

# **Diocese of Belleville**

## Sports Information



Office of Faith Formation and Education

Jonathan Birdsong, Superintendent of Schools

David Timmermann, Associate Director of Education

*Revised July 2021*

Dear Principals, Athletic Directors and Coaches:

Catholic School athletic programs in the Diocese enhance the education of our youth. Through the programs offered by our schools, students are given the opportunity to develop their physical skills and a strong moral character.

Each coach, athletic director, and everyone involved in the program should work closely together to ensure that the mission of the athletic program contributes to the school's spiritual and educational mission.

You are to be commended for your efforts to provide opportunities for the youth of your school and the youth of the Diocese. Your role in leadership of the sports program should always be mindful of the Gospel mission of the school.

Contact the Office of Education for sports information, regulations, and forms.

These guidelines have been compiled for you to assist in your efforts to provide the best program possible. These guidelines may not cover all of the concerns and conditions for all of the sports. They may also be amended as directed by the Executive Council for Athletics. The Diocese also follows the rules for sports from the Southern Illinois Junior High School Athletic Association. Their website is [www.sijhsaa.com](http://www.sijhsaa.com). Please be sure to share this information with all of your coaches.

Thank you for your efforts to provide these opportunities for the youth of your schools.

David Timmermann

Associate Director of Education

Diocese of Belleville

Index

Philosophy.....3

School Responsibilities in Hosting Athletic Events.....4

Code of Conduct.....6

Athletic Activities per Week.....7

Team Size/Cutting of Players/Team Composition.....7

Playing Time.....9

Player Eligibility.....10

Student Behavior and Academic Progress.....11

Age Requirements.....11

Officials.....12

Executive Council.....12

Practice.....13

Procedures for Excessive Heat.....14

Concussion Protocol.....15

Baseball/Softball.....18

Soccer.....20

Basketball—Boys and Girls.....24

Cheerleading.....25

Volleyball—Boys and Girls.....26

Track.....27

Coaches.....28

Incident Reports.....32

Parents Guidelines.....33

Diocesan Tournament Guidelines.....36

# **Philosophy and Purpose Of Catholic School Athletic Programs In the Diocese of Belleville**

The Catholic school athletic programs exist in the Diocese of Belleville to enhance the relationship between faith, religious practice, and the activities of daily living. Sports programs are an integral part of the Catholic educational and catechetical mission.

All activities within the Catholic school environment are designed to assist this mission by helping young people develop a strong moral character\* based in faith. The educational experience is meant to bring the entire person (mind, body, and spirit) closer to his or her realization that every child is made in the image of God. This character development must underlie the total daily school experience.

Every aspect of the school experience must contribute to this endeavor from the quality and thoroughness of academic work, to how the students behave and treat one another, and to how they play on the playground. Formal athletic programs offer a unique opportunity for adults to supervise youth in the application of Christian principles learned in the school environment to the often highly emotional past time of sports. Athletics is one of the most effective ways to teach “applied Christianity.”

For instance, school athletic programs present ideal opportunities for teaching youth important life lessons: setting and meeting goals, controlling impulses, overcoming challenges and obstacles, and learning to sacrifice for the good of others. Playing sports can teach youth self-discipline, respect, responsibility and perseverance, and generate moments of pride, satisfaction and joy, regardless of the wins and losses a team may experience.

All of these virtues and social and emotional abilities are at the core of the Gospel message. Making connections between such virtues and abilities and the person and teachings of Christ is one of the challenges of making a sports program a truly Catholic experience, which is the challenge facing every Catholic school.

It is imperative that school leaders and coaching staffs work closely together to ensure that the athletic mission contributes to the school’s overall spiritual mission. The school’s academic and athletic programs, as well as all school activities, must contribute to the spreading of the Gospel. Teaching and coaching philosophies within the school must be frequently evaluated to make sure they are reflecting the values of Jesus.

\*A strong character is formed and maintained when an active and well-formed conscience becomes a consistent moral guide, and such virtues as patience, generosity, honesty, obedience, compassion, understanding, respect, tolerance and prudence become habits of thought and action.

## **Elementary Level School Athletic Programs**

1. As Diocesan Policy 2211.2 states, the ultimate aim of principalship is to provide Catholic educational leadership in the total school community. This leadership and responsibility extend to school athletic programs for elementary age students. All elementary athletic programs, athletic directors, coaches, and athletic associations or boards are under the direct supervision of the principal.
  - A. It is recommended that all school athletic programs have an athletic director, or a person designated who is responsible for coordinating the athletic program.
  - B. The athletic director is accountable to the principal.
  - C. The athletic director and all coaches are to be approved by the principal each year.
  - D. School athletic associations/committees/councils are accountable to the principal. (The principal and/or athletic director will keep the school board of education informed of the athletic committee's activities.)
  - E. The principal and pastor are to receive a semi-annual financial statement from the athletic committee.
  - F. The athletic director should give a written evaluation of each coach to the principal at the end of each season along with the recommendation on whether the coach should continue coaching or not. Evaluation forms are available from the Office of Education.
  - G. The principal should fill out an evaluation form on their Athletic Director every year.
  - H. *This policy should be distributed to every parent/guardian at the mandatory parent's meeting and IF POSSIBLE, POST ON YOUR SCHOOL WEB SITE.*

### **SCHOOL RESPONSIBILITIES IN HOSTING ATHLETIC EVENTS.**

Each local Board of Education should develop a philosophy statement on the purpose of elementary level athletic activities. The philosophy statement should be designed so that elementary athletic programs have their proper place in the lives of the students. School athletic activities should be enriching, enjoyable, and foster Christian charity. Excessive emphasis on winning and competition is not consistent with this approach and is, therefore, to be avoided.

- A. A person shall be designated to oversee, supervise, and coordinate each athletic event held at a school.
- B. The person supervising the athletic event must be someone other than the coach who is participating in a game.
- C. A Tournament manager chosen by the diocese will be overall supervisor of all diocesan tournaments.
- D. If a school does not show up for a diocesan tournament game, they will be fined \$250. If they cancel 24hrs before the tournament, they will be fined \$150.00. The host school is to notify

the Office of Education. An invoice will be sent by the office of Education to the school being fined with payment to be made to the Diocese of Belleville. Once the check is received, the Office of Education will request that a check be sent from the Finance Office to the host school.

#### Enforcement

A. After a thorough investigation, any school athletic program found to be in wilful violation of these published policies, will be given a warning or placed on suspension. Notice of a probation or warning will be sent to the principal, School Board of Education and the athletic director.

- The length and degree of probation is to be determined by the Diocesan Executive Council for Athletics and/or the Superintendent of Schools for the Diocese.
- If a school program on probation does not correct the violations, the program will be placed on suspension and all other Diocesan school athletic programs will not be able to schedule the suspended school in any athletic activity until violations are rectified.
- A school athletic program may appeal the Executive Council's decision to the Diocesan Board of Education.
- Any school or individual that repeatedly violates Diocesan sports policies will be evaluated by the Superintendent of Schools. If the situations warrant it, they or their school may be suspended from diocesan school athletics.

**A.**

## CODE OF CONDUCT

A. Parents/fans and supporters of the parish athletic program do not use abusive language at the referees, players, coaches, or fans from either team.

B. Parents/fans and supporters of the parish athletic team treat all officials with respect and refrain from criticizing officials during and after games.

C. Parents/fans are reminded that their actions reflect on the reputation and good name of the school.

D. The actions of parents and fans promote good sportsmanship among everyone present.

E. ANY COACH, PLAYER, PARENT, OR SPECTATOR EJECTED FROM A GAME WILL RECEIVE A ONE GAME SUSPENSION, AND MAY NOT ATTEND THE NEXT CONTEST. THIS SUSPENSION INCLUDES ANY GAME FOR THE REST OF THAT DAY AND THE NEXT SCHEDULED GAME. TWO EJECTIONS OF A COACH, PLAYER, PARENT, OR SPECTATOR WILL RESULT IN AN AUTOMATIC SUSPENSION FOR THE REMAINDER OF THE SCHOOL YEAR FROM ALL ATHLETIC ACTIVITIES

Each school should submit an Incident Report Form to the Diocesan Office of Education in the event of any un-sportsmanlike conduct by coaches, players, parents, or spectators. These reports should be submitted within 72 hours and should not be based on the calls of officials or referees. A copy of the Incident Report Form will be sent to the principals of the schools involved. EVERY SCHOOL IS TO ADOPT AND FOLLOW A "24 HOUR" COOLING OFF PERIOD TO DIFFUSE POTENTIAL PROBLEMS BETWEEN PARENTS, SPECTATORS, OFFICIALS, AND COACHES.

Any parent, fan, or spectator disregarding these guidelines shall be asked to leave the gym or playing field. If the parent, fan, or spectator disregards the request to vacate the area, the game shall not continue until the person(s) leaves and could result in forfeiture of the game. The athletic director/designated representative, or coaches shall see that these regulations are enforced. Any parent, fan, or spectator that consistently violates these regulations shall not be allowed to attend games until determined by the principal or parish athletic director. Any athletic director/designated representative, or coach refusing to enforce these regulations shall be suspended temporarily or permanently as determined by the principal.

## **Diocesan Policy and Regulations For All Sports**

There should be a mandatory parent's meeting prior to every athletic season. Both parents must sign off on the Parent Code of Conduct.

### **Athletic Activities per Week**

A. Students of grades 5 thru 8 should have no more than four athletic/sports activities per week, including practices and games. Sunday to Saturday shall constitute a week. When a student must participate in two games on a given day, it shall be considered one activity. For basketball, a student playing in two games can only participate in six quarters for the two games.

B. A student may participate in more than one sport per season. For example: A student may participate on a cross country and baseball/softball team at the same time provided the athletic director and coaches agree to adhere to the four athletic events per week.

C. No regular games or practices/open gyms are allowed on Sundays. The exception to this rule is diocesan tournaments and local high school feeder tournaments.

D. When school is cancelled due to inclement weather, no practices, games or local tournaments are to be held.

E. Students who are absent from school may not practice or participate in games unless there are special circumstances approved by the principal such as a funeral or doctor appointment. Exceptions to this must be approved by the Office of Education.

F. Students should not leave school early to attend an athletic event. An exception must be given by the principal and only given rarely. (*Diocesan Policy 6145.2*)

### **3. Team Size/Cutting of Players/Team Composition**

- A. Schools may determine the size and composition of each team. (Such as when to have two teams at a particular age group because of the number of students that want to play in a given grade) When team rosters exceed the recommended team roster limit the school shall add additional teams as needed. These additional teams may be based on player ability. Availability of facilities for practices and games, and the availability of other teams to play may necessitate varied opportunities for practices and games among school teams. In all cases, the Diocese of Belleville does not allow the cutting of players from any team.

- B. When a school does not have a sufficient number of students to participate in a certain sport, the principal and athletic director shall contact the Office of Education to seek available roster spots. When a neighboring school does have roster spots the two principals must agree with the registering of the student(s) for the team. The principals shall work with their schools AD's to place the student(s) with a school team, when both schools agree. This will be done on a sport-to-sport basis but must be done prior to the beginning of that sport season. When the two principals agree, a written request or e-mail must be submitted to the Office of Faith Formation. If a school takes players from another school, they must take ALL AVAILABLE players from that school. The combining of schools cannot take place until written permission is given from the Office of Education. If there are no roster spots within the area available, the Executive Committee for Athletics will suggest a list of schools within the Diocese that may be contacted regarding possible roster spots.

**Please Note:** Only students officially enrolled in a Catholic school in the Diocese of Belleville can compete in school and Diocesan sports activities. Home-schooled and Parish School of Religion (PSR) students are not eligible. When a Catholic school is unable to meet the academic needs of a student/s, student/s will be eligible to participate in the school's athletic program. The student/s must be enrolled in the Parish School of Religion. Any exceptions to this rule must be submitted in writing or e-mailed to the Diocesan Office of Faith Formation and must be approved by the Executive Committee for Athletics.

If a Catholic School does not have enough student athletes to field a team, they should seek to co-op with a neighboring Catholic School. A Catholic School may partner with a non-Catholic school when a neighboring Catholic school is not an option. All co-ops must be approved by the Office of Education.

When schools combine with other schools for a particular sport it could elevate them from small school classification to large school status for volleyball, basketball and track according to total enrollment numbers.

**\*When sending in rosters please note if student is from another school.**

## **Playing Time**

A. Playing time and selection of starters in grades seven and eight will be up to the discretion of the coaches and will be dependent upon a coach's evaluation of an individual student's ability, attendance, attitude and behavior at practices and games. **Again remember, the Diocese of Belleville does not allow any cutting of players at any level.**

B. The emphasis of the athletic program in grades five and six shall be learning fundamental skills and gaining self-confidence. Coaches shall give each student as much playing time as possible (**this does not mean equal playing time**) as well as a chance to start some games; however student's attendance, attitude, and behavior at practices and games also will determine the amount of playing time. All rostered players shall have played by the end of the game in all diocesan controlled sporting events.

- **Minimal playing time for time sports at the junior level for rostered players should be no less than one minute.**
- **All players in junior volleyball must play before the end of the second match.**

C. Students and parents who have questions, concerns, or complaints should first consult with the coach after 24 hours have elapsed from the time of concern. In the best interests of the children, both the parents and the coaches should make every effort to keep the lines of communication open. Whenever an issue is not able to be resolved, the parent, student or coach should approach the athletic director and then the principal.

D. It is required that all parents be informed and given a copy of the Diocesan Sports policy at the beginning of each sports season of the school's policy and guidelines regarding team composition, playing time, and player eligibility, as well as, parent and coach behavior at games.

E. School athletic programs are encouraged to develop their own criteria in addition to that stated above for playing time at each grade level.

### **4th Grade Organized Sports**

A 4th grade boy/girl can play on Junior team ONLY with Diocesan approval.

While activities may be organized to provide introductory 4th grade athletic experiences, no school may conduct a long-term competitive season at this level. Teams shall engage in a maximum of (4) scrimmage activities. These activities are subject to Diocesan regulations. (This does not apply to soccer.)

### **Player Eligibility**

A. A player may be suspended or dropped from the school team only for major violation of school or parish policy. This can include repeated violation of published policies set forth by the athletic program. These policies should include statements on student attitude and conduct.

B. A student placed on probation or suspended from school is ineligible to participate in school sports activities until the probation or suspension is lifted.

C. Each school board of education and athletic committee shall develop a fair and just policy and procedure with appropriate guidelines that could allow all the youth of the school the opportunity to use the athletic facilities of the school.

D. All students participating in the sports' program must have a physical exam each year and have a copy of the report on file at the school.

### **Student classroom behavior and academic progress.**

- A. A student's classroom behavior and academic progress is best handled by the teacher and principal and, therefore, should remain a school and parental concern not usually connected with the school athletic program.
- B. A student may not be excluded from participating in sports activities because of low grades or unfinished homework. However, if it is determined that a student's extra-curricular activities interfere with the student's academic progress or classroom behavior the student may be excused for a time. These situations shall be thoroughly investigated by the teacher and principal before any disciplinary action is taken regarding athletic sports participation.
- C. Any disciplinary action connected with the school athletic program should be **discussed** with joint participation by the student, teacher, parent, principal, coach and/or athletic director. **THE FINAL DECISION WILL BE DETERMINED BY THE PRINCIPAL.**
- D. Keeping in mind that the total welfare of the student is the primary concern, there are often many other effective and positive methods available that can help motivate a student's academic progress or behavior than excluding a student from playing sports.

### **Team Behavior**

- A. Grade school years are a time for the development of friendships. Placing students in an intense competition with each other in school-sponsored extra-curricular activities is not conducive to the formation of friendships and often results in unnecessary stratification. Therefore, any athletic team or cheerleading squad that is judged to be a disruptive element in the school by the principal and/or athletic director may be immediately disbanded for the duration of the season.

### **Age Requirements**

- A. Parochial - (7th & 8th Grade) under 15 before September 1 of the current school year.
- B. Junior - (5th & 6th Grade) under 13 before September 1 of the current school year.  
Exceptions: Granted in writing by the Office of Faith Formation.

## **Officials**

A. For all athletic events, schools must use I.H.S.A. certified referees or other state or diocesan certified officials.

B. When uncertified or insufficient numbers of officials occur a school has the following options:

- 1. The home team forfeits and there is no game.
- 2. The home team forfeits and the game is played.
- 3. Both teams play the game with the signed agreement of both coaches and results count in league standings.

C. For all athletic contests, timers and score keepers must be at least 16 years of age. If not, rules A and B apply.

D. For those schools involved with soccer: All referees must be certified by the Illinois Youth Soccer Association or the Illinois High School Association (Starting Fall 2004).

## **Executive Council**

A. The Diocesan Executive Council for Athletics will be convened by the Office of Faith Formation. The procedure for changing Sports regulations is as follows:

- a. The Athletic Director should meet with the Principal of their school.
- b. Recommended changes should be discussed with the area principals.
- c. Recommended changes should be discussed with the executive committee of the AEP.
- d. These changes will be discussed at the Executive Council of Athletics meeting.

B. A request permission form must be on file with the principal for each student participating in the athletic program; it should be signed by a parent or guardian. An emergency form for each student should also be on file.

C. It is recommended that the coach also be given a copy of these forms.

## Practice

- A. Practice time for grades 1 thru 4 should not exceed one hour. Practice time for grades 5 thru 8 should not exceed two hours.
- B. Practice time should be limited during semester exam week and during holiday vacation periods and holidays, as determined by the school board of education.
- C. No practices shall be held on Sunday.
- D. When school is canceled due to inclement weather, no practices, games or local tournaments are to be held.
- E. Practices should be scheduled with consideration for the family mealtime and safety of children returning home, as determined by the school board of education.

There shall be NO PRACTICES OR GAMES on the following dates: January 1, August 15, November 1, December 8 or December 25, Ash Wednesday, Holy Thursday, and Good Friday.

### F. Open Gyms

Open gyms on Sunday are not allowed.

Open gyms during the season constitute a practice. In the off season, open gyms must follow the following rules:

- An adult supervisor (21 years of age) must always be present during an open gym.
- All students may participate in an open gym. (The supervisor is responsible for selecting the appropriate activities during the open gym time.)
- A supervisor or coach may not organize competitive play or offer critical judgments during open gym time.

## **Procedures for Excessive Heat**

### **Heat Index under 95°**

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action

### **Heat Index 95° to 99°**

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action

### **Heat index 100° to 104°**

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- Alter uniform by removing items if possible
- Reduce time of outside activity as well as indoor activity if air conditioning unavailable
- Postpone practice to later in day if possible

Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index

### **Heat index above 104°**

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

## Concussion Protocol

On August 3rd, 2015, Governor Rauner signed into law SB 07 (Public Act 99-245). The legislation focuses primarily on concussion management at the middle school/junior high school and high school levels. The legislation amends the School Code and is a requirement for all schools.

### **Highlights of the Youth Sports Safety Act:**

Each school board in the state of Illinois shall adopt a policy regarding student athlete concussions and head injuries that is in compliance with the protocols policies, and by laws developed by the Illinois High School Association. Please see the Play Hard, Play Smart link on the IHSA Website. ([www.ihsa.org](http://www.ihsa.org))

Information on the school board's concussion and head injury policy must be a part of any agreement, contract, code, or other written instrument that a school district requires a student-athlete and his/her parents or guardian to sign before participating in practice or interscholastic competition. The SIJHSAA has provided a Concussion Information Sheet and Sign-Off Form that schools may use to notify athletes and their parents/guardian about the dangers of concussions and head injuries. Each school may produce its own form if it wishes or modify the provided generic version for their school.

Each school district shall use education materials provided by the Illinois High School Association to educate coaches, student-athletes, and parents/guardians of student-athletes about the nature and risk of concussions and head injuries, including continuing play after a concussion or head injury.

**The formation of Concussion Oversight Teams (COT) at all public, private, or charter schools. The COT's primary function will be to develop return-to-play and return-to-learn protocols for students believed to have experienced a concussion. The protocols should be based on peer-reviewed scientific evidence consistent with guidelines from the Center of Disease Control and Prevention. These teams can contain a range of individuals based on the resources available to the school in their community or neighborhood but must include one person who is responsible for implementing and complying with the return-to-play and return-to-learn protocols.**

No later than September 1, all interscholastic coaches and licensed officials will need to complete a training program of at least two hours on concussions. Coaches, nurses, and game officials must provide the school or district with proof of successful completion of the training. Training must be completed every two years. Head coaches and assistant coaches must complete the required training. Once available, SIJHSAA member schools will receive concussion education materials from the SIJHSAA office that have been provided by the IHSA.

Public, Private and Charter schools must also develop a school-specific emergency action plan for interscholastic athletic activities to address the serious injuries and acute medical conditions in which the condition of the student may deteriorate rapidly. There are certain provisions the plan must include and it must be reviewed by the COT before being approved by the school. The plan must be distributed to appropriate personnel, posted at the school, and reviewed annually. Links to sample information may be found on the IHSA Website. ([www.ihsa.org](http://www.ihsa.org))

Student and parent signatures on concussion information are good for the length of the school year in which they were signed. This document is good for all sports that they participate in that school year.

## Concussion Information Sheet

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 7/1/2011

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

## Concussion Information Sheet

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport Document created 7/1/2011

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>

By signing this form, we acknowledge we have been provided information regarding concussions

\_\_\_\_\_  
Student-athlete Name

\_\_\_\_\_  
Printed Student-athlete Signature Date

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

\_\_\_\_\_  
Printed Parent or Legal Guardian Signature Date

## **Baseball/Softball**

1. Maximum number of games for baseball and softball is 21. Tournaments can be scheduled as long as the total number of games is not more than 21.
2. All Diocesan games follow the Southern Illinois Junior High School Athletic Association rules for baseball and softball. [www.sijhsaa.com](http://www.sijhsaa.com)
3. For rules not included in the following list, refer to the National Federation of State Schools Baseball Rule Book....INCLUDING THE "**LIGHTNING RULE**". The rule basically states that once lightning or thunder occurs during a contest, play is halted for 30 minutes. If more lightning or thunder takes place, the time clock reverts back to the 30 minute wait again, etc.
4. The distances between bases shall be 80 ft. and the pitching distance is 54 ft.
5. **PITCH COUNT LIMITATION RULES:** Rules for pitching limitations during all baseball games were derived from the SIJHSAA Website ([www.sijhsaa.com](http://www.sijhsaa.com)). A pitch is defined as a pitch thrown during live competition. Strikes (including foul balls), balls in play, and pitches for outs all count in a pitcher's pitch count. Warm up pitches, pickoff attempts, or other throws by a pitcher after the ball is put in play do not count in a pitcher's pitch count. A pitcher who reaches the pitch count limitation in the middle of an at-bat will be allowed to pitch to that batter until the at-bat ends. Any pitcher (either starting or any relief pitcher) withdrawn from the mound or game may return to the pitching position once per game.  
Names of each tourney pitcher who actually pitches during a game shall be written on the back of the team's eligibility sheet along with the date and the number of innings pitched in. This shall be signed by at least one of the following: tourney manager, opposing coach, official scorer.

**NON-WOODEN BATS: The following bats are legal for use in:**

1. Any non-wood bat containing a silkscreen or permanent marked BBCOR label as detailed in section 1-3-2 of the NFHS baseball rules book or;
  2. Any bat 30 inches and under that has a greater than minus three drop provided the bat barrel diameter does not exceed 2 1/4 inches or:
  3. Any bat 30 inches and under that has a greater than minus three drop and a barrel diameter no larger than 2 5/8 inches provided that bat contains the USA Baseball logo or;
  4. Any wood bat that meets the NFHS standards detailed in section 1-3-2 and 1-3-3 of the NFHS baseball rules book.
6. Note 1: Any bat 31 inches and over must meet the NFHS guidelines and contain the BBCOR label.
- Note 2: Any bat 31 inches and over and has a greater than minus 3 drop with the USA Baseball logo is an illegal bat.
- Note 3: Any non-wood bat with a barrel diameter greater than 2 5/8" is illegal.
- Note 4: Effective with the 2019 season, no bat with a 2 1/4" barrel will be legal.

**All wooden bats must meet IHSA-NFHS standards.**

**BAT RULE PENALTIES:** If a player has been found to have used an illegal bat during play, which is detected by the umpires or the defensive team before the next pitch is thrown, the following penalties will occur: The defense may take the result of the play and or the penalty, the batter will be declared out, the offending player will be restricted to the bench the remainder of the game, and the bat will be taken out of play.

**Softball Rules**

- a. The distance between bases shall be 60 ft. and the pitching distance is 40 ft.
- b. BATS: Only bats designed specifically for softball may be used.

## Soccer

Team composition for various age groups: Any combined age group will follow the rules for the oldest players age group.

- All Kindergarten- 1<sup>st</sup> grade matches will be played 4V4 per U-8 rules
- 2<sup>nd</sup> grade matches will be played 6v6
- 3<sup>rd</sup> and 4<sup>th</sup> grade matches will be played 7v7
- Junior Division matches will be played 9V9 per U12 rules
- Parochial matches will be played 11 V 11 per U-14 rules

Game Times:

- Kindergarten will play four 8 minute quarters with a two minute pause between quarters 1 and 2 and quarters 3 and 4. Kindergarten through 2<sup>nd</sup> grade will have a 5 minute half time between quarters 2 and 3
- 1<sup>st</sup> Grade will play four 10 minute quarters with a two minute pause between quarters 1 and 2 and quarters 3 and 4. Kindergarten through 2<sup>nd</sup> grade will have a 5 minute half time between quarters 2 and 3
- 2<sup>nd</sup> Grade will have four 12 minute quarters with a two minute pause between quarters 1 and 2 and quarters 3 and 4. Kindergarten through 2<sup>nd</sup> grade will have a 5 minute half time between quarters 2 and 3
- 3<sup>rd</sup> and 4<sup>th</sup> grade games will be 2 x 25 minute halves with a 5 minute half time
- Junior and Parochial games will be 2 x 30 minute halves with a 5 minute half time
- **The maximum number of games that may be played is fifteen.**

Ball Size:

- Kindergarten - 1<sup>st</sup> grade will use a size 3 soccer ball
- 2<sup>nd</sup> grade through 6<sup>th</sup> grade will use a size 4 soccer ball
- Parochial teams will use size 5 soccer balls. (U-14).

Team Composition with mismatched team sizes (Regular Season games only)

- Teams with fewer than the recommended players at the Junior and Parochial levels will play the opposing team with the same number of players the team with fewer players has available. If both coaches agree the team with the larger number of players available may loan some of their players to the opposing team with fewer players available.

## Weather Issues

- Games will be cancelled when heat index at game time is 105 degrees or higher or delayed (sunlight permitting) until the heat index drops below 105 degrees. Refer to the Heat Index for other restrictions.
- Games will be delayed when evidence of lightening or thunder occurs. Delay is for thirty minutes following each thunder/lightening event.
- If a game completes the first half and weather causes a delay the game shall be considered complete.
- Schools should cancel a game by the end of the school day when possible when inclement weather is occurring / threatening. If weather is threatening at game time the game needs to be cancelled at least thirty minutes before the scheduled start of the game. When a game is cancelled with less than thirty minutes before game time the referrers must be paid.
- Once lightning or thunder occurs during a contest, play is halted for 30 minutes. If more lightning or thunder takes place, the time clock reverts back to the 30 minute wait again, etc.

## Substitution Rules:

- Throw-in - substitutes for both teams allowed if team throwing in substitutes.
- Goal kicks - substitutes for both teams allowed if team with possession substitutes.
- after goal scored – open substitution for both teams
- for injured player only – one substitution for opposing team
- **A player with a head injury must be removed from the game**
- Mandatory substitution for any player receiving a yellow card and only for player receiving yellow card – no substitution for opposing team except for injury on play.

## Header Rule:

- Players in the age groups of Kindergarten – 6<sup>th</sup> grade may NOT intentionally use their head during the game.
- If the referee is to call this the restart is an indirect free kick from the point of the infraction. However if this were to occur in the defensive goal box the ball is to be moved parallel to where it happened on the line of the box.
- 7/8<sup>th</sup> grade teams are the ONLY age group allowed to use their head during play.

## Officials:

- The Diocese will use the 2 man referee system for Junior & Parochial regular games this season. Referees for Parochial games will be paid \$40.00 each. Referees for Junior games will be paid \$40.00 each.
- All games Kindergarten – 4<sup>th</sup> grade the referee is to be paid \$35 (*August 2018*)
- When only one referee is at the game each team will supply an AR for side lines to call ball out of bounds only, not to call off sides or any other field decisions.
- Referees must be paid prior to the game starting by either cash or check

### Additional Diocesan Rules

- Offside is not called in games played by fourth graders and below. (*2017 Soccer Coordinators meeting*)
- Ice and first aid kits. Home team should make sure that ice is available in case of injury. Both teams should carry first aid kits.
- AED's are accessible at all games either in unlocked school facilities or portable units.
- **Rosters must be sent into the Diocese by the date listed on the Sports Fees payment form.** Players must play at least 50% of the team's games in order to be eligible for the Diocesan tournament. Rosters should be sent in by the date listed. Players not on the roster will not be eligible for the tournament.
- Teams with fewer than the recommended players at the Junior and Parochial levels will play the opposing team with the same number of players the team with fewer players has available. If both coaches agree the team with the larger number of players available may loan some of their players to the opposing team with fewer players available.
- 

### Additional Rules for Diocesan Tournament only

- Teams for the Diocesan Tournament will play 11 v 11 at the Parochial level and 9 v 9 at the Junior level.
- If necessary, at the Diocesan tournament, any game when tied at regulation, two five minute overtime periods will be played and if still tied penalty kicks will determine the winner, 5 PKs per team shot on an alternating basis. If still tied after 5 PKs, then single elimination PKs on an alternating basis until a winner is determined.
- For the Diocesan Tournament the Diocese will use a 2 man referee system using the same payments to referees as regular season.
- If girls are needed to play on a Junior boys team or a Parochial boys team to have a complete roster, the school must insure that the addition of the girls does not compromise the school's girls teams. Girls can only be rostered for one team in the Diocesan tournament.
- When a school fields two teams for the same age level, players from those teams should remain on the same teams throughout the year—no changes for the

Diocesan tournament are permitted. They must remain as two separate teams and be entered into the Diocesan Tournament that way.

- Beginning with the 2014 soccer season in the Diocese will incorporate the US Soccer Federation recommendations for U-8 games of 6 V 6, U-10 games of 6 V 6, U12 games of 9 V 9 for Juniors and U-14 games of 11 V 11 for Parochial.
- U-8 through U-10 games will be 2 x 25 minute halves. U-12 and U-14 (Junior and Parochial games) will be 2 x 30 minute halves. A five minute time for half time for these two age groups. Kindergarten through grade 2 will have four 12 minute quarters with a two minute pause between quarters 1 and 2 and quarters 3 and 4. Kindergarten through 2<sup>nd</sup> grade will have a 5 minute half time between quarters 2 and 3.
- Ball sizes will be Kindergarten, first and second grade will use a size 3 soccer ball, grades three through six will use a size 5 soccer ball (U-8 through U-12) and the Parochial teams will use size 5 soccer balls. (U-14).
- **Teams for the Diocesan Tournament will play 11 v 11 at the Parochial level and 9 v 9 at the Junior level. If necessary at the Diocesan tournament, any game when tied at regulation, two five minute overtime periods will be played and if still tied penalty kicks will determine the winner, 5 PKs per team. If still tied after 5 PKs, then single elimination PKs until a winner is determined.**

## **Basketball—Boys and Girls**

### **Number of Games**

Grades 5 and 6 may play no more than **21 games** including no more than 2 tournaments. Grades 7 and 8 may play a maximum of **25 games** in a season excluding the Diocesan Tournament. A team can include up to 3 tournaments per season, excluding the Diocesan Tournament, as long as the total number of games played does not exceed 25. If a school wishes to play in more than three (3) tournaments, they must submit, in writing, to the Director of Education a request for approval. They may NOT exceed the total limits for games on the Parochial Level.

A player, if participating in A and B games in one day, shall play no more than six quarters.

No games may start after 8:30 p.m. prior to a school day. For regular season games, the quarters shall be 7 minutes in 8th grade games and 6 minutes in 7th grade games. All overtime periods shall be 3 minutes in length.

A player may not play in more than six (6) quarters per night or day...except in tourney play. Over time periods shall be considered extensions of the 4th quarter. **(1)** Violation of the rule shall be brought to the attention of the game officials by THE OFFICIAL SCOREKEEPER and shall result in a technical foul on the coach and immediate removal of the player involved from the contest. **(2)** If the player is not removed immediately, the game is forfeited and the coach shall be suspended for one game.

**Rosters must be sent into the Diocese by the date listed on the Sports Fees payment form.** Players must play at least 50% of the team's games in order to be eligible for the Diocesan tournament. Rosters should be sent in by the date listed. Players not on the roster will not be eligible for the tournament.

For 5<sup>th</sup> grade games, no defense is allowed in the backcourt. The free throw line is moved to 12 feet from the basket.

Mercy rule in Basketball: Clock runs in the fourth quarter if one team is up by 30 points.

The running clock would only be stopped once it starts by the following:

- A team timeout
- To replace a disqualified player
- To administer a technical foul
- To attend to an injured player

Any other situation of concern to an official.

*(February 2017 Executive Sports Meeting)*

## **Cheerleading and Pom Pon Squads.**

A. A school may have one cheerleading or pom pon squad. This squad should be composed of eighth grade students. Only seventh grade students may be on the squad if there are not enough eighth grade students for the squad. This must be approved by the principal, pastor and School Board of Education before a seventh grade student can participate.

B. A student shall participate in only one team sport or athletic activity at a time. The four activities per week rule applies for cheerleading.

C. There may be no more than 8 members of the squad on the floor at all times. This rule does not pertain to half time dance routines.

D. A squad shall cheer for one "A" game each day. Under no circumstances may any squad for a school perform at fifth, sixth, or seventh grade games.

E. The awarding of trophies for cheerleading squads at basketball tournaments or games shall be eliminated.

F. The cheerleading squad should have an appropriate time and place to practice with proper supervision. Attendance at games and practices must be properly supervised and must follow the same guidelines established regarding the boys' basketball teams.

G. Cheerleading moderators must be certified and approved by the Office of Faith Formation and be approved by the principal and athletic director. The cheerleading moderator is under the direction of the athletic director and must be 21 years of age or older. An adult moderator or supervisor must always be present at games and practices. All drills, movements, and routines shall be approved by the cheerleading sponsor, athletic director, and principal prior to implementation. Under no circumstances shall what is considered "acrobatic" activities be included in a cheerleading routine. The following activities are not allowed:

- 1. Standing, sitting, kneeling on backs or shoulders;
- 2. Flips round-offs, back hand springs—either with or without hands touching the floor;
- 3. Propping oneself off the floor on another's legs;
- 4. Pyramids of any sort.

This policy also includes public school teams utilizing a Catholic school facility.

- **\* Failure to follow this regulation may result in total ban of cheerleading and/or forfeiture of games at which the cheerleaders performed.**

## **Volleyball Rules-Boys and Girls**

### **Number of matches per season**

Maximum number of matches for the year in 7th and 8th is 35 excluding the Diocesan Tournament.

Maximum number of matches for the year in 5th and 6th is 21.

Under no circumstances may games be started after **8:30 p.m.** prior to a school day. Note: This rule is especially for those schools having local tournaments during the season.

**Diocesan Rules:**

- a. **The use of Libero** for junior volleyball games and for the Diocesan tournament is allowed for the and will remain in effect for the parochial division as well.
- b. **Serving Line for 5/6 grade** underhand serving will be allowed in 5/6 games at a shortened distance. Overhand serves will only be allowed from the end line. A line ten feet from the net shall be the serving line for games played for 5<sup>th</sup> and 6<sup>th</sup> grade. All players in 7<sup>th</sup> and 8<sup>th</sup> grade games shall use the end line as the serving line. (*Executive Meeting 2016*)
- c. **The time between games** is three minutes. Warm-up time is 3-3-2.
- d. No game can begin on a school night after 8:30 p.m.
- e. **Points per game**
- f. Grades 5-8 will use the rally scoring format.
  - Grades 5 and 7: Regular season 21-21-15
  - Grades 6 and 8: Regular Season 25-25-15
  - All Diocesan tournament Games: 25-25-15 w/ no caps
- g. **Light Volleyballs:** Only official size and weight volleyballs shall be used in all diocesan games. Light balls shall not be used during any Diocesan game.  
*Executive Sports Committee February 23, 2017*
- h. The 5<sup>th</sup> through 8<sup>th</sup> will play six players on the floor. Remember that all 5<sup>th</sup> and 6<sup>th</sup> graders listed in the official scorebook must play before the end of a match.
- i. **Diocesan Tournament:** All games will be played 25-25-15 with the no point caps.
- j. **Net Height:** Both boys and girls shall play with the net at 7' 4 1/8"
- k. Refer to the IHSA rule book and the Diocesan Sports Policies & Regulations which can be found on the Office of Education portal.

## Track

### Belleville Diocesan and Metro Conference Track Meet Guidelines

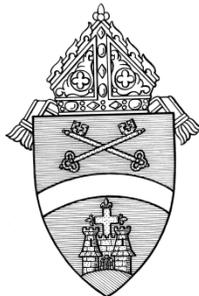
1. Points for all events shall be awarded 10-8-6-4-2-1 for all events including relays.
2. All entrants shall be allowed to compete in total of 4 events, whether all individual or a mix of individual and relays. If you are forced to move students up from Junior to Parochial because of a shortage of participants, those players must stay up for the entire meet. Please follow correct Diocesan policies for moving athletes up.
3. All entrants in the shot put and discus shall use the same equipment. Parochial boys use 8 lb. shot; all other divisions use 6 lb.
4. Spiked (metal) running shoes are optional.
5. Starting blocks are allowed for those who have them. They will not be provided on the day of the meet.
6. Trophies will be awarded in each class for overall team (1-2-3) plus first and second place in each of the four divisions.
7. Each school is allowed one entrant per event. Any entry left blank during the entry process cannot be filled at the scratch meeting. Those who do not send their sheets on time will be randomly placed in lanes. Entries will be seeded according to IHSA and NHSF guidelines. Since the number of competing schools is large, the enclosed form only is to be used for entries.
8. Once the running events begin, only AUTHORIZED PERSONEL will be allowed on the inside portion of the track. Please inform parents of this rule.
9. Any last minute changes to entries can be made at the coaches' scratch meeting at 8:00 A.M. The 1600 meter run will take place at 9:00 A.M. Please have all necessary participants available to run.
10. The maximum number of track meets is 10 meets.

## Coaches

1. The coach must be approved by the principal and athletic director prior to each season.
2. Each coach must be 21 years of age. A coach under the age of 21 should be the "assistant coach" and be under the guidance and supervision of the adult (21) coach.
3. Coaches Files and trainings  
All coaches must have a file in the school office with the following documentation:
  - a. Child Protection Compliance
  - b. Fingerprinting (paid coaches)
  - c. Concussion Training
4. Each athletic director is to be evaluated at the end of the season by the principal. Each coach is to be evaluated at the end of each season by the athletic director and principal, especially on the following code of conduct: (Forms are available from the Office of Faith Formation. Athletic Director Evaluations will be kept on file in the Office of Faith Formation. All Athletic Directors are required to evaluate all coaches at the end of the sports year. These evaluations should be kept on file in the particular schools= office.

### **5. The coach is also responsible to see that:**

- A. Players do not use abusive language.
- B. An athlete's actions shall be such that they promote good sportsmanship among everyone present.
- C. An athlete shall always remember that his/her actions reflect on the reputation and good name of the school.
- D. Athletes shall treat all officials with respect.
- E. Under no circumstances (in speech or actions) shall a player or cheerleader question an official's calls.
- F. The coach or supervisor shall arrive at the game with the team and be present before and after a game.



## **THE DIOCESE OF BELLEVILLE**

Dear Coaches,

Throughout the Diocese of Belleville, all the Catholic churches, and all of their schools, have one goal in mind: to teach the people to live according to the teachings of Jesus Christ. The parishes and schools have many ways to carry out this task: mass, gospel readings, sermons, PSR, religion classes, everyday activities by priests and teachers... and interscholastic athletics.

The sports program at all schools deals primarily with the athletes, teaching the respect, self-discipline, responsibility, and thanksgiving for the God-given talents the athletes have developed to use in the athletic contests. Coaches must strive to teach the athletes the above qualities.

Coaches want the best for their teams. Hopefully, your experiences in interscholastic athletics on the grade school level will help you learn about respect for authority, you're your team, for your opponents, and the officials. Hopefully, you will learn self-discipline and restraint concerning "getting back" at an opponent. Hopefully, you will be responsible concerning showing up at practices on time, teaching your team the correct fundamentals and teamwork, and working hard to help each team member work to the best of their abilities.

As in life, not everyone can be the "best." There are winners and losers in all aspects, but everyone can be successful. As in school grades, musical talent, size, athletic ability, and in many other things, not all people are the same. But they can still try to be the best they can be.

With this in mind, from a coaching standpoint, you should have knowledge of the game and of your players so that you will put them into situations in which they can succeed, not fail. Remember in team sports, it is the success of the team that matters most. This success can be defined as a team striving to do their best while keeping in mind the Gospel Mission of the school.. Players can contribute to that success, whether in practice or in games. Just as all students do not get equal grades in school, all players may not get the same playing time in games. But they can still be an important part of the team.

Remember, you as coaches represent your team, parish, and school when you attend athletic contests. You, too, must show self-discipline and respect. Referees and officials are human, just like the players are. Everyone will make mistakes. Realize that your player may miss a lay-up, or a serve, and a referee may miss a call.

At times, it will be difficult and frustrating to watch your team play in an athletic contest. The primary concern is for the athletes to do their best... and hopefully be successful as a team... and win the game. But even if they play hard, they may still be defeated by a better team.

In order to help all people involved in interscholastic sports, the Diocese of Belleville has mandated that ALL coaches attend a meeting to discuss their behavior and attitudes at athletic contests. Coaches must sign a paper that states they will act according to the Code of Conduct and abide by the written policies of the Diocese of Belleville.

The following is the list of regulations concerning the Code of Conduct for Coaches, Players, Parents, and Spectators, as stated in the Diocesan Sports Policies, which every family should have. This is the responsibility of the Principal and Athletic Director of every school.

## COACHES' CODE OF CONDUCT

- A. No abusive language or actions.
- B. Coaches shall make a concentrated effort to keep scores in any contest such that the opposing teams will not be embarrassed.
- C. Coaches' actions shall be such that they promote good sportsmanship among everyone present.
- D. Coaches shall always remember that their actions reflect on the reputation and good name of his/her school.
- E. Coaches shall treat ALL officials with respect.
- F. It is strongly suggested that coaches know the rules of the game and do not dispute judgment calls.
- G. Coaches shall treat players with respect at all times.
- H. Under no conditions shall champagne or any other alcoholic beverage be part of any team celebrations.
- I. It is strongly recommended that each player be given an adequate opportunity to participate. No cutting is allowed in Diocesan Sports.

5.2 The Coach is also responsible to see that

- A. Players do not use abusive language.
- B. An athlete's actions shall be such that they promote good sportsmanship among everyone present.
- C. An athlete shall always remember that his/her actions reflect on the reputation and good name of the school.
- D. Athletes' shall treat all officials with respect.
- E. Under no circumstances (in speech or actions) shall a player or cheerleader question an official's calls.
- F. The coach or supervisor shall arrive at the game with the team and be present in the dressing room before and after a game.

As the coach(es), I/we have read the above Code of Conduct and agree to follow and abide by these written policies. I/We hereby affirm with my/our signature(s).

\_\_\_\_\_  
(sign & date)

\_\_\_\_\_  
(sign & date)

School/Parish, Town \_\_\_\_\_

## **Incident Reports**

Each school should submit an Incident Report Form to the Diocesan Office of Education in the event of any un-sportsmanlike conduct by coaches, players, parents, or spectators. These reports should be submitted within 72 hours and should not be based on the calls of officials or referees. A copy of the Incident Report Form will be sent to the principals of the schools involved.

EVERY SCHOOL IS TO ADOPT AND FOLLOW A “24 HOUR” COOLING OFF PERIOD TO DIFFUSE POTENTIAL PROBLEMS BETWEEN PARENTS, SPECTATORS, OFFICIALS, AND COACHES.

Any parent, fan, or spectator disregarding these guidelines shall be asked to leave the gym or playing field. If the parent, fan, or spectator disregards the request to vacate the area, the game shall not continue until the person(s) leave, and could result in forfeiture of the game. The athletic director/designated representative, or coaches shall see that these regulations are enforced. Any parent, fan, or spectator that consistently violates these regulations shall not be allowed to attend games until determined by the principal or parish athletic director. Any athletic director/designated representative, or coach refusing to enforce these regulations shall be suspended temporarily or permanently as determined by the principal.

It is the hope of the Diocese of Belleville that by following these guidelines, you and your team will have an enjoyable and beneficial sports year.

## Parents

Dear Parents,

Throughout the Diocese of Belleville, all the Catholic churches, and all of their schools, have one goal in mind: to teach the people to live according to the teachings of Jesus Christ. The parishes and schools have many ways to carry out this task: mass, gospel readings, sermons, PSR, religion classes, everyday activities by priests and teachers... and interscholastic athletics.

The sports program at all schools deals primarily with the athletes, teaching the respect, self-discipline, responsibility, and thanksgiving for the God-given talents the athletes have developed to use in the athletic contests. As coaches strive to teach the athletes the above qualities, so must the schools, principals, and athletic directors strive to teach the parents the same things.

As a parent, it is only natural to want the best for your children. Hopefully, their experiences in interscholastic athletics on the grade school level will help them learn respect for authority, for teammates, and for their opponents. Hopefully, they will learn self-discipline and restraint concerning “getting back” at an opponent. Hopefully, they will be responsible concerning wearing the correct uniform, showing up at practices, and working hard to the best of their abilities.

As in life, not everyone can be the “best.” There are winners and losers in all aspects, but everyone can be successful. As in school grades, musical talent, size, athletic ability, and in many other things, not all people are the same. But they can still try to be the best they can be.

With this in mind, from a parenting standpoint, you should have faith in the coaches that they will put your child into situations in which they can succeed, not fail. Remember in team sports, it is the success of the team that matters most. This success can be defined as a team striving to do their best while keeping in mind the Gospel mission of the school. Players can contribute to that success, whether in practice or in games. Just as all students do not get equal grades in school, all players may not get the same playing time in games. But they can still be an important part of the team.

Remember, you as parents represent your child, your parish, and your school when you attend athletic contests as a fan. You, too, must show self-discipline and respect. Referees and officials are human, just like the players are. Everyone will make mistakes. Realize that your player may miss a lay-up, or a serve, and a referee may miss a call.

At times, it will be difficult and frustrating to watch your child play in an athletic contest. The primary concern is for the athletes to do their best... and hopefully be successful as a team... and win the game. But even if they play hard, they may still be defeated by a better team. In order to help all people involved in interscholastic sports, the Diocese of Belleville has mandated that ALL parents attend a meeting to discuss their behavior and attitudes at athletic contests. Parents must sign a paper that states they will act according to the Code of Conduct and

abide by the written policies of the Diocese of Belleville. This paper must be signed before their child will be allowed to compete in interscholastic sports.

Each school should submit an Incident Report Form to the Diocesan Office of Education in the event of any un-sportsmanlike conduct by coaches, players, parents, or spectators. These reports should be submitted within 72 hours and should not be based on the calls of officials or referees. A copy of the Incident Report Form will be sent to the principals of the schools involved.

**EVERY SCHOOL IS TO ADOPT AND FOLLOW A “24 HOUR” COOLING OFF PERIOD TO DIFFUSE POTENTIAL PROBLEMS BETWEEN PARENTS, SPECTATORS, OFFICIALS, AND COACHES.**

Any parent, fan, or spectator disregarding these guidelines shall be asked to leave the gym or playing field. If the parent, fan, or spectator disregards the request to vacate the area, the game shall not continue until the person(s) leave and could result in forfeiture of the game. The athletic director/designated representative, or coaches shall see that these regulations are enforced. Any parent, fan, or spectator that consistently violates these regulations shall not be allowed to attend games until determined by the principal or parish athletic director. Any athletic director/designated representative, or coach refusing to enforce these regulations shall be suspended temporarily or permanently as determined by the principal.

It is the hope of the Diocese of Belleville that by following these guidelines, you and your children will have an enjoyable and beneficial sports year.

Sincerely,

David Timmermann  
Associate Director of Education

**PARENTS’ CODE OF CONDUCT**

- Parents/fans and supporters of the parish athletic program do not use abusive language at the referees, players, coaches, or fans from either team.
- Parents/fans and supporters of the parish athletic team treat all officials with respect and refrain from criticizing officials during and after games.
- Parents/fans are reminded that their actions reflect on the reputation and good name of the school. Parents and Fans represent the Catholic community to those in attendance.
- Parents/fans refrain from posting derogatory, discourteous, or disrespectful comments on social media.
- Parents are not to coach or criticize their child during the game.
- Alcoholic beverages shall not be sold or consumed during athletic events involving Diocesan Catholic Schools.
- The actions of parents and fans promote good sportsmanship among everyone present.
- There is a “24 Hour” cooling off period to diffuse potential problems between parents and coaches or officials.
- ANY COACH, PLAYER, PARENT, OR SPECTATOR EJECTED FROM A GAME WILL RECEIVE A ONE GAME SUSPENSION, AND MAY NOT ATTEND THE NEXT CONTEST. THIS SUSPENSION INCLUDES ANY GAME FOR THE REST OF THAT DAY AND THE NEXT SCHEDULED GAME. TWO EJECTIONS OF A COACH, PLAYER, PARENT, OR SPECTATOR WILL RESULT IN AN AUTOMATIC SUSPENSION FOR THE REMAINDER OF THE SCHOOL YEAR FROM ALL ATHLETIC ACTIVITIES.

**As the parent(s), I/we have read the above Code of Conduct and agree to follow and abide by these written policies. I/We hereby affirm with my/our signature(s).**

\_\_\_\_\_  
**(sign & date)**

\_\_\_\_\_  
**(sign & date)**

**School/Parish, Town** \_\_\_\_\_

## **Diocesan Tournament Guidelines**

In order to gain consistency in the planning and execution of the Diocesan Tournaments the Executive Committee has established the following guidelines.

A Diocesan Tournament Supervisor will be assigned to attend each Diocesan Junior and Parochial Tournaments. The Supervisor will have the authority to enforce Diocesan policies with appropriate sanctions. Sanctions can include forfeit of game and dismissal of parents, players, or coaches from the premises on game day. There will be a written report given to the Coach, the Office of Faith Formation, and the school principal at the end of each game.

### **Advance Planning**

Once the Diocesan tournament is assigned, the host needs to make arrangements to get the required gyms or fields. The dates for the tournaments will be set in advance by the Committee. No changes can be made to the dates without the approval of the Committee. The number of gyms needed will vary depending on the tournament and the number of teams involved.

Only Catholic elementary schools are eligible for participation in Diocesan sponsored elementary school tournaments. Co-ops with schools that are not Catholic may be permitted if approved by the Office of Education.

It is important to arrange for the best possible officials in your area. This is an important event to our schools and our students in a very competitive environment. The better the officiating, the fewer complaints and problems you will encounter. Approximately a month before the start of the tournament, a letter should go out to the participating teams concerning deadlines for programs and t-shirts if you are doing them. This letter should also include information concerning the seeding meetings. It is a good idea to send a copy of the Diocesan Record Form with the letter and ask everyone to put the information on the form to be sent in or brought to the meeting. The Record Form makes the seeding process much easier when using the computer program. The host school is responsible for acquiring the computer program for seeding from the Office of Education.

### **Tournament schedules**

The tournament schedules for basketball and volleyball tournaments that are divided into two classes should be set up so that the third place games are played on Saturday night and all four of the championship games to be played on Sunday at the same location. Tournaments that are not divided into classes should be set up to have the third place games, consolation games, and the

championship games on Sunday at the same location. No games can begin on Sunday before 1:00PM.

The order of games in tournaments that are divided into classes are as follows:

Odd years: A Juniors, AA Juniors, A Parochial, AA Parochial

Even Years: AA Juniors, A Juniors, AA Parochial, A Parochial

### **Admission**

The admission prices are as follows:

Adult: \$3                      Student: \$2                      Family: \$6

It is up to the host school if they want the admission to be per session or for an entire day.

### **Officials Pay**

The Host School is responsible for the first \$300.00 for referees. The Office of Education covers the remaining cost of the officials for the tournaments in the following amounts per game:

Soccer: \$40                                      Baseball/Softball: \$50

Basketball: \$30                                      Volleyball: \$25

In order to be reimbursed, send a letter to the Office of Education on your school letterhead with the total number of games and the amount due. A check will be sent to you to cover the expenses. If you should need advance payment please contact the Office of Education 3-4 weeks prior to the tournament.

### **Seeding:**

All teams must send a copy of their win/loss records with the names of the teams that they have played and the scores of those games to the tournament manager a week in advance of the tournament.

Separate classes will be divided by school enrollment if the number of teams in the tournament exceeds fifteen. There must be at least four teams registered in order to have a tournament.

Copies of blank brackets are recommended. Changes may have to be made to accommodate players that play on both the Junior and Parochial teams or coaches that coach both teams. Please email the final brackets as soon as possible after the meeting.

## **Tournament Weekend**

It is strongly recommended that you schedule plenty of workers to handle logistics, admissions, crowd control, concessions, scoring, and timing. Please make sure that all timers and scorers are competent in their duties and responsibilities. Each gym should have someone designated as the person in charge. Someone from the host school is also responsible to fill out game reports and write incident reports when needed.

The Executive Committee will have someone designated as the Diocesan Supervisor for each session. The Supervisor will assist in the handling of disputes and the interpretation of the Diocesan Policies. The Supervisor will also write incident reports independent of the participating schools as needed.

On the day of the tournament finals please have the principal or AD of the participating teams present the trophies and medals if they are in attendance. If neither is there, the coach can do the presentation.

Good luck in hosting the tournament! If you have questions or concerns please feel free to contact the Office of Education for additional assistance.