Parish
Athletic Director’s
Guide

Diocesan Recreation Association
Marty Raines
Associate Director
Office Phone 614-241-2580
Email—mraines@columbuscatholic.org
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Contact US

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Director of Girl’s Athletics
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740-503-2259 for game day emergency only
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Mmatthe9@gmail.com

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Commissioner of Volleyball Officials
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Jdosu76@gmail.com

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Commissioner of Girls’ Basketball Officials
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Dennis.dew@swcs.us

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Jeffrey.williams58@gmail.com

DRA website is located at www.columbuscatholic.org/recreation
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<th>Address Details</th>
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<td>ALL SAINTS</td>
<td>Christ the King Parish</td>
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<tr>
<td>HOLY ROSE</td>
<td>combination of St. Rose and Holy Trinity</td>
</tr>
<tr>
<td>HOLY SPIRIT</td>
<td>St. Rose 119 W. Water St. New Lexington Holy Trinity 225 S. Columbus St. Somerset</td>
</tr>
<tr>
<td>IMMACULATE CONCEPTION</td>
<td>4382 Duchene Lane Columbus</td>
</tr>
<tr>
<td>OLP</td>
<td>Our Lady of Peace</td>
</tr>
<tr>
<td>OLPH</td>
<td>40E. Dominion Blvd. Columbus</td>
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<tr>
<td>ST. AGATHA</td>
<td>1880 Northam Rd. Columbus</td>
</tr>
<tr>
<td>ST. ANDREW</td>
<td>4081 Reed Rd. Columbus</td>
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<tr>
<td>ST. ANTHONY</td>
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<tr>
<td>ST. BRENDAN</td>
<td>4475 Dublin Rd. Hilliard</td>
</tr>
<tr>
<td>ST. BRIGID</td>
<td>7175 Avery Rd. Dublin</td>
</tr>
<tr>
<td>ST. CATHARINE</td>
<td>2865 Fair Ave. Columbus</td>
</tr>
<tr>
<td>ST. CECILIA</td>
<td>440 Norton Rd. Columbus</td>
</tr>
<tr>
<td>ST. JAMES</td>
<td>1628 Oakland Park Ave. Columbus</td>
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<tr>
<td>ST. MARY COLS.</td>
<td>St. Mary Columbus or German Village</td>
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<tr>
<td>ST. MARY DEL.</td>
<td>St. Mary Delaware</td>
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<tr>
<td>ST. MARY MAGDALENE</td>
<td>66 E. William St. Delaware</td>
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<tr>
<td>ST. MATTHEW</td>
<td>2940 Parkside Rd. Columbus</td>
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<tr>
<td>ST. MATTHIAS</td>
<td>795 Havens Corners Rd. Gahanna</td>
</tr>
<tr>
<td>ST. MICHAEL</td>
<td>beside DeSales 1566 Ferris Rd. Columbus</td>
</tr>
<tr>
<td>ST. PATRICK</td>
<td>64 Selby Blvd. Worthington</td>
</tr>
<tr>
<td>ST. PAUL</td>
<td>located in London, Ohio 226 Elm St.  London</td>
</tr>
<tr>
<td>ST. PIUS</td>
<td>61 Moss Rd. Westerville</td>
</tr>
<tr>
<td>ST. TIMOTHY</td>
<td>1061 Waggoner Rd. Reynoldsburg</td>
</tr>
<tr>
<td>ST. VINCENT</td>
<td>1070 Thomas Lane Columbus</td>
</tr>
<tr>
<td>TRINITY</td>
<td>located in Mt. Vernon 206 E. Chestnut St. Mt. Vernon</td>
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<tr>
<td></td>
<td>1440 Grandview Ave. Columbus</td>
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DRA Sports

Sports Under the Diocesan Recreation Association’s Umbrella (grades 4-8 unless noted)
Girls’ Soccer in August/September
Boys’ Soccer in August/September
Boys Cross Country August/September/October
Girls’ Cross Country August/September/October
Girls’ Volleyball August through the first weekend of November
Boys’ Volleyball August through the first weekend of November
High School Girls’ Volleyball August through the first weekend of November
Boys’ football August through the first weekend of November
Girls’ Basketball November through the end of February
Boys’ Basketball November through the end of February
High School Girls Basketball November through the end of February
High School Boys Basketball November through the end of February
Boys’ and Girls’ Track March through the first weekend of May
Baseball April through mid-May
Softball April through mid-May

What is not under the DRA Umbrella
Golf
LaCrosse
Cheerleading
Field Hockey
Soccer in the spring and fall
Wrestling
Swimming
Tennis
BCI and PGC

You can be fingerprinted anywhere that offers Webcheck services. This link will take you to a listing of locations in Ohio. You can narrow it down by county.

https://www.ohioattorneygeneral.gov/Business/Services-for-Business/WebCheck/Webcheck-Community-Listing

For school employees, the following codes should be used:

- For licensed school employees – teachers, Pupil Activity Permit (PAP) holders, counselors, some therapists: ORC 3319.291
- For non-teaching employees – maintenance, administrative support staff, etc.: ORC 3319.39B1

For parish employees, if you have lived in Ohio more than consecutive 5 years, you will only need the state level (BCI) report. If you have lived in Ohio less than 5 consecutive years, you will need both the FBI and BCI reports. For both the FBI and BCI, use code ORC 2151.86

For parish and/or school volunteers, if you have lived in Ohio more than consecutive 5 years, you will only need the state level (BCI) report. If you have lived in Ohio less than 5 years, you will need both the FBI and BCI reports. For both the FBI and BCI, use code ORC 2151.86.

All reports MUST be sent to:

Safe Environment Program
Diocese of Columbus
197 E. Gay St.
Columbus OH 43215

Protecting God’s Children

Anyone 18 and over and out of high school, must attend a Protecting God’s Children Session prior to working with children.

Training session can be found at www.virtus.org and register for a session. You can also access this information through the DRA website, click on Protecting God’s Children.

Access to dates for BCI and PGC

Please go through your parish safe environment administrator to get dates of completion for BCI and PGC. This helps the parish with the self-audit that is required annually by the Diocese.
PLAY LIKE A CHAMPION TODAY!

- All head coaches must attend the Play Like A Champion Today coach training prior to assuming the role of head coach.
  - This is a 3-hour training.
  - There are no exceptions to taking this training.
  - The fee is covered by the DRA.

- At least one parent of every athlete must take the Parent Like A Champion Today training offered by the individual parishes prior to their child’s participation in DRA sports.
  - This is a 1-hour training
  - If they have taken the coach training, they do not have to take the parent training.
  - Parishes are responsible for the $10 fee for the training manual

- Scheduling the Play Like A Champion Today coach trainings
  - The DRA will schedule the coach trainings and post them on the DRA website.
  - At least 2 sessions will be help prior to the start of each sport season
  - A record of all those that have attended a session is kept in the DRA office
  - We are always looking for parishes to host a session. Please contact Marty if you are
  - willing to host.

- Scheduling a Parent Like A Champion Today training session
  - Sessions are scheduled by the individual parishes
  - Marty will put the sessions on the website if you are willing to open it up to other parishes
  - There is a $10 fee for the manual.
  - Every family in attendance should get a manual to keep
  - Records are kept at the parish level
  - If at least one parent does not take the training, the child should not be permitted to participate
  - Materials are ordered through the DRA office. Please contact Marty at least one week before the session
PARENT CLINIC CONSENT FORM (All participants must sign)

Dear Participant:
You are invited to participate in a study conducted by Professor Clark Power, at the University of Notre Dame’s Shaw Center for Children and Families. If you decide to participate, you will complete a coaching concerns survey and an evaluation at the end of the clinic. At a later time, you may also be asked to fill out a questionnaire at the end of each sports season. This survey should take you 10-15 minutes to complete.

Participation is completely voluntary; you may stop participating at any time prior to completion of the project. Names are only required for the matching of the Coaching Concern Survey with participant information and will be removed and discarded immediately after pairing, prior to data entry and analysis. Should you have any questions at any time, you are welcome to contact Professor Power by email at power.1@nd.edu or by phone at (574) 631-7343.

Your decision to participate or not will not prejudice your future relations with your school, parish, diocese, or the University of Notre Dame. One benefit of participating in the study is that you will have the opportunity to reflect on your role as a sport parent and how you will apply what you learned in the clinic. If you have questions about your rights as a research participant, please contact the University of Notre Dame Institutional Review Board (IRB), Office of Research Compliance, (compliance@nd.edu), phone (574-631-1461).

Dr. Power is the Executive Director and President of the Board of Directors of Play Like a Champion Educational Series, a 501(c)(3) non-profit that provides ethical education to sports leaders, coaches, and parents with a focus on fostering moral and social development through sports. If you have questions about Dr. Power’s association with this non-profit, please contact Dr. Power.

If you are willing to participate in this research, please read and sign the consent form below. If requested, you will be given a copy of this form to keep.

I confirm that I am 18 years of age or older. I agree to participate in all of the procedures above. I understand that my identity will be protected during the study, as surveys are not linked with names. I also understand that my name will not be revealed when data from the research are presented in publications. I have read the above and give the researcher, Clark Power, and his co-authors at the University of Notre Dame permission to use excerpts from what I write or transcripts of tapes without identifying me as the writer or speaker.

_________________________________________  ________________________________
Signature                                           Date

Your Email Address:__________________________________________________________

! Check here if you do not wish to receive occasional updates about Play Like a Champion Today.
Parent Like a Champion Workshop Evaluation

Your Gender: __________  Your Race: ______________________

Please indicate your position on the following statements:

<table>
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<tr>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
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I was satisfied with the Play Like a Champion Clinic.  !  !  !  !  !

I would recommend this clinic to another coach.  !  !  !  !  !

This clinic will change the way I relate to my child’s sport experience.  !  !  !  !  !

I would be interested in an advanced Play Like a Champion Clinic.  !  !  !  !  !

The presenter stimulated productive discussion.  !  !  !  !  !

The presenter was an effective teacher.  !  !  !  !  !

Please rate your level of commitment to the following parenting practices and behaviors.

<table>
<thead>
<tr>
<th>1 = VERY LOW  2 = LOW  3 = MODERATE  4 = HIGH  5 = VERY HIGH</th>
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|  

1. Discussing value issues about sport. |
2. Making sure I never yell at officials, referees, or umpires. |
3. Keeping my behavior as a spectator positive at all times and encouraging others to do the same. |
4. Understanding my child's sport experience should be playful. |
5. Keeping my feedback positive after my child's game. |
6. Letting my child play for him/herself, not for me. |
7. Encouraging my child to be a kind and inclusive team player. |
8. Being fair in considering the needs of all players, not just my child's. |
10. Addressing negative fan behavior among spectators. |

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<th>AFTER THE WORKSHOP</th>
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<td>1 2 3 4 5</td>
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PLAY LIKE A CHAMPION TODAY®
SPONSORED BY:
The University of Notre Dame

This certificate is awarded to

In Recognition for successfully completing the

PARENT LIKE A CHAMPION WORKSHOP
AT

Signature ________________________________ Date ________________

Signature ________________________________ Date ________________
Ohio Department of Health Concussion Information Sheet
For Interscholastic Athletics

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.

Signs and Symptoms of a Concussion
Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Parents of Guardians
♦ Appears dazed or stunned.
♦ Is confused about assignment or position.
♦ Forgets plays.
♦ Is unsure of game, score or opponent.
♦ Moves clumsily.
♦ Answers questions slowly.
♦ Loses consciousness (even briefly).
♦ Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).
♦ Can’t recall events before or after hit or fall.

Symptoms Reported by Athlete
♦ Any headache or “pressure” in head. (How badly it hurts does not matter.)
♦ Nausea or vomiting.
♦ Balance problems or dizziness.
♦ Double or blurry vision.
♦ Sensitivity to light and/or noise
♦ Feeling sluggish, hazy, foggy or groggy.
♦ Concentration or memory problems.
♦ Confusion.
♦ Does not “feel right.”
♦ Trouble falling asleep.
♦ Sleeping more or less than usual.

Be Honest
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!

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.

www.healthyohioprogram.org/concussion
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.

Resources

ODH Violence and Injury Prevention Program
www.healthyohiogram.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/

Returning to Play

1. Returning to play is specific for each person, depending on the sport. Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child’s coach follow these instructions carefully.

2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).

3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child’s injury and symptoms.

4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

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, training aid jumping drills for 60-90 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.

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

www.healthyohiogram.org /concussion
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/hear 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
    • BeginCPR 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
    • ContinueCPR 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.
Sudden Cardiac Arrest and Lindsay’s Law
Parent/Athlete Signature Form

What is Lindsay’s Law? Lindsay’s Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay’s law?
- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) a heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:
- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, 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 to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

<table>
<thead>
<tr>
<th>Parent/Guardian Signature</th>
<th>Student Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Guardian Name (Print)</td>
<td>Student Name (Print)</td>
</tr>
<tr>
<td>Date</td>
<td>Date</td>
</tr>
</tbody>
</table>
COACHES CONDUCT AND RESPONSIBILITIES

All coaches must:

- Read, understand and agree to abide by the administrative rules of our program
- Read, understand and agree to abide by, sigh and uphold the Coaches’ Code of Conduct
- Be in complete control of his/her assistant coaches, players and spectators at all times
- Conduct themselves as Christians at all times
- Uphold the purpose, objectives and philosophies of the program at all times.
- Be enthusiastic and positive during practices
- Be interested in working with young people
- Enjoy competition, handling both defeat and victory in a dignified manner
- Be alcohol, tobacco and drug free at practices and games
- Not knowingly utilize an ineligible player
- Not engage in unsportsmanlike conversation with an opponent
- Not use profanity
- Not commit unsportsmanlike acts
- Not take a team off of the field, court or floor because of dissatisfaction with the game officials or other unsatisfactory reason as determined by the League Commissioner
- Not engage in any form of fighting
- Not threaten an official, opposing coach or opposing player
- The penalties for violating the above shall be
  - Immediate ejection from the game
  - Additional penalties may be assessed following a review of the incident by the league commissioner
- All adults must have PGC and BCI reports on file with the Diocese
- Head coaches must
  - Be 21 years of age
  - Attend a Play Like A Champion Today coach training prior to their first game
- All coaches must
  - BCI
  - PGC
  - Concussion
  - Sudden Cardiac Arrest
  - Sigh their Code of Conduct
Diocese of Columbus

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

Code of Conduct for Coaches

I hereby pledge as a Diocesan Recreation Association Coach to abide by the following DRA rules and regulations and the DRA Sportsmanship Code of Conduct for Coaches.

This code is considered supplemental to each parish’s expectation for conduct of its volunteers and agents.

- Remember to do all for the glory of God.
- Interscholastic competition exists for students to foster sportsmanship, leadership and teamwork; coaches should set the example of good sportsmanship.
- Coaches must complete all requirements for coaching as set forth by their parish and the DRA
- Coaches are to comply with all parish and league rules and directives
- Every child is equally important. Coaches must make every effort to insure that players receive a fair amount of playing time.
- Coaches should always conduct themselves as an example of Christian behavior, both at the field/court and away from it.
- Coaches should be supportive and encouraging in everything they do and say; they should never assault others verbally or in writing. Coaches should promote children’s competence through positive strategies and refrain from practices that belittle and humiliate children.
- Coaches should address concerns to officials in a calm manner during dead ball situations.
- Coaches should address their players in a manner consistent with how a reasonable person would expect their own children to be addressed. A coach is never to address a player from another team unless in a sincere congratulatory or helpful tone.
- Conduct which falls outside that listed at practice is subject to disciplinary measures from the parish
- Conduct which falls outside that listed at a game is subject to disciplinary measures from the DRA

At the conclusion of the scheduled contests all coaches, players and spectators must refrain from confronting the Game Officials about the outcome of the contest. Any person that refuses to follow this rule will be suspended for the season from coaches, playing or attending any DRA contests. Concerns regarding the game or officials must be directed to the league Director.

I understand that ultimately all of my team’s players, coaches and spectators are my responsibility.

Name: _______________________________ Parish: _______________________________

Sport Coaching: _______________________ Grade: _____ Boys: _____ Girls: ______

Email: _______________________________

I have attended a Diocesan required Protecting God’s Children Training: ____________________________ (Date)

I have a BCI (fingerprint) report on file with the parish: ____________________________ (Date)

I have attended the required Play Like A Champion Today Training: ____________________________ (Date)
**Sportsmanship Code**  
**For Players**

*This code is to be considered supplemental to each school’s expectation for conduct of its students.*

- Remember to do all for the glory of God.
- Interscholastic competition exists for students to foster sportsmanship, leadership and teamwork; students should set the example of good sportsmanship as set forth by their parents, guardians, and coaches.
- Students should stay physically fit so as to do be able to do their best in all situations.
- Student should make every effort to attend all practices and give 100%.
- Students should maintain their eligibility by successfully completing all of their required coursework. Students must remember their priorities: (1) God, (2) family, (3) academics and (4) extra-curricular activities.
- Students are to comply with all school and league rules and directives as given by their coaches and teachers.
- Every player is equally important to a team. Players should positively encourage all teammates to do their best.
- Players should always conduct themselves as an example of Christian behavior, both at the field/court and away from it.
- Players should address concerns to their coaches in a calm manner during games.
- Players should respect officials and opponents at all times, for without them, there would be no game.
- Remember to do all for the glory of God.
- Conduct which falls outside that listed at practice is subject to disciplinary measures from the school.
- Conduct which falls outside that listed at a game is subject to disciplinary measures from the DRA.

Athlete’s Signature_________________________________________ Date________
SPORT PARENT CODE OF CONDUCT

Preamble
The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:
1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organizations involved
- Game forfeit through the official or coach
- Parental season suspension

Parent/Guardian Signature ___________________________ Date _____________
LEAGUE ADMINISTRATORS RESPONSIBILITIES

- Commissioner of Boys Athletics and Commissioner of Girls Athletics
  - These individuals are in charge of the overall administration of each activity for that particular gender
  - These individuals are empowered to appoint league commissioners as required
  - These individuals may also elect to appoint themselves as league commissioners
- League Commissioners
  - Are the ultimate authority for the leagues over which they preside
  - May also be the Commissioner of Boys Athletics or the Commissioner of Girls Athletics
  - Shall be responsible for all administrative matters pertaining to the league including:
    - The creation of leagues
    - The location of games or matches played by that league
    - The days and times for those games or matches
    - The selection of officials
    - The league specific rules
    - The scheduling and conducting of the preseason coaches’ meeting
    - The creation and distribution of the coaches’ information packet which will include
      - Rules of the sport
      - The NFHS handbook
- Other pertinent handouts
  - The makeup for each tournament/playoff bracket
  - Any preliminary rulings on suspensions
  - Any other miscellaneous activities associated with the administration of the league
- Conduct themselves as Christians at all times
- Uphold the purpose, objective and philosophies of the program at all times
- Be alcohol, tobacco and drug free at practices and games
- Not engage in unsportsmanlike conversation
- Not use profanity
- Not engage in any form of fighting
- Not threaten an official, coach or player
RESPONSIBILITIES OF THE PARISH ATHLETIC ADMINISTRATION

- Each parish that participates in one or more DRA program must have a Parish Athletic Administration
  - The parish may elect to have an Athletic Board, Athletic Association, Booster Club that is elected or appointed by the pastor
  - The parish may elect to have one individual, the Athletic Director, responsible for all administrations
  - The parish may utilize some other method of administration
- At a minimum, each parish must have at least one individual assigned as the Athletic Director
  - Parishes may elect to have one AD for boys and one for girls; or one for both, including our high school CYO program
  - Parishes may elect to have a sports commissioner assigned for each individual sport, including our high school CYO program
  - In either case, the DRA will correspond directly with the AD on record for each parish; it is the responsibility of the AD to communicate the necessary information to the appropriate parish source
- The parish athletic Director will be responsible for the following from a DRA perspective (understanding that the individual parish responsibilities may carry far beyond this list):
  - Assume direct responsibility for the individual parish program, including the high school CYO
  - Ensure that all participants have provided the proper documentation prior to participating in practices, scrimmages or games
  - Documentation shall include at the minimum:
    - Parent consent forms
    - Concussion forms
    - Sudden Cardiac Arrest forms
    - Signed parent code of conduct
    - Signed player code of conduct
    - Signed coach code of conduct
  - Completed PGC, BCI, and PLACT (head coach only)
- Verify that at least one parent of every athlete has attended a Parent Like A Champion training prior to the child’s participation in the sport
- Ensure that the parish abides by all rules and decisions of the DRA
- Prevent any ineligible player from begin utilized
- Ensure that all coaches, parents and other spectators representing the parish understand all DRA rules
- Ensure that the parish facility provides for a safe playing environment for all participants, including game officials
- Ensure that not practice or games are conducted by a parish team outside of the guidelines set forth by the DRA
- Ensure that teams are properly and fairly divided as required by the rules for each sport and each level for that sport
• Ensure that no coach player or spectator representing that parish engages in any form of verbal or physical abuse of a fellow coach, fellow player, opponent, league official, game official or any other individual associated with the DRA
• Properly and accurately complete the Sport Information form and the Parish Conflict Form
• Ensure that all coaches fulfill the requirements set forth by the DRA
  o All head coaches must be 21 years of age
  o All coaches must complete the PGC training
  o All teams must follow the 2 deep policy
  o All coaches must have on file with the Diocese a BCI report
  o All head coaches must have PLACT
• Ensure that all coaches attend required events
  o The preseason coaches’ meeting
  o The tournament coaches’ meeting
• Communicate any coaching changes to the DRA
 GUIDELINES FOR HOST SITES

A host site must adhere to ALL Diocesan Recreation Association rules regarding the hosting of games.

- This includes:
  - The amount to charge for admission
  - The timing of the contest
  - The amount of time for pregame
  - The amount of time and the timing techniques used to time games, timeouts, halftimes, etc.
  - To provision to provide timers and scorers as appropriate
  - The administration of a game or match
  - The proper equipment to host the game or match

- The Admission Gate
  - Provide one person at the gate
  - Responsible for monitoring the gate
  - Collecting $2 per adult; $1 for seniors and children; $6 for family in same household
  - Admit coaches with a signed pass
  - Admit preschool children at no charge

- Game Administration
  - Provide entry into the facility 30 minutes prior to the scheduled start time of the first contest of the day
  - Provide two responsible individuals at the scorer’s table
    - One of these individuals shall be the official scorer
    - The other individual shall be the official timer
  - Provide space for one representative at the scorer’s table for each team
  - Keep the floor clear of non-players during timeouts, at halftime and between games
  - Sweep the floor at halftime and between games, as needed

- Equipment requirements
  - Provide warm up balls for the teams visiting the gym
  - Provide a satisfactory game ball
  - Provide a basis first aid kit
  - Provide a scoreboard with both scoring and timing
  - Provide a phone number for inbound calls for DRA purposes on game days

- Concession Stands (optional)
  - Pricing at concession stands it totally at the discretion of the host site
  - Products available are totally at the discretion of the host site
  - There is no requirement to provide concessions free of charge to DRA or game officials
GYM SUPERVISORS RESPONSIBILITIES

- Must be at least 21 years of age
- Must be on site at all times while games or matches are being played (or their representative)
- Make the determination to contact authorities, if necessary, to remove ejected individuals
- Oversee the admissions gate
- Oversee the concession stand
- Oversee the scorers and times
- Ensure that team personnel understand the procedures of the game site
- Ensure that ejected persons leave the facility
- Ensure the proper equipment is available for scoring, timing and administering the game
  - Ensure that score sheets are available for each game
  - Ensure that warm up balls are provided (with the exception of the high school gyms)
  - Ensure that a game all is provided
- Ensure the one set of rules is available at the site—scorers table
- Ensure that a copy of the league schedule is available at the site
- Ensure that a stocked first aid kit is available at the site
- Ensure that ice is available at the site
- Know the location of the AED and let the officials know
- Complete the officials’ evaluation form
- Complete the coaches’ evaluation form
- Notify the League Director of any problems
EXPECTATIONS OF PARTICIPATING TEAMS

- All teams must be represented at the preseason coaches meeting
- All teams must have all members of the coaching staff complete PGC, BCI, Concussion and Sudden Cardiac Arrest training
- All teams must submit forms, rosters and fees by the due date and prior to participation
- All teams must follow all DRA rules and Guidelines throughout the season
- All teams must participate in all scheduled league games
- All teams must participate in the post season tournament
- Teams forfeiting games—including tournament/playoff games—are responsible for paying the officials’ fees for both teams
SPECTATOR CONDUCT AND RESPONSIBILITIES

- All spectators Must:
  o Read, understand and agree to abide by the administrative rules of our program
  o Parents must read understand and agree to abide by, sign and uphold the Parent Code of Conduct
  o Conduct themselves as Christians at all times
  o Uphold the purpose, objective and philosophies of the program at all times
- All spectators must understand that by paying the admission fees gives an individual the right to view the game and does not give the individual the right to make derogatory comments toward the officials players and other spectators.
- Be alcohol, tobacco and drug free at practices and games
- Not engage in unsportsmanlike conversation with an opponent
- Not use profanity
- Not engage in any form of fighting
- Not threaten an official, opposing coach or opposing player
- No spectator may approach or threaten an official, opposing coach or opposing players during or following a game other than to congratulate the individual or group.
  o Approach means coming out of the stands or away from the bench area and walking onto the floor
  o Coming out of the stands and proceeding to an area where an official is sanding or sitting
  o Meeting and addressing an official in a common entry/exit way or in the parking lot
  o Meeting and addressing an opposing coach or opposing player in the parking area
- The penalties for violating the above shall be
  o Immediate ejection from the game
  o Additional penalties may be assessed following a review of the incident by the league administration
ON FILE WITH THE PARISH

- Protecting God’s Children—need to go through the Safe Environment person at your parish
- BCI report—need to go through the Safe Environment person at your parish
- *Concussion Information form
- *Sudden Cardiac Arrest form
- *Coach Code of Conduct
- *Parent Code of Conduct
- *Athlete’s Code of Conduct

*if parent consent form is submitted online, these forms are included in the online submission

TURNED IN TO THE DRA

- Parent consent forms—online submission
- Eligibility Rosters—online submission
- Sport Information Form—online
- Conflict form—online
- AD form—online
- League fees—$60 per team; $15 per player except for
  - Football $60 per team; $25 per player
  - Flag Football $60 per team; $50 per player (includes flags, belts and jersey)
  - Track $60 per team; $15 per player; $125 per parish
- $200 in Forfeits fees—as needed
- Gym Contact form
- Head’s UP Football Release
- Merger form
Required Documentation and Fees for Each Team

- Completed Sport Information form with all information filled in—online
- Officials Eligibility Roster turned in before a team is eligible to play—online
  - Eligibility Rosters must be approved by
    - Parish AD or Sports commissioner
    - For teams having students not attending the parish school, the form must be
      signed by the pastor
    - For team having only students of the school, the form may be signed by the
      principal or pastor
    - For teams having students from multiple parishes, the form must be signed by
      each pastor
  - The eligibility roster must contain the name and all pertinent information about the
    head coach and all assistant coaches. This must be submitted as a paper copy
  - A separate eligibility roster must be completed for each team, even if one coach is
    coaching multiple teams
  - Merger form if applicable

- Properly completed documentation for each player by the due date and prior to participation
  - Properly and accurately completed Parent Consent Form—online
  - Signed Parent Code of Conduct—kept at parish unless submitted online
  - Signed concussion form—kept at parish unless submitted online
  - Signed Sudden cardiac arrest form—kept at parish unless submitted online
  - Signed Player Code of Conduct—kept at parish unless submitted online
  - Signed Head’s Up Football Waiver—turned in to DRA
  - Verification of attendance at Parent Like A Champion of at least one parent of every
    athlete
- Proper fees in the proper form by the due date
  - $60 per team
  - $15 per player for all but football. Football is $25 per player due to insurance
    Flag football is $50 per player—includes flags, belts, jerseys and insurances
  - Track fees are $15 per athlete plus $60 per team, plus $125 per parish
  - Other fees are included for high school CYO volleyball and CYO Basketball
- Each team is responsible for paying one half of the officials’ fees for each contest during the
  course of the season, including tournaments.
- Teams must receive a signed Officials’ voucher to return to the parish AD or other designated
  person
Diocese of Columbus
DIOCESAN RECREATION ASSOCIATION
197 East Gay Street
Columbus, Ohio 43215
PARENT CONSENT FORM  DRA Use Only

CHECK ONE:

[ ] Boy’s Soccer  [ ] Girl’s Soccer  [ ] Boy’s Football
[ ] Boy’s Cross Country  [ ] Boy’s Volleyball  [ ] Girl’s Volleyball
[ ] Boy’s Basketball  [ ] Girl’s Basketball  [ ] Boy’s Baseball
[ ] Boy’s Wrestling  [ ] Boy’s Track  [ ] Girl’s Softball
[ ] Girl’s Track

LAST NAME: __________________________ FIRSTNAME: __________________________ MIDDLE INITIAL: __________________________

ADDRESS: __________________________ ZIP CODE: __________________________ TELEPHONE: __________________________

SCHOOL: __________________________ GRADE: __________________________ AGE: __________________________

DATE OF BIRTH: _____MONTH_____DAY_____YEAR – PLACE OF BIRTH: __________________________(CITY)____________(STATE)

PARENT’S EMAIL ADDRESS: __________________________

PLEASE CHECK ONE:  ☐ NO RESTRICTIONS  ☐ RESTRICTIONS

List on any physical handicaps which would prohibit this participant from taking part to the full extent of the activity listed above. __________________________

RELEASE
(PLEASE READ CAREFULLY)

I/We the parent(s) or legal guardian of the above named applicant who has applied for participation in the athletic activities of the Diocesan Recreation Association for the Diocese of Columbus, hereby give my/our consent and approval to his/her participation in any and all activities of the Diocesan Recreation Association and its affiliates for the activity specified. I/we hereby agree to release and absolve, indemnify, and hold harmless, and do by this instrument release, absolve, indemnify and hold harmless, the Diocesan Recreation Association and its affiliates, the Bishop of Columbus, the Diocese of Columbus, and any and all of the Catholic Churches and Parishes within the Diocese of Columbus and any and all supervisors, organizers, coaches, sponsors, and officials of and from any and all liability for any injury to my/our aforementioned child. We waive all claims of any kind against any and all of the organizations or persons hereinabove enumerated, including any and all claims against any person or persons transporting my/our child to or from any such activities hereinabove named. I/we the undersigned hereby declare that I/we have insurance protection covering injuries that may occur including contact sports in these activities during the ensuring season. I/we further certify that all information contained in this form is correct.

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.

By signing below, my son/daughter has my approval to participate in the athletic activity checked above.

I have also received and read the concussion information sheet and agree to the above release

(MUST BE SIGNED BY PARENT(S) OR LEGAL GUARDIAN(S))

PARENT or GUARDIAN SIGNATURE: __________________________ DATE ______________

PASTOR’S SIGNATURE: __________________________
Diocese of Columbus

Diocesan Recreation Association
OFFICIAL ELIGIBILITY ROSTER

<table>
<thead>
<tr>
<th>Parish or School</th>
<th>Activity or Sport</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Coach</td>
<td>Address</td>
<td>Telephone</td>
</tr>
<tr>
<td>City</td>
<td>Zip Code</td>
<td>PGC Date</td>
</tr>
</tbody>
</table>

ALL assistant coaches must be registered. Anyone not registered is NOT ALLOWED IN THE AREA WITH THE TEAM.
ALL ASSISTANT COACHES MUST BE LISTED ON THE BACK OF THIS ROSTER to be considered registered.

The following persons are eligible under the rules of the Diocesan Recreation Association of Columbus, Ohio in the activity or sport listed.

<table>
<thead>
<tr>
<th>PLEASE PRINT OR TYPE PARTICIPANT’S NAME (Alphabetically, last name first)</th>
<th>DATE OF BIRTH MONTH, DAY, YEAR</th>
<th>NAME OF SCHOOL</th>
<th>NAME OF PARISH</th>
<th>GRADE</th>
<th>JERSEY NUMBER</th>
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</thead>
<tbody>
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<td>20.</td>
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</tr>
</tbody>
</table>

We hereby certify that the participants listed above meet the eligibility requirements of the Diocesan Recreation Association of Columbus, Ohio, for the activity specified. The total number of participants on this list is _______ (Please enter the number of participants).

We hereby certify that the parents of the participants listed above have all turned in a signed parent concussion consent form.

We hereby certify that at least one parent of the participants listed above has participated in Parent Like A Champion.

Athletic Director’s Signature                  Pastor’s Signature                  Principal’s Signature

Revised 2019 (over)
I. Affiliation
In order to participate in Diocesan play, each parish must be affiliated with the Diocesan Recreation Association office. The year begins on July 1st and ends on June 30th.

II. League Fees
The league fees will be $60.00 per team plus $15.00 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. Checks should be made out to Diocese of Columbus-DRA

III. Grade and Age Eligibility

<table>
<thead>
<tr>
<th>League</th>
<th>Maximum Grade</th>
<th>Maximum Age as of August 1st 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>
</tr>
<tr>
<td>Sr. Reserve</td>
<td>Sixth</td>
<td>Twelve Years of Age</td>
<td>Sixth, Fifth, Fourth</td>
</tr>
<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>Eleven Years of Age</td>
<td>Fourth</td>
</tr>
</tbody>
</table>

IV. Assistant Coach List
All assistant coaches must be registered. Anyone not registered is NOT ALLOWED IN THE AREA WITH THE TEAM. There will be a limited number of coaches allowed on the bench and in the area when the teams are playing a game.

Name__________________________ Name__________________________

Address________________________ Address________________________

City________________ Zip_______ City________________ Zip_______

Telephone_______________________ Telephone_____________________

PGC Date: ______ BCI Date: ______ PGC Date: ______ BCI Date: ______

Name__________________________ Name__________________________

Address________________________ Address________________________

City________________ Zip_______ City________________ Zip_______
Diocesan Recreation Association
TEAM MERGER REQUEST

We request to merge one or more teams due to a shortage of players. We have completed the checklist locally and have secured the necessary approvals for this merger.

<table>
<thead>
<tr>
<th>SPORT:</th>
<th>SEASON/YEAR:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>GRADE:</th>
<th>GENDER:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BOYS:</td>
</tr>
<tr>
<td></td>
<td>GIRLS:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NAME OF LEAGUE:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>SCHOOLS/PARISHES INVOLVED:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>CHECKLIST</th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>The principals of all schools are in agreement.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>The pastors of all parishes are in agreement.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>The athletic directors/coordinators are in agreement.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>The parishes are geographically compatible.*</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>All children in affected grade(s) have been contacted and will be allowed to participate.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

*ANY SPECIAL CIRCUMSTANCES? PLEASE EXPLAIN:

<table>
<thead>
<tr>
<th>PASTOR SIGNATURE:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>PASTOR SIGNATURE:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>ATHLETIC DIRECTOR SIGNATURE:</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>ATHLETIC DIRECTOR SIGNATURE:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>LEAGUE APPROVAL:</th>
</tr>
</thead>
</table>

By entering my full name, I attest that this constitutes my legal electronic signature on this form.
ROSTER AMENDMENT FORM

YOUR PARISH TEAM ____________________________

YOUR HEAD COACH ____________________________

YOUR TEAM’S LEVEL ___________ PICK FROM ONE BELOW

VARSITY, JUNIOR VARSITY, SENIOR RESERVE, RESERVE, JUNIOR RESERVE.

GENDER OF YOUR TEAM ___________ BOYS OR GIRLS.

NAME OF YOUR LEAGUE DIVISION______________________________

IS THIS A TEMPORARY OR PERMANENT ROSTER MOVE?_____________

NAME OF PLAYER OR PLAYERS BEING MOVED AND TEAMS THEY CURRENTLY PLAY FOR

NAME________________________ TEAM_________________ HEAD COACH________________

NAME________________________ TEAM_________________ HEAD COACH________________

NAME________________________ TEAM_________________ HEAD COACH________________

DATE PLAYER(S) WERE USED____________

PLEASE SEND THIS FORM TO JULIUS PALAZZO jmpalazzo@juno.com

MARTY RAINES mraines@ceducation.org

Either prior to the game or within 24 hours after the game.

If you are mailing:

Send to: JULIUS PALAZZO MARTY RAINES
        3140 W. MOUND ST. or 197 E. GAY ST.
        COLS, OH 43204 or COLUMBUS, OH 43215

FAILURE TO FOLLOW PROCEDURE MAY RESULT IN PENALTIES INCLUDING SUSPENSIONS, FORFEITS OR OTHER SANCTIONS.
Athletic Contest Official Payment Form

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 Reserve Junior Reserve CYO

Coach's Name: ________________________________

DATE OPPONENT/EVENT AMOUNT

Total Paid: __________________

Athletic Contest Official Payment Form

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 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.

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  
Volleyball Match Roster and Lineup

<table>
<thead>
<tr>
<th>SET</th>
<th>Check One: Serve □ Receive □</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Serving Order Player</td>
</tr>
<tr>
<td></td>
<td>I</td>
</tr>
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<td></td>
<td>II</td>
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<td>Serving Order Player</td>
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<td>3</td>
<td>Serving Order Player</td>
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<td>IV</td>
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<tr>
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<td>V</td>
</tr>
<tr>
<td></td>
<td>VI</td>
</tr>
</tbody>
</table>

List All Players in Numerical Order
(top to bottom, left to right)

<table>
<thead>
<tr>
<th>#</th>
<th>Name</th>
<th>If not playing, (Reason Codes on Back)</th>
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</thead>
<tbody>
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</table>

LIST ADDITIONAL PLAYERS ON BACK

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

SIGNATURE OF COACH
List All Players Not Participating

<table>
<thead>
<tr>
<th>#</th>
<th>Name</th>
<th>Reason Codes For Not Playing</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1. Academically ineligible</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Sick /ill</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Suspended by: Diocese</td>
</tr>
</tbody>
</table>

Reason Codes For Not Playing

1. Academically ineligible
2. Sick /ill
3. Suspended by: Diocese
4. Absent

Note: All Assistant Coaches Must Be Listed

Diocese of Columbus
Diocesan Recreation Association
Football - Soccer
<p>| | |</p>
<table>
<thead>
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<th></th>
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<tbody>
<tr>
<td>3:</td>
<td>Di.i not attend</td>
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</tbody>
</table>
# Parish Name

# Team Name

# Game Date

# Parish Name

# Team Name

# Game Date

**List All Players in Numerical Order**

<table>
<thead>
<tr>
<th>Starter</th>
<th>#</th>
<th>Please Print</th>
<th>Name</th>
<th>Please Print</th>
<th>If not playing, Why?</th>
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</tbody>
</table>

**Reason Codes for Not Playing**

1. Academically Ineligible
2. Sick / ILL
3. Did not attend practice
4. Absent
5. Suspended by Diocese
6. Explain on back
<table>
<thead>
<tr>
<th>Reason</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not playing</td>
<td>1</td>
</tr>
<tr>
<td>Academically Ineligible</td>
<td>4</td>
</tr>
<tr>
<td>Sickness/IL</td>
<td>5</td>
</tr>
<tr>
<td>Did not attend practice</td>
<td>3</td>
</tr>
<tr>
<td>Explained on back</td>
<td>6</td>
</tr>
</tbody>
</table>
**Diocesan Recreation Association**

**Incident Report**

**Procedure:** To be completed for all incidents occurring on parish property, or in any parish activity that requires medical or dental attention. This form is to be completed by parish personnel supervising an activity, a nurse, or other appropriate individual. Report must be completed as soon after the incident as is practical, or upon return to parish by individual.

### A. To be completed for all incidents.

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of Injured</td>
<td>____________________________</td>
</tr>
<tr>
<td>Address</td>
<td>____________________________</td>
</tr>
<tr>
<td>Telephone No.</td>
<td>____________________________</td>
</tr>
<tr>
<td>Location</td>
<td>____________________________</td>
</tr>
<tr>
<td>Witness</td>
<td>____________________________</td>
</tr>
<tr>
<td>Telephone No.</td>
<td>____________________________</td>
</tr>
<tr>
<td>Date of Incident</td>
<td>____________________________</td>
</tr>
<tr>
<td>Time of Incident</td>
<td>____________________________</td>
</tr>
</tbody>
</table>

### B. To be completed for athlete incidents only.

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parish</td>
<td>____________________________</td>
</tr>
<tr>
<td>Grade</td>
<td>____________________________</td>
</tr>
<tr>
<td>Parents Notified?</td>
<td>□ Yes □ No</td>
</tr>
<tr>
<td>Supervised Activity?</td>
<td>□ Yes □ No</td>
</tr>
<tr>
<td>Person in charge</td>
<td>____________________________</td>
</tr>
<tr>
<td>Accident Location</td>
<td>□ classroom □ playground □ gym □ bus</td>
</tr>
<tr>
<td>Other, specify</td>
<td>____________________________</td>
</tr>
<tr>
<td>Object or Surface condition</td>
<td>□ dry □ slippery □ wet □ rough □ ice/snow □ moving □ cracked/broken</td>
</tr>
<tr>
<td></td>
<td>□ stationary □ uneven/raised</td>
</tr>
</tbody>
</table>

### C. Type of Injury.

<table>
<thead>
<tr>
<th>Injury</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abrasion</td>
<td>____________________________</td>
</tr>
<tr>
<td>Bruise</td>
<td>____________________________</td>
</tr>
<tr>
<td>Burn</td>
<td>____________________________</td>
</tr>
<tr>
<td>Concussion</td>
<td>____________________________</td>
</tr>
<tr>
<td>Cut</td>
<td>____________________________</td>
</tr>
<tr>
<td>Dislocation</td>
<td>____________________________</td>
</tr>
<tr>
<td>Fracture</td>
<td>____________________________</td>
</tr>
<tr>
<td>Laceration</td>
<td>____________________________</td>
</tr>
<tr>
<td>Puncture</td>
<td>____________________________</td>
</tr>
<tr>
<td>Other</td>
<td>____________________________</td>
</tr>
<tr>
<td>Sprain</td>
<td>____________________________</td>
</tr>
<tr>
<td>Strain</td>
<td>____________________________</td>
</tr>
</tbody>
</table>

### D. Part of the body involved.

<table>
<thead>
<tr>
<th>Part of the Body</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>left</td>
<td></td>
</tr>
<tr>
<td>chest</td>
<td></td>
</tr>
<tr>
<td>back</td>
<td></td>
</tr>
<tr>
<td>abdomen</td>
<td></td>
</tr>
<tr>
<td>groin</td>
<td></td>
</tr>
<tr>
<td>ear</td>
<td></td>
</tr>
<tr>
<td>fingers</td>
<td></td>
</tr>
<tr>
<td>right</td>
<td></td>
</tr>
<tr>
<td>neck</td>
<td></td>
</tr>
<tr>
<td>teeth</td>
<td></td>
</tr>
<tr>
<td>face</td>
<td></td>
</tr>
<tr>
<td>eye</td>
<td></td>
</tr>
<tr>
<td>nose</td>
<td></td>
</tr>
<tr>
<td>ankle</td>
<td></td>
</tr>
</tbody>
</table>

### E. Cause of Incident.

<table>
<thead>
<tr>
<th>Cause of Incident</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal/Insect bite</td>
<td></td>
</tr>
<tr>
<td>Struck by vehicle</td>
<td></td>
</tr>
<tr>
<td>Exposure to weather</td>
<td></td>
</tr>
<tr>
<td>Caught on or in between</td>
<td></td>
</tr>
<tr>
<td>Other, specify</td>
<td></td>
</tr>
<tr>
<td>Collision with person</td>
<td></td>
</tr>
<tr>
<td>Struck by object</td>
<td></td>
</tr>
<tr>
<td>Exposure to blood</td>
<td></td>
</tr>
<tr>
<td>Fall different level</td>
<td></td>
</tr>
<tr>
<td>Toxic substance</td>
<td></td>
</tr>
<tr>
<td>Collision with object</td>
<td></td>
</tr>
<tr>
<td>Hot surface/substance</td>
<td></td>
</tr>
<tr>
<td>Fighting</td>
<td></td>
</tr>
<tr>
<td>Lifting</td>
<td></td>
</tr>
<tr>
<td>Slip/trip/fall</td>
<td></td>
</tr>
</tbody>
</table>

Comments: __________________________________________

_____________________________________________________

_____________________________________________________

_____________________________________________________
NOTIFICATION OF EJECTION REPORT

To be completed by officials and forwarded to director

Julius Palazzo impalazzo@juno.com 276-0323 fax

Marty Raines mraines@cdeducation.org 241-2563 fax

Sport: __________________________ Date of report: ______/_____/______

Ejecting Official __________________________ Other Official __________________________

Boys: ____  Girls: ____ Grade level __________

Event Date: __________ Time: _______ Location __________________

Reported Parish: __________________________

Other Parish: __________________________

Player ejection  Coach ejection  Other ejection __________________________

Name of reported person:

1. __________________________

2. __________________________

Provide specific details explaining the events which resulted in the action taken.

Penalty imposed:

Athletic Director Notified on __________________________

Suspension enforced on __________________________
Emergency Medical Authorization

Grade ___________________________ Player Name ___________________________
Parish ___________________________ Address ___________________________ City ____________ Zip ____________
Date of Birth ___________________________ Home Telephone ___________________________ Cell Phone ___________________________

Purpose: To enable parents and guardians to authorize the provisions of emergency treatment for children who become ill or injured while under the coaches authority, when parent or guardians cannot be reached.

Parent or Guardian
Mother’s Name ___________________________ Daytime Phone ___________________________ Cell ___________________________
Father’s Name ___________________________ Daytime Phone ___________________________ Cell ___________________________
Other’s Name ___________________________ Daytime Phone ___________________________ Cell ___________________________

Emergency Contact (other than parent)
Name ___________________________ Relationship ___________________________
Address ___________________________ Telephone ___________________________ Cell ___________________________

PART I OR II MUST BE COMPLETED

PART I- REFUSAL TO CONSENT
I do not give my consent for emergency medical treatment of my child. In the event of illness or injury requiring emergency treatment, I wish the coaching authorities to take the following action: ___________________________

Signature of Custodial Parent ___________________________ Address of Custodial Parent ___________________________ Date ____________

PART II- TO GRANT CONSENT (DO NOT COMPLETE PART II IF YOU COMPLETED PART I)
I hereby give consent for the following medical care providers and local hospital to be called:

Doctor ___________________________ Telephone ___________________________
Dentist ___________________________ Telephone ___________________________
Medical Specialist ___________________________ Telephone ___________________________
Local Hospital ___________________________ Emergency Room Phone ___________________________

In the event reasonable attempts to contact me have been unsuccessful, I hereby give my consent for the (1) the administration of any treatment deemed necessary by above-named doctor, or, in the event the designated preferred practitioner is not available, by another licensed physician or dentist: and (2) the transfer of the child to any hospital reasonably accessible.

This authorization does not cover major surgery unless the medical opinions of two other licensed physicians or dentists, concurring in the necessity for such surgery, are obtained prior to the performance of such surgery.

Circle if your child has: Heart Disease Tuberculosis Epilepsy Asthma Diabetes

Explain any allergy or disease causing difficulty:

Medications taken regularly:

40
<table>
<thead>
<tr>
<th>Signature of Custodial Parent</th>
<th>Address of Custodial Parent</th>
<th>Date</th>
</tr>
</thead>
</table>
DRA CONCUSSION REPORT

NFHS rules and DRA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition without written medical authorization from a physician (M.D. or D.O.) or an Athletic Trainer. This form shall serve to document that a student has been removed from a contest in accordance with NFHS and DRA rules due to exhibiting signs, symptoms and/or behaviors consistent with a concussion. The contest official must complete this form and forward it to the DRA within 48 hours after the conclusion of the contest. It is recommended that the official keep a copy of this report. In addition, if required by NFHS rule, an appropriate entry shall be made in the scorebook or other document as prescribed.

Student’s Name__________________________________________ Date____

School Name______________________________________________

Sport ____________________________

Level of Contest (Circle One) 4th 5th 6th JV Varsity CYO

Official’s Name____________________________________________ OHSAA Permit # _________

Comments: ________________________________________________

___________________________________________________________________________________________

___________________________________________________________________________________________

___________________________________________________________________________________________

___________________________________________________________________________________________

Please forward to JULIUS PALAZZO at 614-276-0323 fax or email to jmpalazzo@juno.com OR MARTY RAINES at 614-241-2563 fax or email to mraines@cdeducation.org within 48 hours.
MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS NOT RECEIVED A CONCUSSION

NFHS rules and DRA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition without written medical authorization from a physician (M.D. or D.O.) or an Athletic Trainer. This form shall serve as the authorization that the medical professional has examined the student on site, has determined that the student is NOT concussed, and has cleared the student to reenter the contest on the same day. The physician or athletic trainer must complete both the top and bottom portions of this form and submit to both the head contest official (top portion) and a school administrator or the head coach (bottom portion) prior to the student’s entry back into the contest. The official shall make a copy of the form, retain one and forward the copy to the DRA.

I, ___________________________________________, M.D., D.O. or A.T. have examined the following student, ___________________________________________ from ________________ parish, who was removed from a _________(sport) contest at the _______ level (4th-12th) due to exhibition of signs/symptoms/behaviors consistent with a concussion. I have examined this student and determined that, based on current examination, he/she has not received a concussion and is cleared to reenter the competition today.

Signature of Medical Professional __________________________________________

Date: ________________

PRESENT THIS FORM TO THE HEAD CONTEST OFFICIAL WHO WILL COPY AND RETURN TO DRA: ATTENTION JULIUS PALAZZO at 614-276-0323 fax or jpalazzo@juno.com or to MARTY RAINES at 614-241-2563 fax or mraines@cdeducation.org

(Tear at broken line)

MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS NOT RECEIVED A CONCUSSION

NFHS rules and DRA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition without written medical authorization from a physician (M.D. or D.O.) or an Athletic Trainer. This form shall serve as the authorization that the medical professional has examined the student on site, has determined that the student is NOT concussed, and has cleared the student to reenter the contest on the same day. The physician or athletic trainer must complete both the top and bottom portions of this form and submit to both the head contest official (top portion) and a school administrator or the head coach (bottom portion) prior to the student’s entry back into the contest. The official shall make a copy of the form, retain one and forward the copy to the DRA.

I, ___________________________________________, M.D., D.O. or A.T. have examined the following student, ___________________________________________ from ________________ parish, who was removed from a _________(sport) contest at the _______ level (4th-12th) due to exhibition of signs/symptoms/behaviors consistent with a concussion. I have examined this student and determined that, based on current examination, he/she has not received a concussion and is cleared to reenter the competition today.

Signature of Medical Professional __________________________________________

Date: ________________

PRESENT THIS FORM TO THE PARISH ATHLETIC DIRECTOR OR HEAD COACH

Note: The parish must retain this form for seven years after the student’s 18th birthday.
Parent’s Consent for Release of Personally Identifiable Information

The undersigned parents of ________________________________, a member of ________________________________ hereby consent to the release of the following personally identifiable information.

Photos without names of the athletes will be released.

Photos will be used to help promote the activities and acknowledge the achievements of the participants in the Diocesan Recreation Association.

Information will primarily be released through the Catholic Times and on the Diocesan Recreation Association website at www.cdeducation.org/rec

The undersigned consent to the transfer of the above information to a third or subsequent party.

__________________________  __________________________
(Parent’s name)            (Date)

__________________________  __________________________
(Parent’s name)            (Date)

A copy of the release is requested: Please check one.

______ Yes          ______ No
Gym Contact Sheet

Parish Name: __________________________

Sport: _________________________________

Gym Supervisor: _______________________________
(must be an adult)

Gyms Supervisor Phone Number: ________________

Gym Phone Number to be called
In the event of emergency: ______________________

Location of AED (defibulator)____________________

Gym supervisors are the contacts for the gyms on game days. If there is a problem getting in or with the equipment, the gym supervisor will be consulted.

Gym Supervisors must be present for the athletic contests.

Gym Supervisors should meet the officials when they come into the gym.

Gym Supervisors run the gyms. Duties include but are not limited to checking on the scorekeepers, help the officials if there is an unruly spectator. Be ready to call the authorities if necessary.
What goes into creating a schedule

Parish Registrations are held

Sport Information Forms are submitted to DRA—this form lists the number of teams, the make up of the teams, strength of teams, and individual team requests

ADs, Principals and Pastors are asked to gather information as to determine facility availability, assess school, parish and team conflicts and set practice schedules. At the same time they are trying to form teams and put together rosters

High schools are contacted as to their availability

Conflict forms are submitted to DRA—lists the conflicts from the parish and school as well as the facilities conflicts so schedules can be determined.

Julius and Marty individually begin placing teams in leagues and to set game times

For basketball, baseball and softball, Julius and Marty will meet to divide the gyms and times

Back to working on the schedule

Julius and Marty will meet again to go over schedules and make sure there are not double bookings of gyms or head coaches who are coaching more than one team.

Schedules are tweaked; the gym grid is completed to again check for double bookings of facilities

Proofreading of schedules

Typing of schedules

Assignment of Officials

Then someone calls with a conflict or a request—it is really way too late in the process!

Revision of schedules

ALL OF THIS IS DONE BY HAND!!!! WE DO NOT USE A COMPUTER PROGRAM.

COMMUNICATION, COOPERATION, COLABORATION

While this is being done, there are other responsibilities that Julius and Marty have to attend to. Games for other sports are going on and all the responsibilities of those sports do not let up, parent consent forms are coming in, money is being counted and countless other responsibilities need to be attended to.
CONFLICTS

Please check to be sure all parish and school related conflicts are reported to the DRA before the schedules are completed. There is a conflict form on the DRA website. If you have more than one parish represented on your team, please check dates for all parishes.

- First Communion
  - Practice
  - Retreat
  - Sacrament
- Reconciliation
  - Practice
  - Retreats
  - Sacrament
- Confirmation
  - Practice
  - Retreats
  - Sacrament
- School plays
  - Dress rehearsal
  - Performance
- Field trips
- 8th grade trips
- Outdoor education
- Scouts
- PSR classes
- Music Concerts
- High school band concerts
- Academic awards
- Sports banquets
- May crowning
- Talent Show
- Parish festivals/picnics
- School dances
- Father/daughter dances
- Mother/son dances
- Science friars
- History day
- School competitions
- 8th grade tests: Watterson, Ready, Hartley, DeSales, St. Charles
- Other parish and school related conflicts
## PLAYING TIME MANDATES*

<table>
<thead>
<tr>
<th></th>
<th>7th and 8th Competitive</th>
<th>7th and 8th Rec</th>
<th>6th</th>
<th>5th</th>
<th>4th</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soccer</strong></td>
<td>Parts of 2 quarters (approx. 15 minutes) or one full quarter</td>
<td>The equivalent of one quarter and a half (18 minutes)</td>
<td>The equivalent of one quarter and a half (18 minutes)</td>
<td>The equivalent of one quarter and a half (18 minutes)</td>
<td></td>
</tr>
<tr>
<td><strong>Football</strong></td>
<td>Minimum of 5 play depending on number of players</td>
<td>Minimum of 6 player depending on number of players</td>
<td>Minimum of 7 player depending on number of players</td>
<td>Minimum of 7 player depending on number of players</td>
<td></td>
</tr>
<tr>
<td><strong>Volleyball</strong></td>
<td>Must be entered in 1st or 2nd game—25% of playing time</td>
<td>Must be entered in 1st or 2nd game—equal playing time</td>
<td>1 uninterrupted game during the first or second game of match</td>
<td>1 uninterrupted game during the first or second game of match</td>
<td></td>
</tr>
<tr>
<td><strong>Basketball</strong></td>
<td>Minimum of 4 to 6 minutes depending on number of players</td>
<td>1 and ½ quarters (approx. 9 minutes)</td>
<td>1 complete, uninterrupted quarter and appear in another quarter</td>
<td>1 complete, uninterrupted quarter and appear in another quarter</td>
<td></td>
</tr>
<tr>
<td><strong>Track</strong></td>
<td>3 events per week</td>
<td>3 events per week</td>
<td>3 events per week</td>
<td>3 events per week</td>
<td></td>
</tr>
<tr>
<td><strong>Baseball</strong></td>
<td>At least one at bat and once in the field depending on # of players</td>
<td>Two full innings in the field</td>
<td>Two full innings in the field</td>
<td>Two full innings in the field</td>
<td></td>
</tr>
<tr>
<td><strong>Softball</strong></td>
<td>Bat at least once and playing at least 2 full innings in the field</td>
<td>Bat at least once and playing at least 2 full innings in the field</td>
<td>Bat at least once and playing at least 2 full innings in the field</td>
<td>Bat at least once and playing at least 2 full innings in the field</td>
<td></td>
</tr>
</tbody>
</table>

*Subject to change

July 2018
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.

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.

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.

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.
Diocesan Recreation Association
Ideas for Coaching As Ministry

Diocesan Recreation Association (DRA) is a sports program informed by the values of the Catholic Church. The important lessons of commitment, sacrifice, and choosing among good choices are part of the experience.

For DRA Athletics, our efforts of sports as youth ministry are rooted in the Latin “ministerium” which means service. We are fortunate to have so many people who give of themselves in service to our young people through DRA Athletics. It is important to root our sporting efforts in the most important gathering of our Catholic community – the Mass – and to ensure that our young people are blessed in their experience of athletics through DRA – both figuratively and literally.

It is a reminder that sports, as youth ministry and DRA Athletics are a vital part of the community of the Catholic Church. Therefore, it is suggested that one or more of the following take place in each parish/school that participates in DRA Athletics:

- Participation at Mass in uniform before games on Sundays
- Praying the Our Father and Hail Mary while doing exercises (planks)
- When breaking the team huddle asking the patron saint of the parish for support, “Mary, Mother of Victory, Pray for us”
- Discussing the patron saint of the teams you are playing
- Sharing facts about the saints before playing that team each week.
- Prayer during practices
- Prayers before and after practice
- Mass before an evening practice
- Have athletes take turns leading prayers—using traditional prayer or free form
- Praying for specific things, i.e. Learning something new, have fun, stay safe, to improve skills
- Asking for the intercession of St. Sebastian, patron saints of athletes
- Special intentions outside the world of sports
- Attending Mass and a pregame meal
- Team discussion around How is St. _______ Parish going to look and be good because of me?
- Discuss : God give us talents to be our best
- Team discussions on what the team did well and what we need to work on. What to do in different situations and what is unfair
- Create a team prayer
- Thought for the Day (TFTD)
  - Your potential is God’s gift to you; what you do with your potential is your gift to God
  - Your dreams won’t work unless you do
  - The only place success comes before work is in the dictionary
  - The road to success is always under construction
  - If you think you can or think you can’t, you are usually right.

July 2018
Diocesan Recreation Association
Ideas for Coaching As Ministry

- Team spirit award to encourage positivity—captain for the next game
- Draw names and complement the person at the end of practices; write and post an uplifting message
- Prayer Circles with special intentions
- Play 20 Questions while warming up. Have someone ask 20 yes-or-no questions in order to guess the person, place or thing. You can use saints, leaders, sports figures, or team members, etc.
- Guess the Biblical Figure—Come up with some creative descriptions of biblical figures and see if the team can guess them. For example, the “Hairiest man in the Bible” could be used to describe Esau

Other Ideas!

- Remember that coaches are youth ministers!
- Instead of one team leading the pregame prayer, have both teams and fans join in
- Joint huddle after the contest with coaches or athletes leading the entire group in prayer
- Participate in the Rosary Rally
- Kickoff Mass for season—set a date for the diocese; encourage all to participate; etc.
- Use the Coach Notes that come from Notre Dame for ideas
- Blessing of the Athletes at Mass;
- Recognition of Athletes before/during/after Mass for their participation and especially for those that reflect the principles of the Play Like A Champion Today® program, good sportsmanship and the spirit of DRA Athletics;
- Mass of Thanksgiving—Celebrate Mass after the championship weekend. Put a Prayer of the Faithful in for DRA athletes. Have players bring up the gifts.
- Make a visit to church as a team
- Go to adoration as a team
- Participate in a team service project
- Collaboration with Youth Minister/Faith Formation/Religious Education/Pastoral Staff to raise the level of Catholic identity within the DRA Athletics program

New Ideas in 2017

- The Five Finger Prayer
  - The thumb: Pray for your teammates past and present
  - The index finger: Pray for your coaches
  - The middle finger: Pray for the authority figures—ADs, league directors, the referees
  - The ring finger: Pray for your teammates who are hurt, sick or suffering
  - The pinky: Pray for yourself and for your opponents
  - Prayer Cards—make 4 x 6 laminated cards with a prayer on one side (Runner’s Prayer) and on the other side and inspirational quote, another prayer or a picture of a saint
- Invite guest speakers to a practice—this could be anyone with a message to share: a parent, a teacher, another coach, a former athlete

July 2018
Diocesan Recreation Association
Ideas for Coaching As Ministry

New Ideas in 2018
• For coaches:
  o Pray with the team roster in front of you, remembering each team member
• Breathing as prayer
  o Find a quiet place
  o Close your eyes and take 10 deep breaths
  o Focus on your breathing, expanding your stomach each time you breathe in
  o Each time you exhale, thank God for a blessing in your life
  o When you are done, sit for a while longer and just enjoy the silence before heading back to your day, practice, etc.

New Ideas in 2019
• Parishes hold a coaches evening of reflection
  ▪ What does the title coach mean to you
  ▪ What relationships are yo especially grateful for
  ▪ If done at the end of the season, how did the season go
  ▪ What does the school motto meaning to you
  ▪ How is your sport spiritual for you
  ▪ What was the special moment of the season

• Celebrate your alumni
• Pray with your roster—someone or something will stand out for prayer
• Have ceremonies
  o Award uniforms to the athletes instead of just handing them out
  o Have a parents night
  o Celebrate your 8th graders
  o Honor long term coaches
• Invite pastors and teachers to games
  o This will have a large impact on the kids. Children will be more comfortable in approaching the adults
  o Send them thank you notes for coming

Idea’s for Coaches
• Reread or use your PLACT Coaches Training Manual as a source
  o “Ask yourself and answer the following before each season:
    ▪ Why are you involved in Catholic youth sports?
    ▪ Identify a coach who has made a difference in your life. Whom did you select and why? What did this coach say and do that was memorable?
    ▪ What are the top 3 values that you hope to pass on to your players?
    ▪ What do you hope is you coaching legacy?
  o Reflect on how “coaching-as-ministry” impacts how...
    ▪ ...we develop each of your players’ skills and sense of confidence?
    ▪ ...we treat members of our team, our opponents, and officials
    ▪ ...we exercise authority as coaches
    ▪ ...we make up our lineups and distribute playing time
  o Coaching as Ministry: What Does this mean for our athletes?
    ▪ Keeping in mind that we are all God’s Children, champion practice their faith by:
    ▪ Reaching out to a lonely or unpopular teammate

July 2018
Diocesan Recreation Association
Ideas for Coaching As Ministry
- Helping a teammate get over a mistake
- Showing sportsmanship to an obnoxious opponent
- Standing up to a bully
  - “While playing sports, Christians also find help in developing the cardinal virtues—fortitude, temperance, prudence, and justice.” Pope John Paul II, Sept. 2004
    - Fortitude—pursuing goals with courage and persistence
    - Temperance—keeping sports in perspective, maintaining control, and leading a balanced life
    - Prudence—Sound decision making based on the good
    - Justice—Treating others with care and respect”

5 Ways to Encourage Athletic Success
- Be a good role model. Children learn as much from how you act as they do from what you say.
- Treat your athletes with respect and they will take your words and example to heart.
- Celebrate every child’s success and sincere efforts. Be generous with your words of praise.
- Have patience. Accept that children make mistakes, are inconsistency, and act thoughtlessly—this is part of being a child.
- Share your enthusiasm for the value of athletics and the fun of learning.

Possible Resources:
Living Faith Kids Daily reflections www.livingfaithkids.com There is a fee for this one
3 Minute Retreats 3MinuteRetreat@LoyolaPress.com This would be good for a short meditation prior to practice
Sacred Space http://www.sacredspace.ie/ Good way to begin practice.

CATHOLIC MEDITATION - FREE DAILY MEDITATIONS spiritualcatholic.com/catholic-meditation
Strong Catholic Family Faith-- Lots of ideas on this website.
http://www.catholicfamilyfaith.org/praying.html
Catholic Kids—Lots of ideas http://www.catholic-kids.com/index.html I liked the idea of a Bible Quiz
Prayer and Practice with Purpose by Anne Stricherz 2017 by National Catholic Educational Association (NCEA)
GUIDELINES FOR ATHLETES WITH SPECIAL NEEDS

Kids love to play sports, be around other kids, be accepted and part of the team. All kids benefit from physical activity, social interaction and feeling accepted and accomplishment. Kids with special needs are no different. The Diocesan Recreation Association believes that children with special needs are entitled to participate in organized sports and recreational programs unless their presence puts them or someone else in danger. Each case will be evaluated individually.

GUIDELINES FOR ATHLETES WITH SPECIAL NEEDS

1. All children should be offered the opportunity to participate in the Diocesan Recreation Program as long as no safety and other issues are present.
2. Accommodations may be made to enable the athlete to participate. Strengths of the child and challenges should be listed along with possible accommodations in consultation with the parish athletic director, the coach and parents.
3. Accommodations must be outlined prior to the beginning of the season and presented to the diocesan boys or girls director.
4. All final decisions will take into account the National Federation of High School and Ohio High School Athletic Association procedures and guidelines pertaining to athletes with special needs after discussion with the Diocesan Recreation Association directors. Attempts will be made to make accommodations if at all possible, but there are no guarantees.
5. Placement in the proper age group is vital to success. If the athlete should play at a different level than the player’s chronological age, permission must be asked of the parish athletic director and the diocesan director/s.
6. Placement in the recreation league as opposed to the competitive league could be an option for a player with challenges.
7. Safety concerns always come first, and good coaches are essential in any competitive sport for the disabled, parents of players with challenges should consult with coaches and resist overprotecting the players.
8. Player consultation should exist at some developmental stages.
**Diocese of Columbus**  
**Diocesan Recreation Association**  
197 E. Gay Street  
Columbus, OH 43215

**FEES FOR THE 2019-2020 SCHOOL YEAR**

I. **General Fees**

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team League Fee</td>
<td>Paid once per team</td>
<td>$60.00</td>
</tr>
<tr>
<td>Athlete Participation Fee</td>
<td>Paid once per sport</td>
<td>$15.00</td>
</tr>
<tr>
<td></td>
<td>Football Fees Only</td>
<td>$25.00</td>
</tr>
<tr>
<td>Flag football</td>
<td>Flag Football total fees</td>
<td>$50.00</td>
</tr>
<tr>
<td>Administrative Fee for Track</td>
<td>Paid once per Parish for track</td>
<td>$125.00</td>
</tr>
<tr>
<td>only</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cross Country</td>
<td>Participation Fees</td>
<td>$15.00</td>
</tr>
<tr>
<td>Forfeit Fee</td>
<td>Paid Annually carries over to the next year if not used</td>
<td>$200.00</td>
</tr>
</tbody>
</table>

*SOME FEES ARE DIFFERENT FOR HIGH SCHOOL BASKETBALL*

II. **Officials Fees**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Level</th>
<th>Cost Per Team</th>
<th>Number of Officials</th>
<th>Cost Per Team if One Official</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volleyball</td>
<td>Jr. Reserve, Reserve, Sr. Res. Jr. Varsity &amp; Varsity</td>
<td>$35.00</td>
<td>2</td>
<td>$27.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$40.00</td>
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<td>$30.00</td>
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<tr>
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<td>$32.00</td>
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<tr>
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<td>2</td>
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If an assigned official does not show for a game, please inform the Director or Commissioner.
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>
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<tr>
<td>Jr. Varsity</td>
<td>Seventh</td>
<td>Thirteen Years of Age</td>
<td>Seventh, Sixth and Fifth</td>
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<td>Sr. Reserve</td>
<td>Sixth</td>
<td>Twelve Years of Age</td>
<td>Sixth, Fifth and Fourth</td>
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<td>Reserve</td>
<td>Fifth</td>
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<td>Fifth and Fourth</td>
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<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.

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 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 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 my 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.

**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.

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

Revised 06-2019
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.

**XVIII.** 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, convery, 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
   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. This certification is good for 3 years.
      Please check your dates of completion and be sure you are up to date on the training.

Revised 06-2019
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

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

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

5) Complete the Sudden Cardiac Arrest Course found at 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. VIDEO TAPEING 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
Administrative Information For High School CYO

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 will be selected by the home team from the official prayer list, 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. There will also be a gym rental fee. For volleyball it usually runs $175 per team. For basketball it is $225 per team. 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.
   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. Eligibility
   All players must be members of the parish and/or attend one of the Catholic High Schools in order to play on the parish team.

V. Player Eligibility Rosters
   A. All participants in the Diocesan Recreation Association program must be registered members of a parish church to participate in the sports program. Students registered and attending one of the catholic high schools are also eligible to participate.
   B. All players must be members of the parish in order to play on the parish team. Parish mergers MUST be approved by the Diocesan Recreation Association BEFORE the mergers are made.
      1. All individuals must participate with their own parish in any sport in
which their own parish enters a team.
2. High school girls may merge to form 1 team from their high school,
   with prior DRA approval. One parish must take responsibility for the
   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 director.
   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. All mergers must be fair and equitable and make sense.

C. All players must have a signed Parent Consent form on file in the DRA office
   prior to participating in practices or an athletic contest.

D. A fully completed roster 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 only students of the parish on the team, the form must
      be signed by the PASTOR.
   2. 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
      Non-Diocesan school (or home school) becomes immediately ineligible upon
      withdrawal.
VI. 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. Officials—Officials are required to officiate any game that is to be considered a legal game. Officials my 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.

VII. 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.

VIII. Information Sheets and Conflict Forms
Hours of schedule preparation, the rescheduling of officials can cause a general hardship to many people as a result of incomplete information forms. 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.
2. Any team that forfeits a game must pay the officials for BOTH teams.
3. These fees must be paid to the DRA office BEFORE the parish will be permitted to participate in the next contest.

IX. 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-sportsmanlike 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.

X. 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.

XI. 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 letter from the player's pastor must be received by the commissioner before the player may participate in another game. A greater penalty may be assessed following a review of the incident.

XII. 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. 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.
XIII. 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.

The importance of meeting with the coaches before and during the game cannot be stressed enough. At appropriate times, officials should take the lead by confronting a coach who is upset about a certain call.

When officials are personally attacked, they should contact the gym supervisor, talk to the coach, and the league administrator and the commissioner of officials. Officials should use their best judgment about how to react, but **they must never return anger with anger.** We ask the parents, coaches and players to treat the officials with courtesy and respect. We expect nothing less from the officials.

XIV. 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.

XV. Suspension Rule

Any player or coach 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, and spectators 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. (also see Player Conduct)

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.
XVI. 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 high school 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.

XVII. **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.

XVIII. **Sunday Games and Practice**
No athletic related activities are to begin before 2:00pm on Sunday. Under NO circumstances are games, scrimmages or practice to start before 2:00 on Sunday. 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, weekend games on the Holy Day will not be held. Please check with your pastor regarding practices.

XIX. **Alcohol, Tobacco & Drug Policy**
A. No athletic director, coach, player, spectator, 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.
XX. **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.).

XXI. **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 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.
   a. 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 healthcare professional” shall be a physician, (MD or DO) and an athletic trainer, licensed.”

b. “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)
c. 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.

XXII. Sudden Cardiac Arrest

“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

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

XXIII. 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
4. Complete the NFHS online course on Concussions, and present the certificate to the parish AD.
5. Complete the Sudden Cardiac Arrest Course found at http://progressive.powerstream.net/008/00153/SCA_LL_CoachInfo.mp4

XXIV. 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.
XXV. 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.
How to form your CYO team

Gather boys or girls from you parish to form a team. You should have more than 7 to be sure you will not have to forfeit games.

Access the DRA website at www.columbuscatholic.org/recreation

Go to Sport Information; then click on Boys CYO sports or Girls CYO Sports

Complete the High School Sport Information form found on the site by Nov. 19—this lets us know that you will have a team

Have team members complete the Parent Consent form found on the site. If someone from another parish is playing on your team certain conditions must be met:

- Their parish is not fielding a team
- They must be active in their parish or enrolled and attending one of our the catholic high schools
- The pastor or principal at the high school must sign the parent consent form of non parishioners

Have your coach work with the parish AD to complete the both sides of the Eligibility Roster and have the pastor from your parish sign it. Be sure to include assistant coaches

Collect the fees for your team. You will owe:

- $60 per team
- $15 per player
- $225 gym rental fee

You will play an 8 game regular season schedule, plus tournament games. Officials fees are $45 per game and will be paid in cash directly to the official at the start of the game. You do not turn in the officials fees to the DRA, just the team fee, the player fee and the gym rental fee.

Completed Parent Consent forms, the eligibility roster and the fees are due at the DRA office on designated date.

No team will be permitted to play until all fees and forms are turned in to the office.