

# DIOCESE OF PROVIDENCE CATHOLIC ATHLETIC LEAGUE

## RULE BOOK

2023-2024



### PLAYER'S PRAYER

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

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## **CAL COACHES CODE OF ETHICS**

- ❖ *I will conduct myself in a manner befitting a Catholic Athletic League (CAL) Coach/Youth Minister.*
- ❖ *I will treat each player, opposing coach, official, parent and administrator with respect and dignity.*
- ❖ *I will become thoroughly familiar with the CAL rules for competitive activities and of the sport that I am coaching.*
- ❖ *I will become familiar with the objectives of the CAL Athletic program and I will strive to achieve and communicate these objectives to my players and their parents.*
- ❖ *I will conduct my practices and games so that all players of the team have an opportunity to improve their skill level through active participation.*
- ❖ *I will cooperate with the CAL Board and representatives in the enforcement of CAL rules and regulations, and I will, **in a timely manner**, report any irregularities that violate said CAL rules, sound competitive practices, and Christian ideals of sportsmanship.*
- ❖ *I will protect the health and safety of all players by insisting that all of the activities under my control are conducted for their spiritual, psychological and physiological welfare, rather than for the vicarious interest of others.*
- ❖ *I will conduct myself in a manner so as to be a true Christian role model to the youth in the CAL, both on my team and the opposing teams.*
- ❖ *I will attend a yearly coaches meeting scheduled by the CAL Administration.*
- ❖ *I will support and promote the mandatory Coaching Certificate Training Program of the Diocese of Providence.*

# DIOCESE OF PROVIDENCE CATHOLIC ATHLETIC LEAGUE RULES

Effective 9/1/2018

## MISSION STATEMENT

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

## I—GENERAL RULES

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

### TEAM STRUCTURE

**1-1** Grade classification: CAL Grade Classifications (both boys and girls):

In Basketball:

- a) Cadet Division: grades 9 and 10
- b) Grammar Division: grades 7 and 8
- c) Junior Division: grades 4, 5, and 6 (**Instructional Division excludes 6<sup>th</sup> with a maximum of TWO 5<sup>th</sup> graders and includes 3<sup>rd</sup> graders.**)

In Cross Country, Tennis, Volleyball, and Soccer:

- a) Grammar Division: grades 6, 7, and 8
- b) Junior Division: grades 4 and 5, if the sport is offered

### *REFER TO SECTION 7 FOR AGE GUIDELINES FOR NEW ENGLAND COMPETITION*

- 1-2** Catholic Athletics should model good youth ministry principles. It is therefore an expectation that all members of Catholic Athletic League (CAL) teams play for an amount of time specific to each sport in each game (refer to sport-specific section). Coaches who do not abide by this principle will be subject to disciplinary action. Further, CAL recommends that both genders be provided an equal amount of practice time when playing at the same level. (i.e. BGD1 and GGD1)
- 1-3** All teams must be accompanied by a certified adult coach who has passed a criminal background check (who is a minimum of 21 years of age) at all times including team practices.
- 1-4** **Any baptized Catholic of a parish as well as those in adjacent neighboring parishes and towns would be eligible to participate in CAL sports this year (2023-2024) for said parish.**
- 1-5** Parishes or schools who have more than one team in a division must identify the teams by the use of numbers or colors. Teams may not use the letters “A” or “B”.
- 1-6** Any high school or prep school varsity – college freshman and/or varsity player who has participated [defined as suiting up and/or listed on the score sheet] in one official game, including pre-season and all tournament games, with his/her school team(s) in the same sport, during the current CAL season, is ineligible to participate in any further CAL league games. (The CAL season is to be interpreted for this rule as the period starting with the first scheduled game through the completion of the last tournament game.)
- 1-7** All Varsity players who have competed this season for a High School team will not be eligible for New England Competition.

### **Rules Regarding Non-Catholic Participation**

- 1-8** Participation by non-Catholics in CAL competitive activities is allowed if the non-Catholic resides within the parish. The maximum number of non-Catholics who can participate on a parish team is **two**, no matter what the size of the team.

- 1-9** For New England CYO Playoffs, parish teams are limited to no more than two (2) non-Catholics (registered, baptized/Roman Catholic) on their rosters (with the exception of Catholic School students who are playing for their school team). A maximum of two pool (authorized) players may fill the two non-Catholic spots.
- 1-10** No Catholic participants may be cut or dropped from their parish team(s) in order to make room on the roster for a non-Catholic. The determination of team placement of both Catholics and non-Catholics is at the discretion of the Parish/School program administration.
- 1-11** This chart is for use to determine the number of players that you may have on your roster. A team may not have more than **two** non-Catholics no matter what its size. The number of Pool Players assigned to a team **cannot exceed** the number assigned on the chart below.

Team	Pool Players Allowed*	Pool and/or Non-Catholic for NE competition
20	4	2
19	4	2
18	3	2
17	3	2
16	3	2
15	3	2
14	2	2
13	2	2
12	2	2
11	2	2
10	2	2
9	by exception of the league administration	
8	by exception of the league administration	

\*A Pool Player is a Catholic Youth whose home parish does not have a team in his/her division and is **assigned to a parish by CAL Administration.**

### TEAM COMPOSITION

- 2-1** A youth may transfer to another parish for the purpose of youth ministry programming, and participate fully in activities providing that the following criteria have been met:
- a) A transfer application (available at the CAL office) is completed with signatures from pastor of youth's home parish and the pastor (or delegate) of the parish in which he/she wishes to participate.
  - b) Complete review and investigation by the diocesan transfer board under the auspices of the Office of Catholic Youth Ministry.
  - c) Receipt of transfer authorization, and return of signed acknowledgement of transfer stipulations
- 2-2**
- a) Any Catholic youth may play for only ONE of the following: his / her home parish OR the Catholic regional, diocesan or independent school which he / she attends. The player must make this choice for the duration of that particular division (division meaning Junior or Grammar). No player may be on two different team rosters of the same sport at any one time.
  - b) If the player's home parish does not field a parish team the youth may be assigned by CAL [upon the successful submission of a completed and acceptable Player Pool Form] to play for another parish. If in a subsequent season a new (first time or returning) parish team [player's home parish] or school team is formed then the player will have the option of staying with the previous team (the one he/she had been pooled onto) or the player may choose to go to the newly formed team for the duration of play within that division. (See Rule 2-6)
  - c) If a player moves to a higher division (e.g.: a 6<sup>th</sup>-grader moves up to the grammar division), that player must play within that division (in either the parish or school league) for the duration of his/her eligibility within that division.
  - d) If a player moves from one level to a higher level (ex: from Junior D2 to Junior D1), he / she can move back to the lower level within the first calendar week for the remainder of the season and playoffs.
  - e) If a player enrolls in a Catholic school and he / she has played previously on a parish team, that player may now choose between the parish or school team.

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

- 2-3 Any player wishing to represent a parish after having played for another parish, without changing his/her residence, MAY NOT do so until one year after completion of the schedule in which he/she was last a participant. Waiver of this is automatic if a Diocesan Transfer Application has been approved.
- 2-4 Once a player has been rostered for a season, only a change of address or leaving the school will be considered for a change of parish (or school) before fifty percent of the regularly scheduled games have been played (these dates will be provided on the sport-specific deadline sheet).

### **Rules regarding Authorized Players (Pool Players)**

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

### **FORFEITURE**

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

### **SUSPENSIONS**

- 4-1 All violations of the rules may result in a suspension as determined by the diocesan administrative officials.
- 4-2 Any player who is dismissed or ejected from a game shall automatically have a minimum of one game suspension and immediately following the dismissal or ejection must contact the Athletic Director for that area within forty-eight (48) hours of the incident to set a meeting, documentation of which will be placed in the official file. Failure by the ejected player or his representative to contact the league director within the forty-eight hours will result in suspension until further notice.

- 4-3 Any coach who is dismissed or ejected from a game shall automatically have a minimum of one game suspension and will be suspended from all coaching until a meeting is held with the area Athletic Director. The ejected coach must contact the Athletic Director for that area within forty-eight (48) hours of the incident to set a meeting, documentation of which will be filed at the Office of Catholic Youth Ministry. Failure by the dismissed coach to contact the league director within forty-eight hours will result in suspension until further notice.
- 4-4 Any player or coach ejected and/or dismissed from a playoff game shall be ineligible for the next game. Any player or coach dismissed or ejected from the game by an official for fighting, on or off the court, will be ineligible for the remainder of the tournament, and may be ineligible for future tournaments. Playoffs include Diocesan, and New England Tournaments.
- 4-5 A Coach's certificate may be revoked for any violation of the Coaches Code of Ethics or Diocesan School Policy with written notification from the Director of Youth Ministry or Superintendent of Catholic Schools.

**ROSTERS/PLAYOFFS**

- 5-1 The parish/school liability release form and typed team rosters with the authorized signatures must be submitted by the designated deadline date which will be announced at the Coordinators meeting. Failure to submit these forms will result in non-participation by the offending team.
- 5-2 All sport schedules are dependent upon the number of teams that are registered by the registration deadline. A parish or school is expected to field all teams that it has registered for a specific sport. Teams may not be added after the registration deadline. If a team is withdrawn after the stated registration deadline, a \$150.00 fee will be assessed to the parish or school. If a team drops out after play has begun, a \$250.00 fee will be assessed in addition to the loss of the team's registration fee and all games played against that team (won or lost) will be expunged from the remaining teams' records.
- 5-3 Sports Deadline Dates for Eligibility, Pool and additional players (except for students who transfer from a Non-Catholic School into a catholic School and this is their first opportunity to participate) who may not be added to a roster after:

Fall sports: October 1

Winter sports: January 10

Spring sports: May 1

- 5-4 In order to be eligible for the post-season play, a player must fulfill the following requirements based on the number of scheduled games played as verified on the submitted Eligibility Sheets:

Games	Games played for eligibility
15	7
14	7
13	6
12	6
11	5
10	5
9	4
8	4

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

- 5-5 In Basketball teams with a winning percentage of .500 or better and in the top four in their division\* will make the playoffs.

\*Exception will be made at the league director's discretion for teams in divisions with Massachusetts teams (which do not participate in our playoffs) by allowing them to fill play off brackets with a winning percentage of less than .500 and/or not having finished in the top four.

- 5-6 Standings for all sports will be based on percentage.
- 5-7 Diocesan playoffs shall be rescheduled or postponed only when weather interferes. It is the responsibility of the competing teams to appear for scheduled games or face forfeiture and incur the forfeiture fee.
- 5-8 Seeding: Tie breakers for the positions in the seeding for the playoffs will be determined by each of the following criteria as they apply until all eligible teams are seeded:
  - a) Percentage (%) of wins based on seasonal record

- b) Head to head competition
- c) Record against the top finishing team
- d) Record against the next and subsequent finishing teams
- e) Coin flip with the tied teams only for seeding, not for entry into the playoffs

**5-9** Ties for last place seed: if two or more teams are tied for the last playoff spot there will be a playoff game prior to the start of the playoffs to determine the last seed.

**5-10** A teams' representative (coach or coordinator) and the CAL coordinator will agree on the active players for that team's playoff roster. **For basketball**, the coach must confirm with the coordinator of the playoff site the names of the eligible team members present **thirty minutes** prior to the game. **For all sports**, teams who appear at the playoff game with less than the charted number of eligible players will forfeit that game and incur the penalty of \$75.00 if it is determined that the required number of players has not been met. The game will be played under protest and CAL will rule on the protest.

Eligible Players	Need to have available *
20.....	15
19 .....	14
18 .....	13
17 .....	13
16 .....	12
15 .....	11
14 .....	11

Eligible Players	Need to have Available *
13	10
12.....	9
11.....	8
10.....	8
9.....	7
8.....	6

**\*Players arriving after the start of the game must play the appropriate playing time.**

**5-11** Should any situation arise, a playoff committee (CAL League Officials) will determine the resulting action (subsequent play or forfeit) based upon the issue and the available information.

### COOPERATIVE PARISH TEAMS

**6-1** The motivation in creating co-operative teams (per level, gender and division) is to provide additional youngsters from parishes that have insufficient numbers to support and field teams by allowing them to combine with a host parish. The formation of a cooperative team is not intended to promote parish shopping and hopping, or to promote a search for the most talented players. Rather, the intent is to enable greater participation by youth in the parish division.

**6-2** A cooperative team can be made up of at least two but not more than four parishes combining from the same Deanery as requested by the host parish and the other members of the cooperative and approved in writing by the Dean utilizing the Cooperative Team Request form.

**6-3** The team will compete under the name and auspices of the host parish and all families will contribute toward the team expenses per the direction of the host team coordinator.

**6-4** Each parish must submit a roster signed by the Pastor and which is made up of only Baptized Roman Catholic Parish Members. The host team may include up to two non-Catholics on its roster. No Catholic Youth can be cut to make room for a Non-Catholic Youth. None of the rosters can contain any authorized pool players. All of the individual parish rosters combined will be considered the roster of the cooperative team.

**6-5** In the event a cooperative that combines is made up of more than two parishes, the CAL Administration will appeal to the NE CYO Board for a waiver in order to allow such teams to compete in the NE CYO tournament upon qualifying.

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

**6-6** In the event that a school cannot field a team in the school divisions due to an insufficient number of players, then a mixed team of parish and school youth may be formed. Mixed team shall be comprised of youth from both the school and its parish after petitioning to the Catholic Athletic League.

**6-7** The petitioning school shall submit to the League a written request signed by the principal and pastor. This request must **include confirmation that all school and parish members have had the opportunity to participate. The combined**

**team must** submit a school roster of players and a parish roster of players. This request must be submitted no later than two weeks prior to the Roster Deadline Date.

- 6-8 The only schools allowed to participate in a mixed division are parish (or inter-parish) schools.
- 6-9 Approved mixed school and parish teams shall be eligible for one activity season only in the parish division.
- 6-10 A mixed school/parish team cannot participate in the Diocesan Basketball Tournament as they are not eligible for the NewEngland Tournament per Rule 7-5.

### **INTER-DIOCESAN COMPETITION (NEW ENGLAND)**

- 7-1 The school or parish **Diocesan** Champions, **with the approval of the Diocesan Director and the CAL Administration** will be **invited** to represent the Diocese of Providence in their respective divisions for the New England competition.
- 7-2 In order to represent the Diocese of Providence in the New England CYO Tournament the parish or school must belong to the Diocese of Providence.
- 7-3 Diocesan Division 1 champions participating in the NE Tournament are responsible for hotel, registration, food expenses and withdrawal (\$200) penalties.
- 7-4 Refer to 1.9 for the number of non-Catholic/Pool player Participation in the New England tournament.
- 7-5 A mixed school/parish team may not participate in the New England Tournament.
- 7-6 All Varsity players who have competed this season for a High School team will not be eligible for NewEngland Competition.
- 7-7 All age criteria are as of December 31 of the season in question.
- **INTERMEDIATE**  
Grade criteria: Has not graduated from high school  
Age criteria: Is greater than age 13 and less than the age 19 (ages 14-18 only)
  - **JUNIOR (CADET)**  
Grade criteria: Has not graduated from high school  
Age criteria: Is greater than age 11 and less than age 17 (ages 12-16 only)
  - **7th/8th GRADE (GRAMMAR)**  
Grade criteria: Has not completed the 8th grade  
Age criteria: Is greater than age 9 and less than age 15 (ages 10-14 only)
  - **5th/6th GRADE (JUNIOR)**  
Grade criteria: Has not completed the 6th grade  
Age criteria: Is greater than age 7 and less than age 13 (ages 8-12-only)

### **COACHES**

- 8-0 All coaches must wear (display) their current coaches' ID during all games. (To be presented at the mandatory annual coaches' meetings during the month of October). In Basketball, if any coach is not wearing a coach's ID, a technical foul can be assessed at any time during the contest when the offending coach takes a seat on the bench.
- 8-1 **COACHING CERTIFICATE:** All coaches, assistant coaches, managers, et al (hereby known as coaches) must receive a certificate authorized by the Diocesan Office for Catholic Youth Ministry. In order to gain a certificate, the following requirements of the Catholic Athletic League must be met:
- a) **PLACT:** The requirements (as outlined in the PLACT registration form) that must be completed prior to the awarding of the certificate are: 1. Attendance; 2. Testing; 3. Completion of requirements prior to the deadline.  
Note: Any attendee who does not complete the requirements prior to the deadline will be required to attend the entire program again before being allowed to coach. First year coaches need to complete the program prior to the end of the regular season of play in which they are currently coaching. PLACT requires renewal every three years.
  - b) **Complete State Background Criminal Investigation** prior to coaching: State BCI checks must be submitted on or before the Roster Deadline Date. Any individuals who coach without having procured the State BCI check may



have their Coach's Certificate suspended and the game(s) forfeited. The BCI checks are to be done again **EVERY THREE YEARS**. Acknowledging that the ultimate responsibility for placing the name of a coach on a roster lies with the administration of the Parish or School, the CAL Board will require a forfeit be assessed for every game in which a team has a coach who is NOT in compliance with the BCI requirements. A forfeit includes a penalty fee (currently \$75.00).

- c) **Complete** the USCCB required **Safe Environment Training program: renewal must be done EVERY THREE YEARS**. Acknowledging that the ultimate responsibility for placing the name of a coach on a roster lies with the administration of the Parish or School, the CAL Board will require a forfeit be assessed for every game in which a team has a coach who is NOT in compliance with the Safe Environment requirements. A forfeit includes a penalty fee (currently \$75.00).

- 8-2** The Diocesan Director of Youth Ministry or the Superintendent of Catholic Schools may revoke a coach's certificate if there is a serious infraction of expected coaching behavior. See rule 4-5.
- 8-3** All head coaches must be at least 21 years of age and all assistants must be at least 18 years of age. They must have signed acknowledgment of the Diocesan Policy and Procedure in Cases of Sexual Misconduct and agree to conduct themselves according to the Code of Ethics and the Guidelines for Adult Volunteers.
- 8-4** All female teams coached by a male, and all male teams coached by a female must be accompanied by an adult (at least 21 years of age) that is the same gender as the members of team. All volunteers working with youth by occasionally accompanying them must abide by the Guidelines for Adult Volunteers of the Diocese of Providence, BCI and Safe Environment guidelines. These volunteers are not allowed to coach from the sidelines.
- 8-5** Use of uncertified coaches may result in forfeiture of all games in which said person(s) has participated. A coach is defined as a person who instructs the players in any manner from a position reserved for coaches. (For example: a fan who joins the team huddle to give comments must be a certified coach of that team.) Scorekeepers who do not function as coaches (in any manner) may be exempt from the certification requirement providing they do not sit on the bench.

### **PROTESTS**

- 9-1** Before any protest can be accepted by the CAL Board, the protest must meet ALL of the following requirements for submission:
- a) That the protest will be based on a rule infraction only and not on the official's judgment.
  - b) That the protest be noted by the official(s) and the opposing coach at the point of the game / match when the infraction occurs and a note acknowledging this fact accompanies the protest. A detailed report of the exact reasons for the protest must be submitted in writing to the CAL director within 48 hours of the protested game's scheduled starting time, and must include all pertinent information (date, location of games, names, score at the time of incident, etc.)
  - c) The protest must include a protest fee of \$75.00 and must be paid in cash, parish check, or certified check. Said fee will be refunded if the protest is upheld,
  - d) A majority vote of the Appeals Board will determine the outcome of the protest and their judgment will be final.
  - e)

### **APPEALS**

- 10-1** Before an appeal of a decision to apply or enforce the rules of the Catholic Athletic League (not relating directly to the outcome of a specific contest as in a Protest) can be accepted by the CAL Board Executive Committee, the appeal must meet ALL of the following requirements for submission:
- a) A detailed written report stating the basis for the appeal must be submitted within 48 hours of any decision being challenged. This document must be supported (signed) by the Pastor and/or Principal as well as the Athletic Coordinator.
  - b) The appeal must include an appeal fee of \$75.00 and must be paid in cash, parish check, or certified check. Said fee will be refunded if the appeal is upheld.
  - c) A majority vote on the appeal by the CAL Board Executive Committee will determine the outcome of the appeal and their judgement will be final.

### **MISCELLANEOUS**

- 11-1** The all play rule for each sport must be adhered to as described in each sport-specific section.

- 11-2 Playing dates, fees, starting times and assigning of officials shall be determined by the Catholic Athletic League Administration.
- 11-3 The league administration reserves the right to postpone any and all games in case of an emergency. Unless, in the opinion of the league coordinator, an emergency exists, all games must be played as scheduled. Any games cancelled due to weather will not be rescheduled.
- 11-4 All block out dates must be submitted **on or with the registration forms** for consideration in creating the schedule.
- 11-5 The home team is the team that is listed second on the schedule.
- 11-6 Respect for officials and all participants will be required of all players, coaches and spectators. Fighting will not be tolerated. Any infractions will result in discipline up to and including suspensions, ejections, or forfeitures.
- 11-7 At all CAL games both teams and their coaches: a) will gather to share prayer at the beginning of game, b) in the spirit of Christian Sportsmanship, will exchange handshakes before and at the end of the game, c) will be expected to display Christian sportsmanship and appropriate behavior at all times.
- 11-8 All team mascots, logos, and names must be appropriate for Catholic athletic teams. No team name may ever be larger than the name of the parish or school.
- 11-9 Earrings cannot be worn by any player under any circumstance. Covering the earrings with tape or band aids is not allowed.
- 11-10 First Aid is the responsibility of each team.
- 11-11 A referee shall remove a player from the game if he/she is exhibiting signs of a concussion. A Physician's Release is required before the player is allowed to practice or play in a game after having been removed from a game for signs of a concussion.
- 11-12 The teams must keep a scorebook for both teams with the results of the game to the designated league administrator by e-mail. This e-mail from both coaches will verify the outcome of the game. At the end of the season the teams will present their scorebooks and eligibility sheets for verification and completing the final roster for the playoffs.
- 11-13 Each parent must sign a contract of behavior known as the "Parental Code" which will be kept at the parish / school office.

## II—SPECIFIC RULES

### WINTER BASKETBALL (BB)

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

- BB-1 It is strongly suggested that a roster have a minimum of ten (10) players rostered for each team.
- BB-2 All teams must have a certified head coach and at least one certified assistant coach.
- BB-3 Refer to 1-1 for age classifications for both boys and girls.
- BB-4 There shall be a separate league(s) for boys (those whose birth gender is male) and a separate league(s) for girls (those whose birth gender is female).
- BB-5 Length of games:
  - a) Junior (boys and girls): two halves each of 12 minutes in duration. Overtime two (2) minutes
  - b) Grammar (boys and girls): two halves each of 14 minutes in duration. Overtime two (2) minutes.
  - c) Cadet (boys and girls) and Intermediate (boys and girls): two halves each of 16 minutes in duration. Overtime two (2) minutes.
- BB-6 Home team in all leagues must supply the game ball. Both teams must provide scorekeepers and one team a timer.

- BB-7 Official numbered team uniforms must be worn at each game.
- BB-8 All games in all leagues shall be governed by the rules of the National Federation of State High Schools Association (NFHS) when these rules are not in conflict with CAL rules.
- BB-9 All girls' divisions and boys' Junior divisions shall use the women's basketball, 28.5 as defined by the NFHS. All Grammar and Cadet boys' divisions will use the 29.5 ball as defined by NFHS.

BB-10 **All-Play Participation Rule:** Starting with the first game of the season, and throughout the playoffs, all Diocese of Providence CAL basketball teams must play ALL healthy, uniformed players in each game according to the following formula. The participation rule applies to the first half of play. The first half will be divided into minute segments

**Junior:** 3 minutes

**Grammar:** 3:30 minutes

**Cadet and Intermediate:** 4 minutes

for a total of four all-play playing periods. **The time for each playing period will be on the clock.** All healthy uniformed players (up to a number of twelve) must play the minimum of a full continuous playing period during the first half. Every player entering the game for the first time must enter at the beginning of the playing period **and a minimum of one new player (who has not yet entered the game) must enter the game in each consecutive period, until all players have played.** The only exceptions will be due to injury or disqualification. If a player leaves a playing period due to injury and is later able to re-enter, the player must play a subsequent full playing period. If unable to re-enter until the second half, the player must play the equivalent of a full, continuous playing period on the clock. A substitute for an injured or disqualified player must play a complete playing period. Players arriving after the start of the game are required to play their playing period unless they arrive after the start of the second half. It is recommended that players arriving after half time be allowed to play.

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

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

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

- BB-11 A team with a lead of twenty (20) points or more must play zone defense with each player having at least one foot in the lane in all the Junior Divisions. While in all the Grammar and Cadet Divisions a player must have both feet inside the 3 point line. In all divisions fast break points will not be allowed with a lead of twenty (20) or more points. All change of possession for the team in the lead must be walked up the floor while the defense sets. Penalty: one warning per game, then a technical will be called on the offending team for each violation. NOTE: the technical foul is a team technical.
- BB-12 Time outs: 4 full time outs only.
- BB-13 A team composed of 50% or more of players in the highest grade level in a division must play in Division 1.
- BB-14 A parish or school may not have multiple teams in a lower level in either the Junior or Grammar division without having a team in the higher level. (Example: If there are two teams in D-2 (lower) level, one must go to D-1 (higher) level.)
- BB-15 All games must be played as scheduled by the CAL Administration. No games will be rescheduled unless required due to a parish activity or a CAL Catholic School activity.
- BB-16 The league will combine D1 and D2 teams in the same division if there are too few teams to support a D1 or D2 league or if the league administration feels there are too few teams to make for a varied and enjoyable league experience for the players. Those parishes that have multiple teams in such combined leagues will have the opportunity to adjust their rosters if they choose to.

<b>BASKETBALL GUIDELINES FOR THE JUNIOR INSTRUCTIONAL LEVEL (BJI or GJI)</b>
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***PLEASE REFER TO THE GENERAL RULES FOR ALL NON SPECIFIC SPORT INFORMATION***

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

- JI-1 All Play Participation Rule for the Instructional Level:  
Each Instructional Level team must play ALL healthy, uniformed players in each game a total of **6** minutes. Each player must enter into the **1<sup>st</sup> half** of the game for 3 consecutive minutes of play, and for an additional 3 consecutive minutes of play in the **2<sup>nd</sup> half**. Every player entering the game for his/her 3-minute play time must enter at the beginning of the playing period. Exceptions will be due to injury or disqualification.
- JI-2 Defense is restricted to the three-point arc except for the last minute in the **first and second halves**. During this time it shall be permitted from baseline to baseline. As of **February 1**, the players will be allowed to play defense up to the mid (half court, division) line. A goal scored from beyond the arc prior to February 1 will count as two points; a goal scored from beyond the arc after February 1 will count as three points.
- JI-3 There will be a delay of the game count by the official (5 seconds) against the offense for holding the ball outside the three-point arc and not starting an offensive move to score.
- JI-4 In the event of a tie at the end of regulation, only one 2-minute overtime will be played.

**WINTER CHEERLEADING (CH)**

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

- CH-1 The rules of the Spirit Competition for the National Federation of State High Schools Association will govern all cheerleading teams within the Catholic Athletic League when these rules are not in conflict with CAL rules.
- CH-2 All coaches, assistant coaches, managers, assistants, etc., (hereafter called coach) must have a certificate authorized by the Diocesan Office of Catholic Youth Ministry-CYO. Refer to Rule 8-1. Use of uncertified coaches will result in non-participation by the cheerleading squad. See Rule 8-1 for a definition of Coach.
- CH-3 All squads must complete an official CAL Roster form and register with the CAL office by the designated deadline (which is normally the same deadline for basketball teams). Any squads who do not will not be allowed to cheer at CAL games.
- CH-4 Cheerleading and practices should be conducted in a safe environment conducive with the cheerleading activities being conducted in accordance with the NFHS rules. During all CAL sporting events and practices the cheerleading squads are required to use mats for all floor exercises. There shall be only two levels with no flyers at any time.  
There shall at no time be:
  - a) Aerial stunts
  - b) Extended stunts
  - c) Suspended Stunts
  - d) Non release, specialized stunts
  - e) Release skills / stunts
  - f) Transitional Stunts
  - g) Tosses
  - h) Vaults
  - i) Swinging Stunts
- CH-5 All clothing and routines shall be **reviewed to be** deemed appropriate by the parish / school administration and CAL.

**SPRING CO-ED VOLLEYBALL (VB)**

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

- VB-1 All games shall be governed by the rules of the National Federation of State High Schools Association (NFHS) when these rules are not in conflict with CAL rules.

**SCORING:**

- VB-2 The Rally Point system will be used during each game.  
The first team to 25 in the Grammar Division is the winner and the first team to 27 in the Intermediate Division is the winner. During the regular season a team does not have to win by two. During the playoffs there will be a best of three series: first two games won-the MATCH ENDS, with no maximum and the games to be won by two.

### **PROCEDURES:**

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

### **ROSTERS:**

- VB-6 This is a co-ed League – Players of both genders must be represented on the roster. It is recommended that each team have more than 8 players. The process for exception in entering a team is to be reviewed by the league coordinator upon written submission of need by the principal, pastor or CYM.
- VB-7 Roster sheets are to be carried by the coaches to each scheduled game and available for the referee if needed.
- VB-8 Team rotations may be set up in any way; there are no gender specifics that need to be taken into consideration. All players present at the match must be in the rotation. The rotation must remain the same throughout all three games of the match. For games 2 and 3 of the match, the rotation must continue where it left off in the previous game.

### **PLAY:**

- VB-9 Rotation in the first game begins with each teams second service. For games 2 and 3 of the match, the rotation must continue where it left off in the previous game, with each team rotating prior to their first serve of the new game.
- VB-10 There is an all play rule whereby each player present is substituted in the rotation in each game. When the team rotates, the right forward will move to the bench and the next in rotation will enter in the right back to serve.
- VB-11 A player may be substituted between servers only if an injury occurs. (The injured player may not re-enter that game until the next rotation.)
- VB-12 **TEAM COMPOSITION FOR PLAY:** A team may play with a minimum of 4 players to start the match; if another player arrives after the first service then that player must wait until the next game.
- VB-13 If a boy or girl arrives late to a game, he/she may not be added to the rotation for that game. Only after that current game is done, may you enter any new players on the rotation sheet for the next game/games. If a player arrives after the first service of the last game, then he/she must wait to enter the game until his/her team gains the service.

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

- VB-14 Each coach must sign the rotation sheets **and** score sheets for each match (3 games) and then have the referee counter sign those sheets.
- VB-15 Only the captain and the coach may discuss the game with the referee.

### **DECORUM:**

- VB-16 Players may not distract the opposing team by trash talking, clapping, vocalizations or noise making.
- VB-17 Trash talking or poor sportsmanship will not be tolerated.
- VB-18 The referee may give a player/coach an immediate Yellow or Red Card Warning.

### **COMMENCEMENT OF PLAY: NFHS RULE:**

- VB-19 To start the game, there will be a coin toss to choose bench or service. Subsequent games alternate.

### **SERVICE AND SIDES IN SUBSEQUENT GAMES:**

- VB-20 A player may serve from behind the service line as permitted under the NFHS General Rules. Service lines may vary according to the gym limitations. According to NFHS there are no blocks at the net on the serve.
- VB-21 A player has 5 seconds to serve the ball after the referee whistles for service.
- VB-22 If the player catches or lets the ball hit the floor without making an attempt to serve the ball, the referee will call a re-serve and the server will be given 5 more seconds. A player is allowed one re-serve per term of service.
- VB-23 The team that did not serve first in the preceding game shall serve first in the next game.
- VB-24 Teams may allow any player to move up three feet to serve during the regular season. A line on the floor (either temporary or permanent) three feet from the end line needs to be clearly marked. During the playoffs one player may be designated to move up.
- VB-25 No player may serve beyond 5 straight serves. The service will then go to the next player of the same team who will begin to serve once they have rotated. This player and subsequent players may not serve beyond 5 straight. This sequence will continue until the opposition gains the service.

### **CEILING RULES:**

- VB-26 On a serve, if the ball hits the light cages, beams or pipes:
- a) In the center of the court: bad serve - side out
  - b) On the receiving side of the net: bad serve - side out.
  - c) On the serving side of the net and does not go over: bad serve - side out.
  - d) A net serve is a good serve: if the ball goes over the net, it is alive and must be played.
- VB-27 Any ball, other than a serve, that hits the ceiling on the same side is playable only if it drops on the same side of the net. If the ball hits the ceiling and passes over the net, it is ruled a foul.
- VB-28 Net height is 7'4'.

## **JUNIOR DIVISION INSTRUCTIONAL VOLLEYBALL**

- VB-29 Service line will be the foul line extended or 10 feet from the back line
- VB-30 Net height is 6'
- VB-31 No playoffs will be held in this league since it is instructional.

## **SPRING CO-ED SOCCER (SO)**

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

- SO-1 **PLAYING RULES:** All rules regarding participation will conform to the CAL guidelines and the National Federation of High School Sports Soccer rules.
- SO-2 **LENGTH OF GAMES:** two 30-minute halves in the Grammar Division; two 25-minute halves in the Junior Division. **Playoff Overtime:** this will consist of two five minute periods played to completion and if still tied will be followed by 5 penalty kicks by any five players and if still tied by 5 additional penalty kicks by five different players. The second round of 5 kicks will be in a "sudden victory" format-meaning if one team makes a penalty kick in this round and the alternating player does not make one, the contest is over.
- SO-3 **ALL PLAY RULE:** All eligible players are to play at least 10 minutes of each game during the regular season games and the playoffs.
- SO-4 **UNIFORMS:** Uniforms shall consist of a colored and numbered T-shirt that the school/parish must provide. Goalies will wear a different colored shirt.
- SO-5 **PLAYER EQUIPMENT:** All players will be required to wear approved National Federation shin-guards, and NO jewelry or metal cleats will be allowed. (EARRINGS MAY NOT BE COVERED WITH TAPE)

- SO-6 EQUIPMENT: All teams must have their own First-Aid Kits with them at all games/practices.
- SO-7 SUBSTITUTIONS: On any throw in, corner kick or goal kick by either team. (Any dead ball except direct or indirect kicks)
- SO-8 STARTING A GAME: In order to start a game there must be at least 8 players available (7 field players and 1 goalie). In the spirit of Christian competition the opposing team will match the competing team's number.
- SO-9 There will be no heading allowed for any children who play in the Junior Division either in practice or games. When a player deliberately heads the ball in a Junior game an indirect free kick will be awarded to the opposing team from the spot of the offense.
- SO-10 Heading is permitted in grammar division games, but grammar division coaches are asked to limit the amount of heading in practice.
- SO-11 In the Junior division the size of the ball is #4 and in the Grammar division it is #5.
- SO-12 The league coordinator reserves the right to postpone any and all games in case of an emergency or weather. Unless, in the opinion of the league coordinator, an emergency exists, all games must be played as scheduled. Any game(s) cancelled due to weather will not be rescheduled.
- SO-13 Mercy Rule: when a team is up 4-0 that team ahead must play down a player until the opposing team scores. The leading team will continue to remove a player until the opposing team scores.

For example:

4-0 = Play down 1 player	4-1 = resume normal play
5-0 = Play down 2 players	5-1 = play down 1 player
6-0 = Play down 3 players	6-1 = play down 2 players
7-0 = Play down 4 players	7-1 = play down 3 players

### **FALL CROSS COUNTRY (CC)**

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

- CC-1 There will be a male and a female meet over a 1.85 mile course.
- CC-2 Uniform shirts must be worn by the runners which clearly display the team number assigned by CAL at the beginning of the season. The numerals should be prominently displayed on the left chest of each team jersey.
- CC-3 All rules listed by the National Federation regarding Cross Country will be followed.
- CC-4 All healthy uniformed runners must compete.
- CC-5 The top four runners from each team will be counted for the team total.
- CC-6 For a team to score in a meet there must be at least four runners finishing.
- CC-7 The league coordinator reserves the right to postpone any and all games in case of an emergency. Unless, in the opinion of the league coordinator, an emergency exists, all games must be played as scheduled. Any game(s) cancelled due to weather will not be rescheduled unless it is necessary for eligibility for the playoffs.
- CC-8 In a Grammar Division, no one in a grade lower than sixth (6<sup>th</sup>) may participate.

### **FALL TENNIS (T)**

#### **TENNIS RULES**

- T-1 All tennis matches of CAL will be played according to the official National Rules of the United States Tennis Association, except for any special rules adopted by CAL.
- T-2 Team composition (co-ed or single gender) and Playoffs will be determined at the annual coaches' meeting.

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





## **Catholic Athletic League**

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

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

Under the direction of the Administrator, the programs of CAL East, CAL West, and the School Division are run by individual athletic directors. Please refer to the back page of this rule book for your director's contact information.

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