

PAROCHIAL SCHOOLS



ATHLETIC LEAGUE

DIOCESE OF EL PASO

HANDBOOK

REVISED JULY 2008



Diocese of El Paso  
Office of Education  
499 St. Matthews St.  
El Paso, TX 79907

July 30, 2008

Dear Principals, Coaches and Assistant Coaches:

Athletics play an important part in the total education of our youth. Its importance lies in the fact that it goes beyond the scope of athletic competition. Our sports program's main purpose is to help the students develop social skills and teamwork, athletic ability and physical fitness, confidence in themselves as individuals, self-esteem, exhibit behavior that would identify them as Christian athletes and a sport which may provide them with a lifelong leisure activity.

At this level of play the emphasis is on learning the skills of the game, rules and enjoyment. Only a small number of our students will play in competitive sports on the secondary and collegiate levels. Our best athletes also need to develop their talents and abilities and have a good foundation in the basics.

This handbook contains the rules and regulation of the Parochial School Athletic League and role descriptions for administrators, coaches, parents, and students. We hope that you will find the information helpful. I would like to thank the Diocese of Phoenix for the role descriptions – we have adopted them with a few minor changes.

I would like to express my gratitude to all those who contribute to this aspect of our students growth and development through your any hours of coaching, fundraising and supporting our student athletes.

Blessings on all your endeavors!

Sincerely,

Sr. Elizabeth Anne Swartz, SSND  
Superintendent

## PHILOSOPHY

The sports program of the Catholic Schools is an integral part of the total education program. It must, therefore, be in harmony with the educational objectives. All interscholastic athletic activities must teach:

- an individual to be a responsible and contributing team member
- selfless effort in working with others to reach a common goal
- appreciation of others efforts, whether they be teammates, opponents, officials, or coaches
- an ability to keep activities and games in proper perspective

The interscholastic sports program of the Catholic Schools of the Diocese of El Paso also promotes the three aims of Catholic education:

- to teach the gospel message of Christ
- to build a community based on Jesus' command to love one another
- to serve the community through prayer and action

Athletic activities are a significant, valuable community effort, which foster loyalty, promote school spirit and student participation, and develop healthy competition and sportsmanship. Goals of the athletic program need to be meaningful to all the members of the community.

The main objectives of the Catholic Schools Athletic League are to:

- promote Christian atmosphere where students grow in respect for the dignity of each person (especially during competition), and concern for others
- develop qualities of leadership, humility, and good sportsmanship
- teach games fundamentals and teamwork
- improve skills and have fun

Each school, which participates in this league, is obliged to contribute in its own way to the realization of the purpose of the total educational ministry. Each school must answer for itself: How does the sports program spread the message of the Gospel? How does the coaching philosophy reflect the values of Jesus?

# **RULES AND REGULATIONS CATHOLIC SCHOOL ATHLETIC LEAGUE**

## **OBJECTIVE**

It is the objective of the Catholic School Athletic Program to contribute to the total development of the Catholic school student by providing activities designed to promote exemplary Christian conduct, physical fitness, good sportsmanship, team effort and school spirit.

Participation in the program is to be an enjoyable learning experience for students. Undue pressure on any student or group of students by any teacher or parent must be avoided.

## **PARTICIPATION IN THE CATHOLIC SCHOOL ATHLETIC PROGRAM**

All Catholic elementary schools in El Paso having a sports program are encouraged to belong to the Catholic School League. A physical education program apart from the athletic program must be maintained for all age levels as a regular part of the curriculum in all school of the Diocese.

## **ELIGIBILITY**

### **A. Prerequisites**

The following items are prerequisites for eligibility in the Catholic School League competition. Failure to comply with these regulations, as set by the Diocesan Office of Education, will render a player or team ineligible for interscholastic competition.

1. Each participant in Catholic School interscholastic competition must be duly registered in the respective school he/she represents.
2. Team rosters are approved and signed by the principal. Grade level verification is approved by the principal.
3. All players must be covered by school insurance prior to participation in any athletic event sponsored by the Catholic School Athletic Program. It is the responsibility of the principal to see to it that these requirements are fulfilled.
4. Release of liability signed by parents/guardians must be on file prior to participation in each sport and must be carried by the coaches to all games.
5. A copy of the results of a yearly medical exam is required before tryouts are started.
6. Team rosters and entry fees shall be submitted to the Diocesan Office of Education. Failure to comply with the deadline will result in forfeiture of the first game or failure to participate. **NO EXCEPTIONS.** The Athletic Director will inform the schools if there is any paperwork missing.

## **B. Playing in Other Leagues of Conferences**

1. Invitational tournament sponsored by groups other than the Catholic School League are permissible, provided there is no conflict with the Catholic School League activities.
2. Participation of a team in tournaments or games not sponsored by the League or by another Catholic school is restricted to the following:
  - a. tournament participation must be limited to four tournaments per sport: and/or
  - b. games scheduled with schools outside the League must be limited to eight exhibition season games before season begins.
  - c. a form must be submitted to the athletic director for each game or tournament in which team participates in.

Failure to adhere to this regulation will render the team ineligible for further competition within League activities for the particular seasonal sport. (No refunds will be made).

## **C. Scholastic Requirements**

The player must consistently maintain a 70 point average in all grade subjects without “F” grades, and an “S, G, or E” in conduct. No “U” or “N” conduct grade is allowed. Exceptions to required eligibility will be determined by the principal. (See Report on Eligibility).

Eligibility reports will be submitted by students/teachers to the coach and will be reviewed by the principal. From this information, the coach will prepare a list of eligible players for each game.

## **D. Age Categories**

The following grade requirements govern the eligibility of players:

1. Junior Varsity Girls and Boys
  - Player must be in fifth or sixth grade
  - A fourth grader may play in order to complete a JV team
  - A sixth grader who has been promoted to the varsity level is no longer eligible to play in the Junior Varsity team.
  - If a player is promoted to the Varsity level, the coach must submit the name of the player to the Athletic Director
2. Varsity Girls and Boys
  - Player must be in seventh or eighth grade
  - A sixth grader may play in order to complete a Varsity team
  - No fifth grader or sixth grader will be allowed to play Varsity if the school has already filled a Varsity team
  - 7<sup>th</sup> or 8<sup>th</sup> graders may not play on a JV team

## **E. Uniforms**

1. All players must be in uniform and uniforms must be clearly numbered front and back for Identification purposes. This applies to flag football, basketball, and volleyball players.
2. All uniforms must be similar in construction and color-design. If spandex is used, it should be the same color as the uniform. Cut-offs is not accepted. Sweats are only for flag football.
3. Modesty in uniforms is essential.

## **F. Sportsmanship**

1. Emphasis is to be placed on the development of good sportsmanship, rather than winning a game. Players must display good sportsmanship at all times. Any player or coach consistently showing bad sportsmanship qualities is to be suspended from further sports participation by the principal of the school in consultation with the Pastor. The specified period to be determined after the consultation.

### **Sportsmanship Criteria**

1. Be a good winner as well as a loser
  2. Accept the decision of the referee without comment
  3. Display Christian attitude towards teams. Respect and acceptance of all.
  4. When asked to shake hands, do so in a respectful manner
  5. To have fun while playing and keep the game in perspective
2. Players and coaches shall display courtesy and respect toward game officials at all times. Any Participant is subject to Rule F-1 above.
  3. Spectators who become physical or verbally abusive or obnoxious will be requested to leave by the Official. THE OFFICIAL WILL GIVE ONLY ONE WARNING. Should the spectators continue abusive behavior or fail to leave, the officials will stop the game until the officials and coaches can take corrective action.

The Athletic Director will notify the Office of Education of this action. The Office of Education will in turn notify the pastor and principal of the problem.

## **G. Officials**

Officials shall be assigned by the Athletic Director and shall answer to the Director about any questions pertaining to the conduct of the players, coaches, and/or spectators.

1. A form will be submitted to the Athletic Director, which they will follow up on.  
(The form is on the back of the book).

## **H. Coaches Duties**

1. Coaches are members of the faculty, staff, and/or volunteers. In addition to diligent performance of duty, they shall conduct themselves in such manner that they give good Christian example to players and spectators at all times.
2. It is mandatory for all coaches to convene with the Superintendent of Schools and Athletic Director before the opening of each season. Information discussed at said meeting will be shared with the pastors and principals.
3. All new coaches, assistant coaches and volunteers must go through the criminal background check before they are hired.
4. Coaches shall train their teams in the principles of Christian sportsmanship and shall be RESPONSIBLE FOR THE BEHAVIOR OF THEIR PLAYERS ON AND OFF THE FIELD OF PLAY.
5. Coaches are urged to seek cooperation from their fans and spectators with regard to sportsmanship.
6. All Coaches are to be responsible for giving their teams at the game site 10 minutes before the beginning of each scheduled game.

7. All coaches must submit a list of assistants to the Athletic Director at the beginning of each season and will be held responsible for the actions of said assistants.
8. Substitute coaches shall not be allowed to conduct coaching duties if the head Coach or Assistant Coach is in the vicinity of the game. Forfeiture of the game may result if this rule is violated.
9. Coaches are responsible for submitting a well organized list of all their players at the beginning of each season. The official roster must be used and can be found in the appendix.
10. All coaches are responsible for submitting a roster of eligible students before each game to the Scorekeeper.
11. Consideration is given to size of school, students eligible to play, and league requirements in determining size of team.

## **I. Equipment**

The Home team provides official game equipment.

## **J. Awards**

1. Award shall be presented to the first place winners in seasonal play, and Coach of the Year. Second place will be awarded depending on the amount of teams in each level.
2. A Traveling trophy will be awarded for tournament play.
3. Sportsmanship award shall be given to the participants displaying the best sportsmanship in all aspects of league play, development, and participation.
4. The coaches of participating teams will vote for Coach of the Year and the Sportsmanship award using specific criteria provided on the ballot.

## **K. Prayer**

A prayer shall be said before each game.

## **L. League Rules**

Each coach must have a copy of league rules and competition rules at the beginning of each season. Exceptions to the rules will be made only for very grave reasons and then only with the written approval of the Superintendent and the Athletic Director.

## **M. Grievance Procedure**

Any grievance will be addressed in writing to the Athletic Director who will in turn contact the Superintendent of Schools. Please refer to the "Implementation of Rules and Regulations".

## **N. Seasons/Play**

1. The fall season will be volleyball and flag football. The season will begin September 1 and end no later than Thanksgiving. Practice for the fall season may not begin before August 1.
2. The winter season will be basketball. The competitive season will begin January 1 and end no later than March 31.

3. All schedules for the games will be determined by the Athletic Director and approved by the Principals. No more than two games will be played a week by any team.
4. All players on the Junior Varsity roster must play in each match or game.
  - A. Junior Varsity players on a Volleyball team must play at least two positions before they can be taken out. Each player must play at every match.
  - B. Junior Varsity players on a basketball team must play a full continuous quarter. This means that no player can be substituted for another until they have played their full quarter.

## **O. Title IX**

The Catholic School Athletic League is able to restrict boys' playing on girl's teams and remain within the parameters of anti-discrimination legislation.



# **Athletic Director Job Description**

**Title: Athletic Director CSAL**

## **Qualifications:**

1. Knowledge and skills in the administration and operation of inter-parochial elementary sports Program.
2. Three years experience as an elementary school coach or the equivalent.
3. Belief in and commitment to the Catholic philosophy of education.

## **Job Summary:**

1. Oversee and coordinate the inter-parochial elementary school sports program.
2. Promote good sportsmanship and Christian behavior on the part of the coaches, athletes and spectators.
3. Submit a budget and maintain a careful accounting record of all expenses for the league.
4. Keep principals and coaches informed of all rules and regulations associated with the sports program by means of seasonal meetings and written communication.
5. Schedule all games for each team during the season and have these schedules approved by the principals and disseminated to the schools.
6. Recruit officials and scorekeepers for each season.

## **Reports:**

1. Make a serious effort to keep superintendent and the Catholic School Athletic League (CSAL) Committee (consisting of five principals and Superintendent) well informed of conditions within the program. This may be done through seasonal meeting and written communication.
2. Attempt to solve problems on the local level but may call a meeting of the CSAL Committee if efforts to resolve issues are not satisfactory. The Superintendent will be called upon if the sports committee is unable to settle the matter.
3. The Office of Education will notify individual principals if there are any serious complaints regarding their personnel.

## **Remuneration:**

The principals of participating schools in the Diocese of El Paso will determine this.

## **ROLE OF THE COACH/ASSISTANT COACH**

A coach has a strong influence on the students with whom he/she works. Student athlete may look upon their coach as an idol, and may tend to emulate many of his/her characteristics and action. Therefore, it is of utmost importance that a coach in the CSAL (Catholic Schools Athletic League) displays the qualities of good sportsmanship and Christian attitudes. A coach needs to be aware of his/her opportunity to instill Christian attitudes and characteristics in players while on the playing field-an opportunity that is not available to a student's principal or teacher. A coach needs to be an instructor and disciplinarian to the team players, as well as a role model.

A coach in the CSAL is expected to abide by the following Code of Conduct:

1. Be committed to the philosophy of the CSAL program and knowledgeable of the contents of the CSAL handbook.
2. Encourage all eligible students, even those who are not exceptionally skilled, to participate in the CSAL program.
3. See that all players have emergency forms, physicals and permission slips completed. These forms must be on site whenever students are participating in a school activity. All coaches must have the original and a copy is kept in school office.
4. Make good use of practice time for instruction of all players in the fundamental skills and rules of the game.
5. Guide team members in cooperating with one another and accepting and respecting the weaknesses and strengths of team members.
6. Insure that all team members participate according to Diocesan regulations regarding age, and eligibility. These regulations are found in the CSAL handbook.
7. Return all CSAL forms as directed:
  - Rosters
  - Parent Agreement Forms
  - Sportsmanship Ballots
  - Coach Agreement Form
8. Evidence a positive attitude in relating with the team, officials, scorekeepers, gym-supervisors and spectators.
9. Refrain from offensive language and actions at all times.
10. Refrain from negative sideline coaching during games, for it is neither professional nor acceptable and is a distraction for the players and spectators.
11. Refrain from PHYSICALLY OR VERBALLY ABUSING a player at any time during practice or a game. Failure to do so will result in termination.
12. Refrain from laying a hand upon, shoving, striking, threatening to strike, or repeatedly arguing with an official or game supervisor, or being guilty of objectionable demonstration by forceful action of an official's decision.

13. In dealing with the officials, the approach of the coach must be professional at all times. He/She must have self-control and sufficient emotional stability to realize that the official sees the play through impartial and unbiased eyes.
14. Refrain from any attempt to influence the judgment of an official or umpire.
15. Refrain from discussing publicly with spectators in a derogatory or abusive manner any play, decision, or leave his/her personal opinion of the officials DURING OR AFTER THE GAME.
16. Attend all meetings and clinics directed by the CSAL. If the coach is unable to attend the meeting or clinic, he/she is responsible for sending a representative.
17. Make student athletes knowledgeable of their role as outlined in the CSAL handbook.
18. Notify opponents of any schedule changes.
19. Never appear in an intoxicated condition, or have in their presence any alcoholic beverage or tobacco while in the presence of the students. (See Diocesan policy).
20. Insist their team shake hands with their opponent's before/after the contest and behave with courtesy at all times.
21. Hold a pre-game or post-game prayer with the team at each game.
22. Submit complaints following CSAL policy.
23. Sign off on the CSAL Code of Conduct indicating intent to adhere to all CSAL policies and guidelines.
24. Never transport athletics in their personal vehicle.

Violation of the CSAL Code of Conduct for Coaches will result in removal from the game or forfeiture of the game depending on the degree of infraction. If warranted, the school principal, the CSAL Board and/or the Superintendent will take further action.

I agree to abide by the Code of Conduct as stated

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
School

## **ROLE OF PARENT/GUARDIAN/SPECTATOR**

**Parents of children participating in the CSAL Program are required to be aware of the philosophy and guidelines as presented in the CSAL Handbook.**

**Parents are encouraged to take an active part in the CSAL Athletic Program of their school.**

### **GUIDELINES:**

1. Parents have great influence as spectators at the game. It is important that this influence be of a positive nature. Coaches and players are encouraged and motivated by the support of parents and the greatest support and encouragement is needed after a loss.
2. When relating to coaches and officials, parents and other spectators need to be an example of cooperation and respect.
3. A parent who observes a coach whose behavior is not consistent with CSAL guidelines or philosophy should make it known to the school principal and CSAL Board in writing.
4. Parents and other spectators are to refrain from offensive language and actions. Taunting, hooting, and/or swearing will not be tolerated in the CSAL sports program.
5. Parents must monitor the academic progress of their children to insure that each student athlete participating in after school sports maintain a minimum standard with no failing grades or unsatisfactory conduct. Each school chooses to adopt the minimum standard and review process for each campus.
6. Unsportsmanlike conduct is not permitted. The use of noisemakers, stomping, booing, hooting, are discouraging and unsettling to the athletes and they are prohibited at any game.
7. Any unsportsmanlike behavior exhibited by the parent or other spectator will result in the removal from the gym. If this type of behavior continues, it will affect your child's ability to participate in sports at this school.
8. Gym supervisors have been appointed to each site where games are played. They are in charge of spectator behavior. They have the jurisdiction to make spectators leave, or even clear the gym of all spectators.

**I have read the guidelines and agree to abide by them.**

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**Parent Signature**

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**Date**

## ROLE OF THE STUDENT ATHLETE

All eligible student athletes are encouraged to participate in the various CSAL activities. Students who choose to participate in CSAL activities must make a commitment to their team. To play on a CSAL school team is both a privilege and responsibility. To practice and play takes a number of after school hours, and the student's usual grades must be maintained or the privilege of playing a sport will often be taken away from him/her. When a player is suspended from a team, the teammates as well as the player are affected. Any player who chooses to play on a team owes it to his/her coach and teammates as well as himself/herself to remain on the team until the conclusion of the season.

### **Any student athlete participating in a CSAL activity is expected to:**

1. Give fully of himself/herself during practice and games.
2. Be accepting of his/her honest mistakes.
3. Strive to win without placing undue pressure on self or teammates.
4. Recognize and respect the strengths and weaknesses of teammates.
5. Exhibit sportsmanship at all times – being a good winner as well as a good loser.
6. Accept the guidance of coaches.
7. Respect the decision of officials and umpires.
8. Refrain from offensive language and actions.
9. Maintain a 70 as a minimum standard with no failing grades (F's) and an "S" (Satisfactory) in conduct. If the grade point average is not maintained and/or a student has a failing grade (F), a student may not participate until the next review time (Progress Report/Report Card) indicates the minimum with no F's is reestablished. This is a minimum standard only and a school may choose to adopt a higher standard for student athletes.

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Student's Signature

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Date

## ROLE OF THE CHEERLEADER

The cheerleader brings to each game spirit of pride in his/her school and its team members. It is his/her responsibility to guide the spectators in cheers that encourage and support the players that give evidence of respect for the opponents. In determining times for cheer he/she is to work cooperatively with the opponent's cheering squad. At all times cheers are to be positive and supportive.

**Adult moderation must be present for cheerleaders to perform.**

**The cheerleader is expected:**

1. Dress in a manner that is attractive and modest.
2. Be positive in cheers and guide the spectators in the same manner.
3. Work cooperatively with the other cheering squad, thus refraining from any type of competition in cheers.
4. Exhibit a sense of school spirit and pride as well as a respect for the school spirit of the opponents, thus refraining from any use of the opponents school name, colors, symbols, coach's name, names of players, etc. in a derogatory manner.
5. Discourage all cheering, whistling, counting the dribbles, foot stomping, and other means used to deliberately distract an opponent who is about to shoot a free throw or serve.
6. Refrain from the use of noisemakers, such as bells, horns, etc. at basketball, or volleyball games.
7. Avoid cheers that are directed at game officials.
8. Maintain a 70 as a minimum standard with no failing grades (F's) and an "S" (Satisfactory) in conduct. If the grade point average is not maintained and/or a student has a failing grade (F) a student may not participate until the next review time (Progress Report/Report Card) indicates the minimum with no F's is reestablished. This is a minimum standard only and a school may choose to adopt a higher standard for student athletes.

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Student's Signature

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Date

## **ROLE OF THE PRINCIPAL**

The Catholic Schools Athletic League strives to bring a Christian philosophy to the sports program of our elementary schools. The principal has an excellent opportunity to support coaches and student athletes in their effort to live out the goals and ideals of the CSAL Program. Periodic attendance at regular season games indicates interest and support of the school's team and coach, and also provides an opportunity to evaluate the sportsmanship of the coach, team, and spectators. Every effort is made to provide children with the development of fundamental skills of a game so they can compete successfully with others. Although all teams, no doubt, play with the desire to win, undue stress on winning can lead to poor acceptance of the official's decision, and poor sportsmanship among team members and/or spectators. Principals are in a position to encourage coaches and teams in their spirit of sportsmanship or to challenge them to improve it. Although participation of a school in the CSAL doesn't require the principal's presence at all games, the affect of that presence cannot be minimized. Principals should attend at least one game per season per sport.

Principals are required to:

1. Be responsible for the coaches he/she hires to represent the school.
2. Discuss the philosophy and CSAL Handbook with coaches.
3. Make the CSAL philosophy and guidelines known to student athletes and parents.
4. Discuss with coaches, student athletes, and cheerleaders their roles in the CSAL Program.
5. Provide supervision to cheerleaders.
6. Make every effort to inform parents of their role in the CSAL Program.
7. Forward all communications from the CSAL, Athletic Director or Office of Education to coaches.
8. See that forms and required payments to CSAL are returned as directed and on time.
9. Attend games whenever possible (especially the early games of the season).
10. Encourage pastor, associate pastors, and teachers to attend games as their time and schedules permit.
11. Demonstrate that each student athlete participating in a school activity has health or student accident insurance.
12. Monitor game schedule to ensure that no more than two games per week are played (Tournament play is an exception). Scheduled league games should take precedence over non-league practice games.
13. Coordinate with the coaches in regards to the budget, officials, uniforms and tournament play.
14. Periodically evaluate coaches. Must attend at least 1 game for each sport students are involved in.
15. See that each student athlete participating in after school sports maintain a 70 as a minimum standard with no failing grades (F's). If the grade point average is not maintained and/or a student has a failing grade (F) a student may not participate until the next review time (Progress Report/Report Card) indicates the minimum with no F's is reestablished. They must maintain an (S) or better in conduct. This is a minimum standard only and a school may choose to adopt a higher for student athletes.
16. Submit registration forms for each sports season by the deadline specific on the annual CSAL calendar.
17. Coaches represent their schools. If a coach causes problems that have an adverse effect on the school, the principal or person designated by the principal must take immediate action to correct the problems.

## **ROLE OF THE GYM SUPERVISOR**

Gym supervisors are in charge in their respective gyms at all times, even if the Athletic Director is present. It is the responsibility of the gym supervisor to enforce the rules of the league as they deem necessary.

1. If the Athletic Director is present in the gym, the gym supervisor may go to the Director with any situation which needs extra help or advice, but the gym supervisor is the first person in charge of the situation. If the Athletic Director is aware of a situation, they must first go the Gym Supervisor to take care of the situation.
2. Any complaints from parents may be directed to the Athletic Directors if the gym supervisor cannot give an adequate solution to the situation.
3. Since Athletic Directors must visit all the gyms on any given day they may not remain in just one gym to direct activities. This is the responsibility of the gym supervisor.
4. Cheerleaders may cheer, clap their hands, stamp their feet between games, or during cheers, as long as the activity is part of the cheer and it does not happen during serve or free throw. They may not bang their megaphones on the floor, but they may use them to cheer.

Spectators may not bang their feet on the bleachers or the floor, nor may they use noisemakers during the game. There is a difference between cheering and abusive noisemaking. The gym supervisor determines which it is before they step in to stop it.

5. If you have any questions regarding your responsibilities. Please call the head principal of the PSAL.



Gym Supervisors, Scorekeepers (timers and bookkeepers) and  
Athletic Directors

- A. Know your responsibilities
- B. Conduct—Must remain neutral during any game especially at the scorer's desk.
- C. Minimum Age—High School/Adult.
- D. Get Officials names before the start of the game.
- E. Scores called into the Athletic Director by Gym Scorekeeper.  
**IMMEDIATELY FOLLOWING LAST GAME.**  
AD (J.V. Boys/Girls/Varsity Boys)  
(cell)\_\_\_\_\_ (home) \_\_\_\_\_  
AD (Varsity Girls/Football)  
(cell)\_\_\_\_\_ (home) \_\_\_\_\_
- F. Volleyball rotation J.V. Two positions (explain why and demonstrate).
- G. Tournament Costs

JV Girls/Boys (13 and Older)	\$1.00	5years-12years	\$0.50
Varsity Girls/Boys (13 and Older)	\$2.00	5years-12years	\$0.50

## **IMPLEMENTATION OF RULES AND REGULATIONS**

### **Grievance Procedure:**

1. Any complaint will first be dealt with informally by the people involved.
2. If this is not satisfactory, the principals of the school involved will be notified. They will discuss the situation and arrive at a solution.
3. The Athletic Director will be apprised of any complaints or concerns. If the principals are not able to arrive at a satisfactory solution, the Athletic Director will then work with the parties involved to arrive at a satisfactory resolution.
4. If the resolution of the complaint is not satisfactory at this point, the Athletic Director will bring the issue to the CSAL Committee for discussion.
5. If the CSAL cannot arrive at a resolution, the complaint will be directed to the Superintendent. The Superintendent's decision is final.

### **Proper Procedure for School Personnel/Coaches Complaints:**

1. Coach to Coach or Principal to Principal
2. Principal will refer matter to Athletic Director
3. Athletic Director to CSAL Committee
4. CSAL to Superintendent
5. Superintendent's decision is final

### **Proper Procedure for Parent Complaints:**

1. Complaints referred to local principal first
2. Principal will contact Athletic Director
3. Athletic Director will solve on local level
4. Athletic Director will refer matter to CSAL Committee if not solved
5. CSAL Committee to Superintendent
6. Superintendent's decision is final.

Any formal complaint must be done in writing no later than 7 days after the occurrence. The formal complaint must be submitted to the principal of the school.



## **Conflict Management**

**Conflict during competition is inevitable. However, the key to keeping contests educational lies within how you manage conflict. Coaches and officials are entrusted with a great responsibility each time a contest begins. Both are expected to be prepared to manage conflict without compromising middle school athletes in the process. This can be done, even though errors in coaching and officiating will always be part of middle school sports. Although there is no magic phrase or sign that will resolve conflict, a public display of respect between coaches and officials can't hurt. Low voices and private conversations when conflicts arise appear to demonstrate more respect than overt gestures and animated behavior.**

**When others who are angry confront most people, their initial reaction is to adamantly defend their position, often doing so at the same level of hostility. There is a better way. As the old saying goes, "A soft answer turneth away wrath". Try this philosophy during times of conflict. If anyone other than the person you are speaking to can hear you, you have failed to adequately respond to the situation. The key to effective communication is to ask all the appropriate questions and listen and hear responses before responding. If you respond to the differences in what the two of you saw, you will continue to argue and will not gain anything.**

**The role each of you has in planning and participating in a contest is not something you can be reminded of in the heat of competition. The educational value of teaching and modeling good sportsmanship is not destination, but a journey.**

## **Conclusions**

**If coaches put educational goals first, then officials will be better able to focus on playing rules rather than on supervising the atmosphere of the contest.**

**If officials demonstrate professionalism at each contest, then coaches and athletes will not shudder at the sight of a referee whether the contest is at home or away.**

## **Ten Commandments of Effective Communication**

- 1. Coaches and Officials shall understand their role in the contest.**
- 2. Coaches and Officials shall be active and objective listeners.**
- 3. Coaches and Officials shall choose their words wisely; do not swear, curse or use inappropriate gestures.**
- 4. Coaches and Officials shall be fair.**
- 5. Coaches and Officials shall remain professional when a conflict arises.**
- 6. Coaches and Officials shall always remain calm.**
- 7. Coaches and Officials shall never threaten.**
- 8. Coaches and Officials shall listen without interrupting.**
- 9. Coaches and Officials shall never appear as an aggressor.**
- 10. Coaches and Officials shall work with all people involved in the contest, showing the respect they expect to receive.**

## **Catholic School Athletic League Gym Rules**

- 1. Spectators must obey the rules of the gym at all games.**
- 2. No stomping, booing, noisemakers are allowed at any time during a game.**
- 3. No offensive language or gestures is allowed. Taunting of players, coaches, or officials will not be permitted in the gym.**
- 4. Sportsmanship is expected from all spectators at all times. If conduct of an unsportsmanlike nature is exhibited, the spectator will be removed from the gym.**

# Forms for PSAL

**CATHOLIC SCHOOLS COACHES ROSTER**

School \_\_\_\_\_

Team \_\_\_\_\_

Coach's Name \_\_\_\_\_

Phone # \_\_\_\_\_

Assistant Coach's Name \_\_\_\_\_

Phone # \_\_\_\_\_

Assistant Coach's Name \_\_\_\_\_

Phone# \_\_\_\_\_

STUDENT'S NAME

GRADE

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_



**Office of Education  
Diocese of El Paso**

**Physician's and Parent's Certificate for Athletics**

Student Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
School: \_\_\_\_\_ Grade \_\_\_\_\_ Room \_\_\_\_\_

Physician's Report:

Height \_\_\_\_\_ Weight \_\_\_\_\_ B/P \_\_\_\_\_ Pulse \_\_\_\_\_ Body Type \_\_\_\_\_

Eye \_\_\_\_\_ Ear \_\_\_\_\_ Nose \_\_\_\_\_ Throat \_\_\_\_\_ Hearing \_\_\_\_\_

Heart \_\_\_\_\_ Femoral Pulse \_\_\_\_\_ Lungs \_\_\_\_\_

Joint Function: Shoulders \_\_\_\_\_ Elbows \_\_\_\_\_ Hips \_\_\_\_\_ Knees \_\_\_\_\_

Dental:

Cavities \_\_\_\_\_ Bridges \_\_\_\_\_ False Teeth \_\_\_\_\_ Retainer \_\_\_\_\_ Appliance \_\_\_\_\_ Other \_\_\_\_\_

Skin (Fungus?) (Staph?) \_\_\_\_\_ Neuromuscular \_\_\_\_\_

Genito-urinary \_\_\_\_\_ Hernia \_\_\_\_\_

Is student taking any medications routinely? Yes \_\_\_ No \_\_\_ Explain \_\_\_\_\_

I hereby certify that on this date I have examined the above student as indicated by items checked and recommend him/her as being physically able to participate in the supervised athletic activities that are circled below.

VOLLEYBALL

FLAG FOOTBALL

BASKETBALL

TRACK & FIELD

SOCCER

Date: \_\_\_\_\_ Signature of examining physician: \_\_\_\_\_

\*\*\*\*\*DO NOT DETACH\*\*\*\*\*DO NOT DETACH\*\*\*\*\*DO NOT DETACH\*\*\*\*\*

I hereby give permission for the above student to compete in Diocesan approved sports, and go with the coach or other representative on any trips. The parent herewith grants permission for school employees to secure medical services for the above student if necessary. It is understood that neither the Diocese of El Paso nor the school assumes responsibility in case an accident occurs. The undersigned agrees to be responsible in the safe return of all athletic equipment issued by the school to the above named student.

Date \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_

Evidence of Student Insurability:

Health Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

Home Phone Number \_\_\_\_\_ Emergency Phone Number \_\_\_\_\_

**Permission Form, Which Releases the School from Liability**

I/We, the parent(s)/guardian(s) of \_\_\_\_\_  
request that the school allow my/our son/daughter to participate in (insert  
activity) \_\_\_\_\_ and be transported by any available  
means, including foot, for the purpose of participation in extracurricular activities. I/We  
agree to the mode of transportation the school chooses to use.

In consideration for the making of the arrangements for this activity, we hereby release and  
save harmless \_\_\_\_\_ School, all Members of the Faculty  
or Staff thereof and all its employees or agents thereof, the Diocesan Office of Education, the  
Superintendent of Schools of the Diocese of El Paso, His Excellency, the Bishop of the  
Diocese of El Paso, and the Roman Catholic Church and all clergy, employees, agents or  
agencies thereof from any and all liability arising to my son/daughter as a result of  
participating in this activity.

If my/our son/daughter should break rules; for example, by violating civil law and/or use  
alcohol or drugs, I/we agree that it is our responsibility to arrange for our son/daughter to be  
transported home at our expense in the event of such an infraction.

I/We also grant permission to the above named School and any agent or employee to  
authorize and obtain, at my/our sole expense, medical care from any licensed physician,  
hospital, or medical clinic should my son/daughter become ill or injured while participating  
in these extracurricular activities.

Signed on this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_.

Accepted:

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Principal

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
School

**FORM FOR GAMES PLAYED OUTSIDE OF DIOCESE LEAGUE**

SCHOOLS NAME: \_\_\_\_\_

COACH'S NAME: \_\_\_\_\_

DATE OF GAME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

TEAM PLAYING: \_\_\_\_\_

TIME OF GAME: \_\_\_\_\_

**End of Season Sportsmanship Ballot & Comments**

**1. During the game did your opponent promote and display a sincere effort in showing Christian values and sportsmanship?**

**Yes**

**No**

**2. After the game did your opponent promote and display a sincere effort in showing Christian values and sportsmanship?**

**Yes**

**No**

**Comments:**

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**Coach:**

**1. Did your opponent's coach display creative and positive ways in reinforcing Christian values during play?**

**Yes**

**No**

**Comments:**

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**Fans:**

**1. Are there any positive or negative comments about the fans that need to be reported to the A.D.?**

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**Name of your Opponent:** \_\_\_\_\_

**Name of Opponent's Coach:** \_\_\_\_\_

**Your School:** \_\_\_\_\_

**Coach's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**COACHES/ASSISTANT COACHES ACKNOWLEDEMENT FORM**

**I have read and understand the information presented in the Athletic League Rule Book.**

**Name:** \_\_\_\_\_  
**(Print Name)**

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

**Signature:** \_\_\_\_\_

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

**Please return this form on or before your first league game. You will not be allowed to coach, if this form is not turned in to the Athletic Director.**

**Fax your form to St. Pius X School. Fax number is 772-6598.**

# PSAL GAME RULES

# OFFICIAL RULES FOR JV BASKETBALL

1. There will be 2 divisions for both JV boys and girls. Full court press is permitted for Division I teams, and the team must stop pressing once a 20 point lead is established. If the team does not stop pressing the following consequences will follow:

- A. The officials will give a warning to the head coach
- B. A technical will be given to the head coach if the press continues
- C. A second technical will be given to the head coach. If there is not an assistant coach on the bench for the team, the team will forfeit the game
- D. The incident will be reported to the CSAL committee and they will determine if further discipline will be handed down to the head coach.

Division II teams may not press at any time.

2. Each player that is on the official roster will have to play at least one full quarter, beginning to end. This means you cannot take out a player who has not completed one full quarter. The only time you will be allowed to substitute a player is in case of injury or a handicap. If the official scorekeeper advises the referee that a player has not played the full quarter and the game has finished, the team will forfeit the game. It is not the responsibility of the score keeper to keep track of the players and advising you (Coach) who has gone in and out.

3. Each quarter will run 6 minutes. The first and third quarter will be running clock with the clock only stopping for time out. Second and fourth quarter are regular and the clock will stop any time the referee blows the whistle. Remember that no substitutions may be made during the first quarter.

4. There will be a total of 5 time outs per game:

- A. 3 full time outs per game (1 minute in length)
- B. 2 30 second time outs per game. Players must remain standing at this time.

5. The home team is the first on on the roster. The home team bench is the furthest from the main entrance of the gym. Home team must provide the game ball, and it must be regulation size and made of leather.

6. The rules may not be changed by the scorekeeper, the referee, or gym supervisor. All gyms will abide by the same CSAL rules for JV and Varsity basketball.

## VOLLEYBALL RULES

1. Numbers must appear on the uniforms on the back and front.
2. No spandex or short shorts are allowed for either Varsity or JV. Shorts should be the same color.
3. No glitter is allowed in the hair, on the face, no face painting, and no hard objects in the hair.
4. No jewelry is allowed even during warm-ups.
5. One Coach standing up at a time - Assistant Coach not allowed to stand up.
6. Procedure for end of the game clearing of the court. Do not allow spectators to enter the court at the end of the game. Coaches escort players outside of gym where parents may continue the celebration (this allows the following game to start on time). Immediately following the game the gym supervisor should direct spectators to greet athletes outside.
7. Officials must give the desk their name at the beginning of the games. Any concerns about the officials must be directed to the gym supervisor or scorekeeper.
8. Coach of the Year voted by officials and coaches.

## Rally Scoring - Varsity and JV

1. The let serve is in effect (if the ball hits the net and goes over on a serve or volley it is good).
2. Each team is allowed two time outs per game.
  - Game 1--2 time outs per team (1 minutes each).
  - Game 2--2 time outs per team ( minute each).
  - Game 3--2 time outs per team (1 minute each).
3. 15 minute warm up
  - Stretch time: 2 minutes (both teams stretch at same time).
  - 5 minutes (Visiting team on court).
  - 5 minutes (Home team on court).
  - 3 minutes (Both teams serve--all teams must supply 4 or more volleyballs during serving time).



- 4, 2 out of 3 games to 25. If tied, the cap is 30. If a third game is played, 15 wins.

Wins must be by 2 points, there is a cap of 20. Examples:

Game One 23-25 (Win by 2), 29-30 (Win by Cap)

Game Two 17-25 (Win by 2), 28-30 (Win by Cap and by 2)

Game Three 13-15 (Win by 2), 19-20 (Win by Cap)

5. Rosters --Ineligible players after the fifth game -- No new entries--must submit any revised roster sheet.

## JV Volleyball Special Rules

1. JV --Division I teams may serve overhand during the game.  
JV --Division II teams may not serve overhand.  
JV --Division II teams may use the foot mark inside the court for serve for the first 4 games.
2. JV Teams -- Every player must play  
-- Every player must play 2 positions.

\*Exceptions to this rules are if one player serves an excessive amount of serves and the players were unable to advance to another position.

\*\*Coaches, please be aware of the score when sub players. For example: if the score is 20-23 don't sub a player in and expect the player to move two positions. Please use common sense. The Scorekeepers, Officials, and Athletic directors will be watching for this.

# CATHOLIC SCHOOLS BOYS FLAG FOOTBALL RULES

\*\*\*\*\*  
ADAPTED, WITH MODIFICATIONS, FROM TEXAS AMATEUR  
ATHLETIC FEDERATION FLAG FOOTBALL RULES  
\*\*\*\*\*

## RULE I. FIELD

- A. 80 yards long from goal line to goal line with two end zones of 10 yards each.
- B. Field shall be divided into 4 zones of 20 yards each.
- C. Field shall be minimum of 40 yards wide and a maximum of 45 yards wide.

## RULE II. EQUIPMENT

- A. Ball -- shall be the intermediate size leather covered football.
- B. Uniforms -- shall be each team's choice as long as it does not include any hard or unyielding surface. All members of the same team must wear the same color jersey with at least a six(6) inch number on the back. The number on the front is recommended but not mandatory. Jerseys must be tucked in. No article of clothing may cover any portion of a player's flag. Officials should warn violators of this between plays. (5 yard penalty for someone who gains possession of the football.)  
  
The lower uniform may be shorts, warm ups, pants or any other type of athletic wear.  
  
No jewelry of any kind may be worn on players' hands, wrists or arms.
- C. Shoes -- any flat soled or completely molded cleat shoes are acceptable. Removable cleats, baseball or track spikes, or any shoes that have steel or metal tips are prohibited. All players must wear shoes.
- D. Protective Equipment -- helmets, shoulder pads, thigh pads are prohibited. Any question as to the legality of players equipment shall be decided by the referee of that game. The use of any unyielding hard substance cannot be used to protect an injury, no matter how well covered or padded.

- E. Flags -- each player on the field (7 offensive and 7 defensive) will wear 2 flags at the waist, one on each side. Flags must be attached to belt and the belt will be worn snug around the waist to eliminate being turned partially around the waist during an attempted deflagging.

Illegal alteration, securing, or substitution of flags or belts will result in removal of player or players from the game and a 15 yard penalty from the Line of Scrimmage of last snap if offense and if defense from Point of Infraction.

Any player with less than two(2) flags in the proper position at the snap, shall be ruled deflagged immediately at the point where he gains possession of the football.

The flags must be a minimum of 12 inches in length and 1.5 inches in width and must be a different color than the player's lower uniform. Teammates must wear the same color of flags.

The ball and socket type flags are recommended but the choice of type, material and securing mechanism used shall be the choice of each team.

### **RULE III. LENGTH OF GAMES AND TIME OUTS**

- A. Periods -- The game shall be played in 4 quarters of 6 minutes in length. In all games the clock will be regulation one, stopping during incomplete passes, out of bounds, change of possession, extra points, injuries and time outs.

At the end of quarters 2 and 4 the teams will be given a two minute warning and told that now there are 7 plays left in that half.

- B. Changing Ends -- Teams shall exchange ends at the end of the first quarter and again at the end of the third quarter.
- C. Half Time -- will be 10 minutes.
- D. Time Outs -- Each team shall have 2 time outs per half. Each team will be allowed one time out during tiebreaker. Time outs will be one (1) minute in length. Time outs may be called by any player that participated in the last play and is on the field of play. Time outs at the end of the second half will carry over into overtimes.

- E. Additional Time Outs -- May be called by the Officials at their discretion. If a team exceed its time out limit in either half; delay of game -- 5 yard penalty (the time out will not be allowed).

#### **RULE IV. SCORING**

- A. Touchdown -- 6 points
- B. Point after Touchdown -- 1 point by pass, 2 points by run. (Any forward pass, regulation of where caught, shall constitute an extra point by pass if successful.)
- C. Safety -- 2 points
- D. Forfeited Game -- score is 7-0
- E. Winner of Tie Breaker -- 1 point

#### **RULE V. PLAYERS AND SUBSTITUTIONS**

- A. Players -- Parochial Schools flag football is 7 men with everyone eligible.
- B. Substitution -- there will be free substitution as long as players being substituted for are off the field prior to the next snap or is out to the area of play and is departing the field in haste.  
  
Sleepers” on substitutions will not be allowed on any play. No player may line up closer than 5 yards from the sideline unless he came out of the game, did not leave the field of play during the previous play and did not leave the field of play.
- C. Eligibility -- no player shall be permitted to play if he is presently or has, during the current season, been a member of any football team.

All players must be eligible under Eligibility Rules of current Parochial School Athletic Program Rules and Regulations.

Any team found violating these rules shall forfeit all games played in by the ineligible players.

- D. Players -- behavior -- any verbal badgering of officials or derogatory language between opposing players after officials have asked once for team captain’s control will result in player or players involved in action being disqualified.

First derogatory action or language should be penalized 15 yards and captain warned.

Second derogatory action or language will cause players to be disqualified plus 15 yards.

Side line players are subject to the same disqualification for abusive, obscene or badgering language to either opposing players or officials. If the captain or coach of the penalized team cannot control the actions of his players, game can be forfeited.

## **RULE VI. PLAYING REGULATIONS**

- A. Coin Toss -- at the beginning of the game, a coin toss will be held and winner will get his choice of goals or offense or defense. The loser will have the remaining option. The loser of the toss shall have first choice at the beginning of the second half.
- B. Ball in play -- The ball shall be put in play at the beginning of the game, beginning of second half, after a touchback, and after a score by placing the ball on the 20 yard line of the offensive team with 1st down and "line-to-gain".
- C. Huddle -- After the official marks the ball "ready-for-play", offense will have 30 seconds to put the ball in play or else be penalized 5 yards for a delay of game. It is not necessary to huddle after a play if a team wishes to use predetermined plays or audible.
- D. Motion -- Only one player is allowed in motion at the time of the center snap and his movement must be parallel or away from the L.O.S., and must be continuous.
- E. Encroachment -- Offsides shall be called if either the offense or the defense passes over the plane of their L.O.S. before the ball is snapped. A false movement of the football by the center shall constitute offensive encroachment. These are dead ball fouls and the play shall be immediately whistled dead before play begins and 5 yards automatically marked off against the encroaching team.
- F. First Down -- a team will be allowed four downs to advance the ball from one zone to the next. (A zone is to be 20 yards). The zone shall be considered reached when the forward part of the ball, in its position when declared dead on the field of play, touches or is in advance of the line marking the next zone or in this case "the line to gain".

If after 4 consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at the spot.

- G. Stances -- Any stance is permitted.
- H. Line of Play -- Any number of players may be on the offensive or defensive L.O.S at the snap.

Defensive line must be one (1) yard off the ball at all times.

- I. Blocking and Rushing

Blocking below the waist is prohibited anywhere. Blocking below the waist is making the initial contact below the waist against an opponent other than the runner with any part of the blocker's body. No player shall block in such a manner which would cause his feet, knees, or legs to strike an opponent. All blocking shall be done with feet in contact with the ground. There will be no three or four point (crab) blocking. The blocker may not use head, hips, and legs and elbows in, while blocking. A penalty will automatically be called if a blocker's hand leaves his jersey while in the process of screening within 2 yards of the rusher.

No down field blocking is permitted on pass plays until the ball is caught.

The rusher may not run over the blocker. The rusher may not pull the blocker toward him or push the blocker away from him. Head slaps are not allowed. The rusher may not touch the quarterback in the head while attempting to block his arm if it is in a forward motion attempting to make a pass. Roughing the passer will be called when the rusher, if while attempting to block a pass, lets his momentum carry him into the passer. Defensive player may not have any contact with the passer when he is passing. The defense may rush as many players as it wishes.

- J. Passing -- There can be only one forward pass per play.

A direct hand off or a bobbled, but complete direct handoff, shall not be considered an exchange of the football in the air.

If the passer is beyond the L.O.S., when the football is released, an illegal Forward Pass has occurred and will result in a 5 yard penalty and loss of down if accepted. Illegal Forward Passes will be marked from P.O.I. or L.O.S. whichever hurts more. Once the ball has crossed the L.O.S., in the air or in possession of a player, it cannot be passed

forward, even if the ball is first returned back across the L.O.S. (Illegal forward Pass).

Intentional Grounding shall also constitute an illegal forward pass.

A lateral will be any pass thrown overhand or underhand perpendicular or away from the direction of advancement of team in possession. Forward laterals are treated as a forward pass.

- K. Receiving -- All players of both teams are eligible pass receivers. All passes caught out of bounds are incomplete. The ball must be caught in bounds with at least one foot in. If a receiver catches pass with one foot in bounds and one foot out of bounds simultaneously, or if one foot lands out of bounds before the other lands in bounds, then the pass is incomplete. Player going out of bounds during a play becomes ineligible to catch a pass during that play. If a pass is caught in such a manner the reception will be regarded as incomplete. Two or more offensive receivers or defensive players may touch a pass in succession, resulting in a completion. A double always going to the offense.
- L. Pass Interference -- Pass interference rules shall apply to any pass made from behind the L.O.S., whether it is a forward pass or a lateral pass and applies to both offensive and defensive players. After the pass is in the air, neither pass receiver or defender may touch the other until one of them touches the ball, or else offensive or defensive pass interference may be called. If contact occurs after of them catches the ball, then pass interference cannot be called unless one of them catches the ball and other “strips” or attempts to “strip” the ball from his hands.

Receiver stripping is attempting to take the ball from the grasp of a receiver after he has caught the ball but before he has brought the ball into a possession position, in which case, pass interference will be called: if player has established possession of the football, the defender must go for the flag and not the ball.

Any contact that occurs after the pass touched (excluding receiver stripping) and is either complete or incomplete, must be judged by the officials as either non-intentional contact caused by both players “playing the ball” or be 10 yards from either L.O.S., or spot, and if judged to be flagrant, the penalized player may be removed from the game and penalty will be 15 yards. All pass interference plays, offensive or defensive, whether they occur during the “regulation player period”, or “7-play rule”, “tie Breaker period” or the “P.A.T. try period”,

will be captain's choice penalties. If the captain refuses penalty the play will stand.

All Offensive pass interference plays, whether they occur during the "Regulation play period", "7-rule period", "tie breaker period" or the "P.A.T. try period", which are accepted by the defensive captain shall be marked 10 yards from L.O.S. or P.O.I., whichever hurts the infracting team the most, with a loss of down (and loss of play number if during tie breaker).

Defensive pass interference which occurs in the end zone during the "Regulation play period" and accepted: ball will be placed on one (1) yard line, and first down.

Defensive pass interference which occurs during the "P.A.T. try period" and accepted: ball will be placed on the (1) yard line P.A.T. will be run again.

Defensive pass interference which occurs in the end during the "Tie breaker period, or "7-play rule period" and accepted: ball will be placed on the one (1) yard line -- same play will be run again, plus one (1) free down will be awarded, if needed, to score.

Screening a receiver's eyes by a defender without playing the football is pass interference and shall be penalized as such.

Bump and run, or checking an offensive receiver during a passing play will be a 10 yard penalty from P.O.I., and captain's choice.

- M. Deflagging -- The ball carrier is down and the ball is dead when either flag is detached from his belt or when the ball or either knee touches the ground. A defensive player may leave his feet to pull the offensive player's flag but may not make contact while doing so. When a defensive player pulls the ball carrier's flag, he should stop and hold it above his head for officials to see.

Tackling -- is prohibited. Tackling is grasping or encircling the body of the ball carrier with a hand or arm, thus impeding his progress, shall be penalized as tackling. If the defensive player reaches across the body of a ball carrier to pull his flag and contact is made, the responsibility of the contact lies with the defensive player. Penalty: 15 yards from P.O.I. or L.O.S., and if in the opinion of officials, the act prevented a score, the ball will be placed on the one (1) yard line, 1st down and goal. The offender will be disqualified if the act was flagrant.



Illegal Deflagging -- is a prematurely pulling an opponent's flag with the intent of making the offensive player ineligible to become a ball carrier. Penalty --10 yards from L.O.S. or P.O.I.

Runner Stripping -- occurs when a defender attempts to strip or rake the ball from the grasp of a player who has the ball in possessive position, this is a form of Illegal Deflagging.

The intended receiver of either a pass or lateral may be deflagged only after first touching the ball -- even while fumbling or bobbling the ball and before possession is established. That receiver will be considered downed at the point he was deflagged.

A defender may not push or knock a ball carrier out of bounds -- a form of illegal deflagging -- 15 yards.

- N. Quick Whistle -- if the official whistles the play dead prematurely the offense shall have the choice of: (1) accepting the ball where it was whistled dead or (2) replay down.

Pretending to pull an opponent's flag (raising empty hand intentionally) resulting in official's "quick whistle", defense will be penalized 5 yards and offense's choice of either #1 or 2 above.

Offensive penalties, if they were committed before quick whistle have priority over quick whistle.

- O. Ball Carrier -- The responsibility of avoiding contact rests with the ball carrier. He must show the officials he made an effort to avoid contact. The ball carrier will not deliberately run or drive into a defensive player. A ball carrier may spin or jump but must realize that while spinning or jumping he is in a "State of Non-control" and should contact occur as a result of his uncontrolled momentum, he will be penalized. The "Stiff Arm" is illegal. Penalty: 10 yards from P.O.I.

The ball carrier shall not protect his flags by blocking with his hand, arm, or head, the opportunity of an opponent to pull his flags. Flag guarding will be marked 10 yards from P.I.I. with a loss of down.

- P. Fumble -- When a backward pass or fumble hits the ground between the goal lines, it becomes dead and belongs to the team last in possession at the spot where the ball hits the ground or at the spot where the ball goes out of bounds.

Forward, offensive fumbles which cross and hit beyond the next line-to-gain will result in ball being marked dead at point of fumble, loss of down.

When the ball is fumbled into or out of the opposing team's end zone by the offensive team, which is going toward but has not yet broken the plane of the goal line with ball in their possession, it will be ruled a touchback.

- Q. Center Snap -- A center snap can be made between the center's legs, although side hikes are allowed . A false movement of the football by the center shall constitute encroachment.
- R. Punt -- If a punt is to be made, the offense must announce it to the referee before the ball can be declared ready for play. Offense must declare within 10 seconds after asked by referee on 4th down play. (Penalty delay of game.) After offense declares, the referee will mark ball ready for play whereupon the offense will have 15 seconds to punt the ball.

When the offense declares the punt, it becomes a guaranteed punt, and only if a defensive penalty occurs after the offense declares punt can the offense reconsider, due to change in field position.

The ball will not be dead if it touches the ground before the punt is made even if muffed by the punter. After a punt has been declared, it must be made and neither team may cross L.O.S. The punt returning team must have 4 players within 5 yards of the L.O.S.

If the punt hits a member of the punting team, which has not crossed the L.O.S., it is dead at the spot. any member of the punting team may down the punt if it is beyond the L.O.S. and has touched the ground prior to being downed. The punt will be declared dead at the spot where it is first touched by the punting team.

The punt receiving team must be given an opportunity to field the punt in the air, therefore, there will be a 10 yard penalty if touched in the air beyond the L.O.S. by the punting team, from the P.O.I.

The punt returning team may have 2 or 3 returners in deep positions.

The punt receiving team may field a punt in the air, off a bounce or directly off the ground, if fielded clearly. When a punt touches a player on the receiving team who is in bounds and the ball rebounds into the air, all players become eligible to intercept and advance the ball before

it couches the ground. This applies even if the punt hits the ground before first touching the receiving team's player. Fumbles recovered by the defense may not be advanced if fielded. If a punt is left unattended, it becomes dead where it rolls still.

No Quick Kicks are allowed. (10 yard penalty and loss of down from L.O.S.)

Punts muffed by the receiving team in the end zone before possession, and ball hits in or out of end zone, it will be a touchback. If the ball is touched in the air or on the ground by the punting team in the end zone it is a touchback. If a punt receiver who has gained possession of the punt in the end zone is deflagged prior to crossing the goal line into the field of play, it is touchback. If punt receiver remains in end zone 5 seconds after fielding punt, or downs punt by knee or ball touching ground after possession, it is a touchback.

A muffed lateral in the end zone will be safety.

- S. Time Left in Game -- the one field captain or quarterback may request the amount of time left in the game from the officials at any time. Officials will be expected to give the correct time.
- T. Tie Breaker -- In the event of a tie game at the end of the 4th quarter the following method will be used.

After an official time out of 2 minutes, during which time officials and team captains will have a coin toss. The winner will have a choice of playing offense or defense first. Both teams will go in the direction of the wind or if no wind, in the direction chosen by the loser of the toss.

Ball will be placed on the 40 yard line and each team will have 4 consecutive plays in which to score the most points or gain the most yardage. The team that scores the most points is the winner. If both teams score the same amount of points or no points at all, the team who gains the most additional yardage shall be the winner. If after 4 consecutive downs each, the two teams remain tied in all of the above combinations, additional downs will be played, one down at a time, alternating until a winner is decided.

If a team scores a touchdown, it will be allowed to use its remaining downs, beginning again at the 40 yard line. A free down will be granted for P.A.T. attempts after each touchdown.

During Tie Breaker, teams will be allowed one time out each.

An interception terminates the offensive team chances. They are credited with yardage to point of the last snap to the interception. The defense may not advance the interception.

Winner of the Tie Breaker shall be given one point.

- U. Penalties -- all live ball fouls (fouls which occur while play is in progress) are captain's choice. All dead ball fouls (fouls which occur prior to snap or after ball is blown dead) will automatically be marked off. This means if a foul occurs during a down and is a live ball foul and then a dead ball foul occurs, both fouls will be enforced. They do not offset, even if against different team.

After a penalty is called, only captains of the teams may discuss it with the officials. The captains' first choice will be final.

In the judgment of any game official, the following acts are deliberate or flagrant, the player or players involved shall be ejected from the game:

1. Using fists, kicking, or kneeling
2. Illegal use of hands, forearms or elbows
3. Tackling
4. Any deliberate or flagrant act which could cause injury
5. Any act of un-sportsmanship like conduct
6. Abusive, profane or insulting language
7. any act of unfair play
8. Harassment of officials or other players

Penalties, which would otherwise be marked off past the goal line, shall be placed on the one yard line.

A minimum one game suspension for a player ejected from a game for any reason.

- V. Illegal Advancement –Advancement may not occur as a result of the Ball being slapped, kicked, pitched, thrown or pushed by either team in the direction of their goal line. The ball will be declared dead at the Spot of such illegal advancement and 5 yard penalty.
- W. 7-Play Rule Period -- Goes into effect at the 2 minutes warning of the 2 minutes warning of the 2nd and 4th quarters. From this point on, the clock will no longer be kept, instead there will be 7 plays left in that half of game. Teams must continue to make first downs if they want to keep possession, as it is with a chance to gain possession and use the

remainder of the 7 plays. P.A.T. tries will not count as one of the 7 plays.

- X. Offsetting Penalties -- If offsetting fouls occur during a down, or while the ball is ready-for-play, that down shall be played over.

## PAROCHIAL SHOOLS BOYS FLAG FOOTBALL PENALTY CHART

GENERAL INFRACTIONS	RULE NUMBER	PENALTY	MARKED FROM
Clothing Covering Flag	II-B	5 yds.	POI
Improper Equipment	II-C,D	10 yds.	LOS/EOR
Flag or Belt improperly Positioned at Possession	II-E	10 yds.	POI
Flag improperly Altered or Attached	II-E	15 yds.	LOS/POI
Delay of game: Time outs	III-D	5 yds.	LOS
Illegal substitution	V-B	5 yds.	LOS
Un-sportsmanship Conduct	V-E*	15 yds.	LOS/EOR
Encroachment	VI-E	5 yds.	LOS
Off-sides	VI-E	5 yds.	LOS
Flagrant/Deliberate	VI-U	15 yds.	LOS/EOR
*****THESE PENALTIES COULD COME UNDER RULE VI-U*****			
Illegal Advancement	VI-V	5 yds..	POI
Illegal Blocking	VI-I & R	10 yds.	POI/LOS

OFFENSIVE INFRACTION	RULE NUMBER	PENALTY	MARKED FROM
Delay of Game - 30 seconds	VI-C	5 yds.	LOS
Illegal Motion	VI-D	5 yds.	LOS
Down Field Blocking	VI-I	10 yds.	POI/LOS
Illegal Forward Pass	VI-S	5 yds./ Loss of Down	POI
Intentional Grounding	VI-S	5 yds/ Loss of Down	POI
Forward Lateral	VI-S	5 yds/ Loss of Down	POI
Pass Interference	V-L	10 yds/ Loss of Down	POI
Stiff arm	VI-O	10 yds.	POI
Protecting Flags	VI-O	10 yds. Loss of Down	POI
Charging Into Defense	VI-O*	10 yds.	LOS
Delay of Game: Declare Punt	VI-R	5 yds.	LOS
Illegally Touching Punt in Air	VI-R	10 yds.	POI
Quick Kick	VI-R	10 yds.	LOS

\*\*\*\*\*THESE PENALTIES COULD COME UNDER RULE VI-U\*\*\*\*\*

DEFENSIVE INFRACTION	RULE NUMBER	PENALTY	MARKED FROM
Illegal Line Play	VI-H	5 yds.	LOS
Illegal Rushing	VI-I	10 yds.	LOS
Contact/Rushing Passes	VI-I	10 yds.	LOS
Pass Interference	VI-L	10 yds.	POI
Pass Interference in End Zone	VI-L	Fall on 1 yrd. Line	
Receiver Stripping	VI-L	Same as Pass Interference	
Screening Receiver's eyes	VI-L	Same as Pass Interference	
Bump and Run	VI-L	10 yds.	POI
Tackling	VI-M*	15 yds.	POI/LOS
Impeding T.D.	VI-M	Ball on 1 yrd. Line	
Illegal Deflagging	VI-M	10 yds.	POI/LOS
Runner Stripping	VI-M	10 yds.	POI/LOS
Pushing Ball Carrier Out of Bounds	VI-M	10 yds.	POI/LOS
Faking Deflagging	VI-N	5 yds.	POI/LOS

\*\*\*\*\*THESE PENALTIES COULD COME UNDER RULE VI-U\*\*\*\*\*