

Diocese of Columbus
Diocesan Recreation Association
197 E. Gay Street
Columbus, OH 43215

Volleyball Rules 2016



Visit our website at www.cdeducation.org/diocesanrecreation

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Diocese of Columbus
DIOCESAN RECREATION ASSOCIATION
197 East Gay Street
Columbus, Ohio 43215

Dear DRA Coach,

Greetings and Welcome to a new year of Diocesan Recreation Association (DRA) Sports! We are thrilled that you have taken the time out of your busy schedule to be involved with such a fantastic ministry: by coaching our youth and sharing your faith with them. You are making an impact that is larger than you probably imagined. We sincerely appreciate your efforts and look forward to working with you in the coming season.

Sports are a great way for our community to come together and meet others across the diocese. It gives me great pleasure to see our youth interact on the fields, in the gyms, and at the track, competing with one another in the true spirit of sportsmanship.

Competition teaches many lessons to our athletes (and to us as administrators, coaches and parents). It gives all of us the opportunity to practice the underlying values of our Catholic Faith. This is covered in the required Play Like A Champion Today[®] Coach Training—where the components of the Grow model of development are aligned with the Cardinal Virtues of Fortitude (Goals), Justice (Relationships), Prudence (Ownership) and Temperance (Winning).

It takes fortitude to set and strive for goals and to endure the ups and downs that occur in athletics—it is important that we continually keep in mind the process of development and know that sometimes the most difficult moments in sports become the most rewarding or growth provoking in the long run.

We need to pursue and reflect healthy relationships with all of the participants in the competition – our team of coaches and players, our opponents, the official(s), the other fans – and treat them with a sense of justice, of care and concern throughout the entire experience.

It is important that we remember that it is the children's competitive experience, not ours. We each need to take ownership of our roles – coaches coach, officials officiate, fans encourage and players play – so that we may each exercise prudence in striving to be the best we can be.

In the end, our focus is to give our all, to spend ourselves in the pursuit of excellence of the role we play so that we can create the environment that is focused on having the right perspective, that exudes temperance so that our athletes as individuals and as a team can maximize their potential and have fun – the ultimate victory.

As St. Paul wrote to the Corinthians, we should “strive so as to win”, to give it our all but instead of our eyes focused on the “perishable crown” we should direct our efforts to achieve the imperishable one instead. Therefore, our actions in the competitive arena should be a credit to ourselves, family, community and faith.

I look forward to seeing you at the games!

Marty Raines

Associate Director

Diocesan Recreation Association

Administrative Information For All Levels Of Play

I. Purpose Of Our Program

The objectives of our program are to unite the youth of our parishes and to help promote their spiritual, physical and social welfare by bringing Catholic truths, principles and ideas into their everyday life. The programs are intended to be character builders, reflecting the ideals of good sportsmanship and Christianity. Once an individual accepts the position as coach in the Diocesan Recreation Association program, he or she accepts the responsibility to implement the philosophy of the Association.

II. Prayer

After warm-ups, both teams will join on the court or on the field for a prayer. A prayer may be selected by the home team from the official prayer list, or another source, and the "Our Father". All players, coaches, parents, and spectators are encouraged to participate.

III. League Fees

The league fees will be \$50.00 per team plus \$12.00 per player per sport. Once eligibility rosters are turned in and accepted by the association, there can be no refunds. Fees that are not paid by the deadline will mean forfeiture of games until the fees are paid. The association will **NOT** accept personal checks from parents or guardians of the players participating in our programs. The **ONLY** forms of payment that are acceptable to the association are: **PARISH CHECKS, PARISH ATHLETIC ASSOCIATION CHECKS, SCHOOL CHECKS, MONEY ORDERS, and CASH.**

Once rosters are turned in, there are no refunds. If someone is added to the roster, an additional participation fee must accompany the parent consent form prior to the child's participation in a contest.

A forfeit fee of \$200 will be collected from each parish. If a team must forfeit a game or match, the officials will be paid from these fees. Once the fees are depleted, the parish will be asked to replenish their forfeit funds. Unused funds will carry over from sport to sport and year to year.

IV. Grade and Age Eligibility

League	Maximum Grade	Maximum Age as of July 31st of current school year	Eligible Grades
Varsity	Eighth	Fourteen Years of Age	Eighth, Seventh and Sixth
Jr. Varsity	Seventh	Thirteen Years of Age	Seventh, Sixth and Fifth
Sr. Reserve	Sixth	Twelve Years of Age	Sixth, Fifth and Fourth
Reserve	Fifth	Eleven Years of Age	Fifth and Fourth
Jr. Reserve	Fourth	Ten Years of Age	Fourth

The above levels may vary from sport to sport.

v. Eligibility

Effective July 1, 2016, all participants in the Diocesan Recreation Association program must be registered members of the parish church for at least three (3) months, prior to participation in the sports program. Transferring from one parish to another will be accepted as long as the participant has been a registered parish member for at least three (3) months. Students registered and attending the parish school are eligible to participate.

All players must be members of the parish and/or attend the parish school in order to play on the parish team.

No player should play in another league or tournament while playing for a parish team. **Do not ask to move a game because of club or travel ball. The answer will be no.**

The Diocesan Recreation Association(DRA) runs a program for parish teams that intends to be developmental at early age levels, but also can incorporate a competitive dimension at the junior high level and beyond. We also believe that every participant should have the opportunity to play in each event, and that having fun in participation is fostered. We are not a training camp for AAU or club sports. Coaches will teach their players the fundamentals of the sport while also teaching the athletes the basics of good sportsmanship and responsible decision-making. The rules and regulations of the DRA are meant to support these beliefs.

We recognize that parents sign up and commit their children for many activities. The nature of Diocesan sports has been trending to parishes having very lean rosters so that children can participate and enjoy having the maximum playing exposure to the sport. If your child is involved in other sports or activities, please work diligently with your team's head coach to insure no forfeitures for your team.

If an athlete is participating in another sport or activity during the same season, his or her commitment to the parish team is expected and his or her priority must be given to the DRA program over all other programs. The DRA expects the athletes to participate in the DRA games first, in all fairness to the other athletes on the team. The non-parish team coach and activities coordinators must be informed of the participation on both, as well as the expectations of the DRA. **DRA games cannot and will not be changed to accommodate club sports, AAU contests, or other non-parish or school related activities. Parents are advised to balance their children's time among activities.**

vi. Player Eligibility Rosters

- A. Effective July 1, 2016, all participants in the Diocesan Recreation Association program must be registered members of the parish church for at least three (3) months, prior to participation in the sports program. Transferring from one parish to another will be accepted as long as the participant has been a registered parish member for at least three (3) months. Students registered and attending the parish school are eligible to participate. Parishes may have additional requirements for participation. i.e. Attendance at PSR classes.

B. PARISH MERGERS

All players must be members of the parish and/or parish school in order to play on the parish team. Parish mergers **MUST** be approved by the Diocesan Recreation Association **BEFORE** the mergers are made. The original parish sign-up sheets **MUST** be made available upon request.

1. All individuals must participate with their own parish/school in any sport in which their own parish/school enters a team.
2. If an individual belongs to one parish and attends school at another parish, the individual may select the parish in which he/she would like to participate.
 - A. The individual must continue to participate with the selected parish for the entire school year unless the selected parish does not enter a team.
3. Anytime a player from one parish plays for a different parish, this situation shall constitute a merger and therefore, prior DRA approval must be secured.
4. If at all possible, parishes should merge with neighboring parishes or with fellow high school feeder schools.
5. **All mergers must be arranged through the parish athletic directors. Parents are not to go out on their own and arrange for a merger.**
6. Parish mergers must be approved by the DRA before the mergers are made.
7. Pastors need to sign off on all mergers. This is done on the parent consent forms.
8. Whenever possible, all athletes at the same grade level looking to join another team must merge with the same team. Exceptions need to be approved by the DRA.
9. All mergers must be fair and equitable and make sense.
10. Examples of past and present mergers include
 - a. Northern Stallions: St. Matthias, St. Anthony and St. James
 - b. IC-OLP: Immaculate Conception, Our Lady of Peace and sometimes St. Timothy
 - c. Western Irish: St. Mary Magdalene, Trinity, St. Cecilia, Our Lady of Perpetual Help, and Columbus St. Mary
 - d. Western Knights: Trinity, St. Mary Magdalene, OLPH and St. Cecilia
 - e. Eastern Green Wave: St. Catharine, All Saints, Holy Spirit, Cols. St. Mary
 - f. Northwest Saints: St. Agatha, St. Timothy, St. Andrew
 - g. Cols. St. Mary includes students from St. Joseph Montessori School
- C. All players must have a signed Parent Consent form on file in the DRA office prior to participating in an athletic contest. If a parent consent form is missing or incomplete at the time of team turn-ins, all missing or incomplete forms will need to be turned in by the designated date in order for the student athlete to participate. Dates will be set for each sport.
- D. A fully completed roster, including head coach and assistant coaches, must be turned into the Association office before a team is eligible to play
- E. Eligibility rosters **MUST** be signed by the proper authority.
 1. For teams having students not attending the parish school, the form **MUST be signed by the PASTOR.**
 2. For teams having only students of the school on the team, the form may be signed by **either the PASTOR or the school PRINCIPAL.**

3. For teams having students from multiple schools, **each PASTOR must sign the form.**
- F. Players may be added to a team roster until midpoint of the season
1. The association office must be notified of any roster additions **BEFORE** the athlete is eligible to participate.
 2. All added players must complete a parent consent card, and get the **PASTOR'S** signature, and deliver all necessary **forms and fees** to the association office **BEFORE** the athlete is eligible to participate.
 3. These rules also apply to Intra-Diocesan transfers.
 4. A non-Catholic student who withdraws from a Catholic school and enrolls in a Non-Diocesan school (or home school) becomes immediately ineligible upon withdrawal.
- G. It is strongly recommended that All sports rosters have a minimum of 2 extra players above minimum required player number for that sport. Basketball requires 5 so the roster size should be 7 or more. Volleyball requires 6 so the roster size should be 8 or more. Football requires 11 so the roster size should be 13 or more. Baseball requires 9 so the roster size should be 11. Softball requires 9, so the roster size should be 11. Soccer for 4th, 5th and 6th requires 8 so the roster size should be 10. Soccer for 7th and 8th requires 11, so the roster size would be 13. Teams that feel they may fall short of these numbers should combine grades, merge with other parishes, or contact the Diocesan Office for assistance on mergers.
- H. All teams must be comprised of all boys or all girls. There are no co-ed teams at any level. No girls can be brought up to play for a boys team, and vice versa.

VII. Roster Changes

- A. A player may be permanently moved up to a higher level at any time after gaining approval of the league commissioner. To complete this procedure you must contact the Diocesan Recreation Office or league commissioner by phone or email. (i.e. JV to Varsity, Jr. Reserve to Reserve.) If the move is designated as permanent the player may not return to the lower level at anytime during the season.
- B. Temporary, lateral permanent moves are permitted only at the Jr. Reserve and Reserve levels only, with the approval of the league commissioner or the diocesan office. A completed form must be sent to the diocesan office.
- C. Players may be temporarily moved up in extreme cases, in order to prevent **forfeiture** of the contest or to bring the number of players to the **optimal number** in a particular sport. (i.e. to meet the 5 players needed in basketball, a 9-person team in softball, etc.) **A Roster Amendment Form must be completed each time a temporary or permanent move is made.**
 1. All temporary moves must be reported to the league commissioner prior to the game or no later than 24 hours after the game. Failure of the coach to report the temporary movement of players within the 24 hour window, may result in a forfeit of the game and a suspension for the coach. This applies to every game, including the championship game.
 2. The league commissioner reserves the right to limit the amount of times a particular player may be temporarily moved up. If a team needs to move up a player more

than two times, a permanent move must be made.

3. **Lateral temporary moves are permitted only at the Jr. Reserve and Reserve level with the approval of the league commissioner.**

4. In some sports, players moved up may be restricted in positions they are able to play. (i.e. baseball not used as a pitcher)

5. In some sports players may be restricted as to how many contests they may participate in one day.

6. League commissioners may approve an additional player—no more than 1 more than the maximum needed to play—on a case by case basis. Said player is not required to meet the minimum playing time requirements. The majority of the playing time must go to the original players on the roster.

7. No permanent moves may be made for tournaments.

D. **NEVER** will a player be permitted to drop down to a lower level.

VIII. **Games**

All games, regardless of sport, are expected to begin on time. However, if a team is not able to field the league minimum number of players at the start time, but knows that it will be able to do so shortly thereafter, it is to inform the gym supervisor, officials, and opponents of this fact immediately.

In this situation, the Christian obligation and DRA expectation for each party is as follows:

Opponent—Other team has players arrive a few minutes late...Play a legal game based on the gym supervisor's decision (see below). Other team has remaining players arrive considerably late, or not at all...accept a forfeit and play a practice game.

Gym Supervisor—Allow the court to be used for a real or practice game depending on the results of the situation outlined above. In the event of a real game, the gym supervisor may reduce the game time so as to accommodate the gym's schedule. It is not fair to place all other games behind schedule due to no fault of their own.

Officials—Officials are required to officiate any game that is to be considered a legal game. Officials may stay to officiate scrimmage games at their own discretion.

League Commissioners—Commissioners reserve the right to reschedule the game at a later date on a case by case basis.

Admission to games

Admission to games may be \$2 for adults, \$1 for seniors (55 and older) and children in grades K-12. A family in the same household will be charged a maximum of \$6. If there is hardship, families may receive passes from their parish ADs

IX. Protests

The only protests that will be accepted must involve the eligibility of players. Our state certified officials are in complete charge of all games. The **OFFICIALS DECISION IS FINAL**. All discrepancies involving rules' interpretations must be settled during the game. If necessary, a coach will need to take a "time out" to clarify any rule. Use of an ineligible player will result in forfeiture and possible additional penalties.

X. Information Sheets and Conflict Forms

- A. The association has experienced **SERIOUS** difficulties with Athletic Directors submitting inaccurate information sheets and incomplete conflict dates.
- B. The practice of turning in an information sheet with a given number of teams and then changing that number of teams has reached epidemic proportions. In addition, the incomplete listing of conflicts dates has caused many reschedules and missed games.
- C. Hours of schedule preparation, the rescheduling of officials and a general hardship to many people are the result.
- D. Therefore, the association is enforcing the rule of **CHARGING THOSE PARISHES** that make changes to their information sheets after the sheets have been submitted to the Diocese or dropping a team after the league has started, **INCLUDING** tournaments.
 1. A flat fee of \$100.00 will be charged to the parish. If money is available in the parish forfeit fund, this fee may be taken from that account.
 2. Any team that forfeits a game must pay the officials for **BOTH** teams. For double elimination tournaments the fees for TWO games must be paid.
 3. Only Pastors, Athletic Directors and Principals may request rescheduling. (with the exception of weather cancellations.) All church and school conflicts should be researched and submitted prior to the beginning of the scheduling process. This will ensure that these conflicts are avoided during the season. League games may be requested for rescheduling for church and school related functions.
 4. These fees must be paid **BEFORE** the parish will be permitted to enter a team in another league or another sport.
 5. Each reschedule will be considered individually. Common requests for re-schedule which are typically denied involve conflicts with outside leagues and social events.

XI. Missed meeting fee

1. It is expected that each parish AD or a representative from that parish attend the AD/Commissioners meeting held prior to each sport season. If no one is present a missed meeting fee of \$25 will be assessed to your parish.
2. It is expected that **each** parish team have a coach or representative from that parish team attend the coaches meeting held prior to each sport season. If no one is present a missed meeting fee of \$25/team will be assessed to your parish. We have had a large number of coaches skip the meetings where new information is given and then they are uninformed and are questioning rules that we went over.
3. Dates for all meetings are located on the DRA Website under calendar.

XI. Coaches And Spectator Conduct And Responsibilities

Coaches must be in complete control of their players, assistant coaches and spectators at all times and are expected to conduct themselves as Christian ladies and gentlemen. Use of profanity will NOT be tolerated. The penalty for use of profanity by any coach or spectator will be ejection from the game with the possibility of suspension from the Diocesan League. Any coach or spectator guilty of un - sportsman like conduct will be penalized under the direction of the Diocesan Athletic Director. This includes damage to property, misconduct before a game, misconduct during a game or misconduct after a game. A suspension or permanent expulsion from the league may result after a review of the incident.

XII. Coaches Conduct Towards Player

In accordance with Diocesan Policy, the head coach must be at least 21 years of age. All coaches must have Protecting God's Children training and a BCI report on file with the parish office. In accordance with Diocesan Policy, parishes must follow a strategy of "two- deep" ministry with adolescents, where at least two adults are present at all athletic activities and situations wherever possible. Where a one-to-one activity is required, such activities should take place in an open environment. Special attention should be given to provide a safe and confidential forum while following standards of prudence. Physical, sexual, or romantic relationships between a coach and an adolescent are unethical and are prohibited.

The coaching staff shall not make derogatory or humiliating remarks toward their own players or opponents. Constructive criticism can be made without embarrassing players. When addressing players who have made mistakes, coaches should maintain their composure and use it as a positive learning experience. Coaches who do not follow this policy are subject to the suspension rule.

XIII. Player Conduct

Any player guilty of un - sportsmanlike conduct will be penalized under the direction of the league commissioner. This includes any damage to property, misconduct before a game, misconduct during a game or misconduct after a game. Any player participating in any form of fighting including pushing, shoving, kicking, etc. will be ejected immediately. Players will also automatically be suspended for one additional game. A greater penalty may be assessed following a review of the incident.

XIV. Sportsmanship

No player, coach, spectator or cheerleader may in any way distract an opponent during play. This includes, but is not limited to, free throws in basketball, a pitch in baseball or softball, a serve in volleyball, a penalty kick in soccer, or a snap in football. These are merely common instances, distraction are **PROHIBITED AT ALL TIMES**. Distractions include, but are not limited to, waving arms (primarily on free throws), kicking of bleachers, booing, doing cheers

(during actions listed above), intentionally coughing/sneezing, talking to an opponent, making loud noises (including bells, horns, etc.) and any other act that the official deems to be distracting for a player. Violation of this rule will result in an ejection (suspension rule applies). The official may opt for a warning prior to ejection, but the warning is **NOT** required.

xv. Conduct Towards Officials

No player, coach, spectator or cheerleader may make a derogatory comment directed at an official. This rule applies to ALL levels of play; however, **NO** leniency should be expected at the Reserve or Jr. Reserve levels. A key objective of our program is an emphasis on good sportsmanship. Comments to officials should be limited to **COACHES** asking for a call clarification to facilitate the coaching of a player. Violations of this rule shall result in a warning against the offender. In sports where penalties may be assessed (technical fouls in basketball, yellow cards in soccer, or penalties in football) these penalties will be assessed and considered to be the warning. A second violation shall result in ejection (suspension rule applies). An individual guilty of a flagrant violation may be ejected without warning.

xvi. OFFICIALS CONDUCT TOWARDS PLAYERS, PARENTS AND SPECTATORS

Officials shall uphold the honor and dignity of the profession in all interactions with student-athletes, coaches, colleagues, and the public. (from the NFHS Officials Code of Ethics)
Officials must be shown respect at all times. Officials can set the standard for respect through the pre-game meeting, preventative officiating and communications with coaches. By getting emotionally involved with a player an official easily loses respect.

xvii. Code of Conduct

All coaches, parents and players must sign a code of conduct, which is to be kept on file at the parish level.

xviii. Suspension Rule

Any player, coach, or cheerleader ejected from a game/facility will automatically be suspended for at least the next game. Spectators will be suspended for at least the next two games. The suspension shall apply to players, coaches, spectators and cheerleaders guilty of misconduct **AFTER** a game has concluded that would have resulted in an ejection had the incident occurred during play. The suspended individual is **NOT** permitted to attend/view a game from which he or she is suspended. In addition to the suspension, a letter will be sent to the pastor of the parish notifying him of the suspension of the parishioner. Additional penalties may be assessed following a review of the incident by the league commissioner. Non-compliance will cause forfeiture of the game as well as possible additional penalties. Ejection of a coach, player or spectator, must be reported by the coach of the offending team.

XIX. Any, player, coach or spectator who is ejected from a Diocesan Recreation sponsored game, match or meet cannot attend any other Diocesan Recreation games, matches, or meets until the suspensions for such ejection is served at the level in which the ejection occurred. (I.E. if spectator is ejected from their 5th grade

son's basketball game, they may **NOT** attend their 7th grade daughter's games until the suspension is served at the 5th grade boys' level). Penalty also applies to those who are ejected and also officiate in the Diocesan Recreation Association program. They may not officiate Diocesan Recreation Association contests until the suspension is served. If the ejection occurs in the final contest of the season the Diocesan Recreation Association Associate Director will determine the terms of the carry-over suspension.

xx. Damage At Playing Site

Coaches are responsible for their teams at all times. The coach or a responsible adult **MUST** accompany a team to a locker room. Damage to any building or field will be invoiced to the athletic association of the team or teams found responsible for such damage. If the guilty party is not found, then all teams present at the site will be charged equally for the damage.

xxi. Sunday Games and Practice; Calamity Days

No athletic related activities are to begin before 2:00pm on Sunday. Under NO circumstances are games, scrimmages or practice to start before 2:00pm on Sunday. See the football rules for special exemption.

Teams should not arrive at the game site more than 30 minutes prior to the game time and facilities should not be opened until 30 minutes prior to game time. Coaches can be suspended if this rule is broken.

DRA athletic contests held on Holy Days of Obligation must be scheduled around Mass times. For example, if the Holy Day falls on a Saturday, games will not begin until 1:00pm. If the Holy Day falls during the week, weeknight games on the Holy Day will not be held. Please check with your pastor regarding practices.

When schools are closed due to a calamity day, whether or not a parish postpones practices or games is a decision left up to the individual parish. The Diocesan Recreation Association does not weigh in on matters pertaining to school closings during the regular season. If it's a practice, it's the parish's decision. If one parish's policy states that they cannot play, or if they feel it is unsafe to travel, then the game will be postponed. It is very possible for parishes to still hold practices and games despite school being closed, particularly when issues like fog or freezing rain can keep schools closed, but dissipate in time to allow regular after-school activities. The only circumstance under which the DRA interferes is during postseason tournaments.

xxii. Alcohol, Tobacco & Drug Policy

- A. No athletic director, coach, player, spectator, cheerleader, contest official, scorekeeper, timer, gym supervisor, league coordinator, etc., may engage in any form of alcohol, drug or tobacco use at a Diocesan sponsored contest.
- B. The Diocesan Recreation Association strongly urges that this policy be enforced during practices and scrimmages.

- C. The facility supervisor and contest officials shall ensure enforcement during contests.
- D. The penalty for violation of this rule during a contest shall be immediate ejection (see suspension rule) with possible additional penalties (see penalties for rules violations) pending a review by the League Commissioner.

xxiii. Evenly Divided Teams

At the sr. reserve, reserve and jr. reserve levels multiple teams from a parish must be as evenly divided as possible. This does not apply to split grade teams. (i.e. a 5-6 team does not have to be equal to an all 6 team) The League commissioner reserves the right to review team breakdowns and resolve the situation if the need arises.

xxiv. Competitive and Recreation Divisions (some sports)

It is expected that parishes entering only One Jr. Varsity and/ or One Varsity Team will play in leagues using Competitive rules. **However, at the discretion of the league commissioner, teams could be placed in the recreational division.** If a parish enters 2 or more teams at the JV Level or 2 or more teams at the Varsity Level, the additional teams can be placed in Recreation or Competitive leagues.

Recreation leagues are designed for parishes with multiple teams, or with teams comprised of players with lesser developed skills. The league is primarily for less advanced players who can continue to develop their skills in a less competitive atmosphere. Though participation is required in both levels more playing time is mandated in recreation leagues.

xxv. Tournaments

- A. Post season tournaments will only be conducted in Varsity, Jr. Varsity and Sr. Reserve and Reserve levels.
- B. No post season tournaments will be conducted for the Jr. Reserve level. Extra games will be added to the regular season schedule for these levels.
- C. No teams from the same parish are permitted to meet in the finals of the post season tournament and a co-championship will be declared by directive of the Diocesan Recreation Board of Control, June 22, 2009.
- D. If the teams are scheduled to meet in an earlier round, the games will be played as scheduled.

xxvi. Parents/Guardians

- A. Parents/guardians must attend the mandatory Parent Meeting held at each parish prior to the start of the season. Attendance will be taken and kept on file at the parish.
- B. Both parents/guardians must sign a Parent Code of Conduct. The signed copy will be kept on file at the Parish.
- C. Beginning with the 2014-2015 season, at least one parent of 4th graders must attend a Parent Like A Champion Today training session prior to their child's participation in the DRA sporting activities. This requirement affects 4th and 5th grade parents for the 2015-16 seasons, the 4th, 5th and 6th grade parents for the 2016-17 seasons, the 4th, 5th 6th and 7th grade parents for the 2017-18 seasons and all grades need to be compliant by

the 2018-19 season. If a parent has taken PLACT for coaches, they have met this requirement and do not have to take this training.

xxvii. Physicals and Concussion Policy

- A. Preseason physicals are strongly recommended.
- B. Concussions, which cause short and long term negative health issues, remain at the top of our concerns for our young athletes. Adolescent athletes are particularly vulnerable to the effects of concussion. A concussion is a brain injury that disrupts normal brain function.
Most concussed athletes do not lose consciousness. Common symptoms include headache, fogginess, difficulty concentrating, confusion, nausea, poor balance, mood changes and thought/thinking difficulty.
- C. In accordance with OHSAA rules, "Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared **with written authorization** by an appropriate health care professional. (Players may not return on the same day.) In Ohio, an "appropriate health care professional" shall be a **physician**, (MD or DO) and an **athletic trainer, licensed.**"
- D. "No parish shall permit a student to practice for or compete in interscholastic athletics until the student has submitted, to a parish official designated to the board or governing authority, a form signed by the parent, guardian, or other person stating that the student and the parent, guardian, or the person having care or charge of the student have received the concussion and head injury information sheet required by section 3707.52 of the Revised Code. A completed form shall be submitted each school year, as defined in section 3313.62 of the Revised Code, for each sport or other category of interscholastic athletics for or in which the student practices or competes." 3313.530 of the Revised Code (effective 4-26- 2013)
- E. Prior to the first practice of the season, all coaches must complete the online training course on concussions offered by the NFHS, or the CDC, free of charge. Access the course at www.nfhslearn.com. Or the CDC course at www.cdc.gov/concussion. Once you have completed the course, please be sure to print the certificate and give a copy to your Athletic Director to be kept on file at the parish level.

xxviii. Coaching Requirements

To be a coach in our program. All Coaches must:

1. Complete the Protecting God's Children (PGC) Workshop
2. Have a qualifying BCI/ fingerprints report on file with the Diocesan Save Environment

Program.

3. To be a head coach in the program you must be 21 years of age and have attended a Play Like A Champion Today (PLACT) workshop as well as completing the above requirements (1 and 2).
4. Complete the NFHS online course on Concussions, and present the certificate to the parish AD. The free course can be found at www.nfhslearn.com
5. Sign the Coach's Code of Conduct.
6. No one can be the head coach of more than 2 teams. Schedulers will only try to accommodate requests from the head coach in scheduling around games.

xxix. Play Like A Champion Today

- A. Play Like A Champion Today, Youth Sports Coaches, Coaching as Ministry Training. The DRA embraces the Play Like A Champion Today (PLACT) approach to Coaching. The PLACT approach to coaching as ministry focuses on three key components: coaching as a ministerial role; making spiritual and character development a priority; and building local leadership. The PLACT coach workshop, **required of all head coaches**, combines reflection on the implications of being a youth minister with the GROW approach to coaching for character development.
- B. Play Like A Champion Today, Parent Like A Champion supports parents as the Primary educators of their children. This is accomplished by providing parents with a sports workshop which teaches them strategies to be champion sport parents in their attitude and behaviors and enables them to positively partner with their children's coaches. The PLACT workshop, **required for parents of 4th, 5th and 6th grade athletes, but open to all parents**, explains to parents how they can support the GROW approach to athlete whole development which is being implemented by youth coaches. The workshop also focuses on specific ways in which parents can promote their children's moral, spiritual, and athletic development.

xxx. Policies and guidelines

In addition to these Administrative Rules, all Athletic Directors, commissioners and coaches should be familiar with and follow the policies and guidelines set forth in each of the following:

1. The policies and guidelines of the Office of Youth and Young Adult Ministry.
2. The 500 section of the Policies of the Office and Youth and Young Adult Ministry.
3. Diocesan Rules for each sport.
4. NFHS rules for each sport.

xxxi. Evaluation of officials and coaches

- A. After each game, each head coach is required to complete a Game Official

Evaluation Form, which are located on the DRA website.

- B. After each game, each official may complete a Coach Evaluation form.
 - 1. These forms are found on the DRA website.
 - 2. This information will be used to evaluate and help schedule officials.
 - 3. This information can also be used to resolve possible coaching problems before a serious incident occurs.
 - 4. This information can be used to help determine the annual Joe Sestito/Kathryn Buckerfield Sportsmanship Award.

XXV. VIDEOTAPING OF GAME

- A. It is permissible for a parish team or its team representative to videotape or film a game which said team is participating for instructional use.
- B. It is not permissible for a team or parish team representative to videotape or film games of other teams without written consent of the participating teams.
- C. Spectators can film games for family or private use.
- D. Parish teams and coaches may exchange game videos and films for coaching and scouting purposes.
- E. Violators will be subject to the suspension rule and or other penalties deemed by the commissioner.
- F. The Diocesan Social Media Policy is in effect for the DRA programs.
- G. Video recordings of events by parents and/or coaches will not be viewed to overturn officials decisions. All decisions made at the sporting event by the officials are final. (See special exemption for Track Flash Timing in track rules)

The Diocesan Recreation Association Website is found at:
www.cdeducation.org/DiocesanRecreation

Diocese of Columbus
DIOCESAN RECREATION ASSOCIATION
197 East Gay Street
Columbus, Ohio 43215

VOLLEYBALL RULES

1. OFFICIAL GAME RULES:

Current National Federation Rules will be utilized in all situations with the exception of those specifically outlined.

2. LEAGUE ALIGNMENT:

Leagues will be broken down in accordance with the sixth, seventh and eighth grade enrollment in the parish grade schools.

3. GAME POSTPONEMENT:

- A. In the event a parish fails to have a team of eligible competitors prepared to play fifteen (15) minutes after the scheduled starting time, the contest may be claimed by forfeiture. There will be no mutual consent to postpone. The score will be 2 - 0.
- B. The above rule applies to the first scheduled game of the day. No other game has a grace period. If you are not ready to play the second match on time, the first game will be a forfeit. The second game must start in ten minutes or the match is a forfeit.

4. TEAM PLAYERS:

- A. All teams, regardless of level, will commence play with six (6) players and may continue with fewer than six (6) players.
- B. The Diocesan Recreation Association will not use a libero in any of the leagues.
- C. Roster Changes
Please see Administrative Information. Temporary moves are permitted, in extreme cases—i.e. to make the 6 players needed for a match. Players will be permitted to play in no more than three (3) matches per weekend. If a player is moved up and is sitting on the bench, they are expected to play and playing time rules are to be followed. A Roster Amendment Form must be submitted to the league director within 24 hours of the match.

5. VOLLEYBALL NET:

- A. Height of the net will be seven (7) feet, four (4) inches for Varsity and Jr. Varsity.
- B. Height of the net will be seven (7) feet for Sr. Reserve, Reserve and Jr. Reserve.

6. Playing time:

Varsity Recreational and Jr. Varsity Recreational leagues must have all players entered in either the first or second game of the match. Players may participate in position play. If playing in the front row, they may rotate out when they get to the back row. Players should rotate back in when the position returns to the front row. All players should get as close to equal playing time as possible.

Violations of this rule could result in suspension of the coach or the forfeit of a game won. Substitutions for Varsity and Jr. Varsity Competitive teams see DRA rule 13.

Sr. Reserve, Reserve and Jr. Reserve-All players MUST play at least one uninterrupted game, in either the first or second game of the match.

Varsity Competitive and Jr. Varsity Competitive teams-

All players must be entered in either the first or second game of the match. In accordance to Play Like A Champion Today guidelines, all players should get 25% playing time.

Violations of this rule could result in suspension of the coach or the forfeit of a game won.

Substitutions for Varsity and Jr. Varsity Competitive teams see DRA rule 13.

7. Varsity and Jr. Varsity, and Senior Reserve will play with Rally Scoring Rules

- A. Each team will play a three game match. Should the match end after two games, one team winning the first two, with time permitting, play the third game. ALL players must participate in one of the first two games of the match.
- B. A game is complete when one team scores a total of twenty five (25) points. The winning team must have a two point advantage. If a team is not two points ahead when twenty five (25) points have been scored, play continues until one team is two points ahead. If the match goes to the third game, the score will go to fifteen (15)points.
- C. Ten minute warm up time before the match begins. SUGGEST 3 MIN. BUMP TIME, 3 MIN. SPIKE TIME AND 4 MIN. SERVING TIME.
- D. If each team can provide a line judge, they will be used. The officials will instruct them on what to do before the match begins. **Line judges should be high school aged or older.**
- E. Senior Reserve--When a player has served 5 straight points, the team will rotate.

8. Reserve and Jr. Reserve Level will play with Rally Scoring Rules

- A. Each team will play a three game match. Should the match end after two games, one team winning the first two, with time permitting, play the third game. ALL players must participate in the first two games of the match
- B. A game is complete when one team scores a total of thirty (30) points. The winning team must have a two point advantage. If a team is not two points ahead when thirty (30) points have been scored, play continues until one team is two points ahead. If the match goes to the third game, the score will go to fifteen (15) points.
- C. All coaches must play all of their players a full game in the first or second game of the match. One of the purposes of the league is to provide a learning experience for the students.
- D. Reserve and Jr. Reserve leagues play with a time limit of 20 minutes per game. If the score is tied at the end of 20 minutes, the game will be decided by sudden death. The clock does not run during time outs.
- E. Ten minute warm up time before the match begins. SUGGEST 3 MIN. BUMP TIME, 3 MIN. SPIKE TIME AND 4 MIN. SERVING TIME.
- F. If each team can provide a line judge, they will be used. The officials will instruct them on what to do before the match begins. **Line judges should be high school aged or older.**
- G. When a player has served 5 straight points, the team will rotate.
- H. If a server is taken out and a sub is entered, the sub can serve only the balance of the five points and then they must rotate.

9. If a participant is not playing, the reason MUST be listed on the lineup card before the first game of the match. NO EXCEPTIONS. The following codes are to be used:

- | | |
|----------------------------|---|
| 1. Academically ineligible | 4. Absent |
| 2. Sick/ill | 5. Suspended by Diocesan Recreation Association |
| 3. Did not attend practice | 6. Explained on back of lineup card |

10. SETTING

- A. A set may not be overtly held. This is always a judgment call.

11. SERVING LINE:

- A. The serving line will be thirty (30) feet from the center line for Varsity and Jr. Varsity, twenty five (25) feet for Sr. Reserve, Reserve and Jr. Reserve. A player may not step on or over the line at the point of service contact.

12. OFFICIALS:

- A. The official will signal with a whistle and a hand signal when he/she is ready for the ball to be served.
B. The player must wait for the whistle to serve the ball, or a side-out penalty will be enforced.
C. Two short whistle blasts will be used for time-out and substitution to distinguish between the service whistle

13. SUBSTITUTION:

- A. The coach, captain or incoming substitute may request time-out for substitution from the referee or umpire only when the ball is dead.
B. The incoming player must take the position and place in serving order of the player for whom they are substituting. No change shall be made in the order or rotation.
C. A player who re-enters the game shall be in their original position in relation to his or her teammates and must retain their original serving number.
D. Sr. Reserve, Reserve and Jr. Reserve--A player shall not enter the game more than three (3) times. Starting the game counts as an entry.
E. Varsity and Jr. Varsity—A team is allowed a maximum of 18 substitutions per game. Each player is allowed unlimited entries within the team limit. See NFHS Rule 10-3.
F. A player substituting must give his or her number and the number of the player he or she is replacing.

14. EXCHANGE OF COURTS:

- A. At the end of each game of the match, teams shall exchange courts.
B. Team players and coaches will switch sides and sit on the same side as the team.
C. A coin will be tossed for the third game of the match.

15. LINE-UP CARDS:

- A. Two (2) minutes prior to the first game of the match, a line-up shall be submitted to the scorer. Between games new line-ups must be submitted within two (2) minutes. Verbally submitted lines are allowed if there are NO changes. When changes are needed, the line-up must be written and then submitted

16. PLAYER ADMISSION:

- A. Any player not in full uniform will be charged the admission fee. Two (2) coaches will be

admitted free of charge only when they show their signed pass.

17. UNIFORMS:

- A. EACH PLAYER'S UNIFORM MUST HAVE NUMBERS ON THE FRONT AND BACK OF THE JERSEY FOR THE CONVENIENCE OF THE SCORERS AND OFFICIALS.
- B. Players shall not wear jewelry with the exception of religious or medical medals that may be worn if taped to the body. Hair ribbons and clasps (if soft) may be worn. No earrings under any circumstances. No other exceptions.
- C. Knee pads MUST be worn in the game.
- D. All shorts must be of a modest length to be approved by the Athletic Director. Shorts should have at least a 5" inseam. Shorts may be longer.

18. CONDUCT:

- A. A team will be penalized for un-sportsmanlike conduct by the referees by side-out or point. **This may include the chant of "Balls Up", if deemed unsportsmanlike by the referees.**
- B. For excessive un-sportsmanlike conduct, according to the referee's judgment, team members (including all players, coaches, managers and substitutes) may be disqualified from further competition in the match or ejected from the premises.
- C. Any attempt to distract the opposing team - by any means - by team members or spectators, A or B will take effect against the offending team.
There will be no horns, bells, whistles or noisemakers allowed in the gym.

19. BASKETBALL PRACTICE:

- A. NO PARISH MAY START BASKETBALL UNTIL MONDAY, NOVEMBER 7, 2016. NO EXCEPTIONS.

ELIGIBILITY LIST, PARENT CONSENT CARDS AND FEES:

- A. All eligibility lists and parent consent cards are due Tuesday, August 30, at the Diocesan Office 1st floor, hours from 10:00am to 6:30 pm
- B. Athletes may not participate until all forms fees are turned in to the DRA Office.

20. FEES:

- A. The fees for Volleyball are as follows:
 - 1. League and Tournament Fee (per team) \$ 50.00
 - 2. Parent Consent Fee (per participant, per sport) \$ 12.00
 - 3. Officials Fee (per team) Varsity & Jr. Varsity \$35.00
 - 4. Officials Fee (per team) Sr. Reserve, Reserve & Jr. Reserve \$ 30.00

NOTE: If only one official – Sr. Reserve, Reserve & Jr. Reserve, \$22.00 and Jr. Varsity and Varsity \$27.00.

21. IMPORTANT DATES:

- A. Fees and forms due Tuesday, August 30 at The Catholic Center, between 10:00 and 6:30pm
- B. League play begins on September 17/18. Teams could play on either day, or in some cases on both days. We are trying to limit the number of Sunday games, so there may not be a league in each division on Sundays.

22. The Jr. Reserve and Reserve League (4th & 5th grade) GIRLS ONLY, will use the Trainer ball.
23. All coaches must play by the rules. If rules are broken you may forfeit the game, and or be suspended for a period of time decided by the director. If more incidents occur, a coach will be banned from coaching in the Diocesan Recreation Association program.
24. Each team will be issued one (1) pass for the head coach and one (1) pass for the assistant coach. Passes must be signed in ink and presented at the door when you enter the gym. If you do not show your pass, you WILL be charged for admission. Only two coaches will have passes to enter the gym without charge and only two coaches are permitted on the bench. If you have other coaches that assist you at practice, they will have to sit in the bleachers with the spectators.
25. "T" shirts worn with uniforms MUST be the same color as the predominant color of the uniform shirt.
26. Both teams MUST stay on the floor during warm-up time before the game. Cooperation is needed, bump at the same time, serve at the same time, and spike at the same time. NO ONE leaves the floor during warm-up time. Remember, we have a time constraint.
27. Participants are NOT allowed to wear glitter and/or face paint during the game.
28. VIDEOTAPING: IT IS PERMISSIBLE FOR PARISH TEAM OR TEAM REPRESENTATIVE TO VIDEOTAPE OR FILM A GAME IN WHICH SAID TEAM IS PARTICIPATING. SUCH VIDEOTAPE OR FILM MAY NOT BE USED FOR COACHING PURPOSES UNTIL GAME IS COMPLETED.
 * IT IS NOT PERMISSIBLE FOR A TEAM OR PARISH TEAM REPRESENTATIVE TO VIDEOTAPE OR FILM GAMES OF OTHER TEAMS WITHOUT WRITTEN CONSENT OF THE PARTICIPATING TEAMS.
 *SPECTATORS CAN FILM GAMES FOR FAMILY OR PRIVATE USE.
 *VIOLATORS WILL BE SUBJECT TO SUSPENSION RULE.

ALL TEAMS IN RESERVE, SR. RESERVE, JR. VARIETY AND VARIETY WILL TAKE PART IN THE DIOCESAN
 VOLLEYBALL TOURNAMENT
 OCTOBER 29--NOVEMBER 5, 2016
 Matches will be played on Saturdays and/or Sundays.
 All tournaments will be single elimination.
 Please plan accordingly.

THE DRA RESERVES THE RIGHT TO PLACE RECREATIONAL TEAMS IN COMPETITIVE POST-SEASON
 TOURNAMENTS IF WARRANTED OR VICE VERSA

ALL VOLLEYBALL SCORES MUST BE SUBMITTED TO THE DRA OFFICE. WINNING COACHES SHOULD
 REPORT THE SCORE OF THE MATCH. THE SCORE REPORTING FORM IS LOCATED ON THE RECREATION
 WEB SITE AT www.cdeducation.org/diocesanrecreation

ALL SCORES MUST BE REPORTED BY 9:00AM. MONDAY MORNING.

The preferred method of reporting the scores is via the website! If you are unable to access the website,
 you may email the scores to mraines@columbuscatholic.org
 or phone them to the DRA Office at 614-241-2580.

**Diocese of Columbus
Diocesan Recreation Association
197 E. Gay Street
Columbus, OH 43215**

FEES FOR THE 2016-2017 SCHOOL YEAR

I. General Fees

Team League Fee	Paid once per team	\$50.00
Athlete Participation Fee	Paid once per sport	\$12.00
	Football Fees Only	\$22.00
Administrative Fee for Track only	Paid once per Parish for track	\$125.00
Forfeit Fee	Paid Annually carries over to the next year if not used	\$200.00

***SOME FEES ARE DIFFERENT FOR HIGH SCHOOL BASKETBALL**

II. Officials Fees

Sport	Level	Cost Per Team	Number of Officials	Cost Per Team if One Official
Volleyball	Jr. Reserve, Reserve, Sr. Res.	\$30.00	2	\$22.00
	Jr. Varsity & Varsity	\$35.00	2	\$27.00
Football	Jr. Res. And Res., Sr. Res.	\$70.00	4	\$55.00
	Jr. Res. and Res., Sr. Res.	\$63.00	3	
	Jr. Res. And Res., Sr. Res.	\$55.00	2	
	Varsity	\$80.00	4	\$60.00
		\$72.00	3	
		\$65.00	2	
Soccer	Jr. Reserve and Res., Sr. Res.	\$35.00	2	\$27.00
	JV and Varsity	\$40.00	2	\$32.00
Basketball	Jr. Reserve, Reserve, Sr. Res.	\$35.00	2	\$27.00
	Jr. Varsity & Varsity	\$40.00	2	\$32.00
	High School	\$40.00	2	\$32.00
Softball	Jr. Reserve, Reserve,	\$30.00	1	\$30.00
	Sr. Reserve, Jr. Varsity & Varsity	\$32.00	1	\$32.00
Baseball	Jr. Reserve & Reserve	\$30.00	1	\$30.00
	Sr. Reserve, Jr. Varsity & Varsity	\$40.00	2	\$32.00

If an assigned official does not show for a game, please inform the Director or Commissioner.

Diocese of Columbus Diocesan Recreation Association Volleyball Match Roster and Lineup

Parish Name: _____ League: _____

Team Name: _____ Match Date: _____

Please check one: Home Away

SET 1	Check One: Serve <input type="checkbox"/> Receive <input type="checkbox"/>	
	Serving Order	Player
	I	
	II	
	III	
	IV	
	V	

4	3	2
5	6	1

SET 2	Check One: Serve <input type="checkbox"/> Receive <input type="checkbox"/>	
	Serving Order	Player
	I	
	II	
	III	
	IV	
	V	

4	3	2
5	6	1

SET 3	Check One: Serve <input type="checkbox"/> Receive <input type="checkbox"/>	
	Serving Order	Player
	I	
	II	
	III	
	IV	
	V	

4	3	2
5	6	1

List All Players in Numerical Order (top to bottom, left to right)					
#	Name	If not playing, (Reason Codes on Back)	#	Name	If not playing, (Reason Codes on Back)

LIST ADDITIONAL PLAYERS ON BACK

Reason Codes for Not Playing

1. Academically ineligible	3. Did not attend practice	5. Suspended by Diocese
2. Sick / Ill	4. Absent	6. Explain below

SIGNATURE OF COACH

Athletic Contest Official Payment Form

Official's Copy

TO BE COMPLETED BY OFFICIAL

Official's Name: _____
Official's last four digits of SSN: _____
Official's Signature: _____

TO BE COMPLETED BY COACH OR ATHLETIC DIRECTOR

Parish: _____
Sport: _____
Level (circle one): Varsity Junior Varsity Senior Reserve Junior Reserve CYO
Coach's Name: _____

DATE	OPPONENT/EVENT	AMOUNT

Total Paid: _____

Coach's Signature: _____

- Complete both portions of the "OFFICIAL" section at the top of the form.
- Give both sides to the payor for completion.
- Receive the "OFFICIAL" portion of the form from the payor.

Athletic Contest Official Payment Form

Parish's Copy

TO BE COMPLETED BY OFFICIAL

Official's Name: _____
Official's last four digits of SSN: _____
Official's Signature: _____

TO BE COMPLETED BY COACH OR ATHLETIC DIRECTOR

Parish: _____
Sport: _____
Level (circle one): Varsity Junior Varsity Senior Reserve Junior Reserve CYO
Coach's Name: _____

DATE	OPPONENT/EVENT	AMOUNT

Total Paid: _____

Coach's Signature: _____

- Complete both bottom sections and return the "OFFICIAL" portion to the official.
- Turn in this copy in accordance to your athletic organization's procedures so the payment information can be properly recorded.

Diocese of Columbus
Diocesan Recreation Association
197 E. Gay Street
Columbus, Ohio 43215

Prayers

Before every game or match a prayer will be said. Below are four prayers from which you may choose. Teams will gather at the center of the field or court about two minutes before the game or match is scheduled to start. The home team will lead all participants and spectators in reciting the selected prayer. If the home team is not designated on the schedule, it will be decided by the flip of a coin.

The home team coach or a member of the home team may lead the prayer. Whoever leads the prayer must speak in a loud, clear voice to be heard by all participants and spectators in attendance. Spectators should be encouraged to participate in the prayer. Please keep this sheet with your score book so you will have it to lead the prayer.

Blessed are You, almighty God, for the many gifts You have given us
We thank You for the gifts of health and perseverance as we gather for this sporting event
We ask You to bless our athletes that they may be kept safe from injury
And we ask You to bless all those who have come to cheer their heroes on to victory
May we never lose sight of the true victory won for us by Your Son the gifts of Your life, love, and mercy.
And may we make this prayer In the name of Jesus, Our Lord
And now let us pray as Jesus taught us, Our Father...
Amen

Dear God,
We ask Your blessing on each of us today.
Help each of us: To have confidence in our ability, to do our best, and to try our hardest.
Protect each of us: From anger, from stress, and from injury.
Guide each of us: To listen, to cooperate, and to be patient
Remind each of us: That “where two or more are gathered we are gathered in Your name.”
And now, let us pray as Jesus taught us, Our Father...
Amen.

Real winners have learned that even though it is fun to win, the most important goal, whether you win or lose, is to do your best. Real winners have learned not to quit no matter how bad they are losing or how hard the going gets.
Real winners have learned not to blame others, for they will lose the respect of their friends, their coaches, and even themselves. Real winners have learned to always play fair and by the rules, for that is the real essence of sportsmanship.
Real winners have learned that God is the one who gave them their abilities, and they are always thankful for his gifts.
And now let us pray as Jesus taught us, Our Father...
Amen.

Lord, we thank You for all that You have given us, as every gift we have is from You. We thank You for the ability to play the game and for all the facilities we enjoy.
Lord, grant that we may play to the best of our ability
Lord, grant that no one from either team be injured and that the spirit of sportsmanship may prevail before, during and after the game.
And now let us pray as Jesus taught us, Our Father...
Amen.