2019 Cross Country Rules

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A Coach’s Prayer

Lord, help me to be for these children a model of faith and love. Through my words and actions, may I show them what it means to be a Christian and how to live that faith through participation in sports. May they know love through my caring for them personally and taking the time to help them grow in skill and virtue. Help me to be truly humble, that I might not be tempted by the pressure to win or to coach for my own sake, but always strive to do what is best for those you have entrusted to my care. Grant me the graces I need to help each of these children reach their absolute best in sport and in life, and give me the strength to remain steadfast in this commitment through the days and weeks to come.

Amen.
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 $60.00 per team plus $15.00 per player per sport. Player fees may vary in some sports (i.e. football and track) 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. These funds may be used for other unpaid fees.

IV. **Grade and Age Eligibility**

<table>
<thead>
<tr>
<th>League</th>
<th>Maximum Grade</th>
<th>Maximum Age as of July 31st of current school year</th>
<th>Eligible Grades</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsity</td>
<td>Eighth</td>
<td>Fourteen Years of Age</td>
<td>Eighth, Seventh and Sixth</td>
</tr>
<tr>
<td>Jr. Varsity</td>
<td>Seventh</td>
<td>Thirteen Years of Age</td>
<td>Seventh, Sixth and Fifth</td>
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<tr>
<td>Sr. Reserve</td>
<td>Sixth</td>
<td>Twelve Years of Age</td>
<td>Sixth, Fifth and Fourth</td>
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<tr>
<td>Reserve</td>
<td>Fifth</td>
<td>Eleven Years of Age</td>
<td>Fifth and Fourth</td>
</tr>
<tr>
<td>Jr. Reserve</td>
<td>Fourth</td>
<td>Ten Years of Age</td>
<td>Fourth</td>
</tr>
</tbody>
</table>

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 Parishes may wish to develop their own policy on this topic.

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 merger form must be completed and signed by the pastor and athletic director. 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.
3) The individual must continue to participate with the selected parish for the entire school year unless the selected parish does not enter a team.
4) 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.
5) If at all possible, parishes should merge with neighboring parishes or with fellow high school feeder schools.

**6) All mergers must be arranged through the parish athletic directors. Parents are not to go out on their own and arrange for a merger.**

7) Parish mergers must be approved by the DRA before the mergers are made.
8) Pastors need to sign off on all mergers. This is done on the parent consent forms and on the merger form.
9) 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.
10) All mergers must be fair and equitable and make sense.
11) Examples of past and present mergers include
   i) Northern Stallions: St. Matthias, St. Anthony and St. James
   ii) IC-OLP: Immaculate Conception, Our Lady of Peace and sometimes St. Timothy
   iii) Western Irish: St. Mary Magdalene, Trinity, St. Cecilia, Our Lady of Perpetual Help, and Columbus St. Mary
   iv) Western Knights: Trinity, St. Mary Magdalene, OLPH and St. Cecilia
   vi) Northwest Saints: St. Agatha, St. Timothy, St. Andrew
   vii) Cols. St. Mary includes students from St. Joseph Montessori School
12) 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 submitted by the designated date in order for the student athlete to participate. Dates will be set for each sport. Starting in 2019, it is hoped that all parent consent forms will be submitted on line at [https://www.dioceseregister.com/login](https://www.dioceseregister.com/login)

C) A fully completed roster, including head coach and assistant coaches, must be submitted to the DRA office before a team is eligible to play

D) Eligibility rosters **MUST** be signed or approved online by the proper authority.

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E) For teams having students not attending the parish school, the form MUST be signed or approved by the PASTOR.
   1) For teams having only students of the school on the team, the form may be signed or approved by either the PASTOR or the school PRINCIPAL.
   2) For teams having students from multiple schools, each PASTOR must sign or approve 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 form, get the PASTOR’S signature, and submit 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.

I) During rescheduled tournament games, all merged team’s conflicts may not be able to be scheduled around. Schedulers will try their best to accommodate the conflicts, but if a team has enough players to play the game, the game may be played regardless of conflicts.

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 any time 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 forfeit 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 to be brought up, no more than 1 more than the maximum needed to play—on a case by case basis. (Commissioner may grant permission for additional players to be brought up, if there are playing time restrictions that require such a move.) 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) A player is NEVER 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 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.

Revised 07-2019
IX. 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 some facilities are required to hire security for our event, admission fees may be increased. If there is hardship, families may receive passes from their parish ADs.

X. 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.

XI. 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. Only Pastors, Athletic Directors, Commissioners 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.
   3) These fees must be paid BEFORE the parish will be permitted to enter a team in another league or another sport.
   4) Each reschedule will be considered individually. Common requests for re-schedule, which are typically denied, involve conflicts with outside leagues and social events.

XII. Missed Meeting Fee

It is expected that each parish AD or a representative from that parish attend the AD/Commissioners meeting held prior to each sport season. We go over pertinent information that helps the AD co-ordinate the parish program with the Directors and Commissioners of the DRA.

Revised 07-2019
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. These meetings are scheduled to help the volunteer coaches understand the rules and procedures of the DRA. Parish ADs or Commissioners may attend for the coaches. It will be their responsibility to meet with the parish coaches to disseminate the information from the meeting.

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 were clarified at the meetings.

Dates for all meetings are located on the DRA Website under calendar

**XIII. 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 unsportsmanlike 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.

**XIV. 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.
XV. **Player Conduct**

Any player guilty of unsportsmanlike 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.

XVI. **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; distractions 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.

No face or body painting is permitted (face decals are permitted). Participants’ hair may not be spray painted or dyed in team colors.

Fans or Non Participants are not permitted on the game’s playing surface before, during or after any contest.

XVII. **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. Coaches, parents, grandparents or any fans are not to follow officials into the parking lot or the exterior halls to confront said official. Doing so may result in suspensions.
XXVIII. **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.

**XIX. 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.

**XX. 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. The league commissioner may assess additional penalties following a review of the incident. Non-compliance will cause forfeiture of the game as well as possible additional penalties. The coach of the offending team must report ejection of a coach, player or spectator.

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 a 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.

**XXI. Damage at a 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.
**XXII. 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 is a practice, it is 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 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.

**XXIII. 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.

**XXIV. Firearms and weapons**

It is the policy of the Diocese of Columbus that no person may possess, have under the person’s control, convey, or attempt to convey a deadly weapon or dangerous ordnance at any DRA activity.

In addition, no person, other than law enforcement officers, shall possess or bring to any DRA activity any instrumentality or device that is designed to be used as a weapon of any nature (including but not limited to knives, clubs, explosives, etc.).
XXV. **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.

XXVI. **Competitive and Recreation Divisions (some sports)**

The DRA has a no cut policy. All children are expected to play. In some sports, we offer competitive and recreation divisions to better match the skills levels of the athletes. 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.

Remember, we do not cut kids. Everyone has the opportunity to play. If a parish has a competitive and recreation team, athletes may try out for the competitive team, but is the athlete does not make the competitive team, the athlete will play on the recreation team. If there are not enough players for two teams, everyone plays on the team your field.

XXVII. **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.

XXVIII. **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 must attend a Parent Like A Champion Today training session prior to their child’s participation in the DRA sporting activities. 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. Failure of a parent to attend the Parent Like A Champion Today training will result in the child not being able to participate for that season. Once parents take the training, the child may participate.

D) Sessions are held at each parish. Please check your parish calendars for time and place.

XXIX. **Physicals and Concussion Policy**

A) **Preseason physicals are strongly recommended.** An example of a pre-participation physical evaluation can be found on the OHSAA website. The link to the form is [https://ohsaa.org/Portals/0/Sports-Medicine/PPE_2019-20.pdf](https://ohsaa.org/Portals/0/Sports-Medicine/PPE_2019-20.pdf)

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 which the student practices or competes.”

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](http://www.nfhslearn.com) or the CDC course at [www.cdc.gov/concussion](http://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. This certification is good for 3 years. Please check your dates of completion and be sure you are up to date on the training.
F) “No individual shall coach an athletic activity organized by a youth sports organization unless the individual has completed, on an annual basis, the sudden cardiac arrest training course approved by the department of health under division (C) of section 3707.59 of the Revised Code.”

**NOTE:** A new state requirement from Ohio Senate Bill 252 (Lindsay’s Law), effective March 14, 2017, affects our coaches. All individuals who coach athletic activities must annually complete a sudden cardiac arrest course approved by the Ohio Department of Health. You can access this training at [http://progressive.powerstream.net/008/00153/SCA_LL_CoachInfo.mp4](http://progressive.powerstream.net/008/00153/SCA_LL_CoachInfo.mp4)

On the OHSAA website, you can find out more information about Lindsay’s Law and access the forms needed for parents and coaches. [http://www.ohsaa.org/medicine](http://www.ohsaa.org/medicine)

**XXX. 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](http://www.nfhslearn.com)
5) Complete the Sudden Cardiac Arrest Course found at [http://progressive.powerstream.net/008/00153/SCA_LL_CoachInfo.mp4](http://progressive.powerstream.net/008/00153/SCA_LL_CoachInfo.mp4)
6) Sign the Coach’s Code of Conduct.
7) 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.
8) Tournament scheduling is a difficult process. With the unpredictability of results, it may not always be possible to avoid a coaching conflict for the head coach. The assistant coach may need to step up and coach the game.

**XXXI. Safe Sport Act**

Participating adults are required to report suspicions of child abuse, including sex abuse, as soon as possible (within a 24-hour period) to the appropriate law enforcement agencies and children’s services, as determined by state and federal law.

Failure to make required reports may result in criminal penalties. These range from misdemeanor charges for violating state law, to felony changes for violating federal law.
XXXII. 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, athletic directors and commissioners, 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 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.

XXXIII. 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.

XXXIV. 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.
XXXV. VIDEOTAPING OF EVENTS

A) It is permissible for a parish team or its team representative to videotape or film a game that 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 an official’s decision. All decisions made at the sporting event by the officials are final. (See special exemption for Track Flash Timing in the Track Rules)
H) All other video rules will comply with OHSAA and NFHS rules.

XXXVI. On line submission of Parent Consent forms

Beginning in June of 2018, the DRA will utilize the online submission of parent consent forms. Parents should complete their child’s form at https://www.dioceseregister.com/login

Athletic Directors, pastors, principals and safe environment coordinators will have access to the parish’s forms and will be able to sign off on them electronically, thus eliminating the paper copies of the parent consent form. **A paper copy of the eligibility roster must still be submitted.**

XXXVII. DRA Sports

- Soccer—boys and girls
- Cross country—boys and girls
- Volleyball—boys and girls
- Football—boys
- Basketball—Boys and girls
- Track—boys and girls
- Softball –Girls
- Baseball--Boys
- CYO Volleyball for high school girls
- CYO basketball for high school girls and boys

The Diocesan Recreation Association Website is found at: www.columbuscatholic.org/recreation
I. **ABOUT THE 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.

Our league rules are in conjunction with the OHSAA and NFHS unless otherwise noted below.

II. **SCHEDULE**

1. The season will consist of dual, tri and quad meets and 1 League Championship Meet. The schedule is to be completed at the coaches meeting in July. The schedule is posted on the DRA website.
2. A “rain” date for the League Championship will be established at the beginning of the season. If a meet is canceled due to weather the individual schools are responsible for rescheduling it if they wish to hold the competition.

III. **CROSS COUNTRY TEAMS**

1. If a parish has at least 7 boys, they must have their own boys’ team.
2. If a parish has at least 7 girls, they must have their own girls’ team.
3. Boys and girls teams with less than 7 participants each are eligible to combine under another parish team.

IV. **DIVISIONS**

1. Boys Divisions:
   a. Varsity Level - Open to 6th, 7th and 8th grade boys meeting the age limit of 14 on July 31 of the current school year.
   b. Fourth & Fifth Grade Level- Open to all Fourth and Fifth grade boys only.
4. Girls Divisions:
   a. Varsity Level- Open to 6th, 7th and 8th grade girls meeting the age limit of 14 on July 31 of the current school year.
   b. Fourth & Fifth Grade Level- Open to all Fourth and Fifth grade girls only.

V. **FEES**

The league fees will be $60.00 per team plus $15.00 per player.

VI. **ROSTERS**

Parent Consent forms, eligibility rosters and fees are to be submitted by August 19. Physical turn in of forms is scheduled on Aug. 19 from 4:30-6:30pm at The Catholic Center, 197 E. Gay St. Rosters may be appended with additions until the second week of the season.
VII. **MEET HOSTING**

All League parishes are required to host or co-host a meet at least every other year. **Parishes must provide workers for the meet and pay all costs related to the meet site.**

VIII. **SAFETY**

In hosting, please ensure the safety of our athletes. Make sure that the course has proper adult supervision, especially in areas not visible from the start line. Course spotters are required to remain in place for the entirety of each race. In excessive heat, please take appropriate precautions, such as allowing runners to carry water on the course, and add additional course spotters.

We may have courses with runners crossing a path, running near or around a grove of trees, or alongside or across a parking lot or street. Be sure to have adult supervision in these areas.

Mark ALL hazards along your course such as holes, tree branches, and uneven surfaces.

**Note:** Do not start the race if thunderstorm activity is in the vicinity. If you can hear thunder or see lightning, the race should be postponed until the weather clears up. If after 30 minutes the weather does not clear up the meet should be cancelled.

**EXCESSIVE HEAT**

If the forecasted temperature for the meet time is above 90 degrees on the day of the meet, the Cross Country Commissioner may make a decision regarding possible cancellation of the meets due to the heat for the safety of the children. Consideration shall be given to the various meet locations (shaded vs. sunny courses). If the Cross Country Commissioner determines that the meets are to be cancelled, he/she will contact all coaches and AD's via email by 1:00 pm on Race Day to inform them of the cancellation.

IX. **MEET CANCELLATIONS**

In the case of a meet cancellation, there are no rain dates scheduled for any of the meets. Therefore, meets will not be made up. Please make every attempt possible to host your meet on the scheduled day. In the event that a meet needs to cancelled, please notify all participating schools by 1:00 pm on the day of the race.

X. **DISTANCES**

The race distances will be:

- 1.0 mile for Reserve, (4th and 5th grade) Boys and Girls.
- 2.0 miles for Varsity Boys and Varsity Girls. (7th and 8th grade)
- Sr. Reserve (6th grade only) boys and girls may run in the 1.0 or 2.0 event.
XI. **SCORING**
For team competition, cross-country is scored like golf -- the lowest score wins!
A team’s score is compiled by adding up the places of its five fastest runners. Therefore, the best score a team can achieve is fifteen, one point is awarded to first place, two points to second place, and so on -- this is known as a sweep. In addition to its five fastest finishers, a team’s sixth and seventh finishers can also contribute to their team’s success by finishing ahead of runners on other teams, thereby causing other team's runners to score higher.

XII. **RACE LIMITS**
A runner may only compete in one race per meet.

XIII. **RUNNING UP**
6th graders may compete at the Varsity level in regular season League meets.

XIV. **JEWELRY**
Jewelry cannot be worn by any competitor. Earrings cannot be taped. Religious medals may be worn but should be taped to the runner’s body. Barrettes or hair clips no longer than 2 inches may be worn.

XV. **RACE RULES**
1. **WHITE LINES** on the course path are official markings and take precedence over any other meet contested at that site. It is the coach’s responsibility to instruct the competitors concerning the official markings.
2. Athletes are responsible for walking the course to familiarize themselves with the course markings and any hazards.
3. Starting line positions will be assigned by “boxes” drawn on the ground.
4. Any runner will have a maximum of 30 minutes to complete the race before the course is cleared for the next event.
5. Only participants and credentialed attendants are allowed in the Starting line area.
6. Upon the start of the race, coaches MAY NOT move closer to the Finish line. The Finish line is a restricted area for race participants and officials only.

XVI. **START COMMANDS**
The NFHS rule states: the official start command is “ON YOUR MARKS” followed by a starting signal like a whistle, air horn, or gun. Don’t use “get set” after “on your marks.” This is how all League races should be started.

XVII. **CALLING OUT TIMES**
A coach or volunteer may call out times/splits for all athletes in the race.
XVIII. **RESULTS SHARING**

The results of all the meets shall be made available to all of the coaches.

XIX. **IMPORTANT RULES FOR A SUCCESSFUL CROSS COUNTRY MEET**

1. All Spectators must stay in approved viewing areas. Parents and spectators must stay off the course.
2. Athletes NOT participating or lining up for an event are considered spectators and must follow the same restrictions to the participation areas.
3. Athletes are not permitted onto the course until given direction to do so.
4. Failure by any team to observe the course access restriction may result in disqualification.
5. Each school is responsible for their own equipment.
6. Electronic devises that may interfere with the public address system are prohibited. (Boom boxes, Bluetooth speakers).
7. Each School should provide at least 3 parent volunteers to work each Cross Country meet. All volunteers must have a BCI report on file in their parish office and must have attended a Protecting God’s Children session. All volunteers must sign in for each meet they volunteer. **Coaches are expected to help run the Cross Country meet.**
8. The Cross Country race participants must wear their uniform top so that it is visible to the officials on the course. Clothing can be worn underneath the uniform top if permitted by the coach of the team.
9. Everyone on the team must have the same color shorts. All cross country uniform tops should prominently display the parish name or nickname in order to quickly identify participants.
10. Cross Country participants, who are also playing soccer, volleyball, or football, must attend those sports games scheduled during the week. Participants who miss a scheduled game because of another cross country meet or practice will be suspended from the next Cross Country meet. Every attempt will be made by the schedulers to avoid such conflicts.
11. Individual participants in the DRA sponsored soccer, volleyball, or football programs are eligible to participate in the DRA Cross Country program. Coaches are asked to cooperate with each other for practice time. Participants must attend scheduled dates.
12. Hats are prohibited unless the cold weather warrants them. All hats must be approved by the event official.
13. Official times are recorded and kept at the finish line by the scorekeeper. Official times by the scorekeeper are final.
14. It is an unfair act when a competitor receives any assistance from any other person. Assistance includes:
   a. Interference with another competitor.
   b. Pacing by a teammate or other persons not participating in the race.
c. Competitors joining or grasping hands with each other during a race.
d. Competitors using an aid during the event.
e. Communicating with a competitor through the use of any device.
f. Coaching a competitor from a restricted area*.
g. A competitor receives communication electronically during a race or trial.

15. A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area. Our main concern regarding this rule is the “spirit” of the rule. That is, giving an unfair advantage to one competitor over another.

16. The DRA has a rule that states no jewelry is to be worn during athletic contests. This includes earrings and they cannot be taped. No fit bits.

XX. **FINISH LINE**
The NFHS rule states: "At the end of the course, a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15-25 feet from the chute".

**Note:** Meet Host should make sure to have adequate course marshals at the finish line to keep the finishers in the correct order and places as runners move through the chute. Please don’t place the finish line at the point where the funnel meets the chute as this could cause collisions and/or injury to the athletes.

A suggested configuration is shown below.

**Cross Country Finish Line Diagram**
XXI. **PACING**

The NFHS rule states: "a competitor who receives any assistance from any other person is disqualified and also a competitor who interferes with another competitor is disqualified". Pacing is not allowed.

**Note:** We have all witnessed a cross country race where a runner is struggling to finish the course, and is supported/encouraged by coaches, parents or teammates by running alongside of them. Please respect the rule stated above while being sensitive to unique and special situations.

XXII. **DIOCESAN CROSS COUNTRY LEAGUE CHAMPIONSHIP**

Deadline to submit entries is 7:00PM the Thursday prior to the League Championship Meet.

In order for a runner to participate in the Diocesan Cross Country League Championship Meet, they must compete in at least two regular season meets.

If a runner wants to compete at the Varsity level for the Finals, he or she must have run at least two of the regular season meets at the Varsity level.

The Open Race is available to all runners (both boys and girls) only if their average race time for the season is slower than the following times:

- Varsity Girls 16:30
- Varsity Boys 15:00

Coaches should divide their roster to include the (4) races: 4-5 Girls, 4-5 Boys, Varsity Girls, and Varsity Boys.

**Note:** While the Boys and Girls Open race will be run concurrently, separate Boys and Girls winners will be awarded.

Hosting the League Meet is a large task and help from all schools is needed. Please do your best to fulfill the job as assigned by the Cross Country Commissioner. If you cannot fulfill your job, please contact the Cross Country Commissioner immediately.

XXIII. **GENERAL POLICIES**

1. Scoring ties shall be resolved by comparing sixth-place finishers from the tied teams. The team with the best sixth-place finisher shall prevail.

   If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.

   If only five competitors finish, the tie shall be resolved by totaling the scores of the first four finishers.

2. Within each division, the top two teams in the League Championship will receive a team trophy. Individual medals will be given to the top 3 finishers in each division.

3. Undesirable behavior on the part of the school participants or nonparticipants shall be grounds for disqualification, at the determination of the DRA. Failure to comply will result in disciplinary action.

   Team scores for each division will be tallied and announced at the end of the meet.
Team awards for the first two places in each division will be awarded at the end of the Leagues Championship Meet.

**XXIV. CLEANUP**

All schools are required to help clean up the facility/park once a meet has completed. Failure to do so may cause unnecessary fees assessed to each participating school.
Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

**What is a Concussion?**

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

**Seek Medical Attention Right Away**

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- No athlete should return to activity on the same day he/she gets a concussion.
- Athletes should NEVER return to practices/games if they still have ANY symptoms.
- Parents and coaches should never pressure any athlete to return to play.

**The Dangers of Returning Too Soon**

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

**Recovery**

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.

**Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season… or risk permanent damage!**

www.healthyohioprogram.org/concussion

Rev. 02.13
Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.

2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.

3. Limit your child’s activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain’s recovery.

4. Limit your child’s physical activity, especially those activities where another injury or blow to the head may occur.

5. Have your qualified health care professional check your child’s symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.

2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
   a. Increased problems paying attention.
   b. Increased problems remembering or learning new information.
   c. Longer time needed to complete tasks or assignments.
   d. Greater irritability and decreased ability to cope with stress.
   e. Symptoms worsen (headache, tiredness) when doing schoolwork.

3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.

4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.

5. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child’s full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

   **Sample Activity Progression***

   **Step 1:** Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity.
   (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

   **Step 2:** Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity.
   (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

   **Step 3:** Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity.
   (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

   **Step 4:** Full contact in controlled practice or scrimmage.

   **Step 5:** Full contact in game play.

   *If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

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Resources

ODH Violence and Injury Prevention Program
www.healthyohioprogram.org/vipp/injury.aspx

Centers for Disease Control and Prevention
www.cdc.gov/Concussion

National Federation of State High School Associations
www.nfhs.org

Brain Injury Association of America
www.biausa.org/

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Ohio Department of Health
Violence and Injury Prevention Program
246 North High Street, 8th Floor
Columbus, OH 43215
(614) 466-2144

www.healthyohioprogram.org/concussion

Rev. 02.13
Ohio Department of Health Concussion Information Sheet
For Interscholastic Athletics

Acknowledgement of Having Received the “Ohio Department of Health’s Concussion and Head Injury Information Sheet”

By signing this form, as the parent/guardian/care-giver of the student-athlete named below, I acknowledge receiving a copy of the concussion and head injury information sheet prepared by the Ohio Department of Health as required by section 3313.539 of the Revised Code.

I understand concussions and other head injuries have serious and possibly long-lasting effects.

By reading the information sheet, I understand I have a responsibility to report any signs or symptoms of a concussion or head injury to coaches, administrators and my student-athlete’s doctor.

I also understand that coaches, referees and other officials have a responsibility to protect the health of the student-athletes and may prohibit my student-athlete from further participation in athletic programs until my student-athlete has been cleared to return by a physician or other appropriate health care professional.

_________________________  _________________________
Athlete                      Date

_________________________  _________________________
Parent/Guardian             Date
Sudden Cardiac Arrest and Lindsay’s Law
Information for the Coach

- Lindsay’s Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.

- “Youth” covered under Lindsay’s Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.

- Lindsay’s Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
  1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
  2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
  3) All practices, interschool practices and scrimmages

- Coaches have specific responsibilities under Lindsay’s Law:
  1) Annual completion of the required SCA training course approved by the Ohio Department of Health
  2) Preventing the following students from participating in athletic activities until the coach receives written clearance by a licensed health professional. This written clearance must be shared with any school or sports official:
     a) A youth whose biological parent, sibling or child has previously experienced SCA
     b) Any youth athlete that experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play

- Any of these things may cause SCA:
  1) Structural heart disease. This may or may not be present from birth
  2) Electrical heart disease. This is a problem with the heart’s electrical system that controls the heartbeat
  3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection

- **Warning signs** in a youth athlete’s family that indicate the youth athlete may be at high risk of SCA:
  o A blood relative who suddenly and unexpectedly dies before age 50
  o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart

- **Warning signs** of SCA. If any of these things happen with exercise, the youth athlete should be seen by a health care professional:
  o Chest pain/discomfort
  o Unexplained fainting/near fainting or dizziness
  o Unexplained tiredness, shortness of breath or difficulty breathing
  o Unusually fast or racing heart beats
• The youth athlete who faints or passes out before, during, or after an athletic activity MUST be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

• If the youth athlete’s biological parent, sibling or child has had a SCA, then the youth athlete MUST be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

• Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

• Other reasons to be seen by a health care professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.

• Lindsay’s Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician’s assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another healthcare provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.

• Despite everyone’s best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term “Chain of Survival.” The Chain of Survival helps anyone survive SCA.

• Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AED may be near the athletic facilities, or the AED may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.

• If you witness a person experiencing a SCA: First, remain calm. Follow the links in the Chain of Survival:
  - Link 1: Early recognition
    • Assess child for responsiveness. Does the child answer if you call his/her name?
    • If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help “someone dial 911”
  - Link 2: Early CPR
    • Begin CPR immediately
  - Link 3: Early defibrillation (which is the use of an AED)
    • If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
    • If an AED is not available, continue CPR until EMS arrives
  - Link 4: Early advanced life support and cardiovascular care
    • Continue CPR until EMS arrives

• Lindsay’s Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.
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.