

SECRETARIAT FOR EDUCATION



DEPARTMENT FOR CATHOLIC SCHOOLS
GUIDELINES FOR CATHOLIC ELEMENTARY SCHOOLS
SPORTS PROGRAMS



THE DIOCESE OF PITTSBURGH
JULY 2011

September 2010

Dear Pastors, Principals, Athletic Directors:

In our continuing efforts to enhance the quality of our Catholic school sports programs, in particular their Christian perspective, these revised guidelines are now promulgated by the Diocese of Pittsburgh. These guidelines are very important and you are asked to follow them carefully. Dr. Ronald Bowes, Assistant Superintendent for Public Policy and Development and Athletic Director, is given the task of ensuring that these guidelines are properly implemented.

For over a decade we have used a well done video for accrediting all our elementary school coaches. Recently, we have decided to partner with the University of Notre Dame and initiated their Sports as Ministry Program entitled “Play Like A Champion Today” (PLC).

This research based, child centered educational series is designed to:

- help coaches more fully recognize the spiritual nature of sports
- train youth sport coaches to be effective ministers; and
- promote the moral and character development of our youth.

Our goal is to have every head coach accredited within a year or two, and then have the head coaches pass on the goals of PLC to their assistant coaches.

I want to thank you in advance for your cooperation in instituting this positive, quality accreditation program. Together we can insure that Catholic school sports programs are of the highest quality and dedicated to the spiritual, physical and social growth of the children in our care.

Sincerely,



Robert L. Paserba
Superintendent

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THE ROLE OF SPORTS IN CATHOLIC SCHOOLS

Catholic schools are excellent because they are holistic in nature, i.e. they educate the whole person. In addition to the spiritual and intellectual dimensions, there is the need for the physical development of each student.

The late Pope John Paul II, in his youth an avid sportsman, once said that sports can and must contribute to the integral development of the human person. It is not only a source of physical wellbeing, but an ideal of a courageous, positive, optimistic life, a means of integrated renewal of the person and society. Each one of us is called to follow Christ and to be His witness, included is the field of sports.

Catholic elementary schools in the Diocese of Pittsburgh support sports programs as part of their ministry to their students. Sports promote good health, strong self-esteem, loyalty, fair play, generosity, friendship, cooperation and other positive values.

First and foremost in the minds and hearts of all those involved in Catholic school sports programs should be the interest of the young people under their care. Every effort should be made to place competitive sports in a Christian perspective. The desire to win at all costs should be discouraged. Violence on the field, poor sportsmanship, excessive negative reinforcement, and other such inappropriate behavior should be eliminated. The emphasis should be on insuring positive reinforcement, skill development, teamwork and good sportsmanship.

It will be the goal of the diocese to certify all head coaches in the University of Notre Dame “Play Like A Champion Today” coach accreditation program. This way we will build on the already excellent culture of youth sport and enhance the life of each participant.

(INSERT FLOW CHART HERE)

CATHOLIC SCHOOL COACH APPOINTMENT REQUIREMENTS

The initial selection of coaches is vital if an athletic program is to reflect Christian values. A coach should not be selected purely for her/his knowledge of sports, but rather as a potential youth minister who will reflect and model the Gospel values that should be incorporated into the athletic program.

All coaches must:

- Demonstrate a consistent Christian ethic on and off the field or court.
- Possess Act 34 Clearance, which is a criminal background check and Act 151, which is a child abuse background check.
- Attend Protecting God's Children in-service.
- Attend the Pastoral Code of Conduct in-service and sign-off on the pledge.
- Complete Play Like A Champion Today program.
- Be approved by the pastor and principal.
- Have the necessary knowledge of the sport in order to insure the students have a worthwhile experience.
- Be emotionally stable and responsible.

All above requirements are to be monitored by the parish/school Athletic Director and reported to the DSC. Any lack of compliance will lead to league sanctions imposed by the DSC.

DIOCESE OF PITTSBURGH
Secretariat for Education ♦ Department for Catholic Schools

ANNUAL COACH'S PLEDGE AND REVIEW

A Good Catholic School Coach...

YES

NO

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------|-------|-------|
| *Begins each game with the Diocesan Prayer. | _____ | _____ |
| *Has reviewed the Coach's Accreditation Video. | _____ | _____ |
| *Has State clearances. | _____ | _____ |
| *Has attended Protecting God's Children | _____ | _____ |
| *Has signed the Code of Pastoral Conduct | _____ | _____ |
| *Knows the rules and sees that the players do also | _____ | _____ |
| *Has completed the Play Like A Champion Today three hour program | _____ | _____ |
| *Controls his/her emotions. | _____ | _____ |
| *Knows when and who to substitute. | _____ | _____ |
| *Speaks in a mannerly tone. | _____ | _____ |
| *Does not criticize or praise too much. | _____ | _____ |
| *Realizes that players never purposely make mistakes, and never ridicules. | _____ | _____ |
| *Concentrates on coaching and lets the officials call the game. | _____ | _____ |
| *Is fair and does not show favoritism. | _____ | _____ |
| *Never permits an ill player to practice or play. | _____ | _____ |
| *Never deliberately humiliates an opponent by pushing up the score. | _____ | _____ |
| *Insists that players accept victory with modesty, and defeat without alibi. | _____ | _____ |
| *Does not rehash a game right after the final whistle when emotions are high,
but saves detailed comments for the next practice. | _____ | _____ |
| *Realizes a team's reputation is built not only on its playing ability,
but also on its <i>sportsmanship, courtesy, and manner.</i> | _____ | _____ |

As a coach, it is my responsibility to provide my players with a safe and healthy environment. As a coach of a team representing my parish, school, and my diocese, I have the additional responsibility of providing the appropriate Christian leadership to my players and to make sure our fans know and respect our goals.

I have read the above pledge and agree to these directives.

Head Coach signature _____ Date _____
(or Assistant Coach)

Principal Signature _____ Date _____

End of season review

Head Coach Signature _____ Date _____
(or Assistant Coach)

EXPECTATIONS FOR A CATHOLIC SCHOOL COACH

- Accepts his or her ministerial role as a Christian role model on and off the field of play.
- Understands the rules and instructions his/her players regarding same.
- Controls his/her emotions.
- Knows when and who to substitute.
- Speaks in a manner and tone appropriate for his or her position. Realizes players never purposely make mistakes and never ridicules.
- Concentrates on coaching and lets the officials call the game.
- Is fair and does not show favoritism.
- Sets realistic practice and game schedules.
- Never permits an ill or injured player to practice or play.
- Insists that a team practice with the same enthusiasm and skill as demonstrated during a scheduled game.
- Uses **ALL** players in practice and in games.
- Never deliberately humiliates an opponent by pushing up the score.
- Insists that players accept victory with modesty and defeat without alibi.
- Does not review a game immediately after the final whistle when emotions are high but saves detailed comments for the next practice.
- Realizes a team's reputation is built not only on its playing ability, but also on its sportsmanship, courtesy and manner.

CODE OF CONDUCT

Coaches, Fans or Players

1. Offensive Actions

No coach, fan or player is to:

- (a) Refuse to abide by official's decision or use profane language or gestures.
- (b) Exhibit objectionable behavior, e.g. throwing equipment or any other forceful action.
- (c) Verbally abuse an official for any real or imagined unjust decision or judgment, or verbally abuse a player, opposing coach, diocesan representative or spectator.
- (d) Use any tobacco products such as cigarettes or cigars
- (e) Physically attack any person or threatening to harm anyone.
- (f) Use alcoholic beverages, illegal drugs or tobacco.

2. Penalty

- (a) Violation of "a-d" – one to five game suspension for first offense. Second offense – five to ten game suspension. Third offense – suspension for one year.
- (b) Violation of "e" – immediate suspension until determination by Diocesan Athletic Director.
- (c) Violation of "f" – immediate termination of all activities related to sports.
- (d) Any program that has repeated penalties or offenses is subject to probation or suspension by the Diocesan Athletic Director.

Ejection

Anyone ejected from the game must leave the premises.

For any of the above offensive actions a written report will be submitted to the Diocesan Coordinator by the game officials, athletic director or coach. The school principal will then be informed of the penalty by the DC after consulting with the Diocesan Athletic Director.

Please remember that the home team is responsible for security and crowd behavior. There is to be a building or field official appointed by the home team's athletic director who is responsible for the above.

COMPLAINT PROCEDURES

Any parent or other persons having a concern or complaint regarding the sports program of a particular school must first discuss the issue with the local school's administration. The policy in place at the local school for resolution of all issues must be followed. This might be with the school principal or athletic association or whatever local school policy is in effect.

All complaints regarding sports participation, suspected rules violations, etc should be resolved at the local school level. In the event after all attempts at the local school level, an amicable resolution to the particular issue cannot be attained, the issue may be brought to the attention of the Diocesan Sports Coordinator for the particular sport for resolution.

If the complainant believes that the issue must be addressed with the Diocesan Sports Coordinator, it is mandatory that the attached, Form C, be fully completed and submitted. To ensure a fair resolution and outcome, and to ensure accuracy of the particular issue, no complaints will be addressed without submittal of form C. Complainant's making phone calls, sending emails or other communications directly to the Diocesan offices prior to attempting to secure a resolution of the issue at the local school, will be instructed to complete Form C and submit it to the Diocesan Sports Coordinator.

The Diocesan Sports Coordinator, after consultation with all necessary parties, including the Diocesan Athletic Director, will determine the final outcome of all matters.

**Complaint Resolution Form (CRF)
Diocese of Pittsburgh**

NAME _____ **DATE** _____

SCHOOL _____ **SPORT** _____

NATURE OF PROBLEM _____

INITIATOR (Person with complaint)
(Brief description of circumstances)*

RESPONDENT (Person the complaint is with)
(Brief response)*

ATHLETIC DIRECTOR'S RESPONSE

DIOCESAN SPORTS COORDINATOR REVIEW

DIOCESAN ATHLETIC DIRECTOR DECISION (if necessary)

SPECIAL RULES

SUNDAY (THE LORD'S DAY) RULE

No athletic activity is to begin before 1:00 PM on Sunday. In case of special circumstances, the Athletic Director of the school, with the pastor's permission, is to contact the Diocesan Athletic Director for an exception.

THE TRIDUUM AND HOLY DAY'S RULE

No games or practices are to be held on Holy Thursday, Good Friday, Easter Sunday, or holy days, even if school is in session. The Holy Days in the United States include:

1. The Solemnity of Mary, the Mother of God
2. The Ascension
3. The Assumption
4. All Saints Day
5. The Immaculate Conception
6. Christmas

CROWD CONTROL

The home team is responsible for providing a building or field official to keep the fans under control. This designated person is to report to the game officials prior to the start of any competition. After one warning, a person may be asked to leave the premises by the building or field official. If the individual refuses to leave, appropriate action may be taken, such as calling public safety officials for assistance.

If there is a problem that develops at the game and the home school does not have a person responsible to control the situation, sanctions may be applied.

GAME TIME

Games cannot be started after 8:30 PM on a school night.

SAFE ENVIRONMENT

All schools are to insure that their sports facilities are safe and in playable condition. Common sense should be used in adverse weather conditions.

SPECIAL RULES 9A

EXTREME WEATHER

- The officials and coaches will halt any athletic event when lightening is in the area.
- If the outside temperature is in the 90's and the humidity is 50% or above, the athletic activity should be cancelled. If it is very hot, but below the above level, the coaches and officials should take appropriate measures to insure student athletes get enough fluids and rest. In all cases the coaches of the home team has overall responsibility for taking common sense precautions.

CATHOLIC ELEMENTARY SCHOOL SPORTS PARTICIPATION POLICY

The overall objective of Catholic elementary school sports is to provide each student with a positive Christian athletic experience through instruction, development, practice and game participation. Although a reasonable competitive approach is encouraged, a win-at-any-cost philosophy is not.

It is extremely important that each school provide some way for every interested student to be able to participate. This can be done, by having an additional team to serve students unable to make the more competitive team. This would eliminate any necessity to “cut” students out of a sports program.

The following guide is provided:

3rd and 4th Grade – Introductory Level Teams

At this level, any sports program offered is strictly introductory and developmental. Basic skills and fundamentals should be taught. There is no scorekeeping in any games until end of the year tournaments.

Playing time should be equal as possible.

5th and 6th – Junior Varsity Level Teams

Every student should have a place to play and playing time should be as equal as possible. There must be a team available for all students even if you have to provide a second team.

7th and 8th – Varsity Level Teams

Varsity teams may be formed on the basis of player proficiency, allowing players to compete at a level appropriate to their development.

There is no guarantee of equal playing time, but every school is asked to provide a second team so that no student is excluded from playing. Every effort should be made so that every player has some playing time in every game.

Player Movement

A player may be permitted to play up to a higher level, but never played down to a lower level.

Responsibility of Student Participants

Players must realize: attendance, behavior, effort and attitude are factors that may affect their playing time.

If a Catholic school does not have a team in a particular sport, it may get permission for their students to join a neighboring Catholic school's team in that sport.

Boys should play on boy's teams and girls on girl's teams when available. A co-ed sport, such as, soccer is designated by the Diocesan Athletic Director. When there is no access to a sport by one gender, at the junior varsity level only, the individual student may participate in the other gender's program with the pastor and principal's consent.

Player Transfer

When a player transfers to another Catholic school, eligibility will be determined by the Diocesan Athletic Director.

INDIVIDUAL SPORTS PROGRAMS

BASKETBALL



CATHOLIC GRADE SCHOOL BASKETBALL LEAGUE

CODE

1. BEFORE PLAY BEGINS:

A complete player's roster must be signed by the pastor or principal and mailed to the diocesan Basketball Coordinator (DBC).

2. ELIGIBILITY:

- (a) Eighth grade students and under.
- (b) No player can be 15 years of age before October 1. (Exceptions can be requested through appeal to the DSC.)
- (c) Each player must be enrolled in the sponsoring school or diocesan approved sports mergers.
- (d) Players cannot play on high school freshman junior varsity or varsity teams.
- (e) A player can participate four years in grades 5 through 8. Special cases are referred to the DBC and the review board.

3. EQUIPMENT:

Players must have numbered jerseys of the same color. (There shall be no penalty for illegal numbers.) The home coach must provide the time clock, and should have a back-up clock available. An adult shall be considered a high school sophomore or above. After the start of the game, no protest will be honored regarding the qualifications of the clock operator. The home team shall keep the official clock and official book. The home team shall make space available for the opponents next to the official clock. Clocks are to be operated by adults where possible.

4. NEW PLAYERS:

Eligible players may be added to the roster by notifying the DBC prior to participation in any game.

5. GAMES:

Weekday games must be played in the evening beginning at 6:00 PM, but no later than 8:30 PM. Sunday games will be played after 1:00 PM. In case of multiple games (J.V. & Varsity) games are to be scheduled at one hour and 15 minute intervals. If a team refused to play a league game, that team will be barred immediately from the league for that season.

6. **RULES:**

Official High School Basketball Rules shall apply, with the following exceptions:

- (a) Six-minute quarters
- (b) Catholic school floors will have three-point arc.
- (c) An official ball will be used in all league games.
- (d) Two officials are assigned to each game. However, the game may be played as a league game with only one official if both coaches agree before the game starts. A game will be forfeited if the attending official(s) is not certified.

The following rules will apply to elementary school basketball programs:

- (e) Practice shall not begin before October 15 for boys or girls.
- (f) A team shall play no more than 26 games, plus tournament games and diocesan playoffs. Four scrimmages are allowed. A scrimmage is defined as any competition with another team.
- (g) A team is permitted to play only one game each day except in tournament play.
- (h) A player is allowed only six quarters of organized basketball in one day, overtimes excluded. This rule is waived if a varsity team has 9 or less players.
- (i) A student transferring from one Catholic school to another is not eligible to play with the permission of the Athletic Director.
- (j) Schools with large numbers of students may field two teams with one participating in a different section of the same classification. If you choose a lower classification, you are not eligible for the diocesan playoffs.
- (k) Proven violation of the above rules will result in the immediate termination of the coach for that basketball season.
- (l) Teams are not permitted in the locker rooms without an adult chaperon of the same gender.
- (m) Good sportsmanship is to be practiced at all times.

These rules apply to all basketball teams—boys, girls, varsity, junior varsity, etc.

All other league rules remain in effect.

7. **OFFICIALS:**

Fees will be determined each year.

Beaver Valley – Ohio Valley – and Serra sections will assign their own officials. Other sections call Mr. Ray Schaming, the DBC, for officials. Phone: 412-881-0309.

8. **CANCELLATIONS:**

- (a) Games may be canceled because of inclement weather only with the mutual consent of both coaches and moderators. If they cannot agree, the DBC will make the decision. Proposal for cancellation must be made four hours before game time the day of the game.
- (b) No scheduled games may be canceled on the basis of sickness unless the entire school is closed because of widespread illness.
- (c) The home team will call the Official's Representative to cancel referee. The officials will receive their fee if they are not notified in sufficient time.

9. **FORFEIT:**

Game is subject to forfeiture if team has not taken the floor within one-half hour after scheduled time.

10. **PROTESTS:**

- (a) All protests are to be submitted in writing by the coach to the DBC.
- (b) All protests accompanied by a \$15.00 fee will be returned if upheld.
- (c) Protesting coach must notify official and opposing coach at the point of discussion of his intention to protest.
- (d) No protest on "Judgment Plays" by officials.
- (e) Time allowed for protests:
 - 1. On player eligibility—until end of season.
 - 2. On game itself—within three days.

11. **PROTEST BOARD:**

- (a) The DBC will appoint a Protest Board.
- (b) Coach, priest and/or principal from the teams involved will be allowed to present their protest verbally at that time. (Protest must still have been submitted previously in writing.)

- (c) The protest Board has the power to forfeit a game.
- (d) The Protest Board has the power to invite witnesses.

12. TROPHIES:

Trophies will be awarded to Class A and class B as follows:

- (a) To each section winner
- (b) To the first and second place teams in the post-season play-offs.
- (c) To five all stars and most valuable player in the post-season play-offs.
- (d) Fifteen individual trophies to the first and second place teams in the post-season play-offs.

13. CHAMPIONS:

There will be one Diocesan Champion team. Details of the tournament to be worked out by the DBC.

14. TIES:

In the event of a tie for first or second place for a Diocesan Tournament berths; a playOff game(s) will be played. One game will be played in the event of a two-team tie. For a three-way tie; a draw will be held to give one of the three teams a bye. The winner of the playoff game will play the bye team. A draw will be held for Diocesan Tournament berths in the event time does not permit playoff games to determine playoff berths. After official's fee has been deducted from the gate, the two participating teams and the neutral floor host will split the receipts three-ways. The host school will realize all the profits from the refreshments. In the case of sectional ties it will be the responsibility of the Section Representative to secure a neutral floor. A team refusing to play on the selected floor will forfeit the game. A neutral floor is one that is not the home floor of either participating team.

15. PLAY-OFF ADMISSIONS:

The price of admission for the post-season Diocesan Play-Off games will be set annually.

16. LEAGUE FEES:

League fees are assessed and collected each year by the DBC.

A SCHOOL THAT WITHDRAWS FROM THE LEAGUE DOES SO UNDER THE FOLLOWING CONDITIONS:

- (a) The withdrawing school may not apply for re-admission until three years have elapsed. Eligibility will not take place in less than four years after withdrawal. Special cases may be acted upon by the DBC.

GIRLS ELEMENTARY BASKETBALL

The following constitute rules applicable to the girls' basketball program. All other rules in the general basketball code apply to boys and girls programs:

1. The circumference of the ball used in girls' games should be within a minimum of 28- ½" to a maximum of 29 inches. The weight of the ball should be within a minimum of 18 ounces to 20 ounces.
2. A female chaperon must be present with a team at all games and in locker rooms. Teams are not permitted in locker rooms without a female chaperon.
3. Other variances from the general basketball code will be detailed at a girls' basketball meeting or distributed in a memo by the Girls Basketball Coordinator.

CATHOLIC ELEMENTARY SCHOOL

FOOTBALL



GRADE SCHOOL FOOTBALL LEAGUE CODE

FEES AND ROSTERS:

Due before the first league game:

1. Send current league fee to Ray Schaming
1069 Augusta Way
Pittsburgh, PA 15236-2072
412-881-0309
2. Send one complete eligibility roster to the Diocesan Football Coordinator.
3. One complete eligibility roster made out must be given to each of the opposing league teams at the section weigh-in. **THIS IS A MUST**. Section representatives or alternate will attend the opposite section weigh-in.
4. Number of players on roster is unlimited.
5. There will be two official weigh-ins. At each weigh-in the section representative will verify each team's official roster. The only players that may be added to this roster are:
 - (a) New students entering the school after the first weigh-in date.
 - (b) Players hospitalized on day of weigh-in.
 - (c) Players who can submit verification (signed statement from a physician) that they were unable to attend the official weigh-in because of serious illness.

After the Diocesan Football Coordinator has investigated these exceptional cases, this player may be added to his team's official roster. The player must be weighed in by the Wednesday prior to his team's next scheduled league game. This applies to the first weigh-in only. The section representative will then notify each team in the section of additions to the official rosters. Any new student entering the school for the first time not meeting any of the above rules (a, b, c) will be taken under consideration by the Board of Sectional Representatives.
6. Coaches should have in writing on file at the school: (samples in appendix.)
 - (a) Medical certificates for each player.
 - (b) Parent's permission for each player.
 - (c) Insurance certificate for each player.

RULES: J.V. and Varsity teams follow the same rules.

1. Interpretation is that used by the National Federation of State High Schools Association. With noted exceptions:
 - (a) Fields are to be played as they are regardless of length.
 - (b) On a kickoff, lineman cannot advance the ball if it is caught 10 yards behind the restraining line; also, no player weighing over 133 lbs. can be positioned behind the receiving team's 45-yard line.
 - (c) Quarters will be of 8-minute durations for Varsity and JV. Half time will be 15 minutes.
 - (d) The second game will be scheduled to start 1 hour and 45 minutes after the start of the first game.
 - (e) Three time outs per team will be permitted per half.
 - (f) The home team shall decide whether or not a field is fit for play.
 - (g) Coaches must meet with officials before the games to discuss rules and field conditions and secure their names.
 - (h) Any player regardless of his position, weight, or whether he is on offense or defense may advance fumbles and interceptions.
 - (i) All scheduled league games must be played on Friday, Saturday or Sunday. The league director must sanction any exception for play on any other day or night and said exception must be for a very valid reason. If absolutely necessary, make-up games will be played on weekdays. Sunday games cannot start before 1:00 PM.
 - (j) Section representatives must be notified by the home team of any and all changes, as to date, time, and place of league games.
 - (k) These rules are to be adhered to rigidly. Any deliberate violation of these rules in the judgment of the section representative and league director shall mean immediate suspension of the violating schools for the remainder of the season and all league games shall be forfeited.
 - (l) All coaches must have PA Act 34 and Act 151 Clearance.

2. Pre-season training:
 - (a) THERE SHALL BE NO FOOTBALL PRACTICE PRIOR TO AUGUST 16th.
 - (b) A team or part of a team may not train or practice as a separate group at any place before August 16th.
 - (c) You may open your gym or field to all school students. **NO COACHING NOR PRACTICE IS TO TAKE PLACE.**

3. The football shoes worn by all players in the league must be equipped with either rubber or polyethylene cleats. Any player playing with metal cleats shall be ejected from the game and is not to return for the duration of the game.

ELIGIBILITY:

1. Players who are not full-time students of a school or who have been graduated from the eighth grade are not eligible.
2. Any player who reaches the age of 15 before October 1 of the current school year will be ineligible to engage in league competition.
3. A player can only participate 4 (four) years in grades 5 – 8. A review board made up of section representatives will act upon special cases.

WEIGH-IN:

1. Sections will weigh-in all teams. Each section representative shall set a time, date and place for all teams in his section to be weighed in. He shall accordingly notify all of the teams in his section as well as the league director. ALL coaches shall be present at the weigh-ins and have with them one roster for each of the opposing teams plus the one for the Diocesan Football Coordinator.

WEIGHT LIMIT:

1. Any player weighing more than 133 lbs. at the first weigh-in may not play in the backfield or at end on offense/defense. The weight limit for interior linemen on offense is 139 lbs., except for two boys 149 - 170 lbs. inclusive, who must play center, guard or tackle positions only. Any boy may punt or kick extra points, however, if he is above the weight limit for backs or ends (133 lbs.) he cannot run with the ball or pass the ball, regardless of circumstances.
2. This weight rules do not apply to the defense with the exception of the rule concerning the two boys between 139 - 170 lbs. There can still only be two boys in this weight bracket playing at the same time, and they must be no more than 1 (one) yard off the line of scrimmage, opposite an interior lineman (center, guard or tackle), and in a 3 (three) or 4 (four) point stance at the snap of the ball. Safetymen on defense cannot exceed 133 lbs. A player weighing in excess of 133 lbs. cannot run back punt returns.
3. The first official weigh-in determines the position to be played, as explained above in Number 1. A change in weight after the second weigh-in over 133 lbs. cannot play back or end on offense.
4. Inside linebackers (139 lbs. max.) must be within the offensive tackles at the snap of the ball. After the second weigh-in, inside linebackers (139 lbs. max.) must be within the offensive tackles at the snap of the ball.

Varsity Weights

First weigh-in Weight up to and including		Second weigh-in Weight up to and including
Offensive Backs		
Defensive Backs	133 - - - - -	133
Offensive Ends		
Defensive Ends		
Inside Linebacker-----	139- - - - -	-139
Down Lineman-----	170- - - - -	-170

JV Weights

First weigh-in Weight up to and including		Second weigh-in Weight up to and including
Offensive Backs		
Defensive Backs	122 - - - - -	122
Offensive Ends		
Defensive Ends		
Inside Linebacker-----	130- - - - -	-130
Down Lineman-----	162- - - - -	-162

A down lineman who misses the weight at the first weigh-in, but makes weight at the second weigh-in may participate in any remaining games.

NOTE: At the first weigh-in, players will only be allowed to be weighed once. **NO** second chance at the first weigh-in.

Changes to weight classifications will only be considered in even years.

If a player participates in only ONE PLAY in an out of weight category, the game will be forfeited, when brought to the attention of the Diocesan Football Coordinator.

OFFICIALS:

1. Three officials recognized by the Pennsylvania Interscholastic Athletic Association (PIAA) will be used. The home team will be responsible for paying the officials. Official's fees will be set each year.
2. Four officials will be used for the Diocesan Championship game at the current rate.
3. An additional \$5.00 per official per over-time period will be assessed if needed.

CANCELLATIONS:

1. Games may not be canceled or dates may not be changed, except by the League director. If by mutual agreement a game must be canceled or a date changed, the Section Representative must be advised and any change must have his sanction. The League Director must be notified on any change. The Home Team must notify officials and opposing coaching the event of a canceled game 2 (two) hours before scheduled time. (The above rule does not apply or repudiate line (f) under "RULES".)
2. Officials will be paid full fee if they are not notified of cancellation. The home team is responsible to cancel officials.

PROTESTS:

1. All protests submitted in writing by coach to the Diocesan Football Coordinator.
2. All protests accompanied by \$5.00 fee, returned if upheld.
3. Protesting coach must notify official and opposing coach at the point of discussion of his intention to protest. The Diocesan Football Coordinator must be notified of protest immediately following the game.
4. No protest on "Judgement Plays" by the officials.
5. Time allowed for protests:
 - (a) On player eligibility – until final league game.
 - (b) Game itself – within 3 (three) days following.

PROTEST BOARD:

1. The Protest Board will be made up of the sectional representatives and no more than 2 (two) additional members to be designated by the Diocesan Football Coordinator, if deemed necessary.
2. Protest Board will allow 1 (one) coach and 1 (one) priest from each of the two protesting teams to attend protest meeting. This meeting must be held within a week following the receipt of a written request.
3. Coaches and parents from the team involved in the protest will be allowed to present their protest verbally at that time.
4. The Protest Board has the power to forfeit a game.

5. The Board will render a decision within 48 hours of the protest meeting and the involved teams will be notified of the decision.

TEAM REPRESENTATIVES:

Shall consist of one head coach or assistant coach from each team.

Duties of the Team Representatives

- (a) Conduct pre-season sectional meeting on code.
- (b) Attend pre-season board meeting on code.
- (c) Advise on schedules, sectional arrangements.
- (d) Shall have the power of suspension up to 3 (three) years for any violation of these league rules.
- (e) Meet annually to review and revise, if necessary, existing rules.
- (f) Rules on teams withdrawing from the League and requesting re-entry into the league.

CHAMPIONSHIPS:

The number one team in section will be declared the section champion. The JV and Varsity section winners will play games to determine the Diocesan Champions.

Should there be a section tie at the end of the regular season; the section winner will be determined by head-to-head play.

If a winner cannot be declared by the head-to-head play, then the overtime format will be used to determine the section winner. In the event of a three-way tie, a neutral site will be used by Wednesday of the week following the last playing date. A coin flip(s) will be used to determine one of the teams to be a “bye” team for the first overtime session. The loser of the first overtime session will then play the “bye” team. The loser of each overtime session will play the next overtime session as needed to determine an ultimate winner. The three teams will play each other until two of the teams each have two losses.

TROPHIES:

The Diocesan Football Coordinator will award trophies to each Varsity and JV section winner and JV and Varsity Diocesan Champions.

CATHOLIC ELEMENTARY SCHOOL

VOLLEYBALL



VOLLEYBALL

The volleyball program in the Diocese of Pittsburgh has a boys program and a girls program.

The rules and regulations followed by our schools are those found in the High School Volleyball Rules, this section also contains the official volleyball score sheet, volleyball line-up sheet and team position sheet.

If you have any questions, please feel free to contact the Diocesan Volleyball Coordinators, boys, Pete Swauger or Ray Bobak for girls.

Additional annual league rules may be distributed by the volleyball coordinators after consulting with the Diocesan Athletic Director.

PITTSBURGH DIOCESAN VOLLEYBALL

League Rules

These rules apply to both the boy's teams and girl's teams.

1. The League will follow the PIAA or high school rules.
2. One copy of a complete player roster, signed by the Pastor or Principal will be sent to the league coordinator, prior to the start of the season.
3. Player Eligibility:
 - (a) Eighth grade students and under
 - (b) Varsity (grades 8 and under), J.V. (grades 6 and under)
 - (c) Player must be enrolled in the sponsoring school
 - (d) Player must not be 15 years of age before September 1
 - (e) Players are forbidden to play on high school teams
 - (f) A player can only play four years in grades 5 through 8
4. Players must have numbered jerseys of the same color. Numbers should be on the front and back. The home coach will provide the scoreboard, and scorekeeper. Each team will provide one line judge. Scoreboard operators, scorekeepers, and line judges will be high school sophomores or above. The home team shall be the official clock and book. The home team shall make space available for the opponent's scorer next to the official clock.
5. New players shall be added to the roster by notifying league coordinator by mail. Players are eligible only after official notice is received by league coordinator and signed by a school official.
6. All games must be played in the evening with the exception of Saturday and Sunday. When J. V. and Varsity games are played together, games are to be scheduled at a one hour and fifteen minute interval. **Remember Sunday games must begin after 1:00 PM.**
7. If an official is not notified of a cancellation at least 3 hours prior to a game, that official will be paid for the game.
8. All schools must provide proper protective equipment (pole and base padding). If the official deems the equipment unsafe, the school will forfeit the match.
9. Any high school approved ball can be used in all varsity matches.

10. The service line will be the back line for all teams for the entire season of play and playoffs.
11. All coaches and assistant coaches will have Act 34 and Ace 151 clearance as specified by the diocese.
12. A system for reporting game results will be sent out before the start of the season.
13. There will be unlimited substitution, as long as, the player returns into the game for the same position that she/he left from (for the same player unless another player has already substituted there).
14. The net will be a height of 7' 4" for boys and 7' for girls.
15. Fourth grade students can play J.V. volleyball as long as they do not play at the expense of 5th and 6th grade students. In other words, if you need players to make up a squad, and fourth grade players are your only alternative, then that is permissible. However, if you have several outstanding fourth grade players who are playing at the expense of older players, then that is not permissible.
16. Fifth and sixth grade students may play up on Varsity only if the Varsity squad is lacking enough players to field a team (8 player minimum). If players play up on Varsity, they will then be ineligible to play in the J.V. game.
17. As per 1998 changes in PIAA rules, a serve may not be blocked or attacked.
18. As per 1998 changes in PIAA rules, upon the consent of both coaches, rally scoring may be used in the fifth game of any three of five game match.
19. There shall be a 25 minute warm-up period between J.V. and Varsity matches, as follows:
 - 20 minutes shared hitting (captains meet during this for coin toss)
 - 5 minutes serving team gets 5 minutes full court warm-up
 - 5 minutes receiving team gets 5 minutes full court warm-up
 - 5 minutes both teams serve
20. At the end of each game, players on the court will go to the back line and then traverse around the court to the other end. Players on the bench will also switch ends. Coaches will submit lineups for the next game to the scorer and play will begin in an expedient manner.
21. Players must wear kneepads during all play.

Diocesan Boy's Volleyball League Rules

The League will follow the **PIAL rules** – including rally score – (copies available from PIAA).
Some important notes:

- Each JV match will be best of three. The first 2 games will be rally score to 25. The third will be rally score to 15. To give young players more experience, a third game will be played even if one team wins the first two.
- The Varsity match will be best of five. The first 4 games rally to 25 and the fifth game to 15. If one team wins in 3 or 4 games, the rest of the games are played only if both coaches and especially the referee are in agreement. Rule highlights:

The height of the net is to be 7'4".

There will be unlimited substitution as long as the player returns to the same position from which he left.

A serve may not be blocked or attached, but may be set.

Blocking with one hand is permissible except from the back row.

Two time outs will be awarded per team per game.

Players ineligible to play for any reason – injury, illness (out of school), academic probation, disciplinary – must not dress for games.

Equipment

- All schools must provide proper protective equipment (pole and base padding). If official deems the equipment to be unsafe, the school will forfeit the match(es).
- The Tachikara SV5W has been designated the official league ball for both JV and Varsity. Any high school or USVB approved ball will also be acceptable. No “volley light.”
- Players must have jerseys of the same color numbered legibly on the front and back of the jersey. Shorts do not have to be exactly the same, but should be the same color with striped allowed. The stripes must be white or the color of the shirt.
- Jersey numbers may run from 00 to 99.
- No jewelry or other hard plastic or metal apparel may be worn.
- Players must wear kneepads during all playing time.

- All games must be played in the evening with the exception of Saturday and Sunday games.
- No Sunday games before 1:00 PM. When JV and varsity games are played on the same day, they will be scheduled 1 (one) hour apart. The one hour difference is for scheduling only to ensure all athletes are present in case the JV match runs quickly. The JV match should play three games regardless of how much time it takes and the varsity match start 22-minutes after the JV match ends.
- Gym doors should open 45 minutes prior to the beginning of the match. The gym must be available for both teams to warm up simultaneously.
- The gym does not have to be ready for play at the time of opening and visiting teams should be courteous with respect to gym set up.
- Teams should not interfere with their opponents' warm up and should go directly to their designated side.

There will be a 22-25 minute warm-up period between JV and varsity matches as follows:

- 10 minutes half court warm-up – both teams.
- 6 minutes full court warm-up – serving team.
- 6 minutes full court warm-up – receiving team.
- The home team will provide the official scorekeeper and operator for the scoreboard, and will provide space for the visitor's scorekeeper. Each team will provide one line judge.
- There will be a spoken prayer at center court before both JV and varsity games led by the home team.
- Starting teams will line up at the back line and proceed to the net to shake hands before the first game of the match.
- At the end of each game, players on the court will go to the back line and then traverse around the court to the other end. Players on the bench will switch sides. Coaches should submit lineups for the next game and play will begin.
- The home team is responsible for reporting game scores to the league coordinators at 412-885-4429 or at the swauger@pghfamily.net within 24 hours of the match.

Officials

- Officials will be paid \$25.00 per match or \$50.00 per JV/varsity match.
- Officials must be notified of a cancellation at least 3 (three) hours before game time. Otherwise, the official must be paid for that match.

Cliff Ziegler is responsible for scheduling referees 412-885-6041. Once referees have been assigned, scheduling changes must be made directly with referees. I will get you a list of officials and phone numbers once they have been assigned.

Player Eligibility/Coaches

- Play in the league is open to all boys 8th grade and under and under age 15. Varsity 8th grade and under; JV 6th grade and under.
- Players must be enrolled in the sponsoring school or another diocesan school that does not have a volleyball team. Players may not play on high school teams.
- Players may play only 4 (four) years in grades 5 through 8.
- Fourth graders may play JV only to the extent that they do not exclude 5th and 6th graders.
- Likewise, 5th and 6th graders may play varsity only to the extent that they do not exclude 7th and 8th graders.
- If JV players play up on varsity, they are still eligible to play in the JV match.
- Players may not be switched from roster to roster at the same level of play. Roster violations will result in forfeiture of the match.
- One copy of the complete player roster for each team, signed by the pastor or principal should be sent to the League Coordinators prior to the start of the season.
- Roster changes must be signed by the pastor or principal, sent to and received by the league coordinators before a player is eligible to play.
- All coaches must have Act 34 and Act 151 clearance as specified by the Diocese. Must be on file with your athletic association.

CATHOLIC ELEMENTARY SCHOOL

SOCCER LEAGUE RULES



DIOCESE SOCCER LEAGUE RULES

All Diocese Soccer League games will be played with the most current Official High School soccer rules. All DSL rules supercede the high school rules.

Violations will result in penalty as stated in the Official High School Soccer rulebook. The DSL and the Diocese of Pittsburgh reserve the right to apply further sanctions, as deemed appropriate, against a player, coach, spectator, school or referee who is found violating any Official School or DSL soccer rule.

ILLEGAL EQUIPMENT:

- Shoes with metal tips, or any type of full metal cleats, will be considered illegal and are prohibited from use in any DSL practice, scrimmage or game.
- Any soccer ball without the NFHS authenticating mark.
- Jewelry, with exception of medical bracelets or medical medals. Medical bracelets and medals must be taped to the to the body.
- Hair control devices not made of soft material and/or for adornment.
- Ankle bracelets, unless covered by a stocking or other suitable material.

UNIFORMS:

- The home team must have an alternative colored jersey, or pinny, to avoid a conflict with the visiting team's jerseys.
- Team players jerseys must be of the same color. Team player shorts must be of the same color. Team jerseys and shorts do not have to be matching colors.
- All jerseys must be numbered.
- All jerseys must be tucked in at all times.
- Shin-guards are required at all times at practices, scrimmages and games.
- Players may NOT alter shin-guards, wear them where protection is not provided to the shin, or wear shin-guards that are not the appropriate size.
- Socks must cover the entire shin-guard at all times.

- Socks must be of a single dominant color. Team players must wear the same colored socks.
- DSL recommends all male players wear athletic supporter or protective cup.
- DSL recommends all players wear a mouth guard.
- Goalies helmets are not required, but the DSL highly recommends they be used.

Each coach is responsible for ensuring that each of his/her players is properly equipped and in uniform. The use of illegal equipment is prohibited even if referees and/or coaches of both teams approve it.

A player improperly equipped or dressed shall be instructed to leave the field of play when the ball next ceases to be in play. Play shall not be stopped immediately for an infringement of equipment or uniform except if the referee stops the play immediately where there is an immediate dangerous situation. There shall be no substitute until the next opportunity to substitute. The removed player may re-enter the game, during a dead ball, after reporting to an official who shall be satisfied the player's equipment and/or uniform is in order.

LENGTH OF SEASON AND SCHEDULES:

- Two seasons will be offered: Fall and Spring.
- Each season will be 7 or 8 weeks long, depending on field availability, daylight time for game play, make-up game availability and playoff field availability.
- Schools can participate in one or both seasons.
- Teams will be registered on or before the general meeting, the third Thursday in July (Fall Season) and February (Spring Season).
- Start of Fall Season is immediately after Labor Day.
- Start of Spring Season will be determined by DSL coordinators prior to the season.
- Schedules will be distributed at the mandatory coaches meeting, the third Thursday in August (Fall Season) and March (Spring Season), only if school team(s) fees are paid in full.
- Practices may begin three weeks prior to the first scheduled game. Violation of this rule will result in a school not being eligible for the DSL Playoffs.

- The Diocese of Pittsburgh dictates that no DSL game may begin before 1:00 PM on a Sunday. Any request for exemption of this rule, due to conflicts, must be submitted in writing and signed by the school’s pastor, or principal, to the DSL. Reasons for early Sunday games might be: field availability, inclement weather, etc. Games are not to be played early on Sundays to accommodate travel players.

The DSL coordinators reserve the right to change the general meeting and the mandatory coaches meeting from the third Thursday of February, March, July and August, if the need arises.

GAME BALLS:

- Varsity: Size 5 NFHS approved balls only
- Junior Varsity and Developmental: Size 4 NFHS approved balls only

LENGTH OF GAMES:

- Junior Varsity and Varsity: Two 30 minute halves
- Developmental: Two 25 minute halves recommended

A game shall be considered LEGAL at the end of the first half. The score will be considered final at this point if cancelled by the referee.

There is NO OVERTIME in regular season games.

FIELD CONDITIONS:

The Home Team is responsible for determining playability of the field prior to the game.

The referees are responsible for determining playability of the field after the game begins.

The visiting team (also home team if referee makes the decision) must abide by the decision made by the home team/referee or risk a forfeiture of the game. All ruling will be final upon review by the DSL Coordinators.

The occurrence of lightening during a game is just cause to postpone and/or cancel a game. After lightening has left the area, game should not be resumed for at least 30 minutes and is at the discretion of the referee.

LEAGUE FEES:

- Junior Varsity and Varsity \$70.00 per team
- Developmental: free

Team fees are due on or before the mandatory general meeting each season:

7:00 PM at St. Paul Seminary the third Thursday of Fall (Fall Season) and February (Spring Season).

Make checks payable to: The Diocese of Pittsburgh

Failure to pay in full on or before the General Meeting prior to the season will result in the school not fielding teams in the DSL that season.

S.C.O.R.E. games' fees change each season and shall be designated on the current registration form.

Fees must be paid on or before the designated date or S.C.O.R.E. game t-shirts will not be ordered for that team.

The DSL coordinators reserve the right to change League Fees as necessary.

PLAYER ROSTERS:

- Junior Varsity and Varsity preliminary rosters must be submitted at the mandatory coaches meeting the third Thursday of August (Fall Season) and March (Spring Season).
- The final roster must be signed by the school principal and submitted to DSL coordinators before the team's first game of the season.
- Players can be added to a roster up to and including the fourth game of the season. Players being rostered after that are not eligible for the DSL Playoffs, unless they began school at the team's school after the fourth game or additions are needed to bring the roster up to 11 players. New players will be added by notifying the DSL coordinator by phone followed by a revised roster. The school principal must sign each roster.
- There is no limit to the number of players for regular season rosters.
- Rosters are required for all Junior Varsity and Varsity teams, i.e. first teams, second teams, etc.
- Players from a school may play on a team for another school providing that school does not have a DSL team and the two schools are in geographic proximity to one another. Geographic proximity is at the discretion of the DSL coordinators. Permission must be given by the DSL for mixed school teams.

COACHES ACCREDITATION:

All coaches, assistant coaches and team aids/helpers are required to complete the Diocese Coaches Video Accreditation Program before conducting or participating in league practices, scrimmages and/or games.

All coaches, assistant coaches and team aids/helpers are required to obtain Act 34 and Act 151 clearance and Criminal Record Check. Forms are available at the school office through the school principal. These completed forms must be on file in the school office prior to conducting or participating in league practices, scrimmages and/or games. They must remain on file in the school office as long as the individual is involved with the DSL.

GAME CARDS:

- Only the official, DSL two-sided game card is acceptable for use. It can be found in the DSL Soccer manual or on the DSL website: www.leaguelineup.com/dsl.
- One game card must be presented to the referee prior to the start of the game. Failure to do so could result in forfeiture of the game.
- One game card must be presented to the opposing team's coaching staff prior to the start of the game.
- Every player on the field should have a name and number on the game card.
- Please make sure referees complete both sides of the game card before accepting the game card after the game, i.e. referee signatures, final score, winning team, yellow cards and red cards with player name and number, etc.
- The winning team is responsible for collecting both game cards from the referee after the game. If the game is a tie, the home team is responsible for collecting both game cards from the referee after the game.
- Game cards must be received by the DSL coordinator within five days of the played game. No credit will be given the winning team until the original game card is received. Game cards can be faxed to the DSL coordinator provided the originals are mailed and received within the above requirements. Both sides of the game cards must be faxed and sent to the DSL Coordinator.
- If you anticipate a problem submitting the game cards in time, please call the DSL coordinator and report the reason for the problem. Leaving a message for the DSL coordinator is not sufficient. Make sure you follow up your message and talk to the DSL coordinator personally.

LEAGUE STANDING:

Winners for each section shall be determined by a point system:

Win = 3 points Tie = 1 point Loss = 0 points Forfeit – (-) 2 points

SECTION:

Determination of Sections:

- At the end of each season, each schools program (Varsity and JV together) will be scored using the following formula.
- Teams will be awarded points based on the following:
 - Win = 3 points
 - Tie = 1 point
 - Loss = 0 points
- If a team has un-played games, they will be scored as ties.
- The combined point total of both the Varsity and JV will then be added together, this will be known as the “Total Program Points.”
- All 2nd and 3rd teams will be treated as separate programs and have their own “Total Program Points.”
- The “Total Program Points” will then be multiplied by the following factors based on the section the program has competed in that season:
 - Section 1 = 19.00
 - Section 2 = 7.11
 - Section 3 = 2.667
 - Section 4 = 1.000
 - Section 5 = 0.375 (if necessary)
- The result will be the “Final Program Points Total.”
- Each program will then be ranked according to their “Final Program Points Total.”
- The DSL will then decide the number of sections for the upcoming season based on the total number of teams registered. Every effort will be made to keep the section sizes as equal as possible with 6 – 9 teams in each section.

- The programs will then be placed in sections according to their ranking.
- If a program only participates in 1 season a year, their “Final Program Points Total” will be used from the most recent season they fielded a team, going back a maximum of 3 seasons.
- If a program has not fielded a team (Varsity or JV) in the past 3 seasons, they would then be considered a new program.
- New programs will be placed as follows:
 - Total enrollment of 250 students or more – Section 3
 - Total enrollment of less than 250 students – Section 4 or 5 (lowest section available for that season).
- If a new 2nd or 3rd team program is entered from a school, it will be placed 2 sections below the current lowest ranked program from that school. If it is not possible to separate them by 2 sections, then they would play in the section just below the lowest ranked program from the same school.
- A non-eligible Playoff section may be designated for any second and new teams that wish to play without competition for a Playoff spot. There must be enough teams to support this section, however. Second and new teams are NOT obligated to play in this non-eligible Playoff section. Any school with one Varsity and/or Junior Varsity can choose to place their team(s) in this section, but they are NOT eligible for a Playoff sport.
- Determination of placement of players on first and second teams is made by the school’s soccer program. The following criteria are to be used:

Teams will be divided by grade: First Varsity team is 8th graders and second Varsity team is 7th graders. First Junior Varsity team is 6th graders and second Junior Varsity team is 5th graders.

OR

Teams will be divided by skill: First Varsity and/or Junior Varsity teams are most skilled players. Second Varsity and/or Junior Varsity teams are less skilled players.

Tie Breaker for Section Champ:

Head-to-Head competition between the two teams during the season:

Tie game or each team won a game against one another – co-champs
One game played head-to-head = winner is champ

Team Ranking in Section During Season or for Playoff Spots:

- Head-to-Head competition during the season. Same as for above “Tie Breaker for Section Champ.”
- Goal differential between two teams that are tied.
- Goals against between two teams that are tied.
- Goal differential overall for the season.
- Goals against overall for the season.

Two Divisions in Which Sections Will Be Placed:

Fall Season: Section 1 and 2 will make up one division
 Section 3 and 4 will make up other division

Spring Season: Section 1, 2 and 3 (optional) will make up one division
 Section 3 or 4, and 5 and 6 (optional) will make up other division

*The number of sections will depend on the number of teams registered.

**There will be two Varsity champs and two Junior Varsity Champs each season!
One of each will come from each division.**

Seeding for Playoffs:

FALL SEASON:

Section 1 first place vs. Section 2 second place
Section 2 first place vs. Section 1 second place

Section 3 first place vs. Section 4 second place
Section 4 first place vs. Section 3 second place

SPRING SEASON:

TBA as determined by number of teams in each division. DSL will designate a bye to teams as needed.

Seeding for Bye Between Sections:

- total points for the season
- overall goal differential
- overall goals against

COACHES, PARENTS, PLAYERS, REFEREES, SPECTATORS, HELPERS CONDUCT:

NO SMOKING, SWEARING, ALCOHOLIC BEVERAGES, ILLEGAL DRUGS, OR INAPPROPRIATE ATTIRE ON SIDELINES, DURING PRACTICES, SCRIMMAGES AND/OR GAMES.

ANYONE EJECTED FROM A GAME BY REFEREES OR DSL PERSONNEL IS SUBJECT TO A ONE TO FIVE DAY SUSPENSION FROM DSL GAMES. THIS CARRIES OVER TO THE NEXT SEASON.

Each school may designate field monitors for each home game. They will patrol the home team spectators and the away team spectators. These field monitors will be designated as such by a vest or shirt that states their status clearly to the spectators. These field monitors will answer spectator's questions and deal with inappropriate spectator conduct and/or language, etc. These field monitors will notify the appropriate coach(es), as well as the game referees, if a spectator(s) does not comply with their suggestions or demands. A field monitor can recommend to the coach(es) and referees that a spectator be ejected from a game.

PLAYER ELIGIBILITY:

- Eighth grade and under
- Enrolled member of sponsoring school or geographically close Diocese Catholic School without a DSL team
- Varsity = eighth grade and under;
Junior Varsity – 6th grade and under;
Developmental = 4th grade
- Use caution when playing 3rd graders on Developmental teams, 4th graders on Junior Varsity teams and 6th graders on Varsity teams. Make sure the player is skilled and a competitive size for the team he/she moves up to. DSL suggest you get written permission from the player's parents to move players up.

- Players cannot play on High School JV teams
- All players must have personal health insurance
- Players must return the following forms to the school office prior to the start of practices: (All forms found in Diocese Sports Manual in school office)
 - Permission form completed by parent/legal guardian
 - Physical exam, release no greater than one year old, signed by physician
 - Athletic emergency form

RESCHEDULING GAMES:

Notification must be made directly to the DSL coordinator and coach/contact person. Leaving messages on answering machines or with family members may lead to confusion or lost messages.

- If a home team needs to reschedule a game, they must give the opponent three optional dates and times to play another game when they cancel the game. The visiting team **MUST** choose from one of these options, providing it does not conflict with existing schedule or school functions. When agreement for new game time is made, DSL coordinator must be notified within seven days of originally scheduled game. Notification of the referees of the game changes is the responsibility of the home team.
- If mutual decision cannot be obtained by the above procedure, the home team and the visiting team must report this to the DSL Coordinator immediately, who will then decide which action to take, i.e., reschedule the game, forfeit, or, if game is not needed to determine standings it could be deemed unnecessary to reschedule.
- Failure by either team to follow the above guidelines in the prescribed time, or to notify the DSL coordinator within the prescribed time period, will result in both teams losing any right to demand the game be rescheduled and it will be eliminated from the schedule- no exceptions.
- If a visiting team cannot play a game, they must notify the DSL coordinator and the home team at least seven days before the originally scheduled game. The home team should try to reschedule, if possible, but they are not required to. It is in the best interest of both teams to reschedule, not to forfeit.
- The home team must call the visiting team no later than Tuesday preceding their scheduled game of any and all changes to a game for that week. The DSL coordinator must also be notified.
- If there were no game changes, it would be in the best interest of both teams that the home team calls the visiting team to confirm for that week's game.

- Changes in game dates and times are not permitted to accommodate team players who play on other community soccer teams, i.e., Travel, Cup, etc.
- Changes in game dates and times are only permitted for conflicts with school or church functions or loss of field time.
- Teams that are unable to supply the DSL coordinator with home game information (dates, times, field, etc.) in time for inclusion on the schedule, are required to notify the DSL coordinator, referee association and all opponents as soon as this information is available.
- Any and all known dates that a team cannot play must be submitted to the DSL coordinator at the pre-season General Meeting the third Thursday of July (Fall Season) and February (Spring Season). These are to be indicated on the *DSL School Information Form*. The DSL will give priority to these dates and try not to schedule team games for those dates and times.
- Changes can also be made to the schedule at the Mandatory Coaches Meeting the third Thursday of August (Fall Season) and March (Spring Season).

REFEREES:

A central scheduling referee association will be used to supply high school referees to all games of schools who reside in the referee association area. All schools outside that referee area must supply their own referees. In that case, the use of FIFA or PIAA referees is permitted, with the permission of the DSL coordinator. Payment of those referees must be the standard rate for their services.

- A two-person crew will be used per official High School Rules.
- A game may be played with one referee if that referee is a certified PIAA/FIFA referee.
- Referees have control of the game from the time they enter the field area to the time they exit the field area.
- Yellow and Red cards can be issued at any time during this period to whomever the referees deem appropriate.
- There is to be NO verbal or physical abuse of referees from coaching staff, players, spectators or parents. The DSL or referee association will not tolerate this.
- Sanctions will be imposed by the DSL to the offending team(s) for the actions of the coaching staff, players, spectators and/or parents.

- If no referees are present at a game, it is allowable for both teams to agree upon substitutions to be used as referees. There **MUST** be two substitute referees, one from each team. Both teams must agree to the two referees. This constitutes a legal game. If both teams do not agree to using substitutes, the game **MUST** be rescheduled. The DSL coordinator must be called within 24 hours of cancellation of the game.
- The above rule does **NOT** apply to teams who are outside the referee area. Substitute referees **MUST** be scheduled prior to the game.

PROTESTS:

All protests must be submitted verbally and in writing by the coach to the DSL coordinator – NO EXCEPTIONS!

- The protesting coach must notify the referees and the opposing coach of his/her intentions at the point of discussion of his/her intent.
- Time allowed for protests:

On player eligibility – until end of season
 On game itself – within 24 hours of game’s end
 Mailed to DSL coordinator within 2 days of game’s end

- No protests for:

Judgment calls by the referees

Legality of game refereed by substitute referees with prior approval by both team’s coaches

RULE CHANGES DURING GAME PLAY (changed over past 5 years):

Excessive celebration:

- Players, coaches and/or bench can be disqualified for excessive celebration. A Yellow or Red card can be issued. The ejected player(s) can be substituted for in the case of issued Yellow cards.
- “Excessive celebration” refers to anything that delays the game or demeans the opposing team.

Penalty Kicks:

- The opposing goalkeeper shall stand on the goal line, between the goal posts, until the ball is kicked. Lateral movement is allowed, but the goalkeeper is not permitted to come off the line by stepping or lunging until the ball is kicked.

- The only allowable substitution on a penalty kick is for an injured, cautioned, or disqualified player(s). This player(s) may be replaced for the penalty kick.

Corner Kicks:

- The ball shall be taken from the ground within the quarter circle, including on the lines, nearest where the ball left the field of play. The ball is in play when it is kicked and moves. Failure to kick the ball as specified shall result in a re-kick.

Kickoff:

- The ball shall be kicked while stationary on the ground in the center of the field of play. The ball is in play as soon as it is moved forward.
- A goal may be scored from kickoff.

Scoring:

A goal may be scored during play directly from:

- Kickoff
- Direct free kick
- Goal kick
- Penalty kick
- Corner kick
- Drop ball
- Goalkeeper's throw, punt or drop-kick

A goal may not be scored during play directly from a/an:

- Indirect free kick
- Throw-in
- Free kick into team's own goal

Throw-ins:

- A throw-in must enter the field of play, or the ball is awarded to the opponent.

Substitutions:

You may substitute players when:

- It is your throw-in

- It is the throw-in of the opposing team, as long as you notify the referee prior to the substitution
- A goal is scored
- It is half time
- Either team has a goal kick
- Your team has a corner kick
- Your player is injured, you may substitute for the injured player (you are not required to)
- The opposing team has an injured player, you may substitute one player

Goalkeeper Plays:

- Shall not touch the ball with his/her hands after receiving the ball directly from a throw-in by a teammate.
- Shall not touch a ball with his/her hands after receiving the ball from a deliberate pass by a teammate.

Slide Tackling:

- Permitted at the Varsity level only when contact with the ball is made.
- No slide tackling from behind is permitted!
- A direct kick is awarded to the opposing team if slide tackling is made at the Junior Varsity level, or at the Varsity level when made from behind without direct contact with the ball.
- Yellow and Red cards will be given at the discretion of the referees.
- A player may challenge a player from behind, on Varsity or Junior Varsity, provided the contact is not violent or dangerous and the ball is within playing distance.
- A player not attempting to play the ball, but remaining between the ball and an opponent, may be legally challenged from behind provided the challenge is not violent or dangerous and the ball is within playing distance.

Injuries:

- See section under “Substitutions.”
- Coaches or medical personnel are permitted on the field to attend to an injured player, with the permission of the referee.
- No instruction or coaching is permitted, by either team, during game stoppage for an injury.

Stop Play after an Advantage:

The referee may stop play after an “advantage” or “play-on” call, when the advantage does not materialize, and penalize the original foul. The play is restarted by either a direct kick or indirect kick by the offended team at the spot of the original foul.

CRIME CODE OF PA:

Offense Defined: A person who violates section 2701 (relating to simple assault), where the victim is a sports official who was assaulted during a sports event or was assaulted as a result of his or her official acts as a sports official, is **GUILTY OF ASSULT ON A SPORTS OFFICIAL** and is a misdemeanor in the First Degree. It is punishable by up to five years imprisonment and \$5,000.00 fine.

APPENDIX

PRAYER BEFORE SPORTS ACTIVITIES

All Catholic School activities must begin with both teams coming together for prayer in the middle of the court or field. The following prayer is to be said by the **home** coach or player.

A PRAYER BEFORE THE GAME

Dear Lord,

You have blessed us with many gifts and talents.

We thank you especially for the ability to participate in sports today.

Help us to play in a Christ like manner.

Help us to play in a way that fosters good will and teamwork.

Help us to play to the best of our abilities.

Win or lose we hope to have fun, make friends and celebrate life.

Amen.

PARENT PROGRAM EVALUATION FORM

School Year _____

A. This evaluation form is submitted with respect to the following team or activity:

BASKETBALL

Varsity _____ Boys _____

JV _____ Girls _____

Coaches Name _____

FOOTBALL

Varsity _____

JV _____

Coaches Name _____

SOCCER

Varsity _____ Fall _____

JV _____ Spring _____

Coaches Name _____

BOYS VOLLEYBALL

Varsity _____

JV _____

Coaches Name _____

GIRLS VOLLEYBALL

Varsity _____

JV _____

Coaches Name _____

CHEERLEADING

Varsity _____

JV _____

Moderators Name _____

B. Please use this scale to answer the following questions by assigning a number to each.

Agree Strongly 5	Agree 4	Neither Agree Nor Disagree 3	Disagree 2	Disagree Strongly
---------------------	------------	------------------------------------	---------------	-------------------

1. The Coach was accredited: _____
2. The coach said the diocesan prayer before the game _____
3. Participation in this activity was a positive experience for my child _____
4. Good sportsmanship and personal development were appropriately balanced with winning and competitiveness. _____
5. Issues of playing time/participation were appropriately handled. _____
6. Team activities were well organized and prepared. _____
7. Communications concerning team schedules, activities, _____
8. Goals and objectives were effective and appropriate. _____
9. The coach(es) treated my child appropriately and with respect at all times. _____
10. The conduct of the coach(es) and players reflected positively on parish and the school. _____
11. The coach(es) was (were) knowledgeable with respect to the applicable rules and skills in the relevant sport or activity and devoted appropriate amounts of time to training in these areas. _____
12. The coach was a good Christian role model. _____

C. Please use this space to provide any additional comments you care to offer.

D. Name: _____
(Optional)

DIOCESE OF PITTSBURGH
PROTECTED INSURANCE PLAN

Revised 05/24/94

DIOCESAN POLICY COVERING PARTICIPATION IN ATHLETICS

EXHIBIT 3

The diocese Insurance Manual provides general information on coverage under the Diocesan Self-Insurance Program. More specific details are required for persons concerned with athletic programs and athletics.

The following is additional information on athletic program participation. Under the Diocesan Self-Insurance Program, injuries resulting from athletic participation are specifically excluded. Individuals participate in athletics at their own risk, with parents and/or guardians, assuming responsibilities related if minor is injured.

Furthermore, certain requirements of the Schools Office must be met before an individual can participate in Athletic Programs. They are as follows:

1. Physician Medical Release must be executed
2. Parents Release must be executed
3. Hospitalization information must be furnished (Participation in athletics without medical insurance coverage is prohibited.)

A sample of the form, see Form "A" Release Form, has been included which incorporates necessary releases required above. Permission to Participate Forms is available through the Schools Office of the Diocese. After the forms have been executed by all parties, they should be retained in the local school office for ready reference. A new Form "A" must be completed, by the parent, prior to participation in each athletic sport, each school year. The form should be retained for three (3) years from the date of initial signature.

In the event of an athletic injury, A Report of Accident Form (see Form "B") should be completed and forwarded **immediately** to the Insurance/Employee Benefits Office. A copy of the signed completed Form "A" must be forwarded along with the Report of Accident Form.

PLEASE NOTE: Preparation of this accident form in connection with Athletic Injury is not to be construed as an agreement on the part of the Diocese to make reimbursement regarding any medical expenses that may be involved. It is merely a report form. The Diocese is providing an excess medical insurance coverage to aid the pts in non-covered expenses associated with an injury incurred while participating in athletics. This is done on a completely voluntary basis, by the Diocese, and may be discontinued at any time. The following limitations on reimbursement for medical expenses apply:

DIOCESE OF PITTSBURGH
PROTECTED INSURANCE PLAN

Revised 05/24/94

DIOCESAN POLICY COVERING PARTICIPATION IN ATHLETICS (cont.)

TERMS AND CONDITIONS OF PROVIDED COVERAGE:

1. Reimbursement of expenses will only be considered after all personal medical insurance and any club sport supplemental medical insurance, if applicable, is exhausted.
2. The maximum reimbursement towards a family deductible (a combination of a hospital deductible and/or a major medical deductible) will be \$250.
3. The maximum coverage for damage to permanent teeth is limited to \$150 per tooth.
4. The maximum payment will be \$1,000 (including any payments made under #2 & #3) for each athletic related injury.
5. No payment will be made for expenses incurred beyond one year of accident.
6. Claims submitted are thoroughly investigated by the Insurance/Employee Benefits Office before any reimbursement is made. Proof of denial of claim by the parent's medical insurance carrier must be provided to properly document the claim.
7. Claim payments will be delayed until such time as all necessary data is at hand.

You may make as many photocopies of Form "A" and Form "B" as needed. It is not necessary to request a supply from the Insurance or Schools Office.

A COPY OF EXECUTED FORM "A" MUST BE ATTACHED TO REPORT OF ACCIDENT FORM "B" FOR INFORMATION PURPOSES.

NOTES FOR COACHES AND SCHOOLS:

- A. New innovations in health care coverage may require prior approval by the carrier before treatment can be rendered. These innovations may also limit providers that can be used for treatment of injuries.
- B. Under no circumstances is the school or coach to recommend treatment at any hospital or physician. To make a recommendation may make the coach and/or school liable for payment of services rendered.

NOTE: PIAA recognized sports have excess medical coverage with a high deductible, presently \$25,000.

School club sports programs are not under PIAA jurisdiction but have excess medical under their respective organizations. This coverage must be purchased by the teams.

(PIP 04/95)

DIOCESE OF PITTSBURGH
PROTECTED INSURANCE PLAN
REQUEST FOR MEDICAL COVERAGE INFORMATION
FORM "A"

Participating Student _____

Mother's Name _____ S.S.# _____

Father's Name _____ S.S.# _____

Mother's Employer: _____ Employer's Address: _____

Home Phone # _____

Work Phone # _____

Father's Employer: _____ Employer's Address: _____

Home Phone # _____

Work Phone # _____

Hospitalization Blue _____ Blue _____ Major _____ Group # _____
Covering Athlete: Cross _____ Shield _____ Medical _____ I.D.# _____

Proof of medical coverage is required for an athlete to participate in sports. If no coverage exists, the student **CANNOT** participate in athletics.

A parent permitting a student to participate in school athletics after coverage has terminated or without coverage will assume full responsibility for any medical claim resulting from an injury while participating for any medical claim resulting from an injury while participating in the sport.

It must be understood that coverage for injury resulting from athletic participation is specifically excluded from the Diocesan Insurance Programs. It is for this reason that the preceding paragraphs must be strictly adhered to.

I/We, the undersigned, do attest to the accuracy of the information provided on this form. Furthermore, should there be a change, the school principal and coach will be notified immediately of any change.

Parent or Guardian's Signature Approved: _____
(Principal)

Parent or Guardian's Signature (Form Effective 07/01/94)
(PHOTOCOPY THIS FORM AS NEEDED) (PIP 04/95)

FORM "B"
REPORT OF ACCIDENT/SPORTS RELATED INJURY

TO:
DIOCESE OF PITTSBURGH
INSURANCE/EMPLOYEE BENEFITS OFFICE
111 Boulevard of the Allies
Pittsburgh, PA 15222

Parish or Institution _____ Injured Person _____

Address _____ Address _____

City _____ City _____

Date of Accident _____ Place of Accident _____ Time _____ AM PM

Apparent Age _____ Social Security # (Injured party) _____

If minor, Father's Name _____ Social Security # _____

Mother's Name _____ Social Security # _____

Where was injured person taken? _____

Attended by doctor _____
(Name) (Address)

Detailed description of accident and nature and extent of injuries (if additional space needed, use other side)

Coverage for injury resulting from athletic participation is specifically excluded from the Diocesan Self Insurance Programs.

However, the Diocese will provide payment of up to \$1,000 towards the balance of athletic injury medical costs in excess of an individual's own coverage (hospitalization, DPA, Blue Cross, Blue Shield, Major Medical, etc.). This payment is subject to strict limitations and no claim will be considered without full information required. As in the past, expenses beyond one year of accident date are not eligible expenses.

Hospitalization carried (check) Blue Cross _____ Blue Shield _____ Major Medical _____
Policy/ Agreement

Other Coverage _____ Group Number _____ Number _____

Injured party (or parent, if injured party is a student or minor) is employed by _____

THE INFORMATION LISTED ABOVE IS CORRECT: _____

Signature of injured person or
of parent, if minor

This report prepared by _____ Position _____

Date _____ Signature _____

ATTACH COPY OF PHYSICIAN RELEASE EXHIBIT "A" ALL PARTS

(PIP 04/95)

SCHOOL _____

PHYSICIAN RELEASE

_____ has been examined by me on _____
(Name of student) (Date)

and my examination has found no medical reason to preclude his/her participation in competitive sports.

(Physician's signature) (Date)

PARENT'S RELAEASE

In consideration of _____, being allowed to participate in competitive sports, and intending to be legally bound, I do hereby release and forever discharge the Roman Catholic Diocese of Pittsburgh, the Bishop of the Diocese, Catholic Institute, and _____ Catholic School of the city of _____, and/or the School Athletic Association, their agents and their successors, from any/all sanctions or suits in law or equity which I/we might hereafter have, by reason of injuries sustained by my child participating in sports or in transit to or from participation in sports.

Mother's Signature (Date)

Father's Signature (Date)

Mother's Employer _____ Address _____ Phone _____

Father's Employer _____ Address _____ Phone _____

Hospitalization Covering Athlete : Blue Cross _____ Blue Shield _____ Major Medical _____

Other Coverage _____ Policy # _____ Agreement # _____

Please check if you **do not** have hospitalization coverage _____.

Coverage for injury resulting from athletic participation is specifically excluded from the Diocesan Insurance Programs.

However, the diocese will provide payment up to \$1,000.00 toward the balance of athletic injury medical costs in excess of an individual's own coverage (hospitalization, DPA, Blue Cross, Blue Shield, Major Medical, etc.). This payment is subject to strict limitations and no claim will be considered without full information required. As in the past, expenses beyond one year of accident date are not eligible expenses.

I have read the above and will comply.

Approved: _____
(Parent or Guardian's Signature)

Athlete's Emergency Information Form

Athlete's Name: Male _____ Female _____	
Date of Birth: ____/____/____	
Parent or Guardian's Name(s):	
Home Address:	
Home Telephone Number:	
Parent or Guardian's Work Telephone Number:	
Emergency Contact: Name:	
	Telephone Number:
Alternate Contact: Name:	
	Telephone Number:
Family Physician:	
	Telephone Number:
Medical History: (Diabetes, epilepsy, asthma, etc.)	
Allergies: (Bee/wasp stings, candy/food, including medication)	
Medications Currently Taking:	
Insurance Information	
Insurance Company	
Insurance Company Telephone	
Policy Number	
Identification Number	
Policy Holder	
Social Security Number	
Employer	

PROCEDURES FOR ALERTING LOCAL AMBULANCE SERVICE

1. **Remain calm.**
2. Establish outside phone line. Note where the nearest phone is located.
3. Have in writing the name of your local ambulance company and telephone number, local police telephone number and local fire/rescue department telephone number.
4. State your name clearly and that you are calling from (Name of Field).
5. State what the situation is in brief concise – What is the injury, location of injury and how severe.
6. Reinstatement the name of the location/field. i.e. Knob Hill Soccer Field, and have direction ready in print to location.
7. Give the phone number that you are calling from. I.e. school phone, car phone, and local pay phone. Reinstatement your name again clearly.
8. State how many persons need help.
9. State what has been done for the injured. Such as stabilization and appropriate first aid given.
10. Tell the dispatcher that someone (give name if possible) will meet the ambulance. Describe that person and where they will meet.
11. **Hang up last.** Let the dispatcher hang up first or instruct you to hang up.
12. **Notify** parents/guardians if not present.
13. **Remain calm.** Keep players, coaches and fans calm. Start recording all information on the accident. (See attached)

**HAVE READY PLAYERS EMERGENCY INFORMATION CARDS AND PARENTS MEDICAL
RELEASE FORMS**

**FILL OUT REPORT OF ACCIDENT AND SPORTS RELATED INJURY REPORT
AND**

IMMEDIATELY NOTIFY AND REPORT ALL ACCIDENTS TO LEAGUE COORDINATOR

Teaching in PA

Act 34 and 151 Background Checks

Criminal Background Checks and Child Abuse Clearances

Section 1-111 of the Pennsylvania School Code (Act 34 of 1985) and Sections 6354-6358 of the Public Welfare Code (Act 151 of 1994)

Act 34

Section 1-111 of the Pennsylvania School Code requires that all applicants for school employment, including those of independent contractors but excluding employees who do not have direct contact with students, must obtain a criminal background check. All applicants are required to submit a Request for Criminal Record Check to the Pennsylvania State Police. The results will be returned directly to you and must be submitted to the school entity with which you are seeking employment. The Criminal History Request Form (SP4-164) is available from schools, Pennsylvania State Police Barracks and from the Pennsylvania State Police web site: www.psp.state.pa.us/psp/cwp/view.asp?A=4&Q=48275. This background check requires a ten dollar (\$10) payment in the form of a certified check or money order payable to the Commonwealth of Pennsylvania. To check on the status of a request for a Pennsylvania State Police Request for Criminal Record Check call 717-783-9973.

Applicants who have not been a resident of Pennsylvania for at least two years immediately preceding the date of application for employment must also obtain a criminal background check from the Federal Bureau of Investigation (FBI). The FBI check requires applicant fingerprints be placed on a special card available from the school in which you are seeking employment or from the School Services Unit in the Department of Education. It is important that you use the card that identifies the Pennsylvania State Board of Education as the requesting agency, otherwise the results may not be returned through proper channels. The FBI check requires a payment of twenty-four (\$24) in the form of a certified check or money order payable to the Commonwealth of Pennsylvania. Call, write or send an email requesting the FBI fingerprint card to:

School Services Unit
PA Department of Education
333 Market Street 5th Floor
Harrisburg, PA 17126-0333
Voice: 717-783-3750
TTY: 717-783-8445
Email: dwolfgang@state.pa.us

Act 151

In addition to the criminal background check, Section 6354-6358 (Act 151) of the Public Welfare Code requires that all applicants for school employment, both Pennsylvania residents and non-residents, also obtain a Child Abuse History Clearance. This request is submitted to the Pennsylvania Department of Public Welfare, Child Line. The Pennsylvania Child Abuse History Clearance Form (CY 113) may be obtained from the school to which you are applying for employment, the Department of Public Welfare web site www.dpw.state.pa.us/ocyf/ocychildabusehistinst.asp or from the School Services Unit in the Department of Education. The Child Abuse History Clearance requires payment of ten (\$10) payable to the Department of Public Welfare in the form of a certified check or money order. To check on the status of a request for the Child Abuse Clearance call 717-783-6211.

The criminal background check and child abuse clearance results are valid for one year. Applicants should make and retain a copy of the reports since the Department of Education, Pennsylvania State Police and Department of Public Welfare do not maintain copies of the criminal record check or child abuse history clearances.

**Diocese of Pittsburgh
Catholic Elementary School**

Data Sheet

SCHOOL _____

ADDRESS _____

_____ ZIP CODE _____

HEAD COACH _____

ADDRESS _____

_____ ZIP CODE _____

TELEPHONE NUMBER: Home: _____ Work: _____

HOME GAMES WILL BE PLAYED AT (GYM) _____

LOCATION OF GYM _____

DAYS HOME GYM IS AVAILABLE _____

STARTING TIME FOR GAMES Varsity: _____ J.V.: _____

ASSISTANT COACH'S NAME _____

TELEPHONE NUMBER: Home: _____ Work: _____

AUTHORIZED SIGNATURE _____

Pastor/Principal or Coach

PLAYER ELIGIBILITY ROSTER

School _____

School if other than above _____

Coach _____

Name of Student	Jersey #	Grade	Birth date	Age	School if other above
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					

I certify that I have on file for each student listed, a birth or baptismal record, a signed physician's statement of fitness, and an official parents' permission form.

Signed _____ Date _____
Pastor/Principal/Coach

GUIDELINES FOR EXPOSURE TO BLOOD AND OTHER BODY FLUIDS DURING ATHLETIC ACTIVITIES

A. PERSONNEL

1. All personnel, including student trainers, are to wear disposable gloves whenever **CONTACTING BLOOD OR BLOOD SOILED ITEMS**.
2. Used disposable gloves should be removed inside out and disposed of into a plastic bag or a lined trash container. Blood contaminated tissues, paper towels, etc. should also be placed in a plastic bag for disposal.
3. **In case of accidental contact with blood, or when gloves are not available, and following the use of gloves, hands and other affected skin areas should be washed with soap and running water with vigorous friction for approximately 30 seconds.**

Immediately follow an accidental contact with blood, the principal or designees to be notified and an “EXPOSURE INCIDENT” form is to be completed in triplicate and placed on file.

B. UNIFORMS, CLOTHING AND OTHER EQUIPMENT

Contaminated uniforms, clothing and other non-disposable washable items should be:

1. Rinse with a disinfectant/germicidal solution from a spray bottle **IMMEDIATELY**.
2. Contaminated items should be laundered using soap, hot water and a suitable disinfectant.

C. MATS, PLAYING SURFACES AND HARDWARE

Contaminated environmental surfaces should be cleaned with a detergent/disinfectant solution.

GUIDELINES FOR SPORTS FUNDRAISING

All fundraising for sports activities are under the authority of the pastor and/or principal.

Charging admission to games and 50/50 raffles are suggested as methods to raise funds for officials.