

DIOCESE OF MANCHESTER
Diocesan Athletic Board
Official CYO Rulebook

CONTENTS

DIOCESAN CYO RULES GOVERNING COMPETITIVE ACTIVITIES 3
ACCREDITATION OF COACHES 17
COACHES CODE OF CONDUCT 18
RESPONSIBILITY OF A COACH 19

October, 2003

Information culled from prior diocesan press releases indicates that the late Bishop Matthew Brady implemented the Catholic Youth Organization, C.Y.O., in the diocese of Manchester in 1947. His purpose in establishing the CYO was to coordinate the various phases of youth activity incorporating spiritual, cultural, social, and athletic pursuits. In so doing, the program was set to promote the Church's influence upon the leisure time of Catholic young people in the diocese. In July of 1967, the late Bishop Ernest J. Primeau restructured the youth organizations into the Diocesan Youth Department incorporating CYO, Catholic Scouting and other leisure time activities. The CYO now functions as the primary athletic component of parish activities and operates under the aegis of the Office of Faith Development.

CYO exists to complement the training and direction given to our youth by the Church. As such, the primary emphasis of the CYO has always been to support and strengthen parish-based programs in their formational mission. By engaging young people in an area of interest, specifically athletics, parishes have a unique opportunity to extend a welcoming hand into the life of the Church, to tell our youth that the community is strengthened by their participation.

CYO Athletics is governed by the Diocesan Athletic Board, a regulatory and policy making body which oversees player eligibility, tournaments, coaches accreditation, rules clinics and all other components of the athletic program. The Board is comprised of volunteers of various backgrounds, dedicated to young people and the adults who coach them.

Mission Statement

The CYO Athletic Board of the Diocese of Manchester exists to serve and promote the Church's formational mission among all youth of our diocese. By providing athletic leagues and tournaments for young people, the Board supports parish youth ministry programs in the learning areas of sportsmanship, competitiveness, physical exercise and teamwork. By mandating Accreditation Clinics for coaches, the Board monitors the quality of adult role models by providing training in adolescent psychology and Christian ethics as well as in the practical areas of health-related issues and first-aid. In service to both the parent community and the parish community, the volunteer members of the CYO Athletic Board are dedicated to the Evangelization of our youth, open to Ecumenical collaboration and promoters of Gospel values in the particular area of their unique apostolate.

Diocesan Prayer

God our loving Father, we take a time out before we begin to thank you for giving us the ability and the opportunity to play this game today. We thank you by offering you the prayer of our words, actions, and attitude in this game. This game is more than a game because it expresses who and what we are. May we recognize and respect you as you come to us in our teammates who stand by us, in our fans who support us, in our coaches who guide us, in our officials who correct us, and in our competitors who challenge us to play our best. Help us overcome our fears, help us accept what is beyond our control, and help us do and be our best in this game and in the game of life, through Christ our Lord. Amen.

God our loving Father, we take a time out before we begin to thank you for giving us the ability and the opportunity to participate in this cheerleading competition. We thank you by offering you the prayer of our words, actions, and attitude. This is more than a competition because it expresses who and what we are. May we recognize and respect you as you come to us in our teammates who stand by us, in our fans who support us, in our coaches who guide us, in our judges who evaluate us, and in our competitors who challenge us to be our best. May we see cheering as something we are called to do not only on the court, but in life. May we see cheering as a true ministry where we offer support and encouragement, as well as spirit and life to others. Help us overcome our fears, help us accept what is beyond our control, and help us do and be our best in this competition and in life, through Christ our Lord. Amen.

DIOCESAN CYO RULES GOVERNING COMPETITIVE ACTIVITIES

The rules set forth here supersede any deanery or parish regulations and are to be observed to assure the good order of the activities. Parishes and deaneries may not set up local rules that are less restrictive than diocesan rules. In doing so, they are reminded to avoid any conflict with the regulations set forth here; thus any CYO member in any parish may prepare for diocesan competition.

A. CLASSIFICATION

1. Leagues are set up in six divisions: 5th & 6th grade parish, 7th & 8th grade parish, Junior parish, Intermediate parish, 5th & 6th grade Catholic Grammar School, 7th & 8th grade Catholic Grammar School.
2. Verification of a player's age is made by official baptismal certificate, birth certificate, school or parish record, or driver's license upon request of the Deanery Director. (Verification is also subject to State Board Guidelines on Pages 9 and 10.)
3. A parish may enter more than one team in a division.

Age and Division – A participant must not have completed the specified school level or reached the specified age by December 31 of the playing season.

- (a) Intermediate – Has not yet completed high school and is under 19 years of age but not under age 14.
- (b) Junior – Under age 16 but not under age 12.
- (c) 7th and 8th Grade – Has not yet completed eighth grade of school and is under age 15 but not under age 10.
- (d) 5th and 6th Grade – Must be in 6th grade of school or below, and under age 13 but not under age 8.
- (e) Catholic Grammar School – Participants must be a student at that school, must not have completed the eighth grade, and must meet the specified age guidelines for the division.

B. ELIGIBILITY

1. Care should be taken on the local level that a participant meets all the requirements for eligibility in a particular activity. Careful adherence to these requirements teaches the valuable lesson of integrity.
2. A player may not register, compete or be publicized under an assumed name.
3. The presumption is that all players listed on a CYO Athletic Roster duly signed by the Pastor or Priest Moderator or member of the Pastoral or School Staff, meet all eligibility requirements. Any player declared ineligible shall not participate in any further games or competition. All games played, by that team at that point, will be forfeited. If the player continues to participate after being declared ineligible, the team and coach or coaches will be suspended. These same guidelines will hold true for tournament competition.

4. Residence

- (a) A participant must compete only within that parish in which s/he is actually registered or for the school s/he regularly attends on a full time basis.
- (b) Players whose parents change registration during the playing season from a territorial parish to a designated "National Parish" by virtue of the national origin of at least one parent may choose to participate for either team of the player's choice but may only play for one of those teams.
- (c) Should a player move during the playing season, he or she may choose to play for either the current parish or the new parish, but only one, and only for the current playing season. The choice must be made on the date s/he changes parish registration and the Athletic Board notified in writing by the new coach so that roster changes may be made where applicable.
- (d) All players, regardless of age, domiciled at the parents' or legal guardians' home are restricted to playing only for the parish in which the parent or legal guardian is registered.
- (e) There will be a twelve- month period of ineligibility for any individual (Catholic or non-Catholic) whenever parish affiliation is changed off-season without a change in residence. Exceptions will be considered on a case by case basis, please see your parish for additional information.
- (f) If a parish is moving, closing, twinning, or being suppressed, a player from that parish may play for a different parish when the parent(s) changes parish affiliation by registering at a different parish. This rule is only for the season of transition in which the parish has moved, been twinned, closed, or suppressed. If a player waits until a year after the change of parish takes effect, the player needs to wait the twelve-month period as written above in (e).

** Further interpretation (Oct. 2001) for rule 4(f): "Moving" refers to a parish church that physically changes location, and has a change of address.

Twinning, with one of the parishes moving (as defined above) or closing, means that the actual location relative to a player has changed, and therefore a player from the affected parish may change parish affiliation, in accordance with rule 4(f). Twinning, without one of the parishes moving or closing, means that the actual location relative to a player has not changed and rule 4(f) would not be applicable.

5. Non-Catholics

- (a) The basic intent of non-Catholics participating in any activity is to prevent the separation of a group of youngsters who are frequently together even though one or two of them are not of our faith. (This would deter from the true spirit of ecumenism.)
- (b) A team or group registered and comprised basically of non-Catholics will not be invited to New England Regional level competition although it may be welcomed on a diocesan level.
- (c) Parishes will be allowed a maximum of two non-Catholics per team consistent with the basic intent stated above and still meeting the requirements of age and residence. Residence must be within the territorial boundaries of said parish.

- (d) In a Catholic Grammar School division, any enrolled student attending the school and meeting the specified age guidelines may participate.
- (e) In a designated “National Parish”, one parent or guardian of the participant must be of the same nationality of the parish.

6. Orthodox Community

- (a) The definition of non-Catholics excludes members of the Orthodox Community. (See paragraph ‘c’ below for exception)
- (b) If there is an Orthodox Community in a deanery that wishes to enter a team into any CYO sport or event, they must abide by all the various eligibility requirements of any other parish of the Catholic Community. Participants may only be from the one parish and not from a combination of other parishes in the area.
- (c) If there are no Orthodox Communities fielding teams in a deanery, a member of the Orthodox Community may play for a Catholic Community team with the permission of the Deanery Director and fulfilling all the requirements set in the eligibility rules for Non-Catholics to be on a Catholic parish team.

C. SPECIFIC GUIDELINES

1. Book of rules – each sport listed below will be governed by rules as stated below.

Basketball – (Boys and Girls, all divisions) play will be regulated by the latest edition of the National Federation of State High School Associations rule book, except where otherwise noted herein.
Cheerleading – (All divisions) National Federation of State High School Assoc.
Golf – (Boys and Girls, all divisions) U.S.G.A.
2. Rules can be amended or changed to remain consistent with any and all New England CYO rule changes that are placed into effect after the NHCYO Athletic Board deadline for filing rule changes.
3. Cheerleading- to be eligible to receive an invitation to the Diocesan Cheerleading Tournament and/or New England Cheerleading Tournament, a squad must be in ‘good standing’ within the Deanery. Items considered for good standing include but are not limited to the following: Parish and Catholic School teams are expected to attend, be in full uniform and actively participate at every game that is scheduled for the basketball team with which they are associated; the cheerleading teams must be in full uniform and cheer in at least 75% of the regular season schedule of games; if the team you are associated with participates in a NHCYO sponsored tournament, the cheerleading team is expected to be in attendance and actively supporting the basketball team.
4. Cheerleading- Deanery All-Star cheerleading teams performing at the all-star game and related events will follow the stunting guidelines for the “Intermediate” competition category. Advanced tumbling skills are permitted at such events. Shoulder-high stunts must be spotted.

5. Rules and Regulations: Cheerleading

Section 1 prior to Competition

Participants desiring a cheerleading team in a parish that does not have a corresponding basketball team in their division have an opportunity to form a competition team, which would only compete against like teams, provided that there is a need for such a division. This team would go no further than the State tournament and would not be eligible for New England Regional competition. For those parish cheerleading teams that do not have a corresponding basketball team, the squad may cheer at another parish's basketball games with the approval of the Deanery director.

During the playing and competitive season all cheerleading teams should adhere to all safety rules and regulations set forth in the most current version of the National Federation Spirit Rules Book. The presentation of cheerleading and dance routines can be a difficult and dangerous activity. All teams should be closely supervised and coaches should structure a routine to fit the team's ability level. **SAFETY SHOULD ALWAYS BE THE FIRST PRIORITY.**

STANDARD COMPETITION RULES

Competition is defined as two or more teams participating for title or placement in a division. Awards will be given to competitive divisions only. At the discretion of the tournament director, a team may offer to complete a 'performance' if there is no divisional competition. No awards will be provided for performances as such, however, a New England CYO bid may be presented.

The Diocesan competition will follow the most current edition of the National Federation Spirit Rules Book, unless specifically superseded by any New England or diocesan rule. Penalties for infractions including safety and performance errors will be assessed according to the most recent New England CYO cheerleading guidelines.

DIVISION, LENGTH OF ROUTINE AND MUSIC COMPONENT

Competitive divisions will be categorized by level of ability: intermediate or elite. **The intermediate division (competition category division, NOT age division) will have the following restrictions: no extended stunts (i.e., no stunts higher than shoulder level) and no advanced tumbling (forward rolls and cartwheels are the only acceptable tumbling skill).** The diocesan tournament will offer 10 specific competitive divisions as follows: Parish high school- intermediate and elite; Parish 7th/8th Grade- intermediate and elite; Catholic School 7th/8th Grade- intermediate and elite; Parish 5th/6th Grade- intermediate and elite; Catholic School 5th/6th Grade- intermediate and elite.

All teams in each division will make **one appearance. Each routine must be at least two minutes in length but not longer than three minutes in length. The music portion of each routine must consist of at least 45 seconds of music but not more than 90 seconds of music.**

OFFICIALS

The committee will provide at least ten judges, including two for safety/penalty assessment. Judges for the same category must not sit together; the host will be responsible for the placement of judges.

The committee will also provide at least two timers and two scorers. Whenever possible, the timing of each routine should be made visible by use of the scoreboard clock or other visible timing device. Scorers will be responsible for tallying/compiling evaluations from all judges and timers.

MUSIC

The choice of music and gestures should be appropriate to a family environment and support the CYM/CYO objectives.

COMPETITION APPAREL and ETIQUETTE

All teams will compete wearing the sponsoring parish' or school's designated cheerleading uniform and sneakers or rubber-soled shoes.

While competition is in progress, participants are not permitted to leave their seats without coaches' permission and appropriate supervision. Coaches are expected to maintain discipline over their team members and ensure that good sportsmanship prevails. Coaches are required to sit with their teams in the designated area.

Failure to respond to an official's request or direction, or any harassing of an official will result in the immediate disqualification of the offender and their team.

APPEARANCES

The Cheerleading Committee Chairperson will determine the order of appearance.

TIES

The tiebreaker in all divisions will be the "Fundamentals" score.

TIMING and BOUNDARIES:

For all divisions, the **start time** will be when cheer, dance motion, or music begins. The **stop time** will be when the cheer, dance motion or music ends.

The official boundaries for competition will be a matted surface with a minimum area of 40 feet by 40 feet. Each team will secure their position on the matted surface prior to the start time of the routing. **The entire routine must be performed on the matted surface.**

EVALUATION CRITERIA	
All divisions	Maximum points Elite/ Intermediate
PROJECTION	
Voice	10/10
Showmanship	10/10
Crowd appeal	
Enthusiasm	
Facial expression	
FUNDAMENTALS	
Motion technique	10/10
Sharpness	
Precision	
Placement	
Tumbling	10/ 5
% of team	
Execution	
Precision	
Jumps	10/10
% of team	
Execution	
Precision	
Stunts and Pyramids	10/ 5
Technique	
Execution	
Precision	
% of team	
Dance	10/10
Technique	
Execution	
Precision	
% of team	
DEGREE OF DIFFICULTY	10/10
Overall elements of routine	
FORMATIONS	10/10
Spacing and transitions	
Use of floor	
Flow of routine	
CREATIVITY	10/10
Originality	
Variety of levels	
Total points	100/90

PENALTIES

We recognize that mistakes happen during the course of competition. Please note that **coaching errors carry a significantly higher penalty than player error.**

Timing- anything over or under the stated maximum or minimum described in section above titled "Division, length of routine and music component" will be assessed the following penalties:

10 pts (1-5 seconds); 20 pts (6-10seconds); 30 pts (11-15 seconds); 40 pts (16-20 seconds); 50 pts (21-25 seconds); 100 pts (26 seconds or more).

The following penalties will be assessed **per occurrence**:

Boundary infraction- 10 pts.

Incorrect spotting- 10 pts.

Hair, accessories infraction- 10 pts.

Performance error***- 10 pts.

Incorrect/Illegal skill performed- 25 pts.

Jewelry, apparel, fingernail infraction- 25 pts.

*** A performance error is defined as a mistake that happens during the routine that is not covered under another, more specific rule listed above.

(RULES AND REGULATIONS: OTHER ACTIVITIES)

6. Golf

(a) Age Divisions (As of January 1 of the year of the activity)

Senior: under age 26

Intermediate: under age 19

Junior: under age 16

(b) Tournament Open invitation to all residents of New Hampshire

(c) Medal Play: 18 holes of qualifying followed by Match Play.

(d) Official Rules: Play will be regulated by the latest edition of the U.S.G.A. rules, unless modified by the local course rules.

(e) Fee: An entry fee will be paid by each participant.

(f) All rules and regulations not specified here will be governed by the General Rules of the New England CYO Athletics Advisory Board. This includes conduct and protests which will be adjudicated on the spot by the 'Advisory Board' representatives.

7. Intermediate Division

(a) High school graduates are ineligible for Parish CYO athletic teams.

(b) No member of a high school squad, varsity, junior varsity, freshman, or junior high team is eligible. A member of a high school squad is defined as a player who is or was on the high school roster or who dresses for and/or participates in a game (other than a practice scrimmage) on behalf of the high school team in pre-season or at any time after December 10th of the current CYO year.

8. Independent Teams

- (a) An independent team will not be eligible for any state competition unless they play a minimum of six (6) games with a minimum of three (3) different teams who are in an organized league in the Diocese of Manchester, NH, and must submit a list of those teams and the dates of scheduled games. Independent teams must submit their official roster for certification by January 25th of the playing season and provide copies of their score sheets to verify that they have met the preceding requirement.
- (b) No team in a deanery that has an organized league can compete as an Independent team.

9. Protests

- (a) Protests are allowed only on misapplication of rules. No protest will be permitted if it concerns an official's judgment call.
- (b) A written protest must be filed within forty-eight (48) hours of the incident in question with the Deanery Director. An intention to protest must be made, prior to the resumption of play following the incident, by the manager or coach to the game official and entered into the official score book.
- (c) Protest may be appealed on the Deanery level to the Diocesan Athletic Board. However the Board reserves the right to refuse to consider an appeal.
- (d) Eligibility of a player must be protested within forty-eight hours after the league game or tournament game in which the player participated.
- (e) The Deanery Director shall set up protest boards to act upon a protest within seventy-two (72) hours of receipt of the protest. The board shall consist of three completely disinterested persons, who shall be of athletic background. The Deanery Director shall notify the Diocesan CYO Athletic Board of the time and date of the protest board meeting, should the board wish to be an observer.
- (f) The results of protest at any level shall be furnished as follows:
 - 1. One copy to both teams involved in the protest. (Coach)
 - 2. One copy to both parishes involved. (Priest)
 - 3. One copy to the athletic board (if deanery protest).
 - 4. One copy to Deanery Director (if diocesan protest).

The Athletic Board will circulate the results of protests at any level to any teams requesting same.

- (g) In a diocesan tournament, protests are handled by the Diocesan Athletic Board.
 - 1. Refer to Eligibility Section, page 2.

10. Rosters (All Sports)

- (a) Basketball – maximum 20 players
- (b) Cheerleading – maximum 20 players
- (c) Rosters of each team in each sport must be completed using the official roster form. No official games can be played until the roster is approved by the Deanery Director or his/her delegate.
- (d) An Official copy of the roster must be signed and submitted by the Deanery Director to the Diocesan Athletic Board prior to the first league game.

- (e) The coach and a member of the Parish's Pastoral Team must sign rosters. Only original signatures will be accepted on the roster(s), as there is no way to verify photocopies of signatures. Coaches must be ASEP certified as of the date of the roster submission. (Coaches and Pastoral Staff are encouraged to check rosters against Parish records prior to signing to insure that participants are eligible). Rosters must also be submitted to the applicable Deanery Director at the date of the roster check.
- (f) Rosters for Independent Teams are to be submitted to the respective Deanery Directors **ONLY**.

The State board will conduct a roster review with deanery officials to verify the following:

- Roster is properly signed, timely, and entry of required data is complete.
- Date of birth coincides with age requirement for eligibility.
- Non-Catholic data is provided where applicable.
- Participation form is included and complete.

Any omissions, questions, etc. will be referred to deanery directors for review and action before being accepted as a participating team by the State Board. Rosters are subject to further review at anytime, as is eligibility. This review is conducted only to allow participation for teams and players to begin the season.

11. **Suspensions**

(a) All Divisions

A player banished from an official CYO game for unsportmanlike conduct is suspended from the next three CYO league/tournament games played by his/her team. Second ejection will result in season suspension

(b) All Coaches

Any coach banished from an official CYO game for unsportmanlike conduct is suspended from the next three CYO league/tournament games played by his/her team. Second ejection will result in season suspension.

(c) All Divisions

Any player or coach who physically assaults anyone before, during, or after a game will be suspended from CYO indefinitely.

The Diocesan Athletic Board will review violations.

Note: The official will record in the official scorebook any ejection and will submit a game report of any unsportsmanlike behavior to the appropriate deanery director with a copy to the league president.

- (d) All ineligible contestants and all managers, coaches and directors who allow or know of ineligible contestants competing may be subject to suspension from all CYO activities. Likewise, all individuals guilty of unsportsmanlike conduct on or off the scene of any contest may be subject to like suspension.
- (e) Suspensions may be appealed on the Deanery level to the Diocesan Athletic Board; however, the Board reserves the right to refuse to consider an appeal.
- (f) Any adult (age 18 or over) who is ejected from any CYO event for unsportsmanlike behavior must quietly and immediately vacate the building, having no contact with any event participant.

- (g) Assaulting of a game or CYO official will result in complete expulsion from CYO activities.
- (h) Anyone who is under suspension from any CYO event(s) shall not attend said event(s), nor be seen in any proximity to said event(s), nor engage in any communication with any event participant.
- (i) Any coach or manager found guilty of falsifying records or deliberately encouraging it shall be suspended from all CYO activities.
- (j) Recruiting: Any coach or player found to be recruiting ineligible players for the parish team will be suspended for one year. NOTE: this rule applies anytime before, during, or after the season, including tournament play.

12. Schedule of games

- (a) The Deanery Director or his/her delegate will determine the number of games.
- (b) The engagement of officials is up to the discretion of the Deanery Director or his/her delegate.

13. Tournaments

- (a) Tentative dates for all tournaments will be set and published by the Diocesan Athletic Board prior to 10/30 annually.
- (b) Duration of games: each sport listed will be governed by rules as stated:

Basketball (boys and girls, all divisions, all deanery play)- National Federation rules, with the following exception: 7th/8th Grade Parish and School divisions shall play 7 minute periods (and 3 minute overtime periods when required) during the regular scheduled season and deanery tournament games.
- (c) N.E. C.Y.O. Eligibility – bids will be given subject to the discretion of the Diocesan CYO Director.
- (d) The Diocesan CYO Director or his/her delegate will assign officials and awards.
- (e) Restrictions – No team shall play more than one game in a single day. In the event of an emergency that absolutely requires the play of two games in a single day, at least four (4) hours must elapse between games.
- (f) In accordance with NECYO rules, all state tournament games will have the following restriction: all teams with a twenty point or more lead will not use a Full-court press.

14. Selection Criteria – Basketball

All Divisions

- (a) In leagues up to 3 teams, the 1st place winner of season play or league tournament play will receive a bid to compete in the Diocesan tournament.

- (b) In leagues of 4-5 teams, the 1st and 2nd place winner of season play or league tournament play will receive bids to the Diocesan tournament.
- (c) In leagues of 6-7 teams, the 1st, 2nd, and 3rd place winner of season play or league tournament play will receive bids to compete in the Diocesan Tournament.
- (d) In leagues of 8 or more teams, the 1st, 2nd, 3rd, and 4th place winners of season play or league tournament play will receive bids to compete in the Diocesan Tournament.
- (e) The number of teams in a league that count toward Diocesan Tournament bids is determined by the total number of teams in the league that meet all eligibility requirements. Teams that are allowed to play in leagues but do not meet all eligibility requirements are considered guests of the league and do not count in the number of teams to determine a tournament bid.
- (f) The "Independent" teams may be eligible to receive bid as determined by the Diocesan Athletic Board.
- (g) If the Diocesan Athletic Board determines that additional bids are necessary or desirable to make the play-offs even, they will be allotted in relation to the number of teams participating from each league.
- (h) All play-off games determining entry to the Diocesan Tournament shall be considered part of the tournament and will be arranged and supervised by the Diocesan Athletic Board.
- (i) Because of the changing nature of teams within divisions, the Diocesan Athletic Board reserves the right to change this procedure without prior notice.

* When required, pairings for divisions other than Catholic Grammar School will be accomplished as follows:

- Manchester 1 versus Nashua 4 or Independent
- Nashua 1 versus Manchester 4 or Independent
- Manchester 2 versus Nashua 3
- Nashua 2 versus Manchester 3
- "Independent" team will play-off with the number 4 seed of the hosting deanery to earn entry to the Diocesan tournament. If more than one independent team wishes to enter, the independent entries will play off to determine tournament berth as listed above.

Catholic Grammar School Division

Selection will be on an invitational basis, based on record of games played. Teams must submit their official team roster by January 25th of the playing season.

15. Selection Criteria – Cheerleading

Invitational, open to all parishes and schools meeting CYO eligibility criteria. No limit on number of CYO teams invited. Order of appearance determined by Cheerleading Committee.

16. Selection Criteria – Golf

Invitational, open to all NH residents. No limit to number of participants. Pairings determined by Golf Committee.

Note:

The Diocesan Athletic Board reserves the right to qualify or disqualify any team representing the Diocese of Manchester, NH, from participation in a New England CYO event. Participation at the Regional CYO level is on a bid-basis and is not automatically awarded to the winner of a Diocesan tournament.

17. Uniforms

Teams participating in Diocesan or Deanery activities are expected to wear properly designated uniforms for the particular sport involved. These uniforms are to be worn in all League, Deanery, or Diocesan tournament games. The uniform shall denote the parish or school whom they represent.

18. Deanery Director Authority and Duties

The Deanery Director will act as liaison between his/her Deanery and the Diocesan Athletic Board. In matters of rules, eligibility, and safety, s/he will assume full responsibility. Direct failure to comply with the Deanery Directors' rulings will result in an Athletic Board review. Disagreements with the rulings of the Deanery Director must be handled through the normal appeal process to the Diocesan Athletic Board.

19. Miscellaneous

- (a) Parishes are encouraged to promote teams in all divisions.
- (b) Participation in basketball and cheerleading is limited to 'boys only' and 'girls only' teams, i.e., there are no co-ed teams.
- (c) The small basketball (28.5") will be used in the girls divisions.
- (d) Each participating team shall pay a \$10 administration fee, payable prior to February 1st of each year. Failure to meet this deadline will result in tournament ineligibility. League presidents will collect the fees and submit to the Athletic Board. Catholic Grammar School teams shall submit their tournament entry fee of \$ 25 per team (per school maximum of \$50) prior to the start of tournament play.

20. Multi-Parish Teams

When a parish cannot sponsor a team due to lack of number of players, that parish may join with another parish in the league or deanery, that also has a lack of number of players, to form one multi-parish team for CYO participation. "Lack of number of players" is defined as 10 or less players from one parish.

- (a) A maximum of twenty (20) players would be allowed on a multi-parish team roster.
- (b) Non-Catholics may not participate on a multi-parish team.
- (c) The multi-parish team must receive the approval of the Deanery Director and the pastor of each parish.
- (d) Each parish will be responsible for it's share of the financial cost.
- (e) The team and players must meet the requirements detailed in this rulebook under 'Diocesan CYO Rules Governing Competitive Activities' in order to be eligible to participate.
- (f) Multi-parish teams may not compete in the Diocesan CYO tournament.
- (g) When a multi-parish basketball team has been established, those two parishes may elect to form a multi-parish cheerleading team, which would also be subject to the multi-parish rules established by the Diocesan Athletic Board.
- (h) Any parish that meets the multi-parish qualifications and would like to form a team should contact the league president within their deanery for assistance.

21. POOL TEAMS

- (a) Intent - This classification is to provide an opportunity for the following individuals to participate.
 - 1. Catholics who do not have a team in their parish
 - 2. Catholic and non-Catholic players who have been cut from other CYO teams after tryouts.
- (b) Eligibility - All players, Catholic and non-Catholic, in all divisions (except as noted below) residing within the deanery boundaries. This rule does not apply to "Independent" teams or Catholic Grammar School teams. A pool team will be allowed a maximum of two (2) non-Catholic players.
- (c) Establishment of teams - The Deanery Director in each deanery will be responsible for monitoring the Pool Team program.
 - 1. Each player will apply utilizing the appropriate form to be provided by the Deanery, insuring that all standard eligibility requirements are met.
 - 2. The Deanery Director shall review each application and certify the eligibility of each participant.
 - 3. All players shall participate in a tryout monitored by the Deanery Director.

(d) Miscellaneous Guidelines

1. Game results will count in determining the league standings of all teams.
2. Pool teams are not eligible for New England CYO tournaments. In order to host a diocesan tournament for pool teams, there must be at least one pool team from each deanery.
3. Each team participant will be assessed a pro-rata share of the costs necessary to operate the team.
4. The team and coaches must obtain approval from the Deanery Director.

(e) Cheerleading Tournament: Pool teams are not eligible for New England CYO Tournaments. The Diocesan tournament will host a division for pool teams, only when two or more teams wish to enter a specific division and category.

22. STATE FREE THROW AND THREE POINT CONTEST

The State Free Throw and Three Point Contest will be governed by the following guidelines:

- (a) All Participants must be eligible players listed on their team roster.
- (b) Each contestant will attempt 25 free throws or 2 minutes of shooting from the point line. The contestant with the most successful tries will be declared the winner.
- (c) In the event of a tie, a shoot-off consisting of 10 tries will be held to determine the winner.
- (d) If there is still a tie after the first shoot-off, an additional shoot-off of 5 tries will be conducted until a winner is declared.

1. CYO Division:

- (a) The Deanery Director will be responsible for conducting the deanery free throw and three-point championship.
- (b) The top two (2) contestants in each deanery contest will advance to the State Free Throw and Three Point Championship.
- (c) Independent teams participating in the State basketball tournament may enter one contestant in the State Free Throw and Three Point contest.
- (d) The State Free Throw and Three Point Championship for 5th & 6th and 7th & 8th Grade levels will be held at a mutually agreed upon time. The intermediate championship will be held at the All Star game.

ACCREDITATION OF COACHES

The Diocesan Athletic Board has adopted the following policy for Accreditation of CYO Coaches. ASEP certification is encouraged, but not required for coaches of Catholic School Teams that are competing in the annual Diocesan Catholic School's Basketball Tournament or State Cheerleading Competition. It is required for coaches of Catholic School teams that are participating in Diocesan CYO Leagues.

- (a) No person should be given the responsibility of coaching a CYO team until he or she meets established standards of accreditation.
- (b) The Primary objective should be to insure that all coaches possess the qualities of Christian leadership and sportsmanship as well as a working knowledge of first aid and rules interpretation in order to guide the youth of our diocese to responsible adulthood.
- (c) Accordingly, the Diocesan Athletic Board will annually hold a mandatory Rules Interpretation and Accreditation Clinic. A mandatory Accreditation Clinic will be held for new coaches in order to receive their lifetime accreditation prior to the start of the playing season.
- (d) In order to coach any team and to sit on the bench during any games or cheerleading competition, a coach must be at least 18 years of age (or an authorized coach in training) and have successfully completed the Diocese of Manchester's Certification process and must be a member in good standing. Coaches of the Intermediate Age Division (high school age) must be at least 21 years old.
- (e) All coaches listed on a roster will be in attendance for the annual mandatory rules clinic. The Deanery Director or a member of the Diocesan Athletic Board as the Deanery Director's delegate will record attendance. Any team that does not have ALL roster coaches in attendance will be penalized by forfeiture of the first regular season game.
- (f) Coach in Training (CIT)
This subdivision of coaches will be offered for young adults (ages 16 and 17) to provide them with the opportunity to be trained in positive coaching and leadership. The qualifications are as follows:
 - 1. Must be at least 16 years old
 - 2. Must attend and pass ASEP accreditation
 - 3. Must work with an ASEP certified adult coach (18 or older)

Restrictions:

- 1. No more than two (2) CIT's per team
- 2. CIT's will not be allowed to assume responsibility for any team at any time.
- 3. There must always be an ASEP certified adult present. In the event there is no ASEP certified adult present, due to any reason, the CIT would NOT be allowed to continue a game, practice, or competition.
- 4. CIT's must obtain approval from the Deanery Director in order to participate.
- 5. CIT's will only be allowed for the 5th, 6th, 7th and 8th grade divisions (parish or school)

CYO

COACHES CODE OF CONDUCT

“The important thing is not winning
but in taking part;

The essential thing is not conquering
but fighting well.”

- I. **No Coach Shall:** At any time lay a hand upon, push, shove, strike or threaten to strike an official.
- II. **No Coach Shall:** Refuse to abide by officials' decisions.
- III. **No Coach Shall:** Be guilty of objectionable behavior/demonstrations by throwing of equipment or any other forceful action.
- IV. **No Coach Shall:** Be guilty of personal or verbal abuse against any official for any decision or judgment.
- V. **No Coach Shall:** Be guilty of allowing his or her players to use inappropriate tactics against persons of opposing teams.
- VI. **No Coach Shall:** Be guilty of physical attack as an aggressor upon any player, official or spectator.
- VII. **No Coach Shall:** Be guilty of abusive verbal attack upon any player, official or spectator.
- VIII. **No Coach Shall:** Use profane, obscene or vulgar language in any manner, or at any time.
- IX. **No Coach Shall:** Be guilty of discussing publicly with spectators in a derogatory or abusive manner any play, decision, or his/her personal opinion of other coaches during the game.

Violation of this code may draw a minimum penalty of removal from a game or a maximum penalty of an indefinite suspension from all CYO athletic events.

The Diocesan CYO Athletic Board will review violations.

RESPONSIBILITY OF A COACH

To the Parish

The coach must assure the parish that he will provide equal opportunity for participation to all that indicate the desire.

The coach must inform the parish of the necessity of safety measures regarding physical examinations, proper and sufficient equipment, transportation, and adequate supervision during contests.

To the Player

The coach is primarily responsible for the health, physical well being, safety and development of character, values, and leadership.

The coach must establish high standards of conduct and behavior and tolerate nothing else.

These high standards of the team, the parish, and the coach cannot be compromised in order to win.

The tradition of good sportsmanship must be a prime objective of everyone.

To the Parent

The coach should assure the parent that s/he is primarily concerned with the safety and protection of their child.

That s/he is vitally interested in the development, as an individual, and a team member, of the child.

The parent should refrain from interfering during practice, or contests.

To the Opponents

The coach should endeavor to establish the best of relationships with the other team, regardless of the degree of rivalry.

The coach should insist that his or her team shakes hands with their opponents before the contest and behave with courtesy at all times.

Good sportsmanship dictates that the opposing coach, and team, publicly demonstrates their mutual good will at the end of the game, and good manners dictate that the winning coach, and team, should make the initial overture.

To the Officials

The coach is responsible for seeing that proper and adequate facilities for the officials are made available. A student manager should be assigned to meet, direct and escort the officials to these facilities.

In dealing with officials, the coach's approach must be business-like at all times. S/he must have self-control and sufficient emotional stability to realize that the official sees the play through impartial and unbiased eyes.

Questions regarding rules interpretation should be settled before the contest.

There should be a clear understanding regarding the procedure to be followed in an on-the-spot interpretation if necessary.

At the end of the contest the coach should confine any remarks for the official to an area, away from the players, in the open and in the presence of a CYO league or board official. Any criticism of the referee should be directed, in writing, to the president of the league and the assignor of officials for that season.

To the Spectators

The coach must set the climate of behavior for the spectators.

The coach must demonstrate, through his/her own behavior, that s/he values self-restraint, fair play, and sportsmanlike conduct, while in no way lessening the importance of the team's winning the contest.

The coach is responsible for the conduct of the followers of his/her team and must exert every effort to assure their proper and sportsmanlike behavior.

To Himself

A coach's actions speak louder than his/her words. At all times, the coach must be the master of the situation and not let the situation master him or her.

Sportsmanship is contagious. It is difficult for spectators to boo and hiss when they see the coach behaving with dignity, courtesy, and good manners toward the opponents and officials.

The coach must set the example in his/her dress, speech, and actions.

It is impossible for a coach to be a "do-as-I-say-but-not-as-I-do" individual.

To the Coaching Profession

The coach must constantly strive to improve his/her knowledge and technique by attending clinics, making use of professional literature, and pursuing advanced study.

The coach should never embarrass a colleague by deliberately running up a score.

The coach should never criticize a player publicly, or in the presence of the team.

The coach must always bear in mind that s/he is a member of one of the most respected and honored professions, and refrain from actions that could be detrimental to the profession.

Coaches influence not only the conduct of the players under their direction, but also the behavior of the spectators.

The coach, because of this specialized knowledge, is the best-qualified staff member for both adult and student orientation.

In dealing with officials, the coach's approach must be businesslike at all times. S/he must have self-control and sufficient emotional stability to realize that the official sees the play through impartial and unbiased eyes.

Any question regarding rules interpretation should be settled before the contest.

At the end of a contest, the coach should confine any remarks for the official to the privacy of the dressing room. Many conferences have strict rules prohibiting any criticism of the official. Any criticism should be directed to the head of the league.

Coaches must expect high standards of behavior from their squads and tolerate nothing else. The tradition of good sportsmanship must be a prime objective of everyone.

To the Coaches

Any athletic program must also be an educational program. Every athletic coach must be first an educator - - teacher - -coach.

Coaches teach the skills, the rules of the game, and the strategy of the game. They condition the players physically, but intellectually, socially, and emotionally, to engage in competition.

Coaches must lead by example in teaching their players respect for each other and respect for their opponents.

Coaches should also teach:

- (a) An understanding of what a difficult job it is to be an official.
- (b) An appreciation for the caliber of men and women who officiate.
- (c) A confidence in the integrity of officials and their non-partisan spirit.
- (d) An acceptance of official's decisions without display of irritation or anger.

DIOCESAN CYO ATHLETIC BOARD

DIOCESAN CYO DIRECTOR

Theresa Root - 153 Ash Street. Manchester, NH 03105

669-3100

CHAIRPERSON

Dennis Lemerise

VICE CHAIRPERSON

Chuck Cook

SECRETARY

Lee Rivard

TREASURER

Doug Smith

DEANERY DIRECTORS

Manchester Urban- Rod Carrier

Nashua Area- Eric Eskeland

AT- LARGE MEMBERS

Robert Bausha

Meredith Cook

Mike Coyle

Joe Lally

Byron Pitarys

ASSOCIATE MEMBERS (Non-voting)

Rich Cuveillier

John Hurley

Norm Lafond

Joanne Maaser

Bill Van Anglen

James Walker

Training Coordinator- Brother Paul Crawford

Chaplain- Rev. Ray Ball

STANDING COMMITTEE CHAIRPERSONS

Basketball- Charles Cook

ASEP – Bro. Paul Crawford, OFM Cap.

Cheerleading – Lee Rivard

Golf – Doug Smith

FINANCE COMMITTEE

Theresa Root

Dennis Lemerise

Doug Smith

**RECEIPT AND ACKNOWLEDGMENT
OFFICIAL NHCYO RULEBOOK, 2003 edition**

Please review the following information, then complete, sign, and submit this form to your Deanery Director- Rod Carrier (Manchester urban)
Eric Eskeland (Nashua area)

I acknowledge the following:

I have received and reviewed the Diocese of Manchester's Diocesan Athletic Board Official CYO Rulebook (November, 2003 edition). I am responsible for following the rules described therein.

I understand that I am responsible for following the **Coaches Code of Conduct** as outlined in the Rulebook. I will work to the best of my ability to uphold the policies described under the section entitled, **Responsibility of a Coach**. I will uphold these responsibilities to my parish, my players and their parents, my fellow coaches, officials, spectators, opponents, and myself.

I attended the Rules Interpretation Clinic on _____ .

If I have any questions regarding the content or interpretation of the Rulebook or any issues discussed during the clinic, I will bring them to the attention of my Deanery Director.

Name (please print) _____

Team _____ (circle one) **Basketball** **Cheerleading**

Division (check one)

- | | |
|--|---|
| _____ 5 th /6 th Grade Parish Boys | _____ 5 th /6 th Grade Parish Girls |
| _____ 5 th /6 th Grade School Boys | _____ 5 th /6 th Grade School Girls |
| _____ 7 th /8 th Grade Parish Boys | _____ 7 th /8 th Grade Parish Girls |
| _____ 7 th /8 th Grade School Boys | _____ 7 th /8 th Grade School Girls |
| _____ Parish Junior Boys | _____ Parish Junior Girls |
| _____ Parish Intermediate Boys | _____ Parish Intermediate Girls |

SIGNATURE OF COACH _____

**All coaches listed on the roster, including assistants must sign this form.
The signed and completed form must be returned to the deanery director on or before the assigned league roster-check date.**