

DIOCESE OF BELLEVILLE

Sports Information 2024-2025



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Revised August 2024



THE DIOCESE OF BELLEVILLE

Dear Principals, Athletic Directors, and Coaches:

Catholic school athletic programs in the Diocese are meant to enhance the education of our students. Through the programs offered by our schools, students are given the opportunity to develop their physical skills, self-discipline, social/emotional 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. Your role in leadership of the sports program should always be mindful of the Gospel mission of the school. Everyone is to be commended for their efforts to provide opportunities for the students of your school and the students of the Diocese.

Contact the Department 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 sports. They may also be amended or updated when appropriate. The Diocese also uses the rules for sports from the Southern Illinois Junior High School Athletic Association. Their website is www.sijhsaa.com.

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

Sincerely,

Sarah Lanham
Associate Director of Education
Diocese of Belleville

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PHILOSOPHY AND PURPOSE
OF CATHOLIC SCHOOL ATHLETIC PROGRAMS
IN THE DIOCESE OF BELLEVILLE

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 Catholic education and our catechetical mission.

All activities within the Catholic school environment are designed to assist this mission by helping young people develop a strong moral character* that is rooted 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 moral 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

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 school athletic programs, athletic directors, coaches, and athletic associations or boards are under the direct supervision of the principal.

- It is recommended that all school athletic programs have an athletic director, or a person designated who is responsible for coordinating the athletic program.
- The athletic director is accountable to the principal.
- The athletic director and all coaches are to be approved by the principal each year.
- 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.)
- The principal and pastor are to receive a semi-annual financial statement from the athletic committee.
- The athletic director should give a written evaluation of each coach to the principal at the end of each season along with a recommendation on whether the coach should continue coaching or not. Evaluation forms are available from the Department of Education.
- The principal should fill out an evaluation form on their athletic director every year.
- This policy should be distributed to every parent/guardian at the mandatory parent's meeting and **if possible post on your school website.**

SCHOOL RESPONSIBILITIES IN HOSTING ATHLETIC EVENTS

Each local school 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 person shall be designated to oversee, supervise, and coordinate each athletic event held at a school.
- The person supervising the athletic event must be someone other than the coach who is participating in a game.
- A Tournament Manager chosen by the diocese will be overall supervisor of all diocesan tournaments.
- If a school does not show up for a diocesan tournament game, they will be assessed a \$250.00 fee. If they cancel 24 hours before the tournament, they will be assessed a \$150.00 fee. The host school is to notify the Department of Education. An invoice will be sent by the Department of Education to the school being assessed with payment to be made to AEP. Once the check is received, the Department of Education will request that a check be sent from AEP to the host school.

Enforcement:

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 and the athletic director.

- The length and degree of probation is to be determined by the Diocesan Executive Committee for Athletics and/or the Associate Director of Education 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.
- Any school or individual that repeatedly violates diocesan sports policies will be evaluated by the Associate Director of Education. If the situations warrant it, they or their school may be suspended from diocesan school athletics.

DIOCESAN TOURNAMENT GUIDELINES

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

A Diocesan Tournament Supervisor will be assigned to attend each Diocesan Junior and Parochial Tournament. 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.

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 Diocesan Executive Athletic Committee. No changes can be made to the dates without the approval of the Diocesan Executive Athletic Committee. The number of gyms needed will vary depending on the tournament and the number of teams involved.

Only Catholic elementary schools are eligible to participate in Diocesan sponsored elementary school tournaments. Co-ops with schools that are not Catholic may be permitted, if approved by the Department of Education.

It is important to arrange for the best possible officials in your area. This is an important event for our schools and our students in a very competitive environment. The better the officiating, the fewer complaints, and problems you will encounter. Approximately one 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 deadlines. 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. The Record Form makes the seeding process much easier when using the computer program.

Tournament Schedules:

The tournament schedules for basketball and volleyball 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 are played on Sunday at the same location. Tournaments that are not divided into classes should be set up to have the third-place games and the championship games on Sunday at the same location. No games can begin on Sunday before 12:00 p.m.

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: \$3.00

Student: \$2.00

Family: \$6.00

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 officials. The Department of Education covers the remaining cost of the officials for the tournaments in the following amounts per game:

- Soccer: \$40.00
- Baseball/Softball: \$60.00
- Basketball: \$35.00
- Volleyball: \$30.00

In order to be reimbursed, send a letter or invoice to the Department of Education on your school letterhead with the total number of games and the amount due. A check will be issued to you to cover the expenses

Seeding:

All teams must send a copy of their win/loss records, with the names of the teams that they 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.

The Diocesan Executive Athletic 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 athletic director 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 Department of Education for additional assistance.

CODE OF CONDUCT

Parents, supporters, and spectators of the athletic program do not use abusive language to the referees, players, coaches, supporters, and spectators from either team.

Parents, supporters, and spectators of the athletic program treat all officials with respect and refrain from criticizing officials during and after games.

Parents, supporters, and spectators are reminded that their actions reflect the reputation and good name of the school.

The actions of parents, supporters, and spectators must promote good sportsmanship among everyone present.

Any coach, player, parent, supporter, 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, supporter, 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 Department of Education in the event of any unsportsmanlike conduct by coaches, players, parents, supporters, 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 coaches, parents, supporters, spectators, and officials.

Any parent, supporter, or spectator disregarding these guidelines shall be asked to leave the gym or playing field. If the parent, supporter, 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, supporter, or spectator that consistently violates these regulations shall not be allowed to attend games until determined by the principal or school 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.

COACHES

A coach must be approved by the principal and athletic director prior to each season.

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.

Coaches Files and Trainings (*Principals should be able to provide you with any forms you might need*):

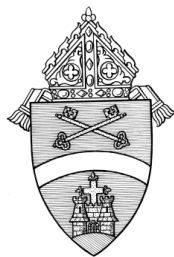
All coaches must have a file in the school office with the following documentation:

1. Start date
2. Employment Application – *signed* - or Volunteer Application - *signed*, depending on the position and if individual receives any type of payment or stipend.
3. Job Description
4. Concussion Training Certificate – (*every two years*) (GCN – **IHSA Approved**)
5. Bloodborne Pathogens Training Certificate (GCN)
6. Code of Conduct Form - *signed*
7. Evaluation Form - *signed*
8. Acknowledgement of Mandated Reporter Status Form – *signed*
9. Certificate from online Mandated Report Training (DCFS, Safe & Sacred, GCN) dated within the past 3 years.
10. Sexual Harassment Training Certificate (GCN)
11. Database Checks: Sex Offender, Murderer and Violent Offender Against Youth, Convicted Methamphetamine Manufacturer Form.
12. I-9 Form (All Employees – not applicable to volunteers) - *signed* – with Supporting Documentation is required as this is considered an audit.
13. Fingerprint receipt (*Beginning for the 2023-2024 school year.*)

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 code of conduct. Athletic Director Evaluations are to be kept on file at the school.

The coach is also responsible to see that:

- Players do not use abusive language.
- An athlete's actions shall be such that they promote good sportsmanship among everyone present.
- An athlete shall always remember that his/her actions reflect on the reputation and good name of the school.
- Athletes shall treat all officials with respect.
- Under no circumstances (in speech or actions) shall a player or cheerleader question an official's calls.
- 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 our Catholic parishes, and all our schools, have one goal: to live out the Catholic Church's universal mission of evangelization on the local level. The parishes and schools carry out this task in a variety of ways: Mass, gospel readings, sermons, PSR, religion classes, everyday activities by priests and teachers, and yes, interscholastic athletics.

The sports program at all schools deals primarily with the athletes, teaching respect, self-discipline, responsibility, and appreciation of the God-given talents the athletes have worked to use in their athletic contests. Coaches must strive to teach and develop the above qualities in the athletes in their charge.

All coaches want the best for their teams and competition can have a positive impact on all involved. However, competition can bring emotion and the potential for reactionary behavior. Because of this reality, coaches must remember you are role models for your players, supporters, and spectators and you should demonstrate respect for your team, your opponents, and the officials.

As in life, there are varying skill levels in academics, musical talent, size, athletic ability, and a variety of other areas, and there are winners and losers on the scoreboard at the end of a contest. However, everyone can and should learn valuable lessons from their participation in interscholastic sports. From a coaching standpoint, you should have enough knowledge of the game and of your players to put them into situations in which they have a chance to have individual success as well as help their team succeed.

In team sports, the success of the team matters, but it is important to remember that there are a variety of ways to define success. One way to define success is players striving to do their best while keeping in mind the Gospel mission of the school. All 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 that 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 beings, 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. 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 Code of Conduct that states they will act according to and abide by the written policies of the Diocese of Belleville.

Thank you for your willingness to serve the students of your school and for helping to provide a positive experience to all participating.

Sincerely,

A handwritten signature in cursive script that reads "Sarah Lanham". The signature is written in black ink and is positioned to the left of a vertical line that separates it from the typed name below.

Sarah Lanham
Associate Director of Education
Diocese of Belleville

COACH'S 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 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.

The coach is also responsible to see that:

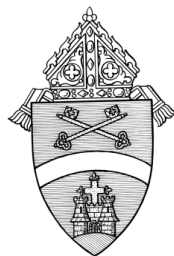
- A. Players do not use abusive language.
- B. An athlete's actions shall be such that they promote good sportsmanship among everyone present.
- C. An athlete shall always remember that his/her actions reflect the reputation and good name of the school.
- D. Athletes shall treat ALL officials with respect.
- 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, I have read the above Code of Conduct and agree to follow and abide by these written policies. I hereby affirm with my signature.

(signature)

(date)

School and City _____



THE DIOCESE OF BELLEVILLE

Dear Parents,

Throughout the Diocese of Belleville, all our Catholic parishes, and all our schools, have one goal: to live out the Catholic Church's universal mission of evangelization on the local level. The parishes and schools carry out this task in a variety of ways: Mass, gospel readings, sermons, PSR, religion classes, everyday activities by priests and teachers and, yes, interscholastic athletics.

The sports program at all schools deals primarily with the athletes, teaching them respect, self-discipline, responsibility, and appreciation of the God-given talents they have worked on in their athletic contests. As coaches strive to teach and develop the above qualities in the athletes in their charge, so must the schools, principals, and athletic directors strive to reinforce these same things in the parents.

As a parent, it is only natural to want the best for your children. Hopefully, their experiences in interscholastic athletics on the elementary school level will help them develop strong character, build a solid social circle, learn how to be a part of a team, and grow in responsibility, respect, self-discipline, and accountability.

As in life, there are varying skill levels in academics, musical talent, size, athletic ability, and a variety of other areas, and there are winners and losers on the scoreboard at the end of a contest. However, everyone can and should learn valuable lessons from their participation in interscholastic sports. The benefits of participation should not be judged by playing time alone, there are many other positive experiences that will serve students well in other aspects of their adult lives.

From a parenting standpoint, you should have faith in the coaches that will put your child into situations in which they have the best chance to succeed. In team sports, the success of the team matters, but it is important to remember that there are a variety of ways to define success. One way to define success is players striving to do their best while keeping in mind the Gospel mission of the school. All 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 equal playing time in games, but they can still be an important part of the team.

Remember that you as parents, represent your child, your parish, and your school when you attend athletic contests. You, too, must show self-discipline and respect. Referees and officials are human beings, 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. But even if they play hard, they may still be defeated. 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 Code of Conduct that states they will act according to, and abide by, the written policies of the Diocese of Belleville. This Code of Conduct must be signed before a child is allowed to compete in interscholastic sports.

Any coach, player, parent, supporter, 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, supporter, 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 Department of Education in the event of any unsportsmanlike conduct by coaches, players, parents, supporters, 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 coaches, parents, supporters, spectators, and officials.

Any parent, supporter, or spectator that disregards these guidelines shall be asked to leave the gym or playing field. If the parent, supporter, 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 coach shall see that these regulations are enforced. Any parent, supporter, or spectator that consistently violates these regulations shall not be allowed to attend games until determined by the principal or school athletic director. Any athletic director/designated representative, or coach that refuses to enforce these regulations shall be suspended temporarily or permanently as determined by the principal.

It is our hope that by following these guidelines that you, your child/children, and everyone involved will have an enjoyable and beneficial sports year.

Sincerely,



Sarah Lanham
Associate Director of Education
Diocese of Belleville

PARENTS' CODE OF CONDUCT

- Parents, supporters, and spectators are reminded that their actions reflect the reputation and good name of the school. Parents, supporters, and spectators represent the Catholic community to those in attendance.
- Parents, supporters, and spectators of the athletic program do not use abusive language to the referees, players, coaches, supporters, and spectators from either team.
- Parents, supporters, and spectators of the athletic program must treat all officials with respect and refrain from criticizing officials during and after games.
- Parents, supporters, and spectators must 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, supporters and spectators must 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, supporter, 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, supporter, or spectator will result in an automatic suspension for the remainder of the school year from all athletic activities.

As the parents(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).

(signature)

(date)

(signature)

(date)

School and City _____

DIOCESAN GUIDELINES FOR ALL SPORTS

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

ATHLETIC ACTIVITIES PER WEEK

Students in 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.

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.

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.

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

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.

Students should not leave school early to attend an athletic event. An exception must be given by the principal and only given rarely.

TEAM SIZE/CUTTING OF PLAYERS/TEAM COMPOSITION

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.

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 Department of Education to seek available roster spots. When a neighboring school does have open roster spots, the two principals must agree with the registering of the student(s) for the team. The principals shall work with the schools' athletic directors 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 Department of Education. If a school takes

players from another school, they must take all available players from that school. The combination of schools cannot take place until written permission is given by the Department of Education. If there are no roster spots within the area available, the Diocesan 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. However, if a Catholic school is unable to meet the academic needs of a student then that student could be eligible to participate in the school's athletic program if the student is enrolled in the Parish School of Religion. Any exceptions to this rule must be submitted in writing or e-mailed to the Department of Education and must be approved by the Diocesan 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. The Department of Education must approve all co-ops.

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 a student is from another school.

PLAYING TIME

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. **As a reminder, the Diocese of Belleville does not allow any cutting of players at any level.**

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, the 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 timed 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 game of the match.**

Students and parents who have questions, concerns, or complaints should first consult with the coach after 24 hours have elapsed from the time of the concern. In the best interests of the students, 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.

It is required that all parents be informed and given a copy of the Diocesan Sports Policy at the beginning of each sport's season and a copy of the school's policy and guidelines regarding team composition, playing time, and player eligibility, as well as the Code of Conduct for coaches, players, parents, supporters, and spectators.

PLAYER ELIGIBILITY

A player may be suspended or dropped from the school's team only for major violations of school 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.

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

Each school 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.

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

A request permission form must be on file with the principal for each student participating in the athletic program and it should be signed by a parent or guardian. An emergency form for each student should also be on file. It is recommended that the coach be given a copy of these forms.

STUDENT CLASSROOM BEHAVIOR AND ACADEMIC PROGRESS

A student's classroom behavior and academic progress are best handled by the teacher and principal and therefore, should remain a school and parental concern not usually connected with the school athletic program.

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 school sports participation.

Any disciplinary action connected with the school's 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.**

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 rather than excluding a student from playing sports.

TEAM BEHAVIOR

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 determined 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

- Parochial - (7th & 8th Grade) under fifteen before September 1 of the current school year.
 - Junior - (5th & 6th Grade) under thirteen before September 1 of the current school year.
- Exceptions:** Granted in writing by the Department of Education.

OFFICIALS

- A. For all athletic events, schools must use Illinois High School Association certified referees or other state or diocesan certified officials.
- B. When uncertified or an insufficient number 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.

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

For those schools involved with soccer: All referees must be certified by the Illinois Youth Soccer Association or the I.H.S.A.

DIOCESAN EXECUTIVE COMMITTEE FOR ATHLETICS

The Diocesan Executive Committee for Athletics will be convened by the Department of Education. The procedure for changing sports regulations is as follows:

- The athletic director should meet with the principal of their school.
- Recommended changes should be discussed with the area principals.
- Recommended changes should be discussed with the Executive Committee of the Association of Elementary Principals (AEP).
- These changes will be discussed at the Diocesan Executive Committee for Athletics meeting.

PRACTICE

Practice time for grades 1 thru 4 should not exceed one hour. Practice time for grades 5 thru 8 should not exceed two hours.

Practice time should be limited during semester exam week and during holidays and holiday vacation periods.

No practices shall be held on Sunday.

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

Practices should be scheduled with consideration for the family mealtime and safety of children returning home.

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, Good Friday, and Saturday Vigil.

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 rules below:

- An adult supervisor (21 years of age) must always be present during open gym time.
- 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 is unavailable.
- Postpone practice to later in the 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 3, 2015, former Governor Rauner signed into law SB O7 (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 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)

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 for 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 at least 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 they 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)

Student and parent signatures on concussion information forms 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:

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

CONCUSSION INFORMATION SHEET

Adapted from the CDC and the 3rd 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 who is working in conjunction with a physician, licensed to practice medicine in all its branches. This written clearance must be received 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 was not cleared to return to that same contest. In accordance with state law, all I.H.S.A. 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

Printed Student Athlete Name

Student Athlete Signature and Date

Printed Parent or Legal Guardian Name

Parent or Legal Guardian Signature and Date

Incident Reports

Each school should submit an Incident Report Form to the Diocesan Department of Education in the event of any un-sportsmanlike conduct by coaches, players, parents, supporters, 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 coaches, parents, supporters, spectators, and officials.

Any parent, supporter, or spectator disregarding these guidelines shall be asked to leave the gym or playing field. If the parent, supporter, 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 coach shall see that these regulations are enforced. Any parent, supporter or spectator that consistently violates these regulations shall not be allowed to attend games until determined by the principal or school 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.

BASEBALL/SOFTBALL

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.

All Diocesan games follow the Southern Illinois Junior High School Athletic Association rules for baseball and softball. www.sijhsaa.com

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 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.

BASEBALL

The distances between bases shall be 80 ft. and the pitching distance is 54 ft.

Pitch Count Limitation Rules: Rules for pitching limitations during all baseball games were derived from the SIJHSAA Website (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:

- Any non-wood bat containing a silkscreen or permanently marked BBCOR label as detailed in section 1-3-2 of the NFHS baseball rules book or;
- Any bat thirty inches and under that has a greater than minus three drops provided the bat barrel diameter does not exceed 2 1/4 inches or;
- Any bat thirty 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;
- Any wood bat that meets the NFHS standards detailed in section 1-3-2 and 1-3-3 of the NFHS baseball rules book.

Note 1: Any bat thirty-one inches and over must meet the NFHS guidelines and contain the BBCOR label.

Note 2: Any bat thirty-one 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

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

SOCCER

The maximum number of games that may be played is fifteen.

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

- All kindergarten matches will be played 4v4 per U-8 rules
- 1st and 2nd grade matches will be played 6v6
- 3rd and 4th grade matches will be played 7v7
- Junior Division matches will be played 9v9 per U12 rules
- Parochial matches will be played 11v11 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 2nd grade will have a 5-minute half time between quarters 2 and 3.
- 1st grade will play four 10-minute quarters with a two-minute pause between quarters 1 and 2 and quarters 3 and 4. Kindergarten through 2nd grade will have a 5-minute half time between quarters 2 and 3.
- 2nd grade will have four 12-minute quarters with a two-minute pause between quarters 1 and 2 and quarters 3 and 4. Kindergarten through 2nd grade will have a 5-minute half time between quarters 2 and 3.
- 3rd and 4th 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.

Ball Size:

- Kindergarten, 1st grade, and 2nd grade will use a size 3 soccer ball
- 3rd grade through 6th 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° or higher or delayed (sunlight permitting) until the heat index drops below 105°. Refer to the Heat Index for other restrictions.
- 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 time again, etc.
- A game is considered official upon the completion of the first half.
- Schools should cancel a game by the end of the school day when possible if inclement weather is occurring/threatening. If weather is threatening at game time, the game needs to be cancelled at least 30 minutes before the scheduled start of the game. When a game is cancelled with less than 30 minutes before game time the referees must be paid.

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 – 6th 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.
- 7/8th 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 and Junior games will be paid \$40.00 each.
- All games for kindergarten – 4th grade the referee is to be paid \$35.00 (*August 2018*)
- When only one referee is at the game, each team will supply an assistant referee for side lines to call ball out of bounds only, not to call offsides 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 4th graders and below. (*2017 Soccer Coordinators meeting*)
- Home team should make sure that ice is available in case of injury. Both teams should carry first aid kits.
- AEDs are to be accessible at all games either in unlocked school facilities or portable units.
- **Rosters must be sent to the Diocesan Department of Education 2 weeks after the start of each sport.** Players must play at least 50% of the team's games in order to be eligible for the Diocesan tournament. 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 11v11 at the Parochial level and 9v9 at the Junior level.
- If necessary, at the Diocesan tournament, if a game is tied at the end of regulation, two five-minute overtime periods will be played and if still tied penalty kicks (PK) 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 at least a 2-person 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, the Diocese incorporated the US Soccer Federation recommendations for U-8 games of 6v6, U-10 games of 6v6, U12 games of 9v9 for Juniors and U-14 games of 11v11 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 2nd grade will have four 12-minute quarters with a two-minute pause between quarters 1 and 2 and quarters 3 and 4. Kindergarten through 2nd grade will have a 5-minute half time between quarters 2 and 3.
- Kindergarten, 1st, and 2nd grade will use a size 3 soccer ball, grades 3 through 6 will use a size 5 soccer ball (U-8 through U-12) and the Parochial teams will use size 5 soccer balls (U-14).

BASKETBALL - BOYS AND GIRLS

Number of Games:

Grades 5 and 6 may play no more than **twenty-one games** including no more than two tournaments. Grades 7 and 8 may play a maximum of **twenty-five games** in a season excluding the Diocesan Tournament. A team can include up to three tournaments per season, excluding the Diocesan Tournament, as long as the total number of games played does not exceed twenty-five. 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.

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 eighth grade games and 6 minutes in seventh grade games. All overtime periods shall be 3 minutes in length.

(1) Violation of the rules 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 to the Diocesan Department of Education 2 weeks after the start of each sport. Players must play at least 50% of the team's games in order to be eligible for the Diocesan Tournament. Players not on the roster will not be eligible for the tournament.

For 5th 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 Committee Meeting)

CHEERLEADING AND POM PON SQUADS

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 and/or pastor before a seventh-grade student can participate.

A student may participate in more than one team sport or athletic activity at a time. The four activities per week rule applies for cheerleading.

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

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.

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

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.

Cheerleading moderators must be certified and approved by the Department of Education 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:

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

This policy also includes public school teams utilizing a Catholic school facility (for insurance purposes).

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

VOLLEYBALL - BOYS AND GIRLS

Number of Matches Per Season:

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

Maximum number of matches for the year in 5th and 6th grades 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:

- **The use of Libero** for junior volleyball games and for the Diocesan Tournament is allowed and will remain in effect for the parochial division as well.
- **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 5th and 6th grade. All players in 7th and 8th grade games shall use the end line as the serving line.
(2016 Executive Sports Committee Meeting)
- **The time between games** is three minutes. Warm-up time is 3-3-2.
- No game can begin on a school night after 8:30 p.m.
- **Points per game**
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
- **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. *(February 23, 2017, Diocesan Executive Sports Committee Meeting)*
- The 5th through 8th grades team will play six players on the floor. Remember that all 5th and 6th graders listed in the official scorebook must play before the end of a match.
- **Diocesan Tournament:** All games will be played 25-25-15 with the no point caps.
- **Net Height:** Both boys and girls shall play with the net at 7' 4 1/8"
Refer to the IHSA rule book and the Diocesan Sports Policies & Regulations which can be found on the Diocese of Belleville website www.diobelle.org - Department of Education – Catholic Schools.

TRACK

Belleville Diocesan and Metro Conference Track Meet Guidelines

Points for all events shall be awarded 10-8-6-4-2-1 for all events including relays.

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.

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.

Spiked (metal) running shoes are optional.

Starting blocks are allowed for those who have them. They will not be provided on the day of the meet.

Trophies will be awarded in each class for overall team (1-2-3) plus first and second place in each of the four divisions.

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.

Once the running events begin, only Authorized Personnel will be allowed on the inside portion of the track. Please inform parents of this rule.

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. This applies only to the Diocesan Track Meet only.

The maximum number of track meets is 10 meets.