



**Basketball**

**Cross-Country**

**Track**

**Volleyball**

**Fair Play**

**Diocese of**

**Oakland**

**CYO**

**Athletic**

**Manual**

**2018-2019**

**Catholic Youth Organization  
Diocese of Oakland**  
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**2018–2019 CYO ATHLETIC MANUAL**  
**Diocese of Oakland**  
**Catholic Youth Organization**  
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**INTRODUCTION**

**PURPOSE OF CYO ATHLETICS**

*Every athletic competitor exercises every kind of self-discipline — they to win a perishable crown, but we an imperishable one. (1 Corinthians 9:15)*

A diocese or a parish sponsors a Catholic Youth Organization as one dimension of its total ministry to youth. Athletic programs can help young people toward imperishable crowns as well as perishable ones. A parish CYO program justifies its existence and the sacrifice and expense it entails only if it allows young people to practice Christian attitudes and responsibilities.

In CYO programs, emphasis rests not on the number of games won or lost, but on the participants' attitude in victory or defeat. Learning how to lose is just as important as learning how to win. Learning how to win graciously is more important than winning itself.

CYO programs serve the needs of all youth. They enable the gifted to excel, the less gifted to participate and improve. "Star" athletes and teams do not receive exclusive attention.

Principles of fair play and sportsmanship must govern every game. Dishonesty has no place in CYO competition. CYO competitors must not borrow from professional sports questionable techniques for winning at any cost.

All participants should have the respect of others on their own team and the opposing team. Competitors should regard the opposition as friends, not enemies.

CYO participants should have a spirit of loyalty to CYO ideals, to parish, to coach, and to the team. They should learn patience with and tolerance of those of less ability. They should feel grateful to all who make the CYO program happen. Speech and actions should reflect Christian values.

At times, during the heat of competition, a participant may temporarily forget some rule of conduct. Prompt correction can turn even failures into learning experiences.

Ultimate responsibility for the success of CYO programs lies with the volunteer adult participant. Adults involved in CYO must remember that the program exists for the Christian growth of young people. Conduct of adults must always model Christian values and virtues. When adults forget the primary focus of CYO, the program becomes destructive. When adults remain faithful to the Christian ideals of CYO, they exercise a unique and rewarding ministry to the young with whom they come in contact.

*"Run to win,"* St. Paul advises (1 Cor. 9:24). In CYO athletics, all who compete can win, if they run to win the real prize; closer union with Jesus Christ.

## 2018 – 2019 CYO POINTS OF EMPHASIS

### 1. SPIRITUALITY

*We emphasize that God Is With Us by –*

- **PRAYER:** Prayer is encouraged and CYO activities will begin with prayer. In team sports, the home team will lead a prayer prior to each game, with both teams assembled at center court. At track and cross country meets, all participants and coaches assemble for prayer prior to each meet. CYO programs should encourage prayer at team practices and should consider hosting an annual parish CYO Mass.
- **PARISH AND SCHOOL MINISTRY:** CYO is a part of an overall program of youth ministry in the parish. CYO teams should be involved in parish life and in parish activities. Catholic children should be encouraged to be active in other parish ministries and in religious education programs.

### 2. SERVICE

*We emphasize our Call to Christian Service –*

- **TO TEAMS:** CYO teams are Christian communities. Team-mates and other teams are treated with respect and dignity. Taunting, baiting and rough play are not tolerated.
- **TO OTHERS:** As part of our call to serve, each team is asked to plan and participate in an annual service project for the parish, school or local community, giving to others.

### 3. SPORTSMANSHIP

*We emphasize Good Sportsmanship –*

- **WITH OUR TEAMS:** Coaches must emphasize good sportsmanship by modeling sportsmanlike behavior, setting sportsmanship goals and demanding proper conduct.
- **BY OUR SPECTATORS:** All spectators at CYO events must practice good sportsmanship by cheering positively, never shouting derogatory remarks to coaches, opposing players, other spectators, or game officials. At their Pre-season Parents Meeting, coaches must emphasize good spectator behavior, explaining the proper spectator behavior in the CYO Code of Conduct. Coaches are responsible for the behavior of their spectators and should act immediately to stop any unruly behavior.
- **TO OUR REFEREES:** Coaches, players, and spectators should never show disrespect to officials. Coaches, players or spectators may never approach game officials after a contest for explanations of calls or to comment on the game.

*We display Good Sportsmanship –*

- **BY PLAYING ALL:** Each child is *guaranteed* minimum playing time and coaches should be certain that all players receive playing time *beyond the minimum*.
- **BY NOT RUNNING UP SCORES:** Contests are more fun when the score is close. There is no place in CYO to humiliate an opponent. Coaches are responsible to use game tactics to not run up the score.
- **BY FOLLOWING ELIGIBILITY RULES:** CYO eligibility rules are designed so that CYO teams are parish-based or Catholic school-based, not "club" or city teams. *Children should not practice nor participate on a team until the parish athletic director verifies their eligibility.* Use of an ineligible player, *knowingly or unknowingly*, shall result in forfeiture.
- **BY KEEPING CYO FUN!** CYO is fun for players, not a spectator sport. Coaches must always be positive, praising and instructing, not shouting negatively or demeaning players. Good coaches build self-esteem by emphasizing the skills and social aspects of sports, not by concentrating on winning. Parents must not place undue pressure on their children to succeed. The game is kept in perspective.

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## CYO CODE OF CONDUCT

*The Catholic Youth Organization (CYO), through the vehicle of sports, provides youth with an opportunity to practice Christian attitudes and responsibilities and to become friends with other children throughout the diocese. CYO activities should be examples of the meaning of Christian sportsmanship. The guiding principle behind the enforcement of this code is that the behavior of everyone involved in CYO should not detract from the childrens' enjoyment of the sport.*

### 1. COACHES

**Acceptable standards of coaching behavior include:**

- Set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
- Respect the judgment of officials, abide by rules of the event.
- Treat all coaches, participants and fans with respect.
- Instruct participants in sportsmanship and demand they display good sportsmanship.
- Coach in a positive manner, reflecting Christian values.
- In basketball and volleyball, remain seated on the bench at all times except in the allowed instances in the National Federation Basketball Rulebook.

#### ○ **Penalties:**

- Any coach ejected from a game (match) because of unsportsmanlike conduct will be suspended for the next two games (matches) and may be subject to additional penalties.
- Any coach who physically abuses another person may be suspended for the remainder of the season and may be disqualified from CYO participation.
- Any coach who physically abuses an official will be suspended for the remainder of the season and may be disqualified from CYO participation.

### 2. PLAYERS

**Acceptable standards of participant behavior include:**

- Treat all participants with respect; shake hands prior to and after contests.
- Respect the judgment of officials and abide by the rules of the contest.
- Accept seriously the responsibility of representing the school or parish by displaying positive behavior at all times.
- Play in a positive manner, reflecting Christian values. Do not bait or taunt opponents.

#### ○ **Penalties:**

- Any player ejected from a game (match) because of unsportsmanlike conduct will be suspended from the next game (match) and may be subject to additional penalties.
- Any player who physically abuses another player, participant or official may be suspended from play for the remainder of the season and may be disqualified from CYO competition.

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### 3. SPECTATORS

#### **Acceptable standards of spectator behavior include:**

- ❑ Remember that the players are children and are playing for their enjoyment, not yours.
- ❑ Remain seated in the spectator area during the games.
- ❑ Respect decisions made by contest officials.
- ❑ Be a role model by positively supporting teams and by not shouting instructions or criticism to the players, coaches or officials. Do not coach from the stands.
- ❑ Make no derogatory comments or gestures to players, coaches, parents of the opposing team, officials or league administrators.

#### ○ **Penalties:**

- ❑ Participating teams and their coaches are responsible for the conduct of their spectators.
- ❑ Any spectator who displays poor sportsmanship may be removed from the facility by an official, their team coach, a league official or the host gym person-in-charge.
- ❑ Any spectator who interferes with the conduct of a CYO activity may, at the discretion of the spectator's parish, league, or the Oakland Diocese, be barred from attendance at subsequent CYO activities.

### 4. ENFORCEMENT

The parishes and leagues, under the supervision of the Diocesan CYO Office, shall enforce this code. Complaints regarding violations of this code shall first be brought to the attention of the athletic directors of the parishes/schools involved. Coaches, participants or spectators may be placed on probation or suspended from CYO activities for their actions.



## CYO ADMINISTRATION

### DIOCESAN ORGANIZATION

#### **THE CYO BYLAWS**

The CYO Bylaws are the official rules for the CYO Program. Every coach and athletic director should have a current copy of the CYO Bylaws.

#### **THE DIOCESAN CYO OFFICE**

The Diocesan CYO Office is responsible for the administration of the CYO Athletic Program in the Oakland Diocese. The Oakland Diocese includes Alameda and Contra Costa Counties under the Bishop of Oakland, Bishop Michael Barber, SJ. The CYO Office staff consists of Mr. Bill Ford, CYO Director, and Mrs. Grace House, CYO Administrative Assistant. The CYO Office is located at 2121 Harrison St., Oakland 94612 - (510) 893-5154, FAX (510) 834-5498. The office is open Monday through Friday 9:00 a.m. to 5:00 p.m., closed on major holidays.

#### **DIOCESAN ADVISORY BOARDS**

The Boys' Sports Council, the Girls' Sports Council, and the Track Council are advisory boards comprised of league representatives. The councils meet during the sports seasons to advise the CYO Office on the conduct of the CYO program within their respective sports. The Boys' Council is responsible for boys' basketball and cheerleading. The Girls' Council is responsible for girls' volleyball and girls' basketball. The Track Council is responsible for cross country, track and field.

### LEAGUE ORGANIZATION

Each parish/school participating in the CYO program is assigned to participate in a CYO league.

In the boys' program, the leagues are: Diablo East, West Diablo, East Bay Parochial League (EBPL), Mission Valley, Southern Alameda County (SAC Boys), Tri Valley, West Contra Costa.

In the girls' program, the leagues are: EBPL, Metro, Northern, Southern Alameda County (SAC Girls).

In CYO track and field, each parish is geographically assigned to one of three sections: Diablo Valley (I), Oakland/West Contra Costa (II) and Mission Valley (III).

The minimum league standards are detailed in the CYO Bylaws. Each league is governed by a constitution and bylaws. The athletic directors of the member parishes/schools of the league and other representatives form the league board of directors. Each league selects its own president and other officers. Each league is self supporting in finances and in personnel.

#### **GAME OFFICIALS**

Game officials are selected, trained and assigned by each league. Game officials must be of high school age or older; young children should not function as officials.

Coaches will treat CYO Officials with respect. Officials must not be baited, taunted or criticized during games. *Following a contest, coaches, players and spectators may never approach an official to discuss rules and decisions.* Complaints regarding an official should be directed to the parish athletic director and to the league.

## PARISH ORGANIZATION

Under the guidance of the parish (pastor and/or the Catholic school principal), the Athletic Director and Parish CYO Board direct the operation of the parish CYO program. Coaches are selected as youth leaders from qualified adults in the parish. Job descriptions for the Athletic Director, the CYO Coach and the Parish Board follow.

Of utmost importance in any parish program is communication with the pastor, principal, director of religious education and other organizations within the parish, such as the parish council and school board. Athletic directors should make every effort to communicate and cooperate with other parish organizations.

### THE CYO ATHLETIC DIRECTOR

The CYO athletic director is responsible for the overall conduct of the parish/school CYO athletic program. She/he is responsible to the pastor and/or the Catholic school principal. To participate in the CYO program each parish/school must have an athletic director who has been appointed by the pastor and/or principal.

Athletic directors receive information from the Diocesan CYO Office and from their leagues. They are responsible for disseminating this information to their own parish/school programs.

Responsibilities of the athletic director include:

1. Recruiting and training qualified coaches for all teams. Providing coaches with Coaches Certification Workshop information and ensuring that the coaches are certified for that sport season. Ensuring all volunteers are screened, trained and are in compliance with diocesan safe environment requirements.
2. Conducting an information meeting for all coaches prior to each season to discuss rules and rule changes, league information, CYO and coaching philosophy, and other necessary information for the coming year. Being certain that there are a minimum of two adults present at all activities.
3. Providing information for coaches to host parent information meetings for parents of participants. Coordinating parent programs and attend parent meetings as necessary. Checking to be certain that all teams have hosted parent meetings.
4. Representing the parish at league meetings (or send a representative) and contribute to league activities.
5. Being knowledgeable of the CYO Bylaws, the league constitution and rules. Ensuring that the philosophy of the CYO program is followed.

6. *Making certain that all players are eligible to participate, following CYO eligibility rules. Working with parish leaders to ensure that Catholic children participate in religious education and other parish ministries.*
7. Organizing the parish/school athletic program and support functions including:
  - Arranging for registration of team players. Distributing registration materials; setting time and location for registration. Checking eligibility for all players.
  - Acquiring and maintaining equipment, first aid supplies, uniforms.
  - Scheduling practice facilities.
  - Distributing league schedules to all coaches. (Any request for a change in the schedule must be made through the athletic director to the league.)
  - Manage and monitor finances. Arranging funding and fund raising for support of the program.
8. Checking with the parish and school calendars to avoid schedule conflicts. Meeting with the pastor, Catholic School principal, and DRE, at least annually, to discuss the CYO program. Working with parish leaders to avoid conflict with other parish programs and to promote the CYO program in the parish.
9. Arranging to evaluate teams and coaches after each season, in conjunction with parents and parish leaders.
10. Arranging at least one annual Celebration of the Eucharist, planned by players for the players, a Mass of Thanksgiving for talents and gifts given by God.
11. Selecting and training an assistant athletic director.
12. Organizing a parish/school CYO board to support the athletic program.

### THE CYO COACH

A CYO Coach is primarily a youth minister with a gift of reaching out to young people through athletics. CYO coaches must be of **high school age or older**. An adult coach (18 years of age or older) must be present and responsible for the team at all times. Coaches are appointed by the parish / school.

Responsibilities of the CYO Coach include:

1. Attending a Coaches Certification Workshop prior to the first sport coached each school year. Completing diocesan safe environment training and screening requirements. **Only certified coaches may sit on the team bench.**
2. Conducting a preseason meeting with parents to be certain that all parents, coaches and youth understand their responsibilities and the philosophy of the CYO athletic program.
3. Being knowledgeable concerning the CYO Bylaws, league rules, sport rules and the techniques of teaching fundamentals for that sport.
4. Determining the eligibility of each player on the team prior to participation. Return accurate rosters and support materials to the athletic director.
5. Coaching in a Christian manner while following the CYO "Code of Conduct".

6. Being responsible for the actions of team members and team followers; ensure that their behavior follows the CYO "Code of Conduct".
7. Teaching and guiding the youth on the team with a sense of fair play, sportsmanship and acceptance of winning and losing in accordance with Christian ideals.
8. Taking special precautions to ensure a safe playing environment and following diocesan safe environment policies. Maintaining an adequate first aid kit and keeping medical forms readily available. Providing required safety equipment in good repair and making certain that they are properly used by the players. *Making certain that there will be at least two adults present for each game or practice.*
9. Being aware that individual parish/school CYO programs will be held responsible for damages caused by team members or followers.
10. Scheduling practices and games so as not to conflict with the religious obligations of the children.
11. Working with the athletic director in supporting the league and parish CYO programs.

### THE PARISH / CATHOLIC SCHOOL CYO BOARD

Each parish/school should have a CYO Athletic Board to aid the athletic director in establishing and conducting a successful program.

The board may consist of the athletic director(s), interested and active parents, the pastor (or his delegate), the school principal (or delegate), and other parish organization representatives. Each parish should determine qualifications for membership on the board. Each member should be assigned a specific function and responsibility to support the program.

Suggested functions include:

1. Advising regarding policy in the conduct of the parish programs.
2. Managing and purchasing necessary equipment.
3. Planning and supporting fund-raising activities. Advising and monitoring budget and registration fees.
4. Managing the gym facility and support sponsored tournaments.
5. Selecting and recruiting of athletic directors and coaches.
6. Arranging for parent preseason meetings and post-season awards nights.
7. Giving assistance and support to the athletic directors and coaches.
8. Monitoring that all diocesan and parish safe-environment policies are followed.

All parish CYO organizations may vary in terms of delegation of responsibilities. The duties previously outlined for Athletic Directors, CYO Coaches, and the Parish CYO Board may vary depending on local needs. The parish leadership (i.e. the pastor, Catholic school principal or combination) is responsible for establishing program policy.

## TEAM POLICIES

### COACHES CERTIFICATION

Coaches Certification Workshops will be held prior to the beginning of each sport season. Coaches who attend a Coaches Certification Workshop, and meet other program requirements, will be certified to coach for that school year. Attendance at a Workshop during that school year and prior to that sport season is **mandatory** for all coaches and assistant coaches. Coaches must attend the **entire** workshop to be certified. (Without certified coaches, a school/parish cannot field teams for that sport.)

Workshops include CYO philosophy, sport-specific rules and first aid. Coaches must also complete diocesan safe environment training and screening prior to certification. Information on dates and locations of workshops will be available to the athletic directors and posted on the CYO website prior to each sport season.

Certification cards will be presented to coaches at the end of the workshop. All coaches should then bring their certification cards with them to all the games and be prepared to present them to game officials when requested. Failure to present a card within 48 hours will result in a forfeit for the team. **All** persons on the bench or actively coaching (excluding team members and scorekeepers) must have a valid certification card.

Certified coaches must be of high school age or older. Coaches must complete diocesan screening requirements, be approved to coach by their parish and agree to follow the Oakland Diocese "Code of Conduct Involving Interactions with Minors."

### SUPERVISION

There must be two adults, 18 years of age or older, present at all CYO activities. One of the adults must be a CYO certified coach. In accordance with diocesan policy, an adult of the same gender as the players **MUST** be present at all practices and games. An adult coach must never be alone with children. Coaches must be certain that there is a sufficient number of adults to adequately supervise each activity.

### PRESEASON PARENT MEETING

Coaches are required to arrange for and to lead a formal meeting with their team's parents prior to the start of the season. The purpose of the parent meeting is to explain the philosophy and goals of the CYO program, to communicate the coaching philosophy, goals and methods, and to inform parents of team and program policies. A suggested outline for the parents' meeting is on page 23 of this manual.

### SAFE PLAYING ENVIRONMENT

Coaches are responsible to provide a safe playing environment and to be prepared to give emergency care to injured players.

Providing a safe playing environment includes:

- Have available a current "Parental Permission, Health Authorization and Release form" for each player;
- Check the playing facility prior to each activity and correct any possible hazards before play;
- Arrive prior to the first participant and stay until each participant leaves the facility. Have a clear transfer of control from parent/guardian to coach before each activity and from coach to parent/guardian following each activity.
- Be aware of each participant and constantly evaluate athletes for injury or incapacity. Be certain that they are able to participate safely. Follow the Concussion Protocol.

- Plan each activity and closely supervise each player;
- Be prepared to give emergency care by:
  - 1) having an adequate first aid kit and phone available;
  - 2) discussing emergency procedures in advance with players and coaches;
  - 3) having a person available who is trained in CPR / first aid.
- Report all injuries to the athletic director;
- Explain safety rules and warn of inherent risks of the sport to the players and to the parents;
- Promote proper warm-up and cool down;
- Match or equate athletes by size and skill level;
- Provide adequate conditioning.

## INSURANCE

### Excess Medical Insurance

Players who attend one of the parochial elementary schools and play for a parochial school sponsored team are covered by the parochial school insurance policy for their interscholastic sports participation. Claims should be directed to and handled by the elementary school of the participant. For players who belong to a parish team, the parish subscribes to CYO insurance coverage. It is mandatory that each parish CYO program subscribe to this program.

Any questions concerning CYO or school insurance should be directed by the parish athletic director to Ms. Kathleen Rabbach, Office of Insurance and Benefits, Chancery Office, 510-893-4711. Insurance for Coaches

An insurance program for coaches is available through the *National Federation of State High School Associations*. The program is open to youth coaches and officials. For more information visit the website at [www.nfhs.org](http://www.nfhs.org). (*This information is for information purposes only. Actual plans and coverage should be verified through the carriers.*)

## RESPONSIBLE USE OF SOCIAL MEDIA

The **Oakland Diocese CYO Social Media Policy** states:

*"CYO discourages players, coaches, spectators and family members from using technology in irresponsible ways relative to their CYO participation. CYO will hold all users responsible for their published words if they adversely affect individual teams, parishes and schools, leagues, sports officials, team members and families."* See the **CYO Social Media Policy** on the CYO website for more details.

## TRANSPORTATION OF PLAYERS

Whenever possible, coaches should have the parents arrange for the transportation of their own children.

In the event that a volunteer coach transports other children, or parents are arranged to transport other children, the following procedures **MUST** be followed:

- Drivers must be over 21 (preferably over 25) years of age. All drivers must be screened carefully. Age and health as well as physical and mental condition should be considered.
- Drivers must provide to the athletic director evidence of a valid, unrestricted drivers license.
- The driver must produce evidence of liability insurance on the vehicle to be used. A \$100,000 per person / \$300,000 per accident limit of liability is to be a minimum.
- One seat belt must be provided for and used by each vehicle occupant.
- No more than nine persons, including the driver may be transported in any private vehicle. No one may ride in the bed of pickup trucks, nor may motorcycles be used.

## INJURY REPORTS

Any injury to a coach, participant or spectator requiring professional medical attention must be reported to the parish CYO athletic director. The athletic director then reports the injury to the Diocesan Office of Insurance and Benefits by completing the *CYO Accident Report Form*, available on the CYO website.

## PARENTAL PERMISSION FORMS

**Each participant must have completed and returned the "Parental Permission, Health Authorization and Release Form" prior to joining the athletic program.** The form explains liabilities involved and obtains parental permission for the child to participate. It may allow emergency medical treatment on the participant if a parent is not available. *This form must be signed by parents or a legal guardian before a player is allowed to participate in either a practice session or a game.* The coach must keep a copy for each player and carry them to all functions (games, practices, tournaments, etc.)

A medical examination section is provided on the form. CYO recommends it be completed, however, this is at the option of the parish/school or parent/guardian.

**Concussion Information Sheet** – It is required that each athlete and his/her parents/legal guardians annually read, sign and return the *CYO Concussion Awareness Sheet*.

## TEAM AND PROGRAM FEES

Each parish determines the fees that players are charged for participation, based on league and diocesan fees, as well as costs for practice facilities, uniforms, equipment and awards.

Each league sets team fees to cover the cost of officials, gyms, awards and other league expenses. In addition, each school/parish is assessed a diocesan entry fee of \$100 per team for each sport in which they participate, to contribute to the CYO program on the diocesan level.

Each team entering Diocesan playoffs will be charged an entry fee which will vary according to the sport and the expenses involved in playoffs for that sport. All playoffs are self-supporting.

## CYO CALENDAR AND GAME SCHEDULING

Sports seasons and practices are scheduled in accordance with the annual *Diocesan CYO Sports Calendar*. The calendar includes dates when practice may begin for each sport, for coaches workshops, for the beginning and ending of league play, and for playoffs. Coaches are responsible to ensure that their teams are in compliance with CYO calendar dates.

Games are scheduled by each league. A designated league official develops and publishes the schedule of games and coordinates reschedules. Each league has its own policy regarding allowable instances when games may be rescheduled. *Questions by a coach or parent regarding the schedule should be addressed to their parish/school athletic director.*

All games and practices are to be scheduled to be completed prior to 10 p.m. on a school night. *No games, practices nor CYO activities may be scheduled to begin on Sundays before noon.*

## GAME RULES AND RULEBOOKS

CYO events are played using the current National Federation of State High School Associations Rulebooks. Exceptions to these rules are contained in this manual or are published by the individual leagues. Rulebooks are available at Coaches Workshops, online, or from the CYO Office.

# RULES AND REGULATIONS

## PLAYER ELIGIBILITY (from CYO Bylaws, Article VI)

The following are the Oakland Diocese CYO Athletic Program standards of eligibility for all sports. Children who wish to participate in a parish CYO program shall meet the criteria established in this article. *Athletic Directors shall verify that children meet eligibility requirements prior to participation; coaches should not enroll children or allow them to participate prior to enrollment by their athletic director. The use of an ineligible player, knowingly or unknowingly, shall result in the forfeit of all games in which the ineligible player participated.*

### Section 1. RESIDENCE

1. Parish CYO programs may be open to children who meet one of the following criteria:
  - a. PARISH BOUNDARIES: All children (Catholic or non-Catholic) residing within the parish boundaries, as established by the Bishop of Oakland.
  - b. CATHOLIC SCHOOL: All children (Catholic or non-Catholic) who attend the parish parochial school.
  - c. RELIGIOUS EDUCATION: All children (Catholic or non-Catholic) who do not live within the parish boundaries but are currently regularly attending the parish religious education classes and have done so the entire previous school year (or who attended that parish Catholic school the previous school year and are currently regularly attending the parish religious education classes.) Such children must present a letter annually signed by the religious education coordinator certifying regular attendance prior to the beginning of the season. Such children may be removed at any time by the Religious Education Coordinator of the parish for lack of attendance. Under this criteria (c), children may not play for a different parish than the previous season without permission of the parish athletic director from the previous season.
2. *Children may participate for a parish only if they meet the residence criteria above. Waivers may not be granted by a parish or by a league because of the lack of a program in a parish. Only the Diocesan CYO Office shall determine criteria and may grant permission individually for participation of a Catholic child from a parish too small to host a CYO program .*
3. The residence of a child is the residence of the parent(s) or guardian(s) with legal custody of the child and with whom the child resides.
4. The parish Athletic Director shall provide substantial proof of residence on request of the league or the Diocesan CYO Office.

### Section 2. GRADE

1. A child may participate in a grade higher than the actual grade in which he/she is enrolled.
2. A child may not participate in a grade lower than the grade in which he/she is enrolled.

### Section 3. AGE LIMITATIONS

1. Any child who is 15 prior to September 1 of the current school year is not eligible to compete in the 8th grade league.
2. Any child who is 14 prior to September 1 of the current school year is not eligible to compete in the 7th grade league.
3. Any child who is 13 prior to September 1 of the current school year is not eligible to compete in the 6th grade league.
4. Any child who is 12 prior to September 1 of the current school year is not eligible to compete in the 5th grade league.
5. Any child who is 11 prior to September 1 of the current school year is not eligible to compete in the 4th grade league.
6. Any child who is 10 prior to September 1 of the current school year is not eligible to compete in the 3rd grade league.

### Section 4. PROOF OF AGE

1. All ages shall be verified with proof of age. The following are valid as proof of age:
  - a. Birth certificate or photo copy.
  - b. Baptismal certificate or photo copy.
  - c. Legal proof of birth or photo copy.
  - d. For Catholic school students only, annual certification from official school records by the Catholic school principal. This is accomplished by annually completing the form located on the reverse of the official CYO roster.
  - e. In exceptional cases, a signed statement of principal or religious education Coordinator attesting to date of birth - one name per statement.
2. Parishes shall turn in to the league proof of age along with team rosters before the first league game of that team. Children who have not submitted legal proof of age to the league shall be considered ineligible players until that proof is supplied. In track and field, proof of age shall be kept by the parish track coordinator and shall be displayed at the request of proper section and diocesan officials.

### Section 5. COMPOSITION OF TEAMS

1. Each parish should insure that in each grade and each sport all parochial school and religious education children who sign up and fulfill program requirements will be placed on a team and will participate. Other children referred to in Section 1 may then be placed on a team subject to available positions.
2. Parishes or leagues should insure that parish affiliated children have a fair opportunity to participate in CYO programs. Parishes should insure that sign ups are advertised for parish affiliated children. Returning players do not have priority in team positions over parish affiliated children.
3. If league rules allow and parish resources are limited, parishes and leagues may restrict participation to parochial school children for a particular sport.
4. Complaints regarding sportsmanship in matters of eligibility shall follow the process of protest and appeals.

### Section 6 CATHOLIC SCHOOL

A student attending a Catholic School shall play for the parish CYO program with that school with the following exceptions:

1. A player who resides in a parish that does not have a Catholic school may play for either his/her parish team or the team at his/her parish school; or
2. A player who attends a school that does not have a CYO program may play for his/her parish of residence; or
3. A player is granted permission in writing by the principal of his Catholic School to play for another parish in which the player resides.

### Section 7. ROSTER

1. ADDING PLAYERS TO ROSTER - In basketball, volleyball and softball, the deadline for adding players to the roster shall be the day before the first league game of that team. Children who move into the parish after the deadline may be added to the roster.
2. CHANGE OF RESIDENCE - If a child on a CYO roster changes residence (i.e., where parents or legal guardians reside) during a season, the child has the option of playing with the new parish or the former parish for the remainder of the season, if league rules allow and the former parish approves. The season is as defined on the Diocesan CYO Calendar as the first day for practice for that sport until the last day for playoffs. Leagues may amend the deadline for additions to the roster, particularly where preseasons are of short duration.



3. TRACK AND FIELD - In Track and Field, each section shall determine when the deadline shall be for adding participants to the rosters. Each section shall determine when rosters are to be returned by the parishes to the section. Rosters shall be submitted to the CYO office by the Section prior to the Diocesan Meet.
4. ONE CYO TEAM - Once a child commits himself/herself to a roster, he/she must remain on it until the end of the season, unless otherwise provided for in these bylaws. A child may play on only one CYO team per sport.

### Section 8. GENDER

Boys and girls are eligible to participate on teams in the boys' CYO programs, except in cross country, and track and field, where there are separate events for boys and girls. Only girls are eligible to compete in girls' sports (girls' basketball, girls' softball, girls' volleyball). A girl who participates in the Boys' CYO Basketball Program may not participate in the Girls' CYO Basketball Program in that same school year.

## OFF-SEASON COACH / TEAM LIMITATIONS (from CYO Bylaws, Article XVII)

Practice and game activities are allowable only during the official season for that sport. Seasons for CYO Sports shall be defined by the Diocesan CYO Calendar as starting on the date listed for official practice for that sport to begin. Team activities shall end on the date listed on the calendar or on the last day of diocesan playoffs.

Practice is the association of a coach or coaches with a potential team member or members for the purpose of teaching the mental or physical skills of a CYO sport. The Diocesan CYO Director has the power of interpretation of the definition of practice. Any specific exceptions to the definition should be referred to the Diocesan CYO Office.

A coach may not require any CYO team member to participate or practice in a non-CYO sport league.

CYO Parishes and Schools may not:

1. sponsor nor provide resources (facilities, uniforms, equipment etc.) for practice by a team or team members outside the season of the sport;
2. sponsor a team outside of the season of that sport or sponsor an individual or group for competition outside of the official season;
3. pay entry fees for a team or individual or group for competition outside the season;
4. recruit or encourage a coach to supervise a team outside the season.

A CYO coach may coach a team outside the season for a sport provided the following conditions are met:

1. He/she may only coach players from his/her CYO team on an outside team less than the number of players on the court for that sport (e.g. a basketball coach may only coach up to four CYO players on an outside team);
2. He/she may not use parish resources (i.e. facilities, funds, equipment, uniforms, etc.);
3. He/she does not represent the team as a CYO or parish team or use the parish name as the team name.

*Summer sports skills clinics or activities outside the regular season, are permissible only if permission is granted for the program by the sponsoring parish, the Diocesan CYO Office and the Diocesan Insurance office. In addition:*

1. The activity is advertised to youth outside the sponsoring parish or coaches program;
2. Attendance is not mandatory for future participation;
3. The intent of the activity is to not directly coach or instruct team members or prospective team members from their own parish.

Penalties: Teams violating this rule will be subject to suspension, probation or disqualification from diocesan playoffs. Coaches in violation shall be subject to probation, suspension or disqualification from CYO participation. The league shall assess the intent of the violation and assign appropriate penalties.

## TOURNAMENTS (see CYO Bylaws Article XI)

The Diocesan CYO website has a listing of CYO basketball tournaments. All parishes and leagues hosting tournaments must sanction their tournaments with the Diocesan CYO Office in compliance with the Bylaws.

CYO basketball teams may not play more than one game in a day. League games shall take priority over tournament play. No tournament games may be scheduled before Noon on Sundays. Tournament games must be scheduled to be completed by 10 p.m. on school nights.

No tournament may last longer than three weeks.

### TOURNAMENT LIMITATIONS:

1. Each team may participate in only four **(4)** tournaments per season.
2. Included in this total of four, each team may participate in only **two (2)** non-CYO sanctioned tournaments per season.
3. Any team must receive permission from the CYO Office to participate in tournaments outside of the Diocese of Oakland or the Bay Area
4. League or Diocesan Playoffs shall not be considered a tournament.

(The season is defined on the Diocesan CYO Calendar.)

## PROTESTS AND APPEALS

Each league shall have their own clearly stated policy on protests and appeals. Eligibility protests shall follow the usual procedure for protest and appeals. Minimum standards of protest (unless superseded by league rules) are:

1. Protest shall be made to the league in writing within 48 hours of the incident. A rule protest must be made at the time of the infraction and must be registered at that time to game officials and to the opposing coach, with appropriate information noted on the scoresheet. The game shall continue after the protest has been registered. Protests will not be accepted disputing a judgment call by the official.
2. A fee of **\$25.00** shall accompany all protests.
3. Protests shall be filed to allow sufficient time for the league to render a decision.
4. Persons are not eligible for Sportsmanship or Protest Committee if their school / parish is involved in the protest.
5. Decisions of the league may be appealed to a Diocesan Protest and Appeals Committee, appointed by the Diocesan CYO Office.

## CYO SPORTS ACTIVITIES

### BOYS' CYO BASKETBALL

(including Girls' Basketball in Diablo East, West Diablo and Tri Valley Leagues)

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|                           |                                   |
|---------------------------|-----------------------------------|
| Practice may begin:       | Saturday, September 1             |
| Coaches' Workshops:       | October (dates TBA)               |
| League Play may begin:    | Saturday, November 3              |
| Tournament Play:          |                                   |
| Pre-Season                | Friday, Sept. 7 - Friday, Nov. 2  |
| Thanksgiving              | Monday, Nov. 19 - Sunday, Nov. 25 |
| Christmas                 | Monday, Dec 17 - Friday, Jan. 4   |
| Last Day for League Play: | Sunday, February 17               |
| Diocesan Boys' Playoffs:  | Friday, February 22 -             |
| "American Division"       | Sunday, March 3                   |
| Diocesan Girls' Playoffs: | Saturday, March 2 -               |
| (East Diocese Leagues)    | Saturday, March 9                 |

### GIRLS' CYO BASKETBALL

(Girls' Basketball in the Northern, EBPL, Metro and Southern Alameda County Leagues)

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|                          |  |
|--------------------------|--|
| Practice may begin:      | Monday, January 21   |
| Coaches' Workshops:      | Tuesday, February 5<br>Thursday, February 7<br>Tuesday, February 26<br>Thursday, March 7 |
| League Play may begin:   | Saturday, February 23  |
| No CYO Activities:       | Holy Thursday through<br>Easter Sunday, April 18 - April 21                              |
| Diocesan Girls' Playoffs | Saturday, May 18 -   |
| (West Diocese Leagues)   | Wednesday, May 22  |

### Rules

**OFFICIAL RULES:** All basketball games (league, tournament or practice) hosted by Oakland Diocese Catholic Youth Organization teams will be conducted in accordance with the National Federation of State High School Associations Basketball Rulebook (available through the Diocesan CYO Office) with exceptions and additions noted in these bylaws, adopted by the Diocesan CYO Office, or adopted by the leagues and approved by the Diocesan Boys Sports Council or Girls Sports Council.

**LENGTH OF GAME / TIME OUTS:** A CYO basketball game shall consist of four quarters. All games shall have one minute rest periods between quarters. All games shall have a minimum five minute rest period between halves. Quarters shall consist of no more than eight minutes stop time or ten minutes running time. Four time outs of one minute duration may be charged to each team during a regulation game. Each team is credited with one additional time out per overtime period.

**GAME LIMITATIONS:** No CYO player should play more than one basketball game per day. No CYO team may participate in more than one basketball game per day. All games/ practices, including tournament games played on school nights, shall be scheduled so as to be completed by 10:00 p.m. No league shall schedule regular league play on Sundays before noon.

**GAME BALL:** A regulation basketball made of composition or leather material shall be used in all sixth, seventh and eighth grade boys league games. In all girls league games and in boys third, fourth and fifth grade games, a composition or leather ball, 28-1/2" in circumference, shall be used. Leagues may adopt the use of smaller balls for third, fourth and fifth grade play.

**"ALL PLAY" PARTICIPATION RULE:** Each Oakland Diocese CYO basketball team must play all healthy, uniformed players according to the following formula. The participation rule applies to the first half of play, during the first and second quarters. The first quarter and the second quarter will each be divided in half for a total of four playing periods. The time for each playing period will be on the clock. All healthy, uniformed players (up to a number of twenty) 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 play the full playing period.** The only exceptions will be due to injury or disqualification.

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. There shall be a center court jump ball to begin the game. The alternating possession procedure shall be used to begin the second quarter and at the beginning of a playing period if no team had possession at the end of the previous period.

Any player arriving to a game after the beginning of the last playing period must play continuous time during the game equal to a playing period, if sufficient time remains. If a team has over twenty players, the third quarter shall be divided into playing periods.

*In addition, in each game, each child shall play the minimum time equal to the time of one quarter. Athletic Directors shall monitor their program's coaches for compliance. Repeated violation shall be a breach of sportsmanship.*

**Injury or Disqualification:** If a player leaves a playing period due to injury and is able later to reenter, the player must play a subsequent full playing period. If unable to reenter 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.

**"NO PRESS" RULE:** A team with a lead of fifteen (15) points or more in the 6th, 7th and 8th grade or ten (10) points or more in the 4th, or 5th grade, may not use a full court press. There is no press beyond the half court line in the 3rd grade.

Definition of Press: None of the players of a team which is holding that lead may guard any opposing player in the backcourt 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 foul will be called on the offending team for each violation. (*Note: The technical foul is a team technical*)

*CYO sportsmanship dictates that coaches should not have their teams pressure an opposing team's players in the half-court area with a large lead.*

**OVERTIME RULE:** *Overtime periods shall be three minutes in length. Oakland Diocesan CYO leagues shall play overtime periods either as in the National Federation Basketball Rulebook or the Diocesan Overtime Rule.*

The Oakland Diocesan Overtime Rule is as follows:

In the event of a tie score at the end of a regulation game, there will be a maximum of two 3 minute overtime periods. If the score is tied at the completion of the second overtime period, a one minute rest period shall be taken, followed by a "sudden death" period played under the following rules:

1. If either team leads by two points (either by two free throws or a field goal) at any time during this period, that team shall immediately be declared winner.
2. If after three minutes of the sudden death period neither team has accomplished a two point lead, the team leading by one point shall be declared the winner.
3. If the score is tied at this point, a one-minute rest period shall be taken and then a three minute, sudden death period will be played. The first team to score (either by a free throw or a field goal) shall immediately be declared the winner.

**THREE POINT SHOT / SHOT CLOCK:** The three point shot may be adopted by individual leagues for play in the seventh and eighth grades only. The shot clock shall not be used.

## CYO CHEERLEADING

Cheerleading follows the same calendar as Boys' CYO Basketball. Cheerleader moderators attend a basketball coaches workshop for Certification. Cheerleaders generally cheer at basketball games, perform at half-time and may participate in cheerleader competitions. The *CYO Cheerleader Bylaws*, rules for cheerleading, are available from the CYO Office.

## CYO CROSS COUNTRY (BOYS AND GIRLS)

Practice may begin: Wednesday, August 15  
Coaches Workshops: Thursday, September 6  
Tuesday, September 11  
Meets: Fridays, September 21, 28  
October 5, 12  
Diocesan Meet: Friday, October 19

### RULES

Rules for CYO Cross Country are published annually and will be available at the coaches workshop or on the CYO website.

## GIRLS' CYO VOLLEYBALL

Practice may begin: Saturday, September 1  
Coaches Workshops: Tuesday, October 9  
Thursday, October 25  
League Play may begin: Saturday, November 3  
Jim Negri Tournament: Sunday, January 13  
Diocesan Playoffs: Saturday, February 16 –  
Tuesday, February 19

### RULES

The National Federation Volleyball Rulebook will be the official rules, unless superseded by the bylaws or rules exceptions established by the Girls' Sports Council.

**NET HEIGHT:** The official net height is seven (7) feet for 6th, 7th and 8th grade divisions. Lower grades may adjust net height and serving lines according to league rules.

**RALLY SCORING:** Rally scoring format will be used including let serve. (Note: By individual league adoption, side-out scoring may be used for any or all grade levels.)

**LENGTH OF GAME:** The match will consist of the best two (2) of three (3) sets. The first two (2) sets shall go to 25 points and the third (3<sup>rd</sup>) set shall go to 15 points. A team that has scored 25/15 points and is at least 2 points ahead is the winner. If the leading team does not have a 2 point advantage, play shall continue until one team has a 2 point advantage (no cap point).

**GAME BALL:** 7<sup>th</sup> and 8<sup>th</sup> grade divisions shall use a volleyball meeting National Federation specifications. 6<sup>th</sup> grade divisions and younger shall use the Vollelylite ball.

**LIBERO PLAYER:** There will be no "libero" players.

**JERSEY NUMBERS:** Players must have a clearly visible number on the front and/or back of their uniform jersey. It is recommended that jerseys are numbered on the front *and* back of the uniform.

**KNEEPADS:** Kneepads shall be worn by all players.

**SERVER ROTATION:** In 7th grade leagues and younger, the serving team shall rotate each time a server serves 5 consecutive points in a game.

**SPIKING LINE:** The spiking line (10 foot line) will not be used.

### ALL-PLAY PARTICIPATION RULE:

1. At the beginning of the first set, no team shall substitute until either team scores 12 points. When the 12th point is scored, the referee shall inform the coaches of both teams that they may substitute any eligible player until the end of the set.
2. At the beginning of the second set, any players (up to 6) who did NOT start in the first set (and play until one team scored 12 points), MUST start the second set and MUST play in the second set until either team scores 12 points. When the 12th point is scored, the referee shall inform the coaches of both teams that they may substitute any eligible player until the end of the set.
3. There is no restriction as to which players may start and finish a third set of any match.
4. For teams with more than 12 players, those players who did not start in either the first or second set are expected to play a substantial amount during the first and/or second sets of the match.
5. The All-Play rule does not alter the existing substitution rule that provides that a substitute or re-entering starter may enter (or re-enter) into only one spot in the lineup per set.
6. Leagues may modify this rule for timed matches or for side-out scoring.

# CYO TRACK AND FIELD (GIRLS AND BOYS)

Practice may begin: Friday, February 1

Coaches Workshops: March (dates to be announced)

Last Day - Qualifying Meets: Sunday, May 5

Diocesan Track & Field Championship Meet: Friday and Saturday, May 10, 11

## RULES

The National Federation Track and Field Rulebook will be the official rules, unless superseded by these bylaws or the Diocesan Meet fact sheet.

**SECTIONS/ELIGIBILITY:** All Oakland Diocese CYO parishes are eligible. Each parish is assigned to a section within the diocese. Oakland Diocesan CYO Eligibility Rules (Article VI) will be in effect to determine the eligibility of the children.

**PARTICIPATION LIMITATIONS:** No child will be allowed to participate in more than five events in any one day, even if the participation is in more than one meet. Children will be limited to a maximum of either: 1 track, 2 field and both relays; or 2 track, 1 field and both relays. Boys and girls shall compete in separate events.

**DISQUALIFICATION:** The Meet Referee will decide upon all questions of disqualification. The referee may accept reports of violations from all meet officials acting in their stated positions. The starter will disqualify any runner charged with two false starts in the same race.

**EVENTS:** The Oakland Diocesan CYO Track and Field Championship Meet shall include the following events:  
3rd Grade Boys: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss  
3rd Grade Girls: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss  
4th Grade Boys: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss  
4th Grade Girls: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss  
5th Grade Boys: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss  
5th Grade Girls: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss  
6th Grade Boys: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss  
6th Grade Girls: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss  
7th Grade Boys: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 8#shotput, tetherball toss  
7th Grade Girls: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss  
8th Grade Boys: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 8#shotput, tetherball toss  
8th Grade Girls: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss  
4X400 Meter Boys Relay / 4X400 Meter Girls Relay. (Combined grades for 5th-8th grades only)

*NOTE: Running events are in meters, field events will use the English system for measurement.*

## FIELD EVENT MECHANICS:

- **LONG JUMP** – Each competitor gets a total of **three (3)** attempts. The “flip” is not allowed. The distance from the take off board to the front edge of the long jump pit shall be 2 ft. marked with a strip a minimum of 8" wide. The distance may only be changed by the Meet Referee.
- **SHOTPUT** – Each competitor gets a total of **four (4)** attempts. The “sling” or side arm technique is not allowed. No spikes are allowed in the shotput ring.
- **SOFTBALL THROW** – Each competitor gets a total of **three (3)** attempts. “Side arm” throws **are allowed**. Underhand throws **are not allowed**.
- **HIGH JUMP** – Starting heights and subsequent raises:

| GRADE | 5/6  | 7    | 8     |
|-------|------|------|-------|
| Boys  | 3'6" | 3'8" | 3'10" |
| Girls | 3'2" | 3'4" | 3'6"  |

(First raise - 2" Other raises - 2"  
When 4 or fewer competitors remain - 1")  
Competitors may only jump off one foot. All jumps in which the jumper jumps off of both of his/her feet shall be considered as missed attempts.
- **TETHERBALL TOSS** – Each competitor gets a total of **three (3)** attempts. A standard tetherball with a two foot long cord, knotted at the end will be used. Rules shall be similar to those for the hammer throw.

## EQUIPMENT REGULATIONS:

- **SPIKES** – 1/4" or less pyramid spikes will be allowed in all grades if allowed on the track surface. Longer spikes or needle spikes are NEVER allowed.
- **RELAY BATON** – Length of the baton shall not exceed 12-1/2". The circumference of the baton shall not exceed 5".
- **STARTING BLOCKS** – Starting blocks may not be used in any events.
- **SHIRTS AND SHOES** – Shoes and shirts must be worn.

**QUALIFYING MEETS** – To participate in the Oakland Diocese Championship Meet, all participating parishes must qualify their participants through section qualifying meets. Each section will conduct a qualifying meet.

## BOYS' CYO SAND VOLLEYBALL

Practice may begin: Thursday, February 1

League Play may begin: Sunday, March 31

Tournament: Saturday and Sunday, May 18, 19

(Note: Dates are tentative subject to facility availability.)

## RULES

Boys' CYO Sand Volleyball has four players on the sand court for each team. Rules will be published annually and may be obtained at the Coaches Meeting or on the CYO website.



## PRESEASON PARENT MEETINGS

Coaches and team parents are required to annually attend a Parent-Coach Meeting, sponsored by the team or parish.

### OBJECTIVES OF THE PARENT MEETING

- To familiarize parents with the purpose, goals and objectives of participation in CYO sports.
- To enable parents to support their child in a positive manner and without undue pressure on the child.
- To introduce parents to a positive coaching philosophy, team rules, game and practice procedures and allocation of playing time. To emphasize the need to be good spectators.
- To organize assistance from parents to support the team in a variety of tasks.
- To provide an avenue for feedback and communication.
- To discuss safety concerns, inherent risks of the sport, concussion awareness and medical considerations.

### SUGGESTED PARENT MEETING OUTLINE

- **OPENING PRAYER**
- **WELCOME AND INTRODUCTIONS** (5 minutes)  
Introduce coaches to the parents and the parents to each another.
- **PHILOSOPHY OF THE CYO PROGRAM** (10 minutes)  
*Ideas to Mention:* CYO is a ministry of the Church, providing children an opportunity to meet and to play in a Christian environment. Children are treated by coaches and parents in a positive, encouraging manner, building self-esteem. Children are friends with their teammates and are encouraged to make friends with players from other teams, playing without belittling anyone. *All should grow closer to God and to each other, building the team and the league as a Christian community.*
- **PHILOSOPHY OF THE COACHES** (10 minutes)  
*Ideas to Mention:* Coaching will be positive and noncritical. Attention will be given to all athletes regardless of talent. Each player will be treated with respect. Explain how playing time will be allocated among players. Discuss team goals for the season.
- **“NUTS AND BOLTS” ISSUES** (10 minutes)
  - Safety Issues – Permission Forms, first aid and safety procedures, concussion awareness, inherent risks of the sport discussed.
  - Practice schedule – schedule, procedure for changes, expected conduct, arrival and departure process.
  - Uniforms – issue and return process, expected care.
  - Game schedules – when to arrive, transportation, game change notification procedure.
  - Transportation policy.
- **CYO CODE OF CONDUCT** (10 minutes)  
The “CYO Code of Conduct” is read with expected behavior for coaches, players and spectators discussed. Discuss game officials and the need to respect them at all times!
- **SPORT STRATEGY AND RULES** (10 minutes)  
Explain the strategy of the sport and those rules that parents need to be aware of to positively support the sport and to practice good sportsmanship. Cover any rule changes from the previous year.
- **PROBLEM RESOLUTION** (10 minutes)  
Discuss the procedure for resolution of problem situations. Discuss how decisions are made on the team.
- **ADDITIONAL ITEMS / ISSUES FROM PARENTS**
- **CLOSING PRAYER**

## CYO PHILOSOPHY

### CYO PRE-GAME PRAYER

Lord God, thank you for bringing us together in Your name. We know You are with us now as You promised. Please help the players, coaches and officials to play well and to be fair. Keep us all safe from injury. Thank you for giving us the chance to teach our faith to others by our actions. Amen.

### CYO POST-GAME PRAYER

Lord, we thank you for the opportunity and challenge of this game. You call us to compete well, to finish the race and, most importantly, to grow in our Faith. Help us to remember that we can do all things through You, who give us strength. Amen.

### POPE FRANCIS ON SPORTS

*“Challenge yourself in the game of life like you are in the game of sports. Challenge yourself in the quest for good, in both Church and society, without fear, with courage and enthusiasm. Get involved with others and with God; don't settle for a mediocre ‘tie’; give it your best, spend your life on what really matters and lasts forever.”*

*“Sport is a human activity of great value, able to enrich people's lives. As far as the Catholic Church is concerned she is working in the world of sport to bring the joy of the Gospel, the inclusive and unconditional love of God for all human beings.”*

### GOALS OF THE CYO PROGRAM

The goals of the Oakland Diocese CYO Program are to provide a Christian atmosphere of play, enabling children:

- To maintain good health through physical fitness;
- To develop social skills and an appreciation of diversity;
- To develop healthy relationships with trained adult leaders who see their role not only as coaches but as youth ministers;
- To learn sports skills;
- To develop and practice good sportsmanship with teammates, to other teams and to sports officials;
- To grow in the qualities of courage, initiative, honesty, cooperation, self-confidence, and loyalty;
- To learn an appreciation of rules and performance in regards to rules;
- To play at their own level of ability and to be able to recognize and to accept that level;
- To work for legitimate goals;
- To accept winning with humility and to accept defeat gracefully;
- To have an opportunity through athletics to practice Christian values and virtues;
- To grow closer to God, to the Church, to each other.



### MISSION OF THE DIOCESE OF OAKLAND

*“To know Christ better and make Him better known”*

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