- CC-1 There will be a male and a female meet over a 1.85 mile course.
- CC-2 Uniform shirts must be worn by the runners which clearly indicate the team for which they are participating.
- CC-3 All rules listed by the National Federation regarding Cross Country will be followed.
- CC-4 All healthy uniformed runners must compete.
- CC-5 The top four runners from each team will be counted for the team total.
- CC-6 For a team to score in a meet there must be at least four runners finishing.
- CC-7 The league coordinator reserves the right to postpone any and all games in case of an emergency. Unless, in the opinion of the league coordinator, an emergency exists, all games must be played as scheduled. Any game(s) cancelled due to weather will not be rescheduled unless it is necessary for eligibility for the playoffs.

FALL TENNIS (T)

TENNIS RULES

- T-1** All tennis matches of CAL will be played according to the official National Rules of the United States Tennis Association, except for any special rules adopted by CAL.
- T-2** Team composition (co-ed or single gender) and Playoffs will be determined at the annual coaches' meeting.
- T-3** Each school must submit a ranking of its players to the director of the league prior to the start of the season. Each coach must exchange player order for the singles and double matches with the other coach prior to the start of the match.
- T-4** Team uniforms shall be worn for all season and playoff matches.
- T-5** Teams will assemble at the net for the prayer prior to the matches.
- T-6** Team scoring: The team winning a majority of the matches (must be an odd number of matches) of the individual and team competition will be the winner.
- T-7** Rules of Tennis Etiquette
- a) Faults: The server stands behind the lines and may not step on the line or into the court before the serve is made.
 - b) Each game will be governed by the "no ad" rule (if tied at deuce the next point wins)
 - c) On the serve and during play, the ball is considered "in" and must be played unless the receiver immediately calls it "out". The receiver does not call "in".
- T-8** Scoring
- a) One must win: A "pro-set" consists of one person winning eight games. When one person reaches eight games he / she wins the match. In the event that the two players are tied at seven games each, the winner shall be determined by playing a tie breaker. A tiebreaker is started by the person who normally would be next to serve. That person serves one point starting in the deuce side. After the first point is played the other player serves two points in a row. From the second point on the server starts serving to the ad side. After a total of six points have been played the opponents shall switch ends of the court. The winner of the tie breaker shall be determined by the first person to reach seven points by a margin of at least two points. (7-5)
 - b) To begin: By winning a coin toss the player gets to choose ONE of the following:
 - Serve or receive serve
 - Choose an end of the court or have other player choose
- T-9** Reporting: Both coaches will e-mail the results to the league coordinator:
- a) Winners of the singles matches
 - b) Winners of the doubles matches
 - c) Overall team winner



Catholic Athletic League

The Catholic Athletic League of the Diocese of Providence is governed by the Board of Directors which is comprised of pastors, priests, school principals, representatives from diocesan youth ministry agencies, the Catholic School Office and the Office for Comprehensive Youth Ministry. The Board has four standing committees: Executive, Finance, Appeals, and Rules.

The League is managed by the CAL Administrator who coordinates athletic competition opportunities for the parishes and schools of the diocese. The Administration's contact information is located on the front cover of this rule book.

Under the direction of the Administrator, the programs of Area 1, Area 2, and the School Division are run by individual coordinators. Please refer to the back page of this rule book for your coordinator's contact information.

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