

# **C.Y.A.A.**

# **Handbook**

## **2025-2026**



**Catholic Youth Athletic Association**  
**Elementary School Athletic Program**

**Diocese of Phoenix**

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## CATHOLIC YOUTH ATHLETIC ASSOCIATION ADVISORY BOARD

The C.Y.A.A. Advisory Board consists of pastors, principals, athletic directors, coaches and other members who are participants of the C.Y.A.A. Athletic Program. The primary purpose of the board is to advise the C.Y.A.A. in establishing policies, rules and regulations that regulate the program for the participating schools. In addition, the board will hear appeals as prescribed on p. 14 of the C.Y.A.A. Code of Conduct and will participate in the process for hiring C.Y.A.A. Athletic Directors when needed. Board meetings are held four times a year (August, November, February and May), and as needed to hear appeals.

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# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## PHILOSOPHY

The interscholastic athletic program of the Catholic Schools is an integral part of the education program. It must, therefore, be in harmony with the educational objectives. Any interscholastic athletic activity should teach:

- .... an individual to be a responsible and contributing team member.
- .... selfless effort in working with others to reach a common goal.
- .... appreciation of others efforts, whether they be teammates, opponents, officials, or coaches.
- .... an ability to keep activities and games in proper perspective.

Athletics should be a significant, valuable community activity, foster loyalty, school spirit, student participation and healthy competition. Goals of the athletic program should be meaningful to all students in a school.

The main objectives of the Catholic Youth Athletic Association program should be that of developing qualities of leadership, good sportsmanship, and promoting a Christian atmosphere in which students will grow in respect and concern for others in their own environment as well as in society as a whole.

Emphasis should be placed upon the development of game fundamentals. Principals, coaches, and parents should encourage players to give their best, improve their skills, and have fun when playing a game.

## **Participation in the C.Y.A.A. Athletic Program**

1. Schools of the Catholic Diocese of Phoenix have all rights and privileges to participate in the C.Y.A.A. Athletic Program.
2. All schools that are not part of the Catholic Diocese of Phoenix seeking to participate in the C.Y.A.A. Athletic Program must submit a written application for participation by May 1 in order to be considered for participation for the following school year. The application will be presented to the C.Y.A.A. Advisory Board at its next scheduled meeting.
3. Process for participation will include:
  - a. Written application
  - b. Site visit
  - c. Meeting with administration of the school.

Results of this process will be given to the C.Y.A.A. Advisory Board for its decision, in its sole and absolute discretion, whether to admit the applicant to the C.Y.A.A. Athletic Program. Final decision will be reported following the summer Advisory Board Meeting to the applying school.

4. Any school admitted to the C.Y.A.A. Athletic Program is on probation for one (1) year.
5. All schools are encouraged to participate in all three (3) seasons for girls and boys.
6. Schools that are in good C.Y.A.A. League standing need not reapply each year.
7. Schools of the Catholic Diocese of Phoenix are participants in the Diocese's insurance program.
8. All schools that are not part of the Catholic Diocese of Phoenix that participate in the C.Y.A.A. Athletic Program are not participants in the Diocese's insurance program, and therefore such schools will be solely responsible for obtaining its own insurance coverage satisfactory to the Catholic Diocese of Phoenix and its insurer. Prior to participation, all such schools must provide a certificate of insurance to the C.Y.A.A. which provides evidence of general liability coverage of not less than two million dollars (\$2,000,000.00) per occurrence, naming the C.Y.A.A. and the Catholic Diocese of Phoenix as "Additional Insureds" for all claims arising out of participation in the C.Y.A.A. Athletic Program. Such insurance will be primary in the event of a covered claim or cause of action.
9. All head coaches must be 21 years of age or older. There must be a head coach for each team and that coach must be present at all times during team functions (practice, games and any other events related to the team).

## ROLE OF THE PRINCIPAL

The C.Y.A.A. League strives to bring a Christian philosophy to the sports program of our elementary schools. The principal has an excellent opportunity to support coaches and student athletes in their effort to live out the goals and ideals of the C.Y.A.A. Program. Periodic attendance at regular season games indicates interest and support of the school's team and coach, and also provides an opportunity to evaluate the sportsmanship of the coach, team, and spectators. Every effort is made to provide children with the development of fundamental skills of a game so they can compete successfully with others. Although all teams, no doubt, play with the desire to win, undue stress on winning can lead to poor acceptance of the official's decision, and poor sportsmanship among team members and/or spectators. Principals are in a position to encourage coaches and teams in their spirit of sportsmanship or to challenge them to improve it. Although participation of a school in the C.Y.A.A. League doesn't require the principal's presence at all games, the effect of that presence cannot be minimized.

Principals are required to:

1. Designate an Athletic Director to further the program at the school level.
2. Be responsible for the Athletic Director/coaches he/she hires to represent the school. Take the necessary steps to ensure that persons who coach possess understanding of each sport.
3. Discuss the philosophy and C.Y.A.A. Handbook with Athletic Director/coaches. Provide Athletic Director/coaches with a copy of the current C.Y.A.A. Handbook and AIA rules. Be sure that Appendix E, Coaches Sign-Off, is on file for each coach.
4. Make the C.Y.A.A. philosophy and guidelines known to student athletes and parents.
5. Discuss with moderator, cheerleaders, and parents their role in the C.Y.A.A. Program.
6. Provide supervision to cheerleaders.
7. Forward all communications from the C.Y.A.A. Office to Athletic Directors/coaches.
8. See that registration forms, forms/rosters and required payments to the C.Y.A.A. Office are returned as directed and on time.
9. Attend games whenever possible (especially the early games of the season).
10. Encourage pastor, associate pastors, and teachers to attend games as their time and schedules permit.
11. Monitor game schedule to ensure that no more than three games per week are played (tournament play is an exception). Scheduled league games should take precedence over non-league games.

12. Coordinate with the Athletic Director in regards to the budget, officials, uniforms and tournament play.
13. Periodically evaluate Athletic Directors and coaches.
14. The local school will delineate academic standards.
15. Ensure that drivers of student athletes have the required insurance coverage, and follow the transportation guidelines of the Diocese of Phoenix.
16. Ensure transportation waivers are on file for all athletes.
17. Be sure that all Athletic Directors/coaches are current on the requirements of the “Policy and Procedures for the Protection of Minors” with documentation.
18. Ensure that all Athletic Directors/coaches have valid fingerprint clearance.
19. Ensure that coaches, athletes and parents conduct themselves in a Christian matter.
20. Principal or his/her designee ensures that a current Vendor Compliance Form for officials is on file at the school, and as necessary at the Safe Environment Office at the Diocese.
21. Ensure that coaches, athletes and parents (relatives or friends) understand that if they cause an adverse effect on the school, the league or the tournament, the Athletic Director has the authority to take immediate action to correct the problem.

Coaches represent their schools. If a coach causes problems that have an adverse effect on the school, the principal or designee, must take immediate action to correct the problems and inform the C.Y.A.A. Board in writing, or sanctions will be enforced by the Board.

## **DUTIES OF LOCAL SCHOOL ATHLETIC DIRECTOR**

1. Attends all athletic director meetings.
2. Informs and updates Principal of all sporting activities.
3. Ensure all coaches (paid or voluntary) are current on the requirements of the “Policy and Procedures for the Protection of Minors” including having a fingerprint card prior to working with any student.
4. Provide each coach, parent, and participant with an updated copy of the C.Y.A.A. “ROLES”, rules, and regulations each year.
5. Ensure all coaches are provided instruction on the CYAA Rules and annually reviews the CYAA Rules with all coaches before each season begins.
6. Ensure that all head coaches are at least 21 years of age or older.
7. Provide all coaches with information about the required annual CDC HEADS UP to Youth Sports concussion online training and ensures completion of the training before the season begins (collect and document completion certificates).
8. Ensure that the head coach is present at all team functions (practice, games and any other events related to the team).
9. Notifies all coaches of meeting times and locations.
10. Gives all coaches correspondence (email, etc.) and supplemental information pertaining to the sport being coached.
11. Gets signature of Principal on all forms or rosters being submitted.
12. Submits proper forms, schedules and rosters to C.Y.A.A. Athletic Directors upon due dates.
13. Monitor the academic standings of players according to the standards as delineated by the school.
14. Confirm games 24 hours in advance to avoid scheduling conflicts.
15. Ensure that only “certified” officials are utilized for all games.
16. Is available for emergency phone call for any changes in schedule and/or meetings (will contact specific coaches of these changes).

## **ROLE & DUTIES OF THE COACH**

A coach has a strong influence on the children with whom he/she works. Student athletes may look upon their coach as an idol, and may tend to emulate many of his/her characteristics and actions. Therefore, it is of utmost importance that a coach in the C.Y.A.A. League displays the qualities of good sportsmanship and Christian attitudes. A coach should be aware of his/her opportunity to instill Christian attitudes and characteristics in players while on the playing field - an opportunity that is not available to a child's principal or teacher. A coach should be an instructor and disciplinarian to the team players, as well as a positive mentor. All coaches must meet the "Policy and Procedures for the Protection of Minors" requirements. (See school Safe Environment Coordinator for details).

A coach in the C.Y.A.A. League's Code of Conduct is expected to:

1. Be committed to the philosophy of the C.Y.A.A. Program.
2. Be knowledgeable of the contents of the C.Y.A.A. Handbook and applicable AIA rules. All coaches must have a current and updated C.Y.A.A. Handbook including the C.Y.A.A. Code of Conduct, applicable sports rules as well as applicable AIA rules.
3. Sign off on the C.Y.A.A. Code of Conduct Agreement, Appendix E, indicating intent to adhere to all C.Y.A.A. policies and procedures.
4. Be current with Diocesan Safe Environment requirements.
5. Ensure that fingerprint card is valid and up to date.
6. Complete the online CDC HEADS UP to Youth Sports concussion training annually.
7. Encourage all eligible students, even those who are not exceptionally skilled, to participate in the C.Y.A.A. Athletic Program.
8. Maintain an up-to-date roster for each sport season.
9. See that all players have sports medical authorizations, emergency forms, etc. completed. Emergency forms must be on site whenever children are participating in a school activity.
10. Make good use of practice time for instruction of all players in the fundamental skills and rules of the game.
11. Guide team members in cooperating with one another and accepting the weaknesses and strengths of team members.
12. Insure that all players participate according to C.Y.A.A. regulations.
13. Supervise student athletes entrusted in their care so that there is supervision by the coach, assistant coach, or other adult at all times. This includes before and after games and practice.
14. Ensure that no team be engaged in practice or competition unless there is an adult present who possesses basic first aid and CPR training and certification. (Effective 9/97)
15. Possess current CPR/First Aid certification. (Effective 9/97)
16. Oversee the safety and maintenance of athletic equipment and playing facilities to be provided to the student athletes.
17. Keep lines of communication open -- reporting to principal the results of games and progress of the team.
18. Evidence a positive attitude in relating with the team members.
19. Act in a mature and professional manner while exercising the duties outlined.
20. Refrain from offensive language and actions at all times.
21. Be an example of respect and cooperation in relating to officials.
22. Refrain from "negative sideline coaching" during C.Y.A.A. games, for it is neither professional nor acceptable and is a distraction for the players and spectators.

23. Refrain from PHYSICALLY, EMOTIONALLY, OR VERBALLY ABUSING a player at any time during practice or a game.
24. Refrain from laying a hand upon, pushing, shoving, striking, or threatening to strike an official or game supervisor, or being guilty of objectionable demonstration by forceful action of an official's decision.
25. Be 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 official to the facilities. In dealing with the officials, the coach's approach must be business-like at all times. He/she must have self-control and sufficient emotional stability to realize that the official sees the play through impartial and unbiased eyes.
26. Respect the judgment of an official or umpire.
27. Make sure all questions regarding rule interpretation are settled before the contest. There should be a clear understanding regarding the procedure to be followed if an on-the-spot interpretation should be necessary.
28. Be held responsible for unruly actions or the misconduct of his/her own spectators before, during, or after the game.
29. Refrain from discussing publicly with spectators in a derogatory or abusive manner any play, decision, or his/her personal opinion of the officials, DURING OR AFTER THE GAME.
30. Attend all meetings directed by the C.Y.A.A. If the coach is unable to attend the meeting, he/she is responsible for sending a representative.
31. Make student athletes knowledgeable of their role as outlined in the C.Y.A.A. Handbook.
32. Notify opponents of schedule change.
33. Never come to a practice or a game in an intoxicated condition or have in his/her possession any alcoholic beverage.
34. No smoking.
35. Insist his/her team shake hands with their opponents after the contest and behave with courtesy at all times.
36. Hold a pre-game prayer with team before each game.
37. Submit complaints to Principal/Athletic Director following C.Y.A.A. policy.
38. Scheduled league games must be played and take precedence over non-league practice games. No more than two games per week may be scheduled.
39. Ensure that athletes, parents, relatives or friends conduct themselves in a Christian manner throughout the tournament.
40. Ensure that coaches, athletes, parents, relatives or friends understand that if they cause an adverse effect on the school, the league or the tournament, the Athletic Director has the authority to take immediate action.
41. Ensure that coaches, athletes, parents, relatives or friends understand that absolutely no one is to approach the official scorekeepers table. It is the responsibility of the official to verify all concerns regarding tournament play. If someone does approach the bench it may result in a technical foul, ejection and/or forfeiture of the game.
42. Bring to the tournament their own pinnies.
43. Bring a first aid kit to all games and practices.

Violation of the C.Y.A.A. Coaches Code of Conduct will result in a technical foul, removal from the game or forfeiture of the game depending on the degree of infraction. The coach will not participate in the next scheduled game. If warranted, further action will be taken by the school principal, the C.Y.A.A. and/or the C.Y.A.A. Board.

## **ROLE OF PARENTS**

Parents of children participating in the C.Y.A.A. Program should be made aware of the philosophy and guidelines as presented in the C.Y.A.A. Handbook.

Parents should be encouraged to take an active part in the C.Y.A.A. Athletic Program of their school.

1. Parents can have great influence as spectators at the game. It is of importance that this influence be of a positive nature. Coaches and players are encouraged and motivated by the support of parents, and the greatest support and encouragement is needed after a loss.
2. When relating to coaches and officials, parents should be an example of cooperation and respect.
3. A parent who observes a coach whose behavior is not consistent with C.Y.A.A. guidelines or philosophy should make it known to the school principal and C.Y.A.A. Advisory Board in writing.
4. Parents are to refrain from offensive language and actions. Taunting and/or swearing is not to be tolerated in the C.Y.A.A. Sports Program.
5. Parents will respect the judgment of a Site Director, official or umpire. at all times.
6. Parents must monitor the academic progress of their children according to the standards as delineated by the school of enrollment.
7. Parents must sign the form provided stating that they have read the C.Y.A.A. and local school philosophy, roles, rules, and regulations and agree to abide by them. They must abide by the Diocesan Transportation Policy.

## **ROLE OF THE STUDENT ATHLETE**

All eligible student athletes are encouraged to participate in the various C.Y.A.A. activities. Students who choose to participate in C.Y.A.A. activities must make a commitment to their team. To play on a C.Y.A.A. school team is both a privilege and responsibility. To practice and play takes a number of after school hours, and the student's usual grades must be maintained or the privilege of playing a sport will often be taken away from him/her. When a player is suspended from a team, the teammates as well as the player are affected. Any player who chooses to play on a team owes it to his/her coach and teammates as well as himself/herself to remain on the team until the conclusion of the season.

Any student athlete participating in a C.Y.A.A. activity is expected to:

1. Give fully of himself/herself during practice and games.
2. Be accepting of his/her honest mistakes.
3. Strive to win without placing undue pressure on self or teammates.
4. Recognize and respect the strengths and weaknesses of teammates.
5. Exhibit sportsmanship at all times - - being a good winner as well as a good loser.
6. Accept the guidance of coaches.
7. Respect the decisions of officials and umpires.
8. Refrain from offensive language and actions.
9. Maintain academic standards as delineated by his/her school of enrollment.
10. Demonstrate that he/she has health and/or student accident insurance.

## **ROLE OF THE CHEERLEADER**

The cheerleader brings to each game a spirit of pride in his/her school and its team members. It is his/her responsibility to guide the spectators in cheers that encourage and support the players that give evidence of respect for the opponents. In determining times for cheers, he/she is to work cooperatively with the opponent's cheering squad. At all times cheers are to be positive and supportive, thus reflecting the Christian philosophy of the C.Y.A.A. Program.

The cheerleader is expected to:

1. Dress in a manner which is attractive and modest.
2. Be positive in cheers and guide the spectators in the same manner.
3. Work cooperatively with the other cheering squad, thus refraining from any type of competition in cheers.
4. Exhibit a sense of school spirit and pride as well as a respect for the school spirit of the opponents, thus refraining from any use of the opponent's school name, colors, symbols, coach's name, names of players, etc. in a derogatory manner.
5. Discourage all cheering, whistling, counting the dribbles, foot stomping, and other means used to deliberately distract an opponent who is about to shoot a free-throw.
6. Refrain from the use of noisemakers, such as bells, horns, etc. at basketball games.
7. Avoid cheers that are directed at game officials.
8. Maintain academic standards as delineated by his/her school of enrollment.

## **DUTIES OF C.Y.A.A. DIRECTORS**

The C.Y.A.A Directors are expected to:

1. Ensure the C.Y.A.A. RULES AND POLICIES ARE UNDERSTOOD AND ENFORCED by the individual schools in the league.
2. Organize and attend all Elementary Athletic Director meetings.
3. Communicate all matters to Superintendent's office.
4. Conduct league meetings at least three times per year, more often if necessary.
5. Maintain a budget of income and expenses.
6. Arrange site, officials and details for tournament play.
7. Communicate to Superintendent's office and Diocesan newspapers winners of all contest play.
8. Report any person(s) in his/her league violating the C.Y.A.A. Code of Conduct listed in the Rules and Policies Handbook.

## LEAGUE PLAY FORMAT/RULES

### ELIGIBILITY

1. Student athletes must be enrolled in the school they represent to be eligible to play on that school's athletic teams.
2. Students must present a sports medical authorization to play.
3. A Small School division student athlete competing in the 5th & 6th grade program may move up to 7th & 8th provided he/she does not return to the 5th & 6th grade team for the remainder of that sport season.
4. A Small School division player can only be moved up to insure the number of players needed to fill a team, not to bench a seventh or eighth grader.
5. A student athlete may play in only one diocesan tournament per sport.
6. To participate in the tournament a school must participate in league play as defined by region rules.
7. Sport fees must be paid prior to the tournament.
8. Rosters insure student athlete eligibility (age, grade, school enrollment, etc.)
9. Official rosters must be submitted. Failure to submit roster prior to the tournament will deny the school tournament play and/or fine assessed.
10. Season record (teams played and score for each event) must be submitted with official rosters.
11. The C.Y.A.A. is not a co-educational program. Extraordinary circumstances may be petitioned to the C.Y.A.A. Advisory Board.

### OFFICIALS

Mandated number of officials for league play are as follows:

Volleyball – 1 (2 at championship games)  
Basketball – 2  
Football - 2  
Softball - 1  
Baseball - 1

Certified officials will be used to prevent rule discrepancies.  
Certified officials will be used at tournament games.

## SEASON AND TOURNAMENT PLAY

An announcement will be read by the site director before all CYAA tournament games that reads: “The Catholic Youth Athletic Association reminds you that our middle school athletics are an extension of the classroom, and lessons are best learned in a respectful environment. Let’s honor all here at this event today by showing our good sportsmanship.”

### Grades 5 through 8

Participation in student athletics on the 5th and 6th grade level is primarily for the purpose of instruction. During season and tournament play ALL team members at all grade levels MUST PARTICIPATE IN EACH GAME the equivalent of the time requirements listed below: During season play it is strongly recommended that playing time exceed these requirements. During tournament play the same time requirements are in effect. If this requirement is not met then the team will forfeit the game.

Football – each player must have the opportunity to play in each game.

Volleyball – each player must have the opportunity to play in each game.

Basketball – Minimum 4 minutes in first half for each player. Second half open substitutions (see Appendix)

Baseball – 3 outs or one time at bat

Softball – 3 outs or one time at bat

\*Minimum player rules will be strictly enforced during tournament play.

Football 8

Volleyball 6

Baseball 9

Softball 9

Basketball 5

Soccer 7

\* Where possible schools are encouraged to sponsor multiple teams to provide sufficient playing time for all student athletes. C.Y.A.A. recommends “no cuts.” Each team must remain together during both season and tournament play. Teams may not be reconfigured for the tournament.

No student/athlete may participate in the CYAA sports program that is in a grade under Grade 5.

### School Regions

Each school will be put into a Region for league play. Teams within each Region are required to play every other school within that region at least once during each season. Failure to play each participating school will result in disqualification from tournament play. It is highly encouraged that the school make every effort to play the other schools in the region twice (one home and one away) if at all possible. Other games may be scheduled around the already set schedule. All teams must play pre-scheduled league games to ensure acceptance into the tournament, if applicable.

If your team is unable to play in a scheduled game and you do not notify the school by 12:00 (noon) the day of the game, **you must reimburse the opposing team the cost of the officials.** Home teams must call the opposing team, to confirm game by 12:00 (noon) the day of the game, to preclude a possible cancellation.

### Big School Definition

A school having over 36 students in either 7th or 8th grade.

Each team must bring the following to all tournament games:

\* Pinnies

\* First Aid Kit

### Tournament Seeding

At the direction of the Board, the C.Y.A.A. Athletic Directors will seed the tournaments.

### Ejections

If a player or coach is ejected from the regular or tournament game, he/she must sit out the next game.

### Weather Conditions and Game Play

Unless otherwise stated for specific sports, in the event of weather condition during tournament play, at least ½ of the game must be played before a game can be called for weather, and if less than half the game has been played, the game will be rescheduled to resume at a different date/time. The site director and referee, in consultation with the CYAA Athletic Director, will make the decision to call a game for weather purposes.

## **CYAA Regions 2025-2026**

### **North Central Region**

All Saints  
Annunciation  
Christ Lutheran  
Loyola Academy  
SS. Simon & Jude  
St. Francis Xavier  
St. Gregory  
St. John XXIII  
St. Thomas the Apostle

### **South Central Region**

Holy Family Academy  
Most Holy Trinity  
Phoenix Hebrew Academy  
St. Agnes  
St. Catherine of Siena  
St. Matthew  
Torah Day School

### **South East Regions**

Christ the King  
OLPH Scottsdale  
Our Lady of Mount Carmel  
Queen of Peace  
St. John Bosco  
St. Mary-Basha  
St. Timothy  
St. Theresa

### **West Region**

OLPH Glendale  
Phoenix Day School of the Deaf  
St. Jerome  
St. John Vianney  
St. Louis the King  
St. Thomas Aquinas  
St. Vincent de Paul

## Tournament Divisions

### Large Schools

All Saints' Episcopal Day School  
Christ Lutheran School  
Our Lady of Mount Carmel School  
Our Lady of Perpetual Help School – G  
Our Lady of Perpetual Help School – S  
SS. Simon and Jude Cathedral School  
St. Gregory Catholic School  
St. Francis Xavier Catholic School  
St. John Bosco Catholic School  
St. John Vianney Catholic School  
St. John XXIII Catholic School  
St. Mary-Basha Catholic School  
St. Theresa Catholic School  
St. Thomas Aquinas Catholic School  
St. Thomas the Apostle Catholic School  
St. Vincent de Paul Catholic School

### Small Schools

Annunciation Catholic School  
Christ the King Catholic School  
Loyola Academy at Brophy  
Most Holy Trinity Catholic School  
Phoenix Day/Deaf  
Queen of Peace Catholic School  
St. Agnes Catholic School  
St. Catherine of Siena School  
St. Jerome Catholic School  
St. Louis the King Catholic School  
St. Matthew Catholic School  
St. Timothy Catholic School  
Torah Day School

## DIOCESAN TOURNAMENT FORMAT/RULES

We will have a 7<sup>th</sup> grade tournament and a 7<sup>th</sup>/8<sup>th</sup> grade tournament according to divisions listed pending number of teams entering tournament. Be sure to create your teams accordingly. Teams will be seeded by CYAA Boys and Girls Athletic Directors for tournament play. All championships will be ONE game only.

To assist in covering the cost of equipment, awards, facilities, and site directors, all adults attending will be charged \$3.00 each day to watch the tournament play. Site directors will be responsible to provide a cashier at all door/gate entry points and will supervise the collection of these funds.

Attendants of tournament games may use the QR code below to pay for the \$3.00 entrance fee.



**Tournament Withdrawal** – When a school withdraws/forfeits from a tournament (after the tournament bracket is posted) there will be a \$125.00 fine per game charged. Repetitive withdrawals (during the same season or in multiple seasons during a school year) by a school may result in loss of league participation in an upcoming season along with monetary fines.

A “tournament committee” made up of the C.Y.A.A. Athletic Director and two coaches will serve as an onsite review team and will deal with rule violations immediately. However, when coaches are not available, it will be up to the discretion of the C.Y.A.A. Athletic Director and Site Director to make the final decision. The decision of the “tournament committee” and/or Athletic Director or Site Director will be final. Rule violations not questioned at the time of the game will not be heard.

Rule violations include, but are not limited to:

- Not adhering to eligibility and tournament rules as listed in the C.Y.A.A. Code of Conduct
- Non-attendance at pre-tournament meetings
- Not playing all students according to the rules outlined in the C.Y.A.A. Code of Conduct
- Not adhering to responsibilities outlined for coaches, parents, students in the C.Y.A.A. Code of Conduct

## **PROTESTS/APPEALS (Regular Season Play Only)**

Every attempt should be made to resolve a conflict during regular play at the lowest possible level. Occasionally matters may arise which will require an objective review by third parties in order to assure the maintenance of positive relationships. To facilitate reconciliation, communication and the strengthening of the community of faith, the following general guidelines shall be followed:

- 1) Coach first seeks resolution with the coach of the opposing team
- 2) Athletic Director seeks resolution with opposing team's Athletic Director in consultation with the school principals.
- 3) If the resolution is unsatisfactory, the principal of the opposing team is contacted by the principal seeking resolution. Should the two principals involved reach a resolution, that resolution is final and binding.
- 4) If the resolution is still unsatisfactory, the C.Y.A.A. Athletic Board is contacted in writing by the principal seeking resolution. Any three members of the Board can hear the appeal. The decision of the C.Y.A.A. Athletic Board is final and binding.

There shall be no reviews, videos or otherwise of calls by the game officials.

## **RULES VIOLATIONS DURING TOURNAMENT PLAY**

To prevent violations of C.Y.A.A. rules during tournament play, the Tournament Site Director will be provided tournament rosters (those submitted by each school prior to the tournament) for all teams to ensure the roster matches those participating. The Tournament Site Director will complete the Tournament Site Director Sign-Off form ensuring rules and procedures for tournament play are followed. All participating head coaches will complete the Tournament Coach Sign-Off form to ensure rules and procedures for tournament play are followed.

In the event of a C.Y.A.A. rules violation during tournament play, coaches may appeal to the Tournament Site Director, at the time of the event, and the Site Director will make a decision either during or immediately after the game based on consultation of the C.Y.A.A. Handbook and C.Y.A.A. Athletic Director, whose decision will be final. If the Site Director has his/her own school involved in the potential rule violation, the C.Y.A.A. Athletic Director will make the final decision. There are no appeals.

## **INFRACTIONS**

At any time, a school official (Principal, Assistant Principal or Athletic Director) may submit an incident form to the C.Y.A.A. Board describing the specific infraction that has taken place. The infraction will be investigated, and the validity determined by a review committee of the C.Y.A.A. Board. In addition, Tournament Site Directors will provide the C.Y.A.A. Athletic Directors with reports documenting any reported rules violations during tournament play and decisions made. Those reports will be provided to the C.Y.A.A. Board for review.

The C.Y.A.A. Board will review all rule infractions submitted by a school official, site director or C.Y.A.A. Director, determine the validity of the rule violation and decide on appropriate sanctions to the violating school. Sanctions may include an official written warning, probation (ineligibility

to host tournaments and/or serve as a site director) and removal from season and/or tournament play for a designated amount of time determined by the C.Y.A.A. Advisory Board.

Schools with continuous valid infractions will be denied participation in C.Y.A.A. league and tournament play for the next sports season. Schools with continual spectator and/or coach infractions will be denied all participation in C.Y.A.A. Tournament play for the next sports season subject to Board discretion.

Should the infractions occur during spring sports, the school will be denied participation in C.Y.A.A. tournament play for the following fall sports season. (See C.Y.A.A. Incident Report, Appendix F)

The Catholic Youth Athletic Association reserves the right to revise this Code of Conduct after giving reasonable notice.

Questioning of “calls” made by officials will not be considered rule violations. There shall be no reviews, video or otherwise of calls by the game of officials.

## **CATHOLIC YOUTH ATHLETIC ASSOCIATION**

### **BASIC FIRST AID AND CPR**

It is important and beneficial that all C.Y.A.A. Coaches know how to care for their athletes in an emergency, therefore, C.Y.A.A. recommends that all coaches contact the Red Cross or other agencies to inquire about First Aid and CPR Certification. The following information is a summary of First Aid and CPR skills and is not a substitute for skills and knowledge learned in a First Aid and CPR Course.

#### **GENERAL INFORMATION**

##### **SECTION 1**

Coaches should always:

- A) Know medical history of all players prior to any activity.
- B) Have in their possession a first aid kit which contains:

Ace Bandage	Hand Cleaner	Adhesive tape
Moleskin	Antiseptic Towelettes	Needle/Safety pin
Band Aids (Assorted sizes)	Assorted Sizes Non-Stick Sterile pads	Assorted Sizes Gauze pads
Rolled Gauze	Petroleum Jelly	Cold Pack (2)
Eye Pads (2)	Triangular Bandage	Scissors
Blanket	Tweezers	

- C) Treat any injuries that involve blood with disposable latex gloves.  
Dispose of the gloves properly.

#### **EMERGENCIES**

##### **SECTION 1**

In an emergency, coaches should always:

- A) Check the scene for safety and check the victim for level of consciousness, breathing, pulse, and bleeding.
- B) Call 911. Give the dispatcher:
  - The exact location or address of the emergency.
  - The telephone number from which the call is being made.
  - The caller's name.
  - Information about the situation.
  - The number of people involved.
  - The condition of the victim(s).
  - The care being given to the victim(s).
- Do not hang up until the dispatcher hangs up. The 911 dispatcher may be able to tell you how to care for the victim until help arrives.
- C) Care for the victim until help arrives by:
  - Watching for changes in the victim's breathing and consciousness.
  - Helping the victim rest comfortably.
  - Keeping the victim from getting chilled or overheated.
  - Reassuring the victim.

### **Basic First Aid for Sports Related Injuries.**

#### **SECTION 1**

##### **Bleeding**

To reduce risk of disease transmission, place a barrier between you and the victim's blood (latex gloves, plastic wrap, cloth, victim's hand). Wash hands with soap and water after providing care.

- A) **Call 911**, if necessary.
- B) Direct pressure:
  1. Place a dressing (gauze pad, clean cloth) over wound and apply direct pressure.
  2. If dressing is not available, have injured person apply pressure with their hand.
- C) Elevate the wound if fracture is not suspected.
  1. Elevate wound above level of heart.
  2. Continue direct pressure.
  3. Apply a pressure bandage to hold the gauze pad or cloth in place.
- D) Pressure points:
  1. Although rare, in some cases direct pressure and elevation may not control bleeding. In these cases, apply pressure to a pressure point while maintaining direct pressure.
  2. Arm wound: apply pressure over brachial artery which compresses the artery against the bone.
  3. Leg wound: apply pressure over the femoral artery with the heel of your hand. This compresses the artery against the pelvic bone.

#### **SECTION 2**

##### **Choking (Adult and Child)**

- A) Ask: "Are you choking?"
- B) If victim cannot cough, breathe, or speak, [ **have someone call 911** ] while you perform abdominal thrusts:
  1. Stand behind the victim.
  2. Wrap your arms around the victim's waist.

3. Place your fist with thumb side against the victim's body in the midline just above the navel and well below the lower tip of the breastbone.
  4. Grasp your fist with your other hand.
  5. Press with a quick inward and upward thrust.
- C) Use chest thrusts for victims who are obese.
- D) Repeat thrusts until obstruction is cleared.
- E) If victim becomes unconscious:
1. Lie victim on back.
  2. Give 5 abdominal thrusts with heel of hand just above the navel.
  3. Do a finger sweep of the mouth of adult. Finger sweep mouth of child only if you can see the object.
  4. Give two full breaths.
  5. Repeat steps E2, E3, and E4 as necessary.

### SECTION 3

#### **Cramps**

- A) Have the victim rest in a cool place.
- B) Give the victim cool water or sports drink.
- C) Lightly stretch the muscle and gently massage the area.
- D) Never use salt tablets.

### SECTION 4

#### **Diabetic Emergencies**

- Signals: Changes in level of consciousness including dizziness, drowsiness, and confusion; rapid breathing; rapid pulse; and feeling and looking ill.
- A) Ask victim if he/she is diabetic or look for a medical alert tag.
  - B) If victim is conscious, give sugar (candy, fruit juices, non-diet soft drinks, table sugar dry or dissolved in a glass of water).
  - C) If person does not feel better within 5 minutes after taking sugar, call 911.
  - D) If person is unconscious, do not give anything by mouth, call 911.

### SECTION 5

#### **Eye Injuries (Floating object in eye)**

- A) Tell victim to blink several times.
- B) If blinking does not remove object, lift the upper eyelid and have victim look down. Gently flush eye with water.
- C) If object remains, seek medical care.

### SECTION 6

#### **Fractures and Dislocations**

- Fractures are breaks or cracks in bones. Closed fractures leave the skin unbroken. An open fracture involves an open wound.
  - Signals: Pain, swelling, deformity, discoloration or bruising of the skin, and inability to use affected part normally.
- A) Call 911.
  - B) Control bleeding.
  - C) Care for shock. (See Shock)
  - D) Do not move victim.
  - E) Treat a dislocation as a fracture.
  - F) Splint the injury in the position you find it. Apply splint so that it immobilizes the fractured bone and the joints above and below the fracture.
  - G) Elevate injured area without disturbing the suspected fracture.
  - H) Apply a cold pack to a closed fracture. Do not apply a cold pack to an open fracture.

### SECTION 7

#### **Head, Neck, and Spine Injuries**

- Signals: Bumps, bruises, or wounds on the head; headache; dizziness; unconsciousness mediate or delayed half an hour or more); unequal pupils;

sleepiness or inability to be wakened; bleeding or fluid draining from the mouth, nose, or ears; facial muscles or other body parts paralyzed or working abnormally; numbness, loss of sensation or inability to move fingers, toes, or extremities; deformity of neck or spine.

- A) Stabilize head and neck as you found them:
  - 1. Place your hands along each side of the victim's head.
  - 2. Hold the head in place.
- B) Send someone to call 911.
- C) Monitor breathing and pulse.
- D) Stay with victim and continue to stabilize the head and neck until 911 personnel takes over.
- E) Do not move victim unless absolutely necessary. If victim must be moved, do it carefully without twisting or bending his/her body.
- F) Make sure bleeding does not impair breathing. If airway becomes blocked by fluids, place victim on backboard and turn on side.
- G) Control external bleeding.

## SECTION 8

### Heat Exhaustion

- Signals: Cool, moist, pale, or red skin; heavy sweating; dilated (large) pupils; headache; nausea; dizziness and weakness; exhaustion; and normal or below normal body temperature. If not treated, heat exhaustion can lead to heat stroke.
- A) Get person out of heat and into cooler place.
- B) Place victim on back with feet elevated.
- C) Loosen or remove victim's clothing.
- D) Cool victim by fanning and applying cold packs or wet towels or sheets.
- E) Give victim ½ glass of water every 15 minute, if conscious.
- F) Care for shock, if necessary. (See Shock)
- G) If a person refuses water, vomits or begins to lose consciousness, call 911.

## SECTION 9

### Nosebleed

- A) If you suspect a head, neck, or back injury, do not move victim or stop the flow of blood and clear fluids coming from the nose and ears.
- B) Have victim sit with head slightly forward, chin toward chest.
- C) Pinch the nose shut.
- D) Bleeding can also be controlled by applying an ice pack to the bridge of the nose or by putting pressure on the upper lip, just beneath the nose.
- E) Tell victim to avoid rubbing, blowing, or picking his/her nose.
- F) Seek medical care if nosebleed continues, if bleeding starts again, or if bleeding is a result of high blood pressure.
- G) If the victim loses consciousness, place him/her on his/her side to allow blood to drain. Call 911.

## SECTION 10

### Seizures

Signals: Seizures can range from mild blackouts to sudden, uncontrolled muscle contractions called convulsions. Convulsions may last for several minutes.

- A) Do not hold or restrain the person.
- B) Do not place anything between his/her teeth.
- C) Protect person from injury and keep his/her airway open.
- D) Move equipment that might get in the way.
- E) Protect head by placing a cushion, such as folded clothing, beneath it.
- F) If the person vomits, place him/her on his/her side.
- G) When the seizures are over, the person will be drowsy and disoriented and will need to rest.

H) Reassure and stay with the person until he/she is fully conscious.

If you know the person has epilepsy, it is usually not necessary to call 911 unless:

- The seizure lasts longer than a few minutes.
- Another seizure begins soon after the first.
- Victim does not regain consciousness after the jerking movements have stopped.

Call 911 when someone having a seizure also:

- Is known to be a diabetic.
- Appears to be injured.

## SECTION 11

### Shock

Signals: Restlessness or irritability; fast, weak pulse, fast breathing; pale or bluish, cool, moist skin; strong thirst; nausea and vomiting; drowsiness or loss of consciousness. If you recognize the signals of shock, give first aid immediately.

- A) Call 911.
- B) Control any external bleeding as soon as possible.
- C) Keep the victim lying down.
  1. If you do not suspect head or neck injuries or leg fractures, place victim on his/her back. Elevate feet and legs about 12 inches.
  2. If you suspect the victim has a head or neck injury keep him/her lying flat.
  3. Place a victim who is vomiting on his/her side.
  4. If the victim has trouble breathing, place him/her in a semi-reclining position, pillows or blankets raising the head and back.
- D) Maintain normal body temperature. Put blankets underneath and around the body, but do not overheat. If it is hot, cool the victim-provide shade and loosen clothing.
- E) Do not give the victim anything to eat or drink.
- F) Administer CPR, if necessary. (See CPR)

## SECTION 12

### Sprains and Strains

A sprain is the partial or complete tearing of ligaments and other tissues at a joint. The more ligaments that are torn, the more severe the injury. A strain is the stretching and tearing of muscle or tendon fibers. It is sometimes called a "muscle pull" or "tear".

**Signals:** Pain; swelling; discoloration or bruising of skin; and inability to use the affected part.

- A) Call 911, if necessary.
- B) Immobilize the injured area.
- C) Apply a cold pack to a closed injury.
- D) Elevate affected area.
- E) Any serious injury should receive medical attention.
- F) Treat for shock if necessary. (See Shock)

## SECTION 13

### Stings

- A) Remove stinger with tweezers or by scraping it away from the skin with your fingernail or credit card.
- B) Wash area with soap and water.
- C) Cover it to keep it clean.
- D) Apply cold pack to affected area. Place cloth between skin and cold pack.
- E) Watch for shock or allergic reaction.

## SECTION 14

### Wounds

A) Bruises:

Ice.

B) Scrape/cut (not severe):

1. Wash with soap and warm water.
2. Cover with sterile dressing.
3. Watch for infection.

C) Cut (severe):

1. Control bleeding.
2. Bandage with sterile dressing.
3. Seek medical care.
4. Watch for infection.

D) Puncture

1. Wash with soap and warm water.
2. Cover with sterile dressing.
3. Watch for infection (Puncture wounds infect easily).

## RESCUE BREATHING

### SECTION 1

#### Primary Survey

- A) Check for unresponsiveness. Tap victim and shout, "Are you O.K.?"
- B) If no response, call 911.
- C) Open the airway using the head-tilt/chin-lift.
- D) Look, listen, and feel for breathing for 3 to 5 seconds.
- E) Give 2 slow breaths, if victim is not breathing.
  1. Pinch victim's nose, open your mouth wide, make a tight seal over victim's mouth.
  2. For child give only enough air to make the chest rise.
- F) Check for and control any severe bleeding.
- G) Check for pulse (5 to 10 seconds) at side of neck.
  1. If no pulse, begin CPR. (See CPR)
  2. If no breathing, begin Rescue Breathing.

### SECTION 2

#### Rescue Breathing

- A) Maintain open airway.
- B) Pinch nose shut.
- C) Seal your lips tightly around outside of victim's mouth.
- D) Rescue Breathing Rates:
  1. Adult: give 1 breath every 5 seconds.
  2. Child (1 through 8 years): give 1 breath every 3 seconds.
- E) Re-check pulse and breathing every minute.

## BASIC CARDIOPULMONARY RESUSCITATION (CPR)

- Only qualified persons should administer CPR. Contact your local American Red Cross or other agency for training.
- **{In case of an emergency, call 911.}**

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## VOLLEYBALL RULES FOR GIRLS COMPETITION

### **RULE 1 - THE GAME**

- SECTION 1** Volleyball is a game played by two teams of six players each with an inflated ball on a rectangular court separated into two areas by a net. One team serves the ball, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.
- SECTION 2** A point shall be awarded when either team violates a rule (even the serve).
- SECTION 3** A side out shall be declared when the serving team violates a rule. A point is awarded to the opposing team.
- SECTION 4** A coin toss shall be conducted between the captains of each team prior to the first game of the match and, if necessary, prior to the third game of a two-out-of-three game match. The visiting captain shall call the toss. The winner shall choose either to serve or receive or playing side. The loser of the toss shall be given the remaining choice.
- SECTION 5** A team which has scored 25 points, and is at least two points ahead, is the winner. If the leading team does not have a two-point advantage, play shall continue until one team has a two-point advantage with a cap at 30 points.
- SECTION 6** Rally score to 25 in first two games; third game is rally score to 15.

### **RULE 2 - SUSPENSION OR FORFEITURE OF GAME**

- SECTION 1** If a match is suspended due to:
- A) Power failure.
  - B) Other unforeseen circumstances. It may be resumed from the point of suspension. The score and lineup will be the same when it is resumed as they were at the moment of suspension.
- SECTION 2** A game shall be declared a forfeit when:
- A) A team refuses to play when directed to do so by the official.
  - B) A team has fewer than eight players to start the match.
  - C) A coach is removed from the game for un-sportsman-like conduct and an authorized representative is not present to assume responsibility for the team.
  - D) A coach fails to resolve situation of an unruly spectator after warning/penalty.

- E) During season and tournament play ALL team members at all grade levels MUST PARTICIPATE IN EACH game according to the time requirements listed on page 16 of the handbook or the team will forfeit.

**SECTION 3** The score of a forfeited game shall be 25-0 if the game has not started. If the game is in progress, the opposite team shall be awarded its acquired points and the opponent awarded at least 25 points or a sufficient number to reflect a two-point advantage.

**SECTION 4** A match is defined as when a team has won two games out of three. The third game shall not be played unless it is necessary to determine the winner of the match. (Courtesy game is recommended.) Third game is played to 15 points.

### **RULE 3 - THE COURT**

**SECTION 1** A court shall be 60 feet (18m) long and 30 feet (9m) wide, measured to the outer edges of the boundary lines. It is recommended that the area above the court be clear of any obstructions and at least 23 feet (7m) high.

**SECTION 2** A serving area shall be along the entire baseline of your side of the court, which shall be six feet in depth. In the event that such space is not available, the serving area shall extend into the court whatever distance necessary to provide the minimum depth and be so marked. (If both coaches are in agreement prior to a fifth grade game, the serving line may be moved up for season play).

**SECTION 3** A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

### **RULE 4 - OUT OF BOUNDS**

**SECTION 1** A ball is out-of-bounds and becomes dead when it:

- A) Touches a wall, objects mounted flush with a wall, or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball.
- B) Touches the floor completely outside the court's boundary line.
- C) Touches the net cable or net completely outside the vertical tape markers, net support or official's platform.
- D) Touches the net antennas or does not pass over the net entirely between the net antennas.
- E) Touches a non-player who is not interfering with a player's legitimate effort to play the ball.
- F) Touches the ceiling or overhead obstructions beyond the vertical play of the net and its out-of-bounds extension.
- G) Touches or breaks the plane of a non-playable area such as adjacent court scheduled for play, bleachers, benches, officials' table, etc.
- H) Touches any part of a backboard which is hanging in a vertical position, over a playable area if, in the judgment of the official, the

ball would have remained in play if the backboard had not been there.

**SECTION 2** Penalty For Out-Of-Bounds:  
A point is awarded to the opponent.

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623-939-4261 **RULE 5 - RESTRICTED PLAY**

**SECTION 1** The official shall stop play when:

- A) A wall, floor obstacle, non-playable area or non-player interferes with player's legitimate effort to play the ball.
- B) A player breaks the plane of a non-playable area.
- C) A player gains an advantage by contacting any floor obstacle, wall or another player.
- D) It is necessary to prevent player injury from contact with obstacles or walls.
- E) The ball contacts any part of a backboard which is hanging in a vertical position over a playable area.

**SECTION 2** Penalties for Restricted Play:

- A) When a wall, floor obstacle or non-playable area that is less than six feet (2m) from a boundary line, or a non-player causes the interference, a replay is declared provided the player was making a legitimate effort to legally play the ball.
- B) When, in the judgment of the official, the ball would have remained in play had the vertical backboard not been over the playable area, a replay is granted.
- C) In all other situations, a point is awarded to the opponent.

## **RULE 6 - EQUIPMENT**

**SECTION 1** The height of the net shall be seven feet for the fifth and six grade girls program and seven feet four inches for the seventh and eighth grade girls program.

**SECTION 2** The official balls for CYAA Volleyball games are the official synthetic or leather balls.  
For Grades 5 & 6 use the Volley-Lite 25; for 7<sup>th</sup> & 8 grade play use regulation weight.

**SECTION 3** Home team is responsible for one official, scorekeeper, scoring book, and game ball.

- CYAA recommends the home team provide a visible scoreboard, scorekeeper and official book.
- CYAA recommends each team provide a volunteer line judge.

## **RULE 7 - PLAYER EQUIPMENT**

- SECTION 1** A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist or forearm.
- SECTION 2** Supports are permitted on other parts of the body (an elbow brace shall not extend more than halfway down the forearm) as long as they are soft and yielding or covered. Metal parts on any brace shall be padded. CYAA recommends players wear kneepads.
- SECTION 3** Any equipment that increases a player's advantage is prohibited.
- SECTION 4** Hair devices may be worn if made of soft material. Hats, full visors, and sunglasses can be worn during regular play however they are not permitted during tournament play unless held outdoors.
- SECTION 5** Players shall not wear jewelry.
- SECTION 6** Tennis shoes are required.
- SECTION 7** CYAA recommends that players wear a mouthpiece.

## **RULE 8 - PLAYER UNIFORM**

- SECTION 1** Each player shall be identified by a number on the uniform top which is not a duplicate of a teammate's number.
- SECTION 2** The number shall be:
- A) Clearly visible.
  - B) Not more than two digits.
- CYAA requires (2005-2006) the number be placed on the front and back of the uniform top.  
*\*exceptions to be approved by CYAA Athletic Director*
- SECTION 3** If a player wears an undershirt, it shall be plain and of like color to the predominant color of the uniform top. Beginning with the 1995-96 school year, uniforms shall not include advertising or a partial or whole company logo or trademark which exceeds 1½" x 1½" or appear more than once.
- SECTION 4** Players shall not wear undergarments or tights that are not the same color as the uniform bottom.
- Exception:**
- Compression shorts which are unadorned, of a single color similar to the predominant color of the uniform bottom, and do not extend below the knee may be worn.  
Compression shorts may not be worn in lieu of shorts.
- SECTION 5** Penalty for Illegal Equipment or Uniform:
- A) When a player attempts to enter the game wearing illegal equipment or uniform, unnecessary delay shall be assessed. Subsequent player

equipment or uniform violations by the same team during the match results in a point being awarded the opponent.

- B) When a player wearing illegal equipment or uniform is discovered in the game, unnecessary delay shall be assessed the team. The player shall be removed and shall not re-enter the game until the illegal equipment or uniform is removed or made legal. A second uniform violation will result in an un-sportsman-like conduct penalty.

## **RULE 9 - THE TEAM: COMPOSITION AND POSITION**

**SECTION 1** A team shall consist of six players to begin the match. If a team has fewer than six eligible players due to illness, injury or disqualification after the start of a match, it shall continue play.

**SECTION 2** A playing captain shall be designated by each team and this is the only player who may communicate with officials. If this player is replaced by a substitute, the coach shall designate another player as captain who shall remain as such until substituted for or until the original playing captain returns to the game. During a match, the playing captain may request team time-outs and the serving order during dead balls and may, if the signals are missed, ask the official to repeat the call.

- A captain from each team must attend the pre-match conference.

**SECTION 3** The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.

**SECTION 4** At the moment of serve:

A) All players, except the server, shall be within the team's playing area and may be in contact with the boundary lines, or center line, but may not have any part of the body touching the floor outside those lines.

B) All players shall be in correct serving order. The center front shall not have a foot touching the floor as near the right sideline as the right front nor as near the left sideline as the left front. The center back shall not have a foot touching the floor as near the left sideline as the left back. The center back on the receiving team shall not have a foot touching the floor as near the right sideline as the right back. No back row player shall have a foot touching the floor as near the center line as the corresponding front row player.

C) After the ball is contacted for the serve, players may move from their respective positions.

**SECTION 5** When the serve is awarded to a team, that team shall rotate clockwise one position.

**SECTION 6** A request for the team serving order may be made by a coach or playing captain while the ball is dead.

**SECTION 7** Penalties for Illegal Positioning:

- A) For illegal alignment, a point is awarded the opponent for:
  - 1. Overlapping by players other than the server at the moment a legal serve occurs.
  - 2. Positioning, at the moment of a legal serve, of any player, other than the server, outside the boundaries of the playing area.
- B) For an improper server, a point shall be awarded as soon as the improper server is discovered and verified. Any points known by the official scorekeeper to have been made by the improper server shall be canceled.
  - 1. When an improper server is discovered prior to the contact of the first serve by the opposing team, all points earned by the improper server shall be canceled. No further penalty is assessed.
  - 2. When an improper server is not discovered until after the serve has alternated and the first serve has been contacted, there shall be no cancellation of points, and no penalty is assessed.
  - 3. Proper serving order as written in the scoring book shall be regained immediately.

## **SECTION 8**

A screen is an act, intentional or unintentional, which obstructs the receiving player's view of the server or the flight of the ball from the server. This includes, but is not limited to, the following:

- A) The server is hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member(s) of the group.
- B) A player with hands extended clearly above the height of the head or with arms extended sideways at the moment of serve if the served ball passes over the player(s).

## **SECTION 9**

Penalty For Screening: A point is awarded the opponent.

## **RULE 10 - LINE UP**

### **SECTION 1**

Two minutes prior to the game, a coach from each team shall submit to the scorekeeper an accurate, written lineup of the uniform numbers for the six starting players in proper serving order.

### **SECTION 2**

Following each game, a coach from each team shall:

- A) Submit to the scorer any changes in the starting serving order from the previous game.
- B) Verbally notify the scorer that the starting lineup will remain the same as the starting lineup for the previous game. This shall constitute the serving order recorded in the scoring book.

### **SECTION 3**

Penalties For A Late Or Inaccurate Lineup:

Failure to turn in a lineup by the required time or list a player or substitute entering the game results in a point is awarded the opponent. The player or substitute may enter the game after the scoring book is corrected.

- When a player's number changes because the player must change a uniform with excessive blood on it, the roster is corrected and no penalty is assessed.

## **RULE 11 - THE SERVE**

- SECTION 1** A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm after it is released. The ball shall be contacted within five seconds after the official's signal to serve.
- SECTION 2** The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.
- SECTION 3** The serve shall be permitted to hit the net and if goes over is constituted to be a legal net hit serve.
- SECTION 4** A player's term of service begins when the player assumes the right back position as the server and ends when a violation is made by the player's team or a substitution for the player is made prior to the end of the team's term of service. A player may have only one re-serve during their term of service.
- SECTION 5** A re-serve shall be called when the server releases the ball for service and it drops to the floor. The official shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds for the re-serve.
- A *re-serve* is considered to be a part of a single attempt to serve. Therefore, after the official's signal for service, no requests (time-outs, service order, lineup, substitution, etc.) May be recognized until after the ball has been served.
- SECTION 6** The first server for each team is the Right Back player. Thereafter, the Right Front player rotates to the serving area.
- SECTION 7** A team continues serving until a violation is made by serving team or the game ends.
- SECTION 8** The team not serving first in the previous game of a match shall serve first in the second game.
- SECTION 9** A serve is illegal and the ball remains dead if the server:
- A) Hits the ball illegally.

- B) Is touching the end line or the floor outside the serving area when the ball is contacted.
- C) Does not contact the ball to serve within five seconds.
- D) Is out of serving order or is from the wrong team.
- E) Deliberately serves before the official's signal to begin the serve.
- F) Releases the ball for service, then catches it or drops it to the floor more than once during one term of service.

**SECTION 10**

A served ball is a service fault and becomes dead when the ball:

- A) Does not legally cross the net, such as when the ball touches:
  1. or passes under the net.
  2. one of the server's teammates.
  3. the floor on the server's side of the net.
- B) Crosses the net not entirely between the net antennas, or lands out-of-bounds.
- C) Touches the ceiling or any obstruction.

**SECTION 11**

When a receiving team player is out of position on the serve and:

- A) The ball is served illegally, the serving team is penalized.
- B) A service fault occurs, the receiving team is penalized.

**SECTION 12 - SERVICE PENALTIES:**

- A) For an illegal serve, a service fault, or the receiving team being out of position when there is an illegal serve, a point is awarded the receiving team.
- B) For the next receiving team being out of position when there is a service fault, a point is awarded the receiving team.
- C) For a server having a second re-serve during one team's term of service, a point is awarded the receiving team.

**RULE 12 - DURING PLAY**

**SECTION 1**

All non-playing team members, including coaches and managers, shall be seated on the designated bench during the game. Teams shall occupy the bench located on the side of the net adjacent to their playing area throughout the match. (no other spectators, adults or children are permitted to sit with the team)

**SECTION 2**

End of the game procedure:

Players will be directed to the end line by the referee as part of the end of the game signal. Prior to the third games, in a two out of three game match, the players will remain on their respective end lines during the coin toss procedure. After other non-deciding games, once the score is verified to the referee, the referee will blow the whistle and signal the players to change courts for outdoor courts. The non-playing team members will immediately change benches, and the players will move in a counter clockwise direction past the standards to their new team bench area.

**SECTION 3**

A live ball is one in play, from the moment the ball is legally contacted by the correct server until a dead ball occurs.

**SECTION 4** A dead ball is one declared by an official for any decision temporarily suspending play until the ball is legally contacted for the serve.

**SECTION 5** A live ball becomes dead when:

- A) The ball touches the net antennas or does not pass entirely between the antennas.
- B) The ball lands out-of-bounds.
- C) The ball contacts the ceiling or an overhead obstruction and is not legally played next by the offending team.
- D) The ball contacts the ceiling or an overhead obstruction after the third hit.
- E) The ball contacts a wall or ceiling obstruction which is over a non-playable area.
- F) The ball becomes motionless in the net or on an overhead obstruction.
- G) The ball touches the floor.
- H) The ball passes completely under the net.
- I) The ball contacts a non-player in a playable area.
- J) A player or ball breaks the plane of a non-playable area.
- K) A player commits a foul.
- L) An official's whistle sounds for any reason.

## **RULE 13 - CONTACTING THE BALL**

**SECTION 1** A contact is any touch of the ball by a player. A hit is a contact or touch of the ball which is counted as one of the team's three allowable plays before the ball is returned to the opponent.

**SECTION 2** A team shall not have more than three hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponents, or an action to block, the net contact is considered the team's first hit.

## **RULE 14 - PLAYERS ACTIONS**

**SECTION 1** Definitions:

- A) **Pass** - A Play in which the ball is hit into the air so another player can get into position to contact the ball.
  - 1. **Forearm pass** - a controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate.
  - 2. **Overhead pass** (setting action) - two hand finger action directing the ball to a teammate.
  - 3. **Set** - two (or one) hand finger action directing the ball to an attacker.
  - 4. **Dig** - an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, fists or hands.

- B) **Attack** - Any play adding force and/or direction to the ball with the intention of returning the ball to the opponent. A team's third hit is always considered an attack.
    1. **Spike** - an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
    2. **Tip or Dink** - a fingertip attack on the ball which directs the ball into the opponent's court.
    3. **Dump** - a fingertip attack most commonly used by a setter on the second hit.
    4. **Overhead pass** - two-hand finger action directing the ball over the net.
  - C) **Block** - A play approximately arm's length from the net in which a player(s), whose hand(s) is raised above the head, contacts the ball near the top of the net in an attempt to:
    1. prevent the ball from crossing the net.
    2. return the ball immediately.
    3. deflect the motion of the ball.
- A block may involve wrist action provided there is no prolonged contact.

**SECTION 2** Front row players may contact the ball from any position inside or outside the court except while positioned completely across the center line or its out-of-bounds extension.

**SECTION 3** Back row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.

**SECTION 4** When a back row player, on or in front of the attack line, contacts the ball which is completely above the height of the net, on a team's first or second hit, passing it to a teammate and an opponent legally contacts the ball before it completely crosses the net, play continues. If the ball completely crosses the net untouched, it is a back row player foul.

**SECTION 5** A back row player shall not:

- A) Participate in a block or an attempt to block.
  - B) Attack and/or direct a ball which is completely above the height of the net while positioned:
    1. on or in front of the attack line or its out-of-bounds extension.
    2. in the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
- A foul shall not be called on a back row player until the ball is considered to have crossed the net.
    - C) Play a ball while positioned completely across the center line or its out-of-bounds extension.

*\*CYAA does not allow for a libero position*

**SECTION 6** A player may touch the floor across the center line or its out-of-bounds extension with one or both feet provided a part of the foot/feet remains on or above the center line. Contacting the floor across the center line or its out-of-bounds extension with any part of the body is illegal.

**SECTION 7** Penalties For Illegal Player Action:  
A point is awarded the opponent for center line foul or back line player foul.

## **RULE 15 - NET PLAY**

**SECTION 1** A ball contacting and crossing the net shall remain in play provided contact is within or above the vertical tape markers and entirely within the net antennas.

**SECTION 2** Recovering a ball hit into the net shall be permitted.

**SECTION 3** A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.

**SECTION 4** Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:

- A) Attacking team has completed its three allowable hits.
- B) Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with intent to return it to the opponent's court.
- C) Ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball.

**SECTION 5** A net foul occurs while the ball is in play and:

- A) A player contacts any part of the net including net cables or net antennas. It is not a foul when a player's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
- B) A player gains an advantage by contacting the floor or wall cables, standards or official's platform.
- C) There is dangerous contact by a player with the floor or wall cables, standards, or official's platform.
- D) There is interference by a player who makes:
  - 1. contact with an opponent which interferes with the opponent's legitimate effort to play the ball.
  - 2. intentional contact with a ball which the opponent has caused to pass partially under the net and the opponent is attempting to play it again.

**SECTION 6** Penalties For Illegal Net Play:  
For a net foul or over-the-net foul, a point is awarded the opponent.

## **RULE 16 - FOULS**

**SECTION 1** A foul is a failure to play as permitted by the rules.

**SECTION 2** A double foul occurs when opposing players commit rule violations at the same instant.

- SECTION 3** A multiple foul occurs when the same team commits more than one violation of a single rule at the same instant during play or dead ball.
- SECTION 4** A simultaneous foul occurs when a team violates more than one rule at the same instant during play or dead ball.
- SECTION 5** A double hit occurs when a player's successive or multiple contacts are illegal.
- SECTION 6** A foot fault occurs when a player violates the serving area or center line restrictions.
- SECTION 7** Penalties for Fouls:
- A) For a single foul (double hit or foot fault), point to the opponent.
  - B) For a double foul during a:
    - 1. live ball play, a replay is called.
    - 2. dead ball, the penalty is assessed against the serving team followed by the receiving team with both teams rotating.
  - C) For a multiple foul, only one penalty is assessed (point).
  - D) For a simultaneous foul during a:
    - 1. live ball play, only one penalty is assessed.
    - 2. dead ball, all applicable penalties are assessed.

## **RULE 17 - REPLAYS**

- SECTION 1** A replay is the act of putting the ball in play without awarding a point and without a rotation for the serve. A replay shall be declared when:
- A) An official's mistaken whistle interrupts play.
  - B) A double whistle occurs on the serve.
  - C) A player unintentionally serves the ball prior to the official's signal to serve. (a warning will be given)
  - D) There is a double foul during a live ball.
  - E) There are conflicting calls which the official cannot resolve.
  - F) A player's legitimate effort to legally play the ball, in the judgment of the official, is affected by a:
    - 1. non-player anywhere in a playable area.
    - 2. wall, floor obstacle or non-playable area within six feet of the court.
    - 3. ball becoming motionless in the net inside the vertical tape markers or on/in an overhead obstruction over a playable area.
  - G) Play is interrupted because:
    - 1. a foreign object enters the proximity of the playing area.
    - 2. The official determines that a player has been injured.
  - H) The ball contacts a backboard hanging in a vertical position over a playable area and, in the judgment of the official, the ball would have remained in play had the backboard not been there.

## **RULE 18 - UNNECESSARY DELAY**

## **SECTION 1**

Unnecessary delay includes, but is not limited to when:

- A) A team is not immediately ready to start play when indicated by the official.
- B) Delay results from a substitute attempting to enter, or when a player in the game is wearing illegal equipment.
- C) A coach or captain makes excessive requests for the serving order.
- D) A team delays substitution.
- E) An illegal substitute enters or attempts to enter the game.
- F) A team repeatedly uses improper substitution procedure.
- G) A coach does not make a decision about an injured player within thirty seconds.
- H) A team takes liquid or powder substances onto the court during a team time-out.

## **SECTION 2**

Penalties For Unnecessary Delay: For a coach, player, substitute or team charged with unnecessary delay, a time-out shall be assessed and the sixty seconds given. If the team has used all its time-outs, a point is awarded the opponent and the game is resumed immediately.

## **RULE 19 - SUBSTITUTION**

### **SECTION 1**

A substitution is the replacement of at least one player in the game by a teammate (substitute) who is listed on the scoring book.

### **SECTION 2**

A request for substitution shall not be recognized if made:

- A) By anyone other than a coach.
- B) During a live ball.
- C) After the official has signaled for serve.

### **SECTION 3**

Each team is permitted only substitution request during the same dead ball. Other requests for substitution by the same team shall be denied.

### **SECTION 4**

Substitution request prior to the start of the game shall be denied. In case of an injury or illness to a starting player, a lineup change may be made without penalty and no entry shall be charged to the injured or ill player.

### **SECTION 5**

To request a substitution, the coach shall:

- A) Stand and visually or verbally signal to the officials that substitution is desired.
- B) Immediately sit down when the request is recognized, or after greeting the replaced player(s).
- C) A team is allowed eighteen (18) substitutions per game. (not per match)

### **SECTION 6**

The official recognizes the request by whistle and signal. After the official's recognition of a request, each substitute shall immediately:

- A) Move to stand at the sideline between the attack line and the center line of that team's playing area, facing the player being replaced.

- B) Report to the official his/her number and the number of the player to be replaced.

**SECTION 7**

The player and substitute shall remain at the sideline until the official has reported the numbers of the players involved to the scorer and has instructed them to exchange places.

**SECTION 8**

During a time-out:

- A) Each substitute shall report to the official his/her number and then the number of the player to be replaced. Substitutes from the same team must report at the same time.
- B) The official reports the numbers of the players involved to the scorer.
- C) Player(s) shall enter the game at the end of the time-out without following normal exchange procedures.

**SECTION 9**

Improper substitution occurs and is corrected when a:

- A) Substitute reports to the official before the coach's request is recognized.
- B) Substitute and the player being replaced do not take correct exchange positions.
- C) Substitute does not report the numbers to the official or reports them incorrectly.
- D) Substitute enters or a player leaves the court before the official indicates the substitution has been recorded.
- E) Coach reports the uniform numbers to the official.

**SECTION 10**

Delaying substitution is illegal and occurs when a:

- A) Coach:
  - 1. does not immediately sit down after the request for substitution is recognized or greeting the replaced player.
  - 2. withdraws a substitution request after it has been recognized.
- B) Substitute fails to immediately:
  - 1. report to the official after substitution request is recognized.
  - 2. enter the court when indicated by the official.
- C) Substitution includes more than one substitute from a team and they do not report to the official at the same time.

**SECTION 11**

Penalties Regarding Substitution:

- A) Unnecessary delay is charged the offending team when a:
  - 1. substitution is delayed.
  - 2. substitution is denied by the official after the request has been recognized because the substitute is illegal; or is wearing illegal equipment.
  - 3. team repeatedly uses improper substitution.
- B) After a team is charged with unnecessary delay:
  - 1. the coach may withdraw the request.

2. for illegal substitution, equipment or uniform, substitution is allowed after corrections are made, if there is no further delay of the game.

## **RULE 20 - SUBSTITUTES**

- SECTION 1** The position of the substitute shall be that of the player replaced without changing the serving order as printed in the scoring book.
- SECTION 2** A re-entering player shall not return to the game during the same dead ball in which the player was replaced. The re-entering player shall assume the original position in the serving order in relation to other teammates.
- SECTION 3** An injured or ill player who is legally replaced may re-enter the game.
- SECTION 4** When a player is rendered unconscious or apparently unconscious during a game, the player shall not be permitted to resume participation that day without written authorization from a physician. When this situation involves a player in the game, the official shall determine if the player is unconscious or apparently unconscious.
- SECTION 5** When no legal substitutes are available, an abnormal substitution is permitted only for an injured or ill player by a player who has played in another position but has less than three entries. If such a player is not available, a player who has been in the game three times may substitute. An injured or ill player replaced by an abnormal substitution may not re-enter the game in which the abnormal substitution takes place.
- SECTION 6** A substitution is illegal when the substitute:
- A) Is in the game without following the required substitution procedure.
  - B) Re-enters or attempts to re-enter the game:
    1. during the same dead ball.
    2. in which the substitute was replaced by abnormal substitution procedure.
    3. for a fourth entry.
    4. without assuming the original position in the serving order as printed in the scoring book.
- SECTION 7** Penalty For an Illegal Substitution:
- A) Unnecessary delay is charged the offending team when an illegal substitute attempts to enter or is found in the game:
    1. For the violating team any points known to have been scored in which an illegal substitute is discovered in the game shall be canceled.
    2. for the team in violation prior to the contact of the service by the opposing team, all points earned during the previous term of service by the violating team while the illegal substitute was in the game, shall be canceled.
    3. after the serve has alternated and the first serve is contacted, there shall be no cancellation of points.

- In all cases, the illegal substitute must enter legally or be replaced by a legal player.

## **RULE 21 - TIME-OUTS**

- SECTION 1** Charged time-outs are those requested by a team or charged to a team by the official.
- SECTION 2** Official's time-outs are those taken by officials for any reason they deem necessary.
- SECTION 3** Requests for time-outs shall be signaled by the coach or playing captain only during dead ball, but not after the official has signaled for the next serve.
- SECTION 4** A time-out requested prior to the start of the game shall be honored.
- SECTION 5** Charged time-outs begin when the official recognizes the request with the whistle and signal. Charged time-outs shall not exceed sixty seconds. Each team is limited to two time-outs per game. Request for additional time-outs shall be denied and the requesting team penalized. Time-outs may be taken consecutively without play between them.
- SECTION 6** The team charged with the time-out may end it prior to sixty seconds expiring.
- SECTION 7** During official's or charged time-outs, teams may confer with their coaches only on the court or at the team bench.
- SECTION 8** Liquid and powder substances shall not be taken onto the court.
- SECTION 9** An additional time-out shall be permitted when each team has scored 24 points. (or third game at 14)
- SECTION 10** Penalties for Time-out Fouls:
- A) For a team taking liquid or powder substances onto to the court or delaying its return to the floor after a time-out, unnecessary delay shall be charged assessing a time-out to the offending team and the team shall be given the sixty seconds.
  - B) For being charged or requesting a time-out in a game after a team has taken its allotted time-outs, a point is awarded the opponent, and the team shall not be given the sixty seconds.
  - C) For a team not returning to the floor immediately when the official indicates the team requesting the time-out has ended it, unnecessary delay shall be charged and the team shall be given the sixty seconds if it has a time-out remaining.

## **RULE 22 - REVIEWING DECISIONS**

- SECTION 1** To review a decision by an official which may have resulted in an incorrect decision, a coach may request and be granted a time-out,

provided the request is made during the deal ball immediately following the situation in which the possible incorrect decision occurred. When a time-out is so granted, the coach shall confer with the official at the official's platform. If the conference results in the official altering the ruling, the opposing coach shall be notified, the revision made and the time-out charged to the official.

**SECTION 2** Decisions based on the judgment of the official(s) are final and not subject to review.

**SECTION 3** Penalty Regarding Decision:  
If the official's decision prevails, the team requesting the conference shall be charged a time-out. If the team has already used its allotted time-outs, it shall be penalized by a point awarded the opponent.

## **RULE 23 - INJURY**

**SECTION 1** In the case of an injury or illness during the game, the official may interrupt play and call an official's time-out. Within thirty seconds, the coach shall:

- A) Request a substitution for the player.
- B) Leave the player in the game with play beginning immediately.
- C) Take a team time-out if the team has not used its allotted time-outs.

- The game shall resume with a replay.
- If the decision is made to substitute for the injured player, the team shall be allowed the necessary time to safely move the player from the court.

**SECTION 2** When it is detected that a player is bleeding, has an open wound or has a uniform with an excessive amount of blood on it, the game shall be stopped at the earliest possible time. The player shall be removed from the game, and shall not participate until proper treatment has been administered (See Basic First Aid). CYAA requires coaches to carry extra uniforms and a First Aid Kit.

**SECTION 3** In case of injury or illness to a starting player prior to a game, the injured or ill player is replaced in the lineup without penalty and no entry is charged to the injured or ill player.

## **RULE 24 - CONDUCT**

**SECTION 1** Un-sportsman-like conduct includes actions which are unbecoming to an ethical, fair, and honorable individual. It includes acts of deceit, disrespect or vulgarity.

**SECTION 2** No player, coach, team attendant and/or spectator shall act in an un-sportsman-like manner while on or near the court before a match, during a game or between games.

**SECTION 3** A team shall not refuse to play when directed to do so by the official.

**SECTION 4** Coaches shall remain seated on the bench during a game except to:

- A) Requesting a time-out, substitution or a review of the accuracy of the score during a dead ball.
- B) Stand at the bench to greet a replaced player.
- C) Confer with players during time-outs.
- D) Spontaneously react to an outstanding play by a member(s) of their own team.
- E) Confer with officials during specifically requested time-outs.
- F) Attend to an injured player with permission of the official.

## **SECTION 5**

Non-playing team members shall remain seated on the team bench during a game except to:

- A) Spontaneously react to an outstanding play by members of their own team.
- B) Go to a non-playable area to warm-up without balls prior to entry into the game as a substitute.
- C) Stand at the bench to greet a replaced player.

## **SECTION 6**

Un-sportsman-like conduct for a coach, substitute or team attendant includes:

- A) Use of disconcerting acts or words when an opponent is about to play the ball.
- B) Entering the court while the ball is in play.
- C) Attempting to influence a decision by an official.
- D) Disrespectfully addressing an official.
- E) Questioning an official's judgment.
- F) Using television monitoring or replay equipment for coaching purposes during the game or any intermission.
- G) Using any artificial device or mechanical sounding device at court-side for coaching purposes.
- H) Holding unauthorized conferences.
- I) Permitting re-entrance of a disqualified player.
- J) Illegally leaving the designated bench during the game.

## **SECTION 7**

Un-sportsman-like conduct by a player includes:

- A) Use of disconcerting acts or words when an opponent is about to play the ball.
- B) Derogatory remarks to officials or opponent.
- C) Questioning or trying to influence official's decision.
- D) Showing disgust with official's decision.
- E) Using insulting language or gestures or baiting acts which engender ill will.
- F) Making any contact with an opponent which is deemed unnecessary and which incites roughness.
- G) Using any part of teammate's body or any object to gain physical support for advance in playing the ball.
- H) Deliberately serving prior to the signal for serve.
- I) Abusing the re-serve rule.

## **SECTION 8**

When a spectator becomes unruly or interferes with the orderly progress of the game, the official shall warn the head coach that further infraction by the spectator will result in a point and/or forfeiture.

## **SECTION 9**

Procedure For Un-sportsman-like Conduct Violations:

- A) **Warning:** For a first minor offense, a yellow card is administered by the official at the first dead ball. The warning shall be recorded in the scoring book, but no penalty is assessed.
  - B) **Penalty:** For a second minor offense by the same individual, or a single serious offense, a red card is administered at the first dead ball. A point or side-out is awarded the opponent, and the penalty is recorded in the scoring book.
  - C) **Disqualification:** For a third minor or second serious offense by the same individual, or a single, flagrant offense, the yellow and red cards are displayed apart. The offender is disqualified from further participation in the match. No other penalty is assessed.  
When a coach or player is disqualified, the individual is removed from game, a point or side-out is awarded the opponent and the coach is notified of the reason for the disqualification.
  - D) **Forfeit:** If a disqualified individual violates the conduct rule following disqualification, the offender's team shall forfeit the match.
    1. If the coach is removed from the game, and there is no other authorized school personnel available, the team shall forfeit the match.
    2. If a team refuses to play when directed to do so by the official the team shall forfeit the game.
- All cards carry over from game to game throughout the match; therefore the scorer shall transfer card notations from game to game throughout the match. If the situation warrants, the officials may issue a red card or a yellow and red card on a first un-sportsman-like violation
  - When misconduct occurs from the bench and the officials cannot determine the specific offender(s), the warning or penalty is issued to the coach.
  - Any cards given for misconduct prior to the first game or between games shall be administered at the beginning of the next game. After line-ups are recorded, the card(s) is recorded in the comments section of the scoring book for the next game.
  - Requests such as the time-out, serving order check, substitution, etc. shall not be recognized until after the card(s) is administered.

## **RULE 25 - LINE JUDGES RESPONSIBILITIES**

### **SECTION 1**

Pre-match - Line judges shall:

- A) Be designated, and report to the official before the starting time.
- B) Review their responsibility with the official.
- C) Be assigned to their positions by the official prior to the match.

### **SECTION 2**

Position:

- A) When two lines judges are used, they shall stand near the intersection of the sideline with the end line, opposite the serving areas and move so they have a clear view of both the end line and the sideline.
- B) When four lines judges are used, they shall stand near the intersection of the sideline with the end line and move to have a clear view of the line for which they are responsible. The line judges shall be assigned to the following positions:
  1. one outside the sidelines on the end line extended near each serving area with the responsibility of observing the end line.

2. one behind each end line on the sideline extended opposite the serving area with the responsibility of observing the sideline.
- C) Line judges shall hold the same positions relative to the court throughout the match.

### **SECTION 3**

During the Game:

Each line judge shall assist the official by:

1. indicating whether the ball is in or out of the court whenever it lands near any line to which the line judge is assigned.
2. indicating when a player touches a ball that is going out-of-bounds on the player's side of the net.
3. determining at the moment of contact for the serve whether the server touches the end line or floor outside the lines marking the width of the serving area.

### **SECTION 4**

Each team should provide a line judge, preferably an adult or high school student. If none is available, a responsible team member should be used.

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## FLAG FOOTBALL RULE SUPPLEMENT FOR BOYS COMPETITION

Games shall be played under C.Y.A.A. Policies, Rules, and Regulations. The official has the authority to rule promptly and in the spirit of good sportsmanship on any situation not specifically covered in these rules. The C.Y.A.A. is a passing league whereas no intentional blocking and/or contact will be allowed.

During season and tournament play ALL team members at all grade levels MUST PARTICIPATE IN EACH game according to the time requirements listed on page 16 of the handbook or the team will forfeit.

There is no contact in the form of hitting, tackling, or other tactics that are common to tackle football. The defense is to pursue the ball carrier and de-flag him. Flag football is not a game where rough tactics or violent contact is to be used. Strategies should be designed to employ speed and deception. Any flagrant or unsportsmanlike actions may lead to disqualification. All contact that is intentional or excessive will have penalties that will follow. All penalties are enforced from the previous spot with the down replayed unless otherwise noted below.

The game of flag football was designed to be played for recreation. In keeping with this, all coaches, players, officials, and parents should seek to maintain proper perspective and promote an environment of sportsmanship, fun, development, and teamwork.

## PRE-GAME

### SECTION 1

**Coin toss:** The official shall meet at mid-field and with designated captains from the home and visiting teams. A coin toss shall ensue with the winner electing to receive the ball, take defense, choose direction of play, or defer their option to the second half of the game. The loser of the toss shall select from the remaining options. It is advisable for coaches to teach their players the difference between each of these four options.

Note: Choosing defense and deferring to the second half are not the same option.

### SECTION 2

**Ready for play:** The ball shall be placed at the 20-yard line, and time begins with the first snap of the ball. The offense has four (4) downs to reach the next zone. Reaching the next zone shall result in a new set of downs or a touchdown if in the endzone. Failure to reach the next zone shall result in a turnover-on-downs with the defense taking over possession from their own 20-yard line—regardless of where on the field the offense was stopped. There is no punting.

## EQUIPMENT

### SECTION 1

**Shoes:** Tennis shoes, soft molded cleats (soccer or Pop Warner), and other closed toe athletic shoes may be worn. Metal cleats, hard molded cleats, street shoes, stocking feet, or bare feet are not permitted.

### SECTION 2

**Restricted equipment:** The following equipment shall not be used: Hard surface padding such as shoulder pads or hip pads; forearm pads; hard or soft casts; any other equipment that may, in the judgement of the official, pose a reasonable safety risk. Players shall remove all jewelry prior to the game.

### SECTION 3

**Uniforms:** Players should wear uniforms provided by their school. Should a player not have a uniform available, accommodations may be made at the discretion of the official. It is the responsibility of the home team to adjust their uniforms should they be deemed too similar to those of the visiting team.

### SECTION 4

**Flags: All players shall wear flag belts that satisfy the following criteria:**

1. No fewer than three (3) flags that are attached to the belt and have a clip that holds the belt onto the player.
2. Flags may be no shorter than 15 inches from the top of the belt.
3. Flags must be of a contrasting color from that of a player's pants or shorts.

Note: Individually detachable flags (pop-out flags) are not permitted.

### SECTION 5

**Football:** The official game ball shall be junior sized for 5<sup>th</sup>/6<sup>th</sup> grade divisions and intermediate/youth sized for 7<sup>th</sup>/8<sup>th</sup> grade divisions. Teams may use a "runner" to bring their game ball into the game when possession changes.

**SECTION 6**            **Play sheets:** Play sheets shall not be discarded on the field of play by the quarterback or any other player. Play sheets kept on the field of play shall be tucked under the player's uniform and in a manner that does not interfere with the defense's ability to down a player. Teams may use a "runner" to bring their play sheet onto and off the field of play in-between plays.

**SECTION 7**            **Proper uniform wearing:** Players must keep their shirts tucked into their pants or shorts as to not interfere with the defense's ability to down a player. Should a player's shirt be unable to be tucked in, flags must be worn over the shirt. The official shall warn players in violation and continuous offenses may be met with a 5-yard penalty.

**SECTION 8**            **Staffing:** The coach shall not keep the official TIME or work the DOWN MARKER. The home team provides the timekeeper, down marker, and the people to staff these positions. The official reserves the right to keep the official time.

**SECTION 9**            **Medical:** A first aid kit shall be available at the field.

## **FIELD OF PLAY**

**SECTION 1**            **Dimensions:** The field shall be a rectangular area with lines and zones as described. It is suggested that all lines be burned out with weed oil. If chalk is used, it must be done prior to each home game. Goal lines must be marked by flags or an equivalent. It is recommended that the field width to be changed to 50 yards if possible. The field length shall be 100 yards comprising of four (4) 20-yard zones bookended by two (2) 10-yard end zones.

## **PLAYERS AND COACHES**

**SECTION 1**            **Participation:** Games shall be played with no more than eight (8) offensive players and seven (7) defensive players. **PENALTY:** Illegal participation, five (5) yards.

**SECTION 2**            **Substitutions:** Replaced players must leave the field immediately and the offense shall not break a huddle with more than eight (8) players. The defense must be permitted time to matchup with the offense in the event of a substitution and hideout plays are illegal. **PENALTY:** Illegal substitution, five (5) yards.

**SECTION 3**            **Flags:** Flags shall be worn by all players on offense and defense. If a player catches a ball and is not wearing flags, he shall be declared down at the spot where he caught the ball.

**SECTION 4**            **Coach's Box:** Players and coaches shall stay between the 20-yard line zones, roughly two (2) yards away from the sideline. **PENALTY:**

Warning followed by a five-yard penalty for repeated violations at the official's discretion.

## **SECTION 5**

**Unsportsmanlike conduct:** Any unsportsmanlike conduct including, but not limited to, spiking the ball or flags, inappropriate language or gestures, or taunting is not permitted. This extends to both coaches and fans as well. Coaches should keep in mind that they are responsible for the conduct of their parents and fans. **PENALTY:** Unsportsmanlike conduct, ten (10) yards from the end of the play and an automatic first down (if on the defense).

Note: Penalties occurring after a touchdown shall be enforced from the ensuing spot.

## **SECTION 6**

**Ejections:** The official reserves the right to eject coaches, players, parents, or fans for conduct unbecoming of the game. Should a coach be ejected from the game with no assistant coach available, the game shall end in a forfeit. Ejections may result in suspensions in accordance with C.Y.A.A. policies.

## **TIME FACTORS**

### **SECTION 1**

**Game Length:** Playing time shall be four (4) ten (10) minute running quarters and the direction of play shall be switched at the start of the second and fourth quarters.

### **SECTION 2**

**Clock stoppages:** The clock shall stop for all time-outs and during the final two minutes of each half in the following circumstances:

1. The two-minute warning.
2. An incomplete pass.
3. A runner going out-of-bounds prior to being downed.
4. A change of possession.
5. A penalty.

Note 1: There are no time run-offs for offensive penalties and the clock shall start on the ensuing snap with the exception of a false start or intentional grounding where it shall start upon the ready-for-play.

Note 2: The clock shall continue to run in the event of a dropped lateral, a dropped snap by the quarterback, a fumble, or a seven-second coverage sack.

Note 3: Point after attempts are untimed plays and the clock shall not run during them within the final two minutes of each half.

### **SECTION 3**

**Time outs:** Each team is allotted two (2) time outs per half, one (1) minute in duration, that do not carry over. They may be requested by either an on-field captain or the head coach. One (1) time out shall be allotted for each overtime period during tournament play.

**SECTION 4**            **Penalty at the end of a half:** If the time expires and the penalty is on the offense, the defense can accept the penalty and end the half. However, if the penalty is on the defense, the offense can accept it and extend the half for an untimed down. Double fouls (offsetting penalties) shall also result in a replayed, untimed down.

**SECTION 5**            **Mercy rule:** If at any point after the third quarter a team is leading by 28 or more points, the game shall end in a mercy rule.

## **TIE-BREAKERS AND OVERTIME**

**SECTION 1**            **Regular season ties:** Regular season games that end in a tie shall be recorded as such. There is no overtime.

**SECTION 2**            **Tournament game ties:** Tournament games that are tied at the end of regulation play will be resolved according to C.Y.A.A. tie-breaker rules and procedures as follows:

1. After the end of regulation, a coin toss shall ensue with the winner electing to receive the ball, take defense, or choose direction of play. Both teams shall play in the same direction.
2. The ball shall be placed at the opponent's 20-yard line for the first overtime and the 10-yard line for any additional overtimes. Each team shall have four (4) consecutive downs to score as many times as possible, with the ball returning to the 20-yard line (10-yard line in additional overtimes) after a score with the down count not resetting. Point after attempts are still conducted in their usual way upon a touchdown.
3. Intercepted passes shall be considered a loss of possession. Interception may not be returned for a touchdown and the play shall be blown dead immediately with the defense taking over possession from their opponent's 20-yard line.
4. Offensive penalties carry with them their usual application. Defensive penalties shall not result in an automatic first down and shall instead result in the previous down being replayed after the yardage has been assessed.  
Example: Team A is running their third down play in overtime and Team B commits pass interference in the end zone. The ball shall be spotted on the two-yard line and it will remain third down.

## **PUTTING THE BALL IN PLAY**

**SECTION 1**            **Play clock:** Teams have 30 seconds to put the ball in play from the time the official spots the ball. **PENALTY:** Delay of game, five (5) yards.

**SECTION 2**            **Legal formations:** The offense must position no fewer than three (3) players on the line of scrimmage. **PENALTY:** Illegal formation, five (5) yards.

- SECTION 3**      **Defensive pass rushing:** The defense may identify no more than two (2) rushers who shall be positioned a minimum of seven (7) yards off the line of scrimmage. Identified rushers may “fake” rushing and drop back into coverage. **PENALTY:** Illegal rush, five (5) yards.
- SECTION 4**      **Defensive rusher:** Once a rusher passes the line of scrimmage, he may not attempt to block a pass and may only make a play on the quarterback’s flags. **PENALTIES:** Attempting to block a pass is illegal use of the hands, five (5) yards. Blocking a pass is roughing the passer, ten (10) yards and an automatic first down.
- SECTION 5**      **Pass clock:** The quarterback has seven (7) seconds from the snap to pass the ball beyond the line of scrimmage. If the count has expired before the quarterback has released the ball, it will be counted as a coverage sack at the spot where the ball is. If the quarterback is beyond the line of scrimmage when the count expires, the ball will be spotted back at the previous line of scrimmage.
- SECTION 6**      **Spiking:** The offense may spike the ball to stop the clock within the last two minutes of each half.
- SECTION 7**      **Kneeling:** The offense may kneel the ball to keep the clock running.
- SECTION 8**      **Illegal plays:** The offense shall not hand off, rush, lateral, or otherwise receive the ball, including passes, from behind the line of scrimmage. **PENALTY:** Illegal touching, loss of down from previous spot.
- SECTION 9**      **Motion:** The offense is allowed one player in motion at the snap so long as he is moving parallel with the line of scrimmage. **PENALTY:** Illegal motion, five (5) yards.
- SECTION 10**      **Illegal forward pass:** The quarterback shall not pass the ball from beyond the line of scrimmage. **PENALTY:** Illegal forward pass, five (5) yards from the previous spot and loss of down.
- SECTION 11**      **Intentional grounding:** The quarterback shall not throw a pass, intentionally, to save the loss of yardage by throwing to an area not occupied by an eligible receiver. There is no “outside the pocket” exception. **PENALTY:** Intentional grounding, five (5) yards from the spot of the foul and loss of down.
- SECTION 12**      **Laterals:** Laterals are permitted.
- SECTION 13**      **Quarterback participation:** The quarterback is not allowed to participate in a play, in any form, after he releases the pass, including attempting to de-flag a ball carrier after an interception. He is not eligible to receive a lateral. **PENALTY:** Illegal participation, ten (10) yards. If the quarterback throws an interception and then de-flags the ball carrier or otherwise

obstructs him in a manner that deprives the defense of a touchdown, in the judgment of the official, a touchdown shall be awarded.

## **DOWNED BALL AND SPOTTING OF THE BALL**

**SECTION 1**      **Downs:** A team has four (4) scrimmage downs to advance the ball to the next zone. Should a team start their drive behind their own 20-yard line as the result of an interception, they will be awarded their next first down at their own 20-yard line.

**SECTION 2**      **Downing a player:** A player is downed when the defense removes one of the ball carrier's flags or his belt, or if the ball carrier touches the ground with any part of his body except his hand or foot.

**SECTION 3**      **Spotting the ball:** The ball shall be spotted where it is in relation to the ground when a player is downed or runs out-of-bounds. Should the ball break the plane of the goal-line before the ball carrier's flags are pulled, a touchdown shall be awarded.

**SECTION 4**      **Dropped laterals and fumbles:** A dropped lateral or fumble, including dropped snaps, shall be spotted at the point where the ball first touched the ground or broke the out-of-bounds plane.

**SECTION 5**      **Change of possession:** Any change of possession on downs results in the ball being placed back at the 20-yard line. A change of possession caused by an interception is spotted where the ball carrier is downed.

## **SCORING**

**SECTION 1**      **Touchdowns:** Six (6) points.

**SECTION 2**      **Point after attempts:** From the five (5) yard-line – one (1) point. From the ten (10) yard line – two (2) points. If there is an accepted penalty on the point after try, the offense may not change the point value of the re-try.

**SECTION 3**      **Safety:** Two (2) points and possession at the defense's own 20-yard line. It is a safety when the offensive player is downed with the ball on or behind his own team's goal-line.

## **THE BALL CARRIER**

**SECTION 1**      **Contact avoidance:** The ball carrier shall strive to avoid contact with the defense by agility and athleticism. Any attempt by the ball carrier to run over, charge, straight arm, spear, or otherwise use rough tactics shall be deemed illegal. **PENALTY:** Unnecessary roughness, ten (10) yards from the point of the infraction, loss of down, and disqualification, if in the judgement of the official, the contact was intentional and flagrant in manner.

- SECTION 2**      **Agility plays:** Spinning and jumping are permitted. Diving and hurdling are not permitted. **PENALTY:** Unnecessary roughness, ten (10) yards from the point of the infraction and loss of down.
- SECTION 3**      **Loss of flags:** The ball carrier is down whenever he drops his flags or when his flags are pulled off by an opponent except in the special situations as explained in **SECTION 4**.
- SECTION 4**      **Loss of flags exception:** When a ball carrier releases the ball, such as during a lateral, his flags are pulled after the release, and the ball is later returned to him, a tag below the waist shall down him.
- SECTION 5**      **Premature flag pulls:** The defense shall not intentionally and prematurely pull an offensive player's flags. **PENALTY:** Unsportsmanlike conduct, ten (10) yards from the end of the play and an automatic first down.
- SECTION 6**      **Flag-guarding:** The ball carrier shall not protect his flags by guarding, hacking, deflecting, holding his flags, or shield his flags any other manner that inhibits or obstructs the defense from pulling his flags. **PENALTY:** Flag-guarding, five (5) yards from the spot of the foul and loss of down. A first down is still awarded if the penalty occurred beyond the line to gain. Live ball fouls that occur after a flag-guard shall not be enforced. The official also has the discretion to blow the play dead when the flag-guard occurs.
- SECTION 7**      **Inadvertent whistle:** If the official prematurely blows his whistle, the play is dead. If the inadvertent whistle occurred prior to the pass, the down shall be replayed. If the inadvertent whistle occurred after the pass, the ball is dead where it was when the whistle was blown and the down counts.

## **DEFENSIVE ROUGHNESS AGAINST THE BALL CARRIER**

- SECTION 1**      **Unnecessary roughness:** Pushing the ball carrier out of bounds, tackling, tripping, stripping the ball, and all other contact not deemed to be incidental is illegal. **PENALTY:** Unnecessary roughness, ten (10) yards from the end of the play and an automatic first down. For pushing the ball carrier out of bounds, the official may award a touchdown if the ball carrier had a clear path to the endzone.
- SECTION 2**      **Holding:** The defense may not grab onto the ball carrier's clothing or body and maintain ahold of it such that it provides the defense an advantage in pulling the ball carrier's flags. If the defender accidentally grabs ahold of the ball carrier's clothing in a legitimate attempt to pull the ball carrier's flags, but immediately releases him, it shall be ruled incidental and not penalized. **PENALTY:** Holding, ten (10) yards from the end of the play and an automatic first down.

## **SPECIAL POINTS OF EMPHASIS**

## SECTION 1

**Interceptions:** A player who intercepts a pass on the field of play may attempt to return the catch for a touchdown. If a player intercepts the ball in the endzone and is downed, the ball shall be placed on the team's own 20-yard line. If a player returning an interception leaves the endzone but returns into it and is downed, a safety shall be awarded. An intercepting player downed in the field of play shall result in the defense taking over at the point where the ball was downed. Interceptions, however, may not be returned on point after attempts. As described above, the quarterback cannot become a defender and attempt to pull the intercepting player's flags. If the quarterback is deemed by the official to have deprived the defense of a touchdown, one shall be award. Otherwise, a ten-yard illegal participation foul will be assessed from the end of the return.

## SECTION 2

**Impeding the rusher:** The offense must provide any legally identified rusher with a clear, unobstructed path to the quarterback. It is solely the responsibility of the offense to avoid any contact with or obstruction of the rusher. Contact is not necessary for impeding the rusher to be enforced.

**PENALTY:** Impeding the rusher, five (5) yards.

Exceptions: The rusher will lose his protections as described above in the following circumstances.

The rusher hesitates and does not immediately pursue the quarterback.

The rusher deviates from his direct path to the quarterback.

## SECTION 3

**Pass interference:** No contact with receivers is allowed. If defensive pass interference occurs, the **PENALTY** is enforced from the spot of the foul with an automatic first down. If the foul occurs in the endzone, the ball shall be spotted on the 2-yard line. An offensive pass interference **PENALTY** shall be ten (10) yards.

## SECTION 4

**Screens and picks:** Screens and pick plays are not permitted. **PENALTY:** Offensive pass interference, ten (10) yards.

## SECTION 5

**Downfield blocks:** Offensive players may not move and interfere with the defense's ability to pursue or down the ball carrier. Offensive players are to remain stationary or move away from the play after a pass is received. **PENALTY:** Illegal block, ten (10) yards from the spot of the foul and down replayed if a first down was not achieved after marking off the yardage.

Note: If a stationary offensive player, who has not intentionally moved into a position to interfere with the defense, contacts a pursuing defender, the contact shall be deemed incidental, and no penalty shall be assessed.

## TIPS FOR PLAYERS AND COACHES

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All contact is illegal.

Only 1 offensive player is allowed in motion so long as he isn't moving towards the line of scrimmage.

Offense needs 3 players on line of scrimmage.

*This section updated August 07, 2023*

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## SOFTBALL RULES FOR GIRLS COMPETITION

Games shall be played under C.Y.A.A. Policies, Rules, and Regulations. Rules not covered in the C.Y.A.A. Manual shall be played under Arizona Interscholastic Association Rules. A.I.A. Rules may be obtained by calling the A.I.A. Office at (602) 385-3818

During season and tournament play ALL team members at all grade levels MUST PARTICIPATE IN EACH game according to the time requirements listed on page 16 of the handbook or the team will forfeit.

### **RULE 1 - THE FIELD**

**SECTION 1** The playing field shall have a distance from home plate to the nearest obstruction on fair ground of at least 145 feet.

**SECTION 2** The diamond shall have a sixty foot base lines, pitching distance from home plate to the pitcher's plate shall be 40 feet for the 7th & 8th division and 35 feet for the 5th & 6th division. When allowed to use a pitcher's circle, it shall be sixteen feet in diameter with the pitcher's plate located in the center.

**SECTION 3** On deck circles shall be a safe distance to the side and away from home plate.

**SECTION 4** If every effort has been made and a team cannot obtain a grass or dirt field, then games may be played on a black top surface, provided:

- A) The field is free of unsafe obstructions.
- B) Sliding is not permitted.
- C) A runner cannot make contact with fielders.

**SECTION 5** If there are special conditions or limits on the playing field, the home coach shall propose special ground rules prior to the game. If agreed upon by the visiting team, these shall be enforced. If an agreement cannot be reached, the umpire will formulate the ground rules.

- Ground rules should never supersede the rulebook.

### **RULE 2 - PLAYER UNIFORM**

**SECTION 1** Uniforms of all team members should be of the same color and style and reflect pride and modesty.

**SECTION 2** Caps, visors, and headbands may be mixed. If worn, they must all be of the same color. If worn, headbands must be one piece, and a single solid color. The logo may be any color. Plastic visors and bandannas are prohibited.

- SECTION 3** For individual players, uniform sleeve lengths may vary. However, sleeves of each individual player shall be approximately the same length and shall not be ragged, frayed or slit.
- SECTION 4** Exposed garments, if worn, are considered part of the official uniform. All exposed undergarments shall be either school color or colors of black, white or gray.
- A pitcher's exposed upper-body undergarment may be white or gray if she is the only team member wearing an upper-body undergarment or if other team members are wearing the same color.
- SECTION 5** A uniform shall not have any dangerous or reflective buttons or ornaments.
- SECTION 6** A pitcher shall not wear any items on the pitching hand, wrist, arm or thighs, which may in the umpire's judgment, be distracting to the batter.
- SECTION 7** A number on the back of each player's jersey is required and shall be at least 6 inches high. The number must be of solid color contrasting with the color of shirt. The numbers may have a contrasting color border, which shall not exceed ¼ inch. No player on the same team shall wear identical numbers.

### **RULE 3 - EQUIPMENT**

- SECTION 1** A batting helmet bearing the embossed NOSCAE stamp and exterior warning label is mandatory for each batter, on-deck batter, players/students in the coach's boxes, runners and retired runners. Non-adult bat/ball shaggers shall wear batting helmets while in live-ball area, even if the ball is dead. The batting helmet shall have extended earflaps, which cover both ears and temples. Batting helmets that are broken, cracked, dented, or that have been altered are prohibited from use. A commercially manufactured face mask may be attached to a helmet that does not have a face mask, provided the attachment procedure is approved by the manufacturer. If a pitcher wears a batting helmet, its outer covering shall have a non-glare surface. Chin straps and face guards are recommended for batting helmets.
- SECTION 2** The catcher shall wear a head protector and a protective mask with throat protector that is part of or attached to the mask. A throat protector that is part of the mask shall extend far enough to adequately protect the throat. An attached throat protector shall be commercially manufactured, properly attached, unaltered and worn properly. A catcher also shall wear a body protector, baseball/softball protective shin guard. (Any non-adult warming up a pitcher at any location within the confines of the field shall wear a mask and throat protector.)
- SECTION 3** Tennis shoes or molded cleat shoes are required. Metal spikes or screw-on cleats are illegal.

- SECTION 4** Players in the game are prohibited from wearing jewelry such as rings, watches, earrings, bracelets, necklaces (including cloth or string types) barrettes other cosmetic decorative items that are hard. Medical -alert bracelets or necklaces are not considered jewelry. If worn, they must be taped to the body, so as to remain visible. All casts, splints, and braces must be padded. Prostheses may be worn. Any equipment that is judged by the umpire to be potentially dangerous is illegal.
- SECTION 5** C.Y.A.A. recommends players wear a mouthpiece. Chin straps and safety masks are required.
- SECTION 6** The ball shall be white or optic yellow sphere formed by either solid core or number one long-fiber Kapok or yarn wound around a small cote of cork, rubber, or similar material, and covered with a flat surface or a smooth seam stitch which is not visible.
- SECTION 7** The bat shall be a smooth cylinder with a knob. Only bats that pass through a 2 ¼ diameter bat ring are legal. Each bat shall be no more than 2 7/8 in diameter at its thickest part and no more than 34 " in length. There shall be no devices, attachment or wrappings that cause the handle to become flush with the knob. All bats shall meet the ASA bat performance standard and such bats shall be labeled with the permanent ASA approved certification mark. A warm-up bat shall have all parts permanently and securely attached at the time of manufacture and at the time of use. No player may use more than two bats when warming up in the on-deck circle. Devices added to a bat for warm-up purposes shall be commercially manufactured specifically for a softball bat and shall be securely attached, so as not to disengage during use.
- SECTION 8** Gloves/mitts shall be worn by all fielders. The glove/mitt worn by the catcher may be any size.
- Glove/mitts may be two-tone unless judged to be distracting. A glove/mitt worn by players that is entirely gray, white, or optic in color is illegal. Gray, white or optic colored circles on the outside or inside of the glove/mitt that give the appearance of a ball or is judged to be distracting are illegal.
- SECTION 9** First, second, and third base shall be white bags made of canvas or molded rubber or synthetic material and shall be securely attached to the ground. Bases may have tapered edges. Bases designed to disengage their anchor systems for safety purposes are permitted.
- CYAA requires a double first base (safety base). A double first base (safety base) will be required during all tournament play.
- SECTION 10** Home plate shall be a 5-sided slab of whitened rubber or other suitable similar material. It shall be a 17-inch square with two of the corners filled in so that one edge is 17 inches long, two are 8 ½ inches and two are 12 inches. It shall be set flush with the ground in fair territory with the two 12-

inch edges coinciding with the foul lines extending from home plate to first base and third base and with the 17 inch edge facing the pitcher's plate.

The pitchers plate shall be a rectangular slab of whitened rubber or suitable material, 24 inches by 6 inches. It shall be set in the ground with the top flush with the playing surface.

**SECTION 11** Prior to the start of the game, the head coach shall be responsible for verifying to the umpire that all his/her players are equipped and in compliance with equipment.

**SECTION 12** Loose equipment of the teams may not be on or near the field.

- Penalty: The ball is dead if it touches any loose equipment. For offensive equipment causing a blocked ball (and interference), the runner being played on is out, but all runners must return to the last base touched at the time the ball is declared dead. If the equipment belongs to the defensive team, it becomes a "blocked" ball, the ball is dead and the overthrow rules applies (two bases)
- Discarded bat by the batter and the catcher's mask and helmet are not examples of loose equipment, they are considered part of the playing field.

**SECTION 13** Home team shall be responsible for:

- A) Bases
- B) The official ball - new 12" leather ball (white or optic yellow is permissible)
- C) Official score book
- D) Home plate umpire

## **RULE 4 - SUBSTITUTION**

**SECTION 1** A substitute may replace a player, including the pitcher, when the ball is dead or time has been called. The substitute or coach shall report, at the time of the change, to the umpire-in-chief by stating name and shirt number of the player entering the game for the first time or the player (starting player) re-entering, the name of the player entering the game as a courtesy runner or being replaced in the batting order and the position to be occupied in the field if the player is not a courtesy runner.

- The pitcher is no longer required to pitch until the first batter facing her has completed her turn at bat or the side has been retired.
- A pitcher may be removed as a pitcher, move to a different defensive position and return as pitcher only once per inning provided the return as pitcher does not violate either the substitution or charges conference rule.

**SECTION 2** The umpire-in -chief shall record all substitutions on the lineup card and then announce immediately any change(s) to the opposing team. Projected substitutions are not allowed. Should there be no announcement of substitution, a substitute has entered the game when the ball is alive and:

- A runner takes the place of a runner she has replaced;
- A pitcher takes her place on the pitcher's plate;
- A fielder reaches the position usually occupied by the fielder she has replaced; or
- A batter takes her place in the batter's box;
- and, in each of the above situations, when the ball is declared live by the umpire-in-chief.

### SECTION 3

Any player may be withdrawn from the game and re-entered once, provided such player occupies the same batting position whenever in the line-up. A violation results in illegal substitution. A substitute who is withdrawn may re-enter.

### SECTION 4

Illegal Substitute. When dealing with situations where an illegal substitute is detected in the game, the umpire should keep in mind that the intent of this rule is to penalize the offending team and offending players as follows:

1. Illegal offensive or defensive players may be discovered by the umpire or either team anytime after the ball becomes alive and an illegal substitute has taken a position as:
  - A) a runner she has replaced or as a batter in the batter's box;
  - B) a pitcher on the pitcher's plate, or as a fielder reaching a position usually occupied by the fielder being replaced; or
  - C) a courtesy runner if that player has violated the courtesy-runner rule.
2. Illegal offensive players may be discovered:
  - When in the batter's box, the ball is alive and/or before the batter-runner reaches first base, or is put out and before a pitch is delivered to the next batter of either team;
  - When the illegal batter-runner or runner(s) score, advance or cause a play to be made that allows another runner to advance or score, and the infraction is detected before the next pitch by either team;
  - When an illegal batter-runner or runner(s) scores, advance, or cause a play to be made that allows another runner to advance and the infraction is detected after the next pitch by either team.
3. Illegal defensive player is discovered before the next pitch to either team when:
  - Involved in a play with batted ball;
  - A non-batted ball is handled or touched by an illegal substitute that leads to a runner being put out;
  - A not-batted ball is handled or touched by an illegal substitute that alters the play, but no runner is put out (i.e. on an overthrow on a stealing runner, the illegal substitute retrieves ball and prevents runner from advancing farther.)

### SECTION 5

A hitter may be designated for any one starting player (not just pitchers) and all subsequent substitutes for that player in the game. A designated hitter for said player must be selected prior to the start of the game, and her name

shall be included on the lineup cards presented to the umpire-in-chief and official scorekeeper. It is not mandatory that a team use a designated hitter, but failure to declare a designated hitter prior to the game precludes the use of a designated hitter in that game. If a pinch-hitter or pinch runner for the designated hitter is used, that player becomes the new designated hitter. The player that was the designated hitter may re-enter like any other player under the re-entry rule. A designated hitter and the player for whom she is batting are locked into the same position in the batting order. No multiple substitutions may be made that will alter the batting rotation. The role of the designated hitter is terminated for the remainder of the game when:

- The defensive player, or any previous defensive player for whom the designated hitter batted, subsequently bats, pinch hits or pinch runs for the designated hitter; or
- The designated hitter or any previous designated hitter assumes a defensive position.

**SECTION 7** Any player who has been rendered apparently unconscious during a game shall not be permitted to resume participation that day without written authorization from physician.

**SECTION 8** A player or coach who is bleeding or who has an open wound shall be prohibited from participating further in the game until appropriate treatment has been administered. If medical care or treatment can be administered in a reasonable amount of time, the individual does not have to leave the game. The length of time that is considered reasonable is umpire judgment. The re-entry rule would apply to players taken out of the game for this rule. If there is an excessive amount of blood on any part of the uniform, that part of the uniform shall be changed before that individual may participate.

**SECTION 9** For 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> softball teams playing time regulations are one time at bat or three outs in the field.

This is recommended for the season but is mandatory for the tournament.

## **RULE 5 - PLAYING TERMS AND DEFINITIONS**

**SECTION 1** **Charged Conference** - meeting which may involve the coach or other team personnel or player(s).

**SECTION 2** **Error** - misplay by fielder

**SECTION 3** **Passed Ball** - pitch that the catcher fails to stop or control with ordinary effort and which enables a runner to advance.

**SECTION 4** **Interference and Obstruction** - illegal touching of a ball or hindrance of a fielder by anyone connected with the team at bat. Faking a tag is considered interference or obstruction.

A) **Umpire Interference** - umpire inadvertently moves so as to hinder a catcher's attempt to throw or when a fair ball touches an umpire.

- B) Spectator Interference - action(s) by a spectator impedes the progress of the game.
- C) Defensive Interference - fielder or catcher hinders a batter or runner.

**SECTION 5**      **Fielder's Choice** - the act of the fielder with a live ball, who elects to throw for an attempted putout or to retire unassisted any runner thus permitting the advance of the batter or runner.

**SECTION 6**      **Infield Fly** - a fair fly (not including a line drive or an attempted bunt) which can be caught by an infielder with ordinary effort; and provided the hit is made before two are out and at a time when first and second bases or all bases are occupied. When it seems apparent that batted ball will be an infield fly, the plat umpire immediately announces it for the benefit of the runners. If the hit should then prove to be foul, the decision is reversed and it is treated the same as any foul.

**SECTION 7**      **Pitcher's Pivot Foot** - the foot, which is in contact with the ground, as opposed to the non-pivot foot with which the pitcher steps toward home plate.

**SECTION 8**      **Illegal Pitch** - a violation of the pitching rules

**SECTION 9**      **Crow Pitch** - the re-plant of the pivot foot prior to delivering the pitch.

**SECTION 10**     **Leap** - when both the pitcher's feet are airborne

**SECTION 11**     **Strike Zone** - the space over home plate which is between the batter's armpit and the top of the knees when the batter assumes a natural batting stance. Any part of the ball passing through the strike zone shall be considered a strike. The umpire determines the batter's strike zone according to the batter's usual stance when swinging at a pitch.

**SECTION 12**     **Wild Pitch** - pitch which cannot be handled by the catcher with ordinary efforts.

## **RULE 6 - COACHING**

**SECTION 1**      Any member of the team at bat who has not been ejected for unsportsmanlike behavior may occupy each coach's box while the team is at bat. The person in the coach's box may address base runners or the batter.

**SECTION 2**      No offensive team personnel, other than the base coach, shall be near a base for which a runner is trying so that a fielder may be confused; nor shall anyone fail to vacate any area (including coach's box) needed by a fielder in an attempt to put out a batter or runner. If a thrown live ball accidentally touches a base couch in foul territory, or a pitched or thrown ball touches an umpire, the ball is alive and in play. If the coach is judged by the umpire to have intentionally interfered with a thrown ball, any runner being played on is out. If, in the umpire's judgment, no runner is being played on, the runner closest to home is declared out.

**SECTION 3** A coach shall not physically assist a runner while the ball is alive.

**SECTION 4** If any offensive team member, other than a runner or retired, interferes with a batted fair ball or foul fly ball, the batter is to be declared out. If, in the umpire's judgment the interference prevented a possible double play, the batter and runner closest to home shall be declared out.

## **RULE 7 - BENCH AND FIELD CONDUCT**

**SECTION 1** A coach, player, substitute, attendant, or other bench personnel shall not:

- A) Carelessly throw a bat or fake a tag without the ball.
- B) Deliberately throw a bat, helmet, etc.
- C) Call "Time" or use any command or commit any act for the purpose of trying to cause the opposing pitcher to commit an illegal pitch.
- D) Use words or acts to incite or try to incite spectator to demonstrations; intimidate, or use remarks which reflect upon opposing player, umpire or spectator; display poor bench decorum or poor field conduct; or use bull horns or amplifiers.
- E) Enter any area behind the catcher while the opposing pitcher and catcher are in their positions
- F) Act in an unsportsmanlike manner or exhibit behavior that is not in accordance with the spirit of fair play. (Maliciously running over a fielder, charging umpires or using profanity, etc.)
- G) Be outside the vicinity of the designated dugout (bench) or bullpen area if not a batter, runner, on deck batter, in the coach's box or one of the nine players.
- H) Have any object in his or her possession in the coach's box other than scoring material.
- I) Argue ball or strike call or other judgment call.

## **RULE 8 - CHARGED CONFERENCE**

**SECTION 1** Each team, when on defense, may be granted not more than three charged conferences without penalty during a six-inning game to permit coaches or their representatives to confer with a defensive player or players. In any extra-inning game, each team shall be permitted one charged conference without penalty each inning while on defense. The number of charged conferences permitted is not cumulative. A coach, player, substitute, or an attendant may make a request for time for a conference. Time granted for an obviously incapacitated player shall not constitute a charged conference. A conference is not charged when the pitcher is removed as pitcher. This defensive team charged conference rule coverage is effective when the ball first becomes alive at the start of each half-inning.

**SECTION 2** Each team, when on offense, may be granted not more than one charged conference per inning to permit the coach or any of that team's personnel to confer with base runners, the batter, the on-deck batter or other offensive

team personnel. The umpire shall deny any subsequent offensive team requests for charged conference. This offensive team charged conference rule coverage is effective when the ball first becomes alive at the start of each half inning. Time granted for an obviously incapacitated player shall not constitute a charged conference.

**SECTION 3** When either team has a charged conference, the other team may also have a conference, which is not charged, provided the non-charged conference concludes when the opposing team's charged conference concludes thus not delaying the game.

## **RULE 9 - STARTING AND ENDING THE GAME**

**SECTION 1** Before game time, the home and visiting team shall deliver their respective batting orders to the umpire, official scorekeeper, and opposing team.

**SECTION 2** The game begins when the umpire calls "Play Ball".

**SECTION 3** A regulation game is six innings unless extra inning(s) are necessary because of tie score. No new inning after an hour and thirty minutes, except in the case of the final two games (trophy games) where the game will continue for all six innings. Each new inning will be finished. The umpire's clock is the official game time. **NO EXCEPTIONS.** In the case of bad weather or darkness, three complete innings constitute a complete game. In the event a game is called off due to weather issues, the game will be considered halted at the last full inning of play and no score beyond the last full inning will be counted. See the Weather Conditions and Game Play regulations of the CYAA Regular Season and Tournament Play section of the handbook for reschedule options.

**SECTION 4** A team must begin the game with nine players. If a player is forced to leave the game and her team, not having any more substitutes was left with eight players, the game could continue. (Each time the player who left the game, comes up to bat it will constitute an out.)

**SECTION 5** A regulation game ends if:

- A) A team leads another by ten runs after four complete innings.
  - If home team is up by ten runs at the bottom of the third inning or thereafter, it does not bat.
  - The home team is batting in the bottom of the 4<sup>th</sup> inning or thereafter and increases its lead to 10 runs the game is to be halted by the umpire regardless of outs.
- B) In the umpire's judgment, darkness and/or inclement weather interfere with play and if four complete innings have been played.
- C) Time limit expires. New inning(s) may not start after one and half-hours of play from the starting time; except in the last two games (trophy games) where the game will continue for six innings.

**SECTION 6** A game called for any reason, where a winner cannot be determined, or any game called at any time for mechanical failure, (artificial lights, water systems, etc.) will be treated as a suspended game. If the game is to be completed, it will continue from the point of suspension, with the lineup and batting order of each team exactly the same as the lineup and batting order at the moment of suspension subject to the rules of the game.

**SECTION 7** If the score is tied after five complete innings and/or time has expired, play shall continue until one team scores more runs than the other in an equal number of complete innings, unless the home team leads.

**SECTION 8** The following Tie Breaker Procedure will be used during the tournament and is suggested during the season:

Begin the tiebreaker inning by placing a runner on second base. That runner is the player in the batting order that precedes the lead -off batter in that inning. Then the game proceeds a full inning or until a winner is determined in that inning.

**SECTION 9** A game shall be forfeited to the offended team by the umpire when a team:

- A) Is 20 minutes late after a scheduled game time. This may be set aside if the umpire considers the delay unavoidable.
- B) Refuses to continue play after the game has started.
- C) Delays more than one minute in resuming play after the umpire calls "Play Ball" or in obeying the umpires order to remove a player for violation of the rules.
- D) Persists in tactics designed to delay or shorten the game.
- E) Willfully and persistently violates anyone of the rules after being warned by the umpire.

**SECTION 10** Run rule – no more than six (6) runs in one half inning may be scored unless there is a hit and more runners score on a continuation. (Maximum of 9 runs may be scored if a home run is hit.)

If a team leads by ten (10) runs after four (4) innings, the game shall be called.

If the umpire declares last inning the “Last Inning Rule” is in effect.

## **RULE 10 - DEAD BALL OR SUSPENSION OF PLAY**

**SECTION 1** A ball becomes dead immediately when:

- A) A pitch touches a batter or the batter’s clothing.
- B) The ball is illegally batted or comes in contact with the bat a second time.
- C) Any batted ball while on or over foul ground that touches any object other than the ground or any person other than a fielder.
- D) There is interference.
- E) A fair ball touches a runner or umpire before touching any fielder and before passing any fielder other than the pitcher.

- F) A live ball is touched by a spectator.
- G) The umpire calls "Time".
- H) An infielder, or outfielder, if the ball could have been caught by a fielder with ordinary effort, intentionally drops a fair fly, line drive, or bunt in flight with at least first base occupied and with less than two outs.

## SECTION 2

It is a delayed dead ball when:

- A) An illegal pitch is committed.
- B) There is interference by a batter.
- C) A catcher or any fielder obstructs a batter, or obstructs the ball through use of detached player equipment.
- D) Umpire interferes with catcher who is attempting to throw.
- E) A coach physically assists a runner.
- F) A ball touches an illegal glove or mitt.

## SECTION 3

"Time" shall be called by the umpire and play is suspended when:

- A) The umpire considers the weather or ground conditions unfit for play.
- B) A player is incapacitated except if injury occurs during a live ball.
- C) A player or coach is granted "Time" for substitution, conference with the pitcher, or similar cause.

## RULE 11 - PITCHING

### SECTION 1

Prior to starting the delivery (pitch), the pitcher shall take a position with the pivot foot on or partially on the top surface of pitcher's plate and the non-pivot foot in contact with or behind the pitcher's plate. Both feet must be on the ground within or particularly within the 24" length of the pitcher's plate.

- A) Preliminary to pitching the pitcher must take a position with shoulders in line with first and third base with the ball in the glove or pitching hand, and with the hands separated.
- B) While in this position, the pitcher shall take (or simulate taking) a signal from the catcher.
- C) After completing (B) the pitcher shall bring the hands together in front of the body for not less than one second and not more than ten seconds before releasing the ball. The hands may be motionless or moving.
- D) The pitcher shall not be considered to be in pitching position unless the catcher is within the lines of the catcher's box and in position to receive the pitch.
- E) The pitcher may not take the pitching position on or near the pitcher's plate without having possession of the ball.
  - To indicate to the pitcher that she may not start the pitch, the umpire should raise one hand with the palm facing the pitcher. "NO PITCH" shall be declared if the pitcher pitches while the umpire's hand is in said position.
  - Penalty: Illegal pitch in (A), (B), (C), and (E). In (D) no pitch

shall be called.

## **SECTION 2**

The Pitch:

- A) The pitch starts when one hand is taken off the ball or the pitcher makes any motion that is part of the wind-up after the hands have been brought together.
- B) Once the hands are brought together, the pitcher shall not take more than one step, which must be forward, toward the batter and simultaneous with the delivery. A step backward must begin before the hands come together. The step may end before or after the hands come together. Towards is interpreted as within or partially within the 24" length of the pitcher's plate.
- C) The pivot foot may remain in contact with or may push off and drag away from the pitching plate prior to the front foot touching the ground, as long as the pivot foot remains in contact with the ground. Pushing off with the pivot foot from a place other than the pitcher's plate is illegal.
  - It is not a step if the pitcher slides her foot in any direction on the pitcher's plate, provided contact is maintained.
  - Techniques such as the "crow hop" and "the leap" are illegal.

## **SECTION 3**

A legal delivery shall be a ball, which is delivered to the batter with an underhand motion.

- A) The release of the ball and the follow through of the hand and wrist must be forward past the vertical line of the body.
- B) The hand shall be below the hip and the wrist not farther from the body than the elbow.
- C) The pitch is completed with a step toward the batter.

## **SECTION 4**

The pitcher may use any wind-up desired providing:

- A) No motion to pitch is made without immediately delivering the ball to the batter.
- B) The pitcher does not use a rocker action in which, after having the ball in both hands in pitcher position, removes one hand from the ball, takes a backward and forward swing and returns the ball to both hands in front of the body.
- C) The pitcher does not use a wind-up in which there is a stop or reversal of the forward motion.
- D) The pitcher does not make more than one revolution of the arm in the windmill pitch. A pitcher may drop the pitching arm to the side and to the rear before starting the windmill motion. The ball does not have to be released the first time past the hip.
- E) The pitcher does not continue to wind-up after taking the forward step, which is simultaneous with the release of the ball.

## **SECTION 5**

The pitcher shall not:

- A) Deliberately drop, roll or bounce the ball while in pitching position in order to prevent the batter from striking it.
- B) At any time during the game it is not allowed to use tape or other substance on the ball, the pitching hand or fingers, nor shall any

other player apply a foreign substance to the ball. Under the supervision and control of the umpire, powdered resin may be used to dry the hand. The pitcher shall not wear any item on the pitching hand, wrist, arm or thighs, which may be distracting to the batter. Jewelry is prohibited.

## **SECTION 6**

Once the ball has been returned to the pitcher, she has twenty seconds to release the next pitch.

- Penalty: (SECTION5 - SECTION6). Any infraction is an illegal pitch. The batter is awarded a ball, and base runners are awarded one base without liability to be put out.
- If the pitcher completes the delivery of the ball to the batter and the batter hits the ball, the coach of the team at bat shall have the option of the result of the play or the penalty for an illegal pitch. A delayed dead ball will be signaled by the umpire by extending his or her left arm horizontally.

## **SECTION 7**

No pitch shall be declared when:

- A) The pitcher pitches during the suspension of play.
- B) The pitcher attempts a quick return of the ball before the batter has taken position or is off balance as a result of a previous pitch.
- C) The runner is called out for leaving a base too soon.
- D) The pitcher pitches before a base runner has retouched the base occupied after a foul ball has been declared and the ball is dead.
- E) A player, manager or coach calls "Time" or employs any other word or phrase or commits any act while the ball is alive and in play for the obvious purpose of trying to make the pitcher commit an illegal pitch.

## **SECTION 8**

At the beginning of each inning or when a pitcher relieves another, no more than one minute may be used to deliver no more than five balls to the catcher or other teammate.

- Penalty: For excessive warm-up pitches a pitcher shall be penalized by awarding a ball to the batter for each pitch in excess of five.

## **SECTION 9**

If the ball slips from the pitcher's hand during the back swing, it shall not be a pitch. If the ball slips during the forward motion, a ball is called on the batter. In either case the ball remains in play and runners may advance at their own risk.

## **SECTION 10**

The pitcher shall not throw to a base while a foot is in contact with the pitcher's plate after having taken the pitching position.

## **SECTION 11**

Any defensive player, other than the catcher, is in foul territory at the time of the pitch.

- Penalty: For infraction of SECTION10-SECTION11 - Illegal pitch, the ball is dead immediately. A ball is called on the batter and all runners advance one base without liability to be put out.

## **SECTION 12**

The Catcher shall:

- A) Be inside the lines of the catcher's box when the pitcher takes a position to pitch and when the pitch is released.
- B) Return the ball directly to the pitcher after each pitch except after a strikeout or putout made by the catcher or to play on a base runner.
  - Penalty: For SECTION12A an illegal pitch is called. For SECTION12B the batter is awarded a ball.
  - Intentionally violating the rule in order to walk the batter without pitching shall not result in a ball being awarded the batter.

## **RULE 12 - BATTING**

### **SECTION 1**

Each player of the team at bat shall become the batter and shall take her position within the batter's box (on either side of home base) in the order in which her name appears in the line-up. This order shall be followed during the entire game except for an entering substitute who takes the replaced player's place in the batting order. A batter is in proper order if she follows the preceding player in the line-up, even though such preceding batter may have batted out of order. An improper batter is considered to be at bat as soon as she enters the batter's box and one pitch has been thrown. When improper batter's infraction is first discovered, time may be requested and the improper batter replaced by a proper batter with the improper batter's ball and strike count still in effect, provided the infraction is detected before the improper batter is put out, or becomes a base runner.

### **SECTION 2**

After the first inning, the first batter in each inning shall be the player whose name follows that of the last batter who completed her time at bat in the preceding inning.

### **SECTION 3**

A batter shall not:

- A) Delay the game by failing to promptly take her position in the batter's box within twenty seconds.
- B) Hit the ball fair or foul while either foot is touching the ground completely outside the batter's box or while touching the plate with any part of a foot.
- C) Interfere with the catcher's fielding or throwing.
- D) Permit a pitched ball to touch her.
- E) Disconcert the pitcher by stepping out of the box on one side of home plate to the box on the other side while the pitcher is in position ready to pitch.

### **SECTION 4**

A strike is charged to the batter when:

- A) A pitched ball enters any part of the strike zone in flight and is not swung at.
- B) A pitched ball is struck at and missed.
- C) A pitched ball becomes a foul when the batter has less than two strikes.

- D) A pitched ball becomes (even on third strike) a foul tip or a foul from an attempted bunt.
- E) A penalty strike is called because of a batter delay.

#### **SECTION 5**

A ball is credited to the batter when a pitch is not touched by the bat and is not a strike, when there is an illegal pitch, or for catcher's or pitcher's delay.

#### **SECTION 6**

A foul hit or fair hit (which may be a bunt) occurs when a pitch is touched by the bat of the batter who is in her box.

#### **SECTION 7**

A batter is out when:

- A) She enters the batter's box with an illegal bat or is discovered using an illegal bat.
  - Only the umpire or defense may detect an illegal bat.
- B) A third strike is out regardless of whether a pitch is caught or not. (5<sup>th</sup> & 6<sup>th</sup> grade only)
- C) Her foul (other than a foul tip not a third strike) is caught by a fielder or such catch is prevented by a spectator reaching over the enclosed fence.
- D) An attempt to bunt on third strike is a foul.
- E) A third strike is not caught, provided a runner occupies first base at the time of the pitch and not more than one is out – 7 & 8 grade only.
- F) An infield fly is declared when runners occupy at least first and second bases and before two are out.
- G) An offensive player, including runners, or coach interferes with a fielder attempting to field a foul fly ball.
- H) A team is playing with one less than the starting number and her turn to bat is reached.
- I) The ball is hit a second time in fair territory intentionally by a dropped bat.
  - If the bat and ball accidentally come in contact with each other a second time in fair territory while the batter is holding the bat in the batter's box, it is a foul ball.
  - If the ball hits a bat on the ground in fair territory the batter is not out. The ball remains alive.
  - An infielder intentionally drops a fair fly, fair line drive or fair bunt in flight with at least first base occupied and with less than two out.
  - Penalty: A batter is out and all runners must return in (A), (C), (D), (G), (I) and (J).
  - In (A) runners would not return if they were put out on the play.
  - If the bat breaks and is hit by the ball or hits runner or a fielder, no interference will be called. If a whole bat is thrown and interferes with a defensive player attempting a play, interference will be called.

### **RULE 13 - BASE RUNNING**

## **SECTION 1**

A batter becomes a runner with the right to attempt to score by advancing to first, second, third and then home plate in the listed order when:

- A) Hitting a fair ball.
- B) Charged with a third strike. (If the ball is caught the batter is out) (See Sec 2)
- C) A fourth ball is called by the umpire.
- D) A pitched ball (legal or illegal) hits the batter, provided the batter does not strike at the ball.
  - If the batter makes no effort to avoid being hit; or if the umpire calls the pitched ball a strike, the hitting of the batter is disregarded except that the ball is dead. It is a strike or ball depending on location of the pitch.
- E) The catcher or any infielder obstructs her. The coach or captain of the team at bat, after being informed by the umpire of the obstruction, shall indicate to the umpire whether she elects to decline the penalty and accept the resulting play. Such election shall be made before the next pitch (legal or illegal) or before the infielders leave the diamond. Obstruction of the batter (before she has become a batter-runner) is ignored if the batter-runner reaches first and all other runners advance at least one base.

## **SECTION 2**

A batter becomes a base runner when the catcher fails to catch the third strike when there are less than two outs and first base is unoccupied, or anytime there are two outs – 7 & 8 grade only.

## **SECTION 3**

An advancing runner shall touch first, second, third and then home plate in order.

- A) A returning runner shall retouch the bases in reverse order. When an uncaught foul ball causes the ball to become dead, the runner need not touch intervening bases.
- B) Any runner who misses a base while advancing may not return to touch the missed base if a following runner has scored.

## **SECTION 4**

If a batted ball (fair or foul other than a foul tip) is caught, the initial contact of the ball by a fielder releases the runner(s) from the base(s) occupied at the time of the pitch.

## **SECTION 5**

If a batter-runner is entitled to return to first base after over-running it or if a runner fails to touch home plate and if either such runner desires to return to such base, the runner shall return immediately.

- Penalty (SECTION3- SECTION5): For failure to touch base (advancing or returning), or failure to tag up after a fly ball, the runner is out. This is a delayed penalty if not played upon by the defense during same playing action (live ball). After all playing action has ended, the umpire will indicate time-out to call runner(s) out. During playing action, the runner is out, if before returning to each untouched base, the runner is touched by the ball in the hand of a fielder, or the ball is held by a fielder on that missed base (including home plate). In this instance, the out would be called immediately before time is called. If a base running infraction is the third out, runs scored by the following

runner(s) would not count. With two outs, if the base missed was the first to which the batter or runner was forced to advance, no runs would score. When a runner is legally returning after a long fly ball has been caught, she can be put out by being tagged or by the defense merely touching the base occupied at the time of the pitch.

**SECTION 6** A batter-runner who reaches first base safely and then overruns or overslides may immediately return without liability of being put out provided she does not feint or attempt to advance to second.

**SECTION 7** A runner acquires the right to the proper unoccupied base if the runner touches it before being put out. The runner is then entitled to this base until being put out or until legally touching the next base while it is unoccupied or until a following runner is forced to advance to the base occupied.

**SECTION 8** Each runner shall touch her base after the ball becomes dead. All awarded bases must be touched in their proper order. The runner returns to the base she has reached or passed when the ball became dead. In the event of interference, a runner returns to the base she had legally reached at the time of the interference. If the interference does not cause the batter to be out and any other runner cannot return to the base last legally occupied at the time of the interference, she is advanced to the next base.

- The runner returns to the base occupied at the time of the pitch if her advance was during an uncaught foul.

**SECTION 9** On a base on balls, a batter is entitled to run the same as if she has hit the ball or was advancing due to a dropped third strike. The batter may continue past first base and is entitled to second base as long as she does not stop at first base if the pitcher has possession of the ball on the pitcher's plate or in the vicinity thereof. The defense cannot call time-out to keep a runner from advancing on a base on balls. The runner has the right to advance until the umpire calls time-out.

**SECTION 10** When a base runner is legitimately off base, (moving off a base after a pitch or rounding a base after a hit, walk or dropped third strike), the pitcher is obligated to allow sufficient time for the runner to return; however, once the pitcher has the ball and is ready to pitch, the runner is obligated to move toward the base last touched. After returning to the base, the runner may not move off the base even though the pitcher is standing off the pitcher's plate. Failure of the runner to respond as indicated shall cause the umpire to signal the ball dead, declared no pitch, and rule the runner out.

**SECTION 11** A legal slide is feet first If a runner slides feet first, at least one leg and buttock shall be on the ground. If a runner slides, runner must be within reach of the base with either a hand or a foot when the slide is completed. The runner may dive back to base in a stealing situation.

**SECTION 12** A slide is illegal if:  
A) The runner uses a rolling, cross-body or pop-up slide into the fielder.

- B) The runner's raised leg is higher than the fielder's knee when the fielder is in a standing position.
- C) The runner goes beyond the base and makes contact with or alters the play of the fielder.
- D) The runner slashes or kicks the fielder with either leg.
- E) The runner tries to injure the fielder.

### SECTION 13

A runner is out when:

- A) Detected maliciously running into a fielder.
  - Base runners return to the bases occupied at the time of the infraction unless they scored or were put out before the infraction occurred.
- B) She does not slide legally or attempt to avoid a fielder who has the ball. Hurdling is prohibited. Stepping over or jumping over the outstretched glove of a fielder holding the ball on or near the ground waiting to make a tag is legal.
- D) Detected attempting to advance to home plate when the batter interferes with a play at home plate, provided two are not already out.
- E) Detected running bases in reverse to confuse opponents or to make a travesty of the game.
- E) On a force play at any base except first base when the runner or returned runner fails to execute a legal slide, or fails to attempt to avoid the play.
- F) After at least touching first base, the runner leaves the baseline, obviously abandoning her effort to touch the next base.
- G) Is on or beyond a succeeding base when the ball is declared dead after having left a base too soon on a caught fly ball, or having failed to touch a preceding base, or continues and touches a succeeding base after the ball became dead.
- H) Not in contact with the base at the time a pitched ball leaves the pitcher's hand. However, if the pitcher does not allow sufficient time for a runner to return to a base, the runner shall not be called out for being off the base before the pitcher releases the ball. The runner may advance as though the base was left legally.
- I) Running more than three feet away from a direct line between bases to avoid being tagged or to hinder a fielder while the runner is advancing or returning to a base.
  - This is not an infraction if a fielder, attempting to field a batted ball, is in the runner's proper path and if the runner runs behind the fielder to avoid interfering.
- J) Intentionally interfering with a throw or thrown ball.
- K) Hindering a fielder's initial or subsequent attempt to field a batted ball.
- L) Being put out is prevented by an illegal act by anyone connected with the team.
- M) Touched by a live ball securely held by a fielder or is touched by a fielder's glove or hand with the live ball held therein, while the runner is not touching base.

If a batter-runner safely touches first base and then overslides or overruns it, the batter-runner may immediately return to first base without liability of being tagged out, provided there was no feint or attempt to advance to second. Also, if any base comes loose from its fastening when any runner contacts it, such runner cannot be tagged out because the base slides away from the runner.

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## Basketball Rules Supplement For Competition - Boys and Girls

Games shall be played under C.Y.A.A. Policies, Rules and Regulations. Rules not covered in the C.Y.A.A. Manual shall be played under Arizona Interscholastic Association Rules. A.I.A. Rules may be obtained by calling the A.I.A. Office at (602) 257-0272.

During season and tournament play ALL team members at all grade levels MUST PARTICIPATE IN EACH game according to the time requirements listed on page 16 of the handbook or the team will forfeit.

### RULE 1 – COURT AND EQUIPMENT

**SECTION 1** The Playing Court – the playing court shall be a rectangular surface free from obstructions with dimensions not greater than 84 feet in length by 50 feet in width, or as close to these dimensions possible.

**SECTION 2** There should be at least a 3 foot border around the edge of the court to eliminate dangerous drop offs.

**SECTION 3** The official game ball for C.Y.A.A. for Girls Basketball is the 28.5 basketball. 5<sup>th</sup> & 6<sup>th</sup> grade boys are to use the 28.5 basketball.

**SECTION 4** The home team is responsible for:

- A) Game ball
- B) Pinnies
- C) Scoring book
- D) Scorekeeper
- E) Officials
- F) Clock, timer and possession arrow
- G) First half line-up sheet

C.Y.A.A. does not pay for officials, timers, or scorer during league games.

**SECTION 5** It is recommended that benches for players and coaches of both teams be placed along that side of the court on which the scorekeeper's and timer's table is located.

### RULE 2 – PLAYER EQUIPMENT

**SECTION 1** A clearly visible number must be worn by each player on the front and/or back of the uniform. Suggested numbers are:  
**0,3,4,5,00,10,11,12,13,14,15,20,21,22,23,24,30,31,  
32,33,34,35,40,41,42,43,44,50,51,52,53,54,55.**

- SECTION 2** If both teams uniforms are similar in color, the home team must adjust and supply pennies.
- SECTION 3** Teams should have first half line-up sheet.
- SECTION 4** A players shirt shall be tucked inside the shorts and the shorts shall be above the hips and worn properly Beginning with 1995-6 school year, company logos, commemorative or memorial patches and insignias are not permitted on the uniform.  
Players not conforming to this uniform policy shall be directed to leave the game.
- SECTION 5** Undershirts may be worn provided they are of solid color front and back.
- SECTION 6** A player may not wear any equipment which is dangerous or confusing to other players or is not appropriate. Example of illegal items:
- A) Any guard cast or brace made of hard unyielding leather, plaster, soft plastic, metal or any other hard substance, even though covered with soft padding, when worn on the elbow, hand, finger, wrist, or forearm.
  - B) Barrettes or ribbons. Rubber band should be used to control hair.
  - C) Jewelry, earrings, medical or religious medals.
  - D) Unnatural equipment designed to increase a player height or reach.
- SECTION 6** Tennis shoes are required.
- SECTION 7** C.Y.A.A. recommends that players wear a mouthpiece.

### **RULE 3 – PLAYERS AND SUBSTITUTES**

- SECTION 1** A substitute who desires to enter the game in the second half shall report to the scorers' table, giving his/her number and the number of the player who is being replaced and with to be called or waved in by the official.
- SECTION 2** The entering player shall not replace a free thrower or a jumper except in the case of injury or disqualification.
- SECTION 3** A player who is bleeding, has an open wound, or has an excessive amount of blood on her uniform shall be directed to leave the game and may not return until appropriate treatment is administered (See Basic First Aid)  
C.Y.A.A. requires coaches to carry extra uniforms and a First Aid Kit.
- SECTION 4.** A player who is unable to play his 4-minutes due to injury and needs a substitute, that substitute will have what is left of the original player's 4-minutes. The injured person will not be able to play until the second half. The substitute player will be ineligible to play the next 4-minute interval.

### **RULE 4 – TIMING REGULATIONS**

**SECTION 1** Playing time shall be four (4) quarters of eight minutes running until last two minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarters; each with intermissions of one (1) minute after the 1<sup>st</sup> and 3<sup>rd</sup> and five (5) minute at half-time.

**SECTION 2** During the first half, an unofficial (15 second) stop in play will be called every four minutes to substitute players and allow the opportunity for all to play.  
**The clock will stop.** There is no other substitutions allowed . (All players MUST play in the first half) following the additional rules listed below.

- A) During the regular season team and CYAA tournament games must have at least 5 players to begin the game.
- B) All players must play a minimum of 4 minutes during the first half. A player that shows up late to a game during the regular season or CYAA tournament will not be eligible to play in the game if they have not met the first half 4 minute playing time rule.
- C) A team that does not meet the requirement of SECTION 2 will forfeit the game.

**SECTION 3** The game watch shall be stopped when an official:

- A) signals in last two minutes of 2<sup>nd</sup> & 4<sup>th</sup> quarters
  - a. a foul
  - b. a held ball
  - c. a violation
  - d. free throw
- B) stops play (official time out):
  - a. because of injury
  - b. to confer with scorers and timers
  - c. delay in getting a dead ball alive

**SECTION 4** Three (full) time outs and two thirty (30) second time outs may be granted each team per game. Time outs in excess of the allotted number may be granted at the expense of a technical foul for each.

**SECTION 5** Tie Game – If the score is tied at the end of the second half, play shall continue without change of basket for three (3) minutes. The last minute of over time the clock will stop Continue three (3) minute overtimes until a winner is declared. One extra time out will be permitted to each team during any overtime period.

## **RULE 5 - CONDUCT**

**SECTION 1** A coach, substitute, team attendant or followers shall not:

- A) disrespectfully address an official nor attempt to influence his/her decision
- B) disrespectfully address coaches, C.Y.A.A. directors, etc.
- C) disrespectfully address or bait an opponent
- D) indicate his/her objection to an official's decision by rising from the bench or sung gestures

- E) use profanity, inappropriate language or obscene gestures
- F) do anything to incite undesirable crowd reactions
- G) enter the court unless by permission of an official to attend an injured player

Penalty: The offended team is awarded two (2) free throws and its coach shall designate the shooter and no substitution will be allowed.

## **RULE 6 - REMINDERS AND SPECIAL RULES**

- SECTION 1** The visiting team should also keep a score book, Scorekeepers should sit together. In regard to the score and personal fouls, it is important that the books are in agreement at the end of each quarter.
- SECTION 2** Cheers and chants must be of a positive nature. They may only be done prior to the start of the game at half time or when the ball is not in play.
- SECTION 3** Once the seventh (7<sup>th</sup>) team foul is committed in either half, the bonus goes into effect. Personal fouls and team fouls are carried over to any overtime period. On the tenth (10<sup>th</sup>) team foul in a half the double bonus will go into effect.
- SECTION 4** The timekeepers will need a whistle to signal the end of the quarters. They should give both benches a two-minute, one minute, thirty second and ten second warning.
- SECTION 5** Once the official gives the ball to the player at the free throw line there may be no distractions from other players, coaches or spectators.  
PENALTY: TECHNICAL FOUL
- SECTION 6** Pressing is only allowed the last four minutes of the game and overtime period. If the score differential reaches 15 points the pressing must stop immediately.
- SECTION 7** A means of posting a running score (portable chalkboard could be used) is suggested. The scoreboard should be located so it can be easily seen by players and coaches.
- SECTION 8** Player is disqualified on the fifth (5 personal foul or if he/she gets two(2) technical fouls. A technical foul also counts as a personal foul and a team foul. If a player or coach is ejected from the game he/she must sit out the next game.

## BASKETBALL SUBSTITUTION

School: \_\_\_\_\_ # of players present at start of game \_\_\_\_\_

Quarter 1, first four minutes		Quarter 1, second four minutes	
Player #	Name	Player #	Name

Quarter 2, first four minutes		Quarter 2, second four minutes	
Player #	Name	Player #	Name

The following Substitution Rule **MUST BE FOLLOWED BY EVERY TEAM!!!!**

**SECTION 1**

During the first half, an unofficial (15 second) stop in play will be called every four minutes to substitute players and allow the opportunity for all to play. The clock will stop. There is no other substitutions allowed. (All players **MUST** play in the first half) following the additional rules listed below.

- A) During the regular season and tournament games teams must have at least 5 players to begin the game.
- B) All players must play a minimum of 4 minutes during the first half. A player that shows up late to a game during the regular season or CYAA tournament will not be eligible to play in the game if they have not met the first half 4-minute playing time rule.
- C) A team that does not meet the requirement of “d.” will forfeit the game.

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## BASEBALL RULES SUPPLEMENT FOR BOYS COMPETITION

C.Y.A.A. rules will apply to all games played with the following exceptions, additions, or corrections. Rules not covered in this supplement will be played according to Arizona Interscholastic Association (AIA) Rules.

During season and tournament play ALL team members at all grade levels MUST PARTICIPATE IN EACH game according to the time requirements listed on page 16 of the handbook or the team will forfeit.

### **RULE 1 – PLAYERS**

**SECTION 1** Every 6 innings pitched must have four (4) days rest. The pitching chart (Appendix O) will be used during the tournament and will be exchanged before each tournament game with the opposing team. It is strongly recommended that a pitcher not exceed 60-70 pitches per game and must have four (4) full days rest between pitching in games.

**SECTION 2** Teams must field nine (9) players at the beginning of the game. If a player is forced to leave the game and his team, not having any more substitutes was left with eight (8) players, the game could continue. Each time the player who left the game comes up to bat it will constitute an out.

### **RULE 2 – THE PLAYING FIELD**

**SECTION 1** Ground rules establishing the limits of the playing field (if any) shall be agreed upon by the team coaches and umpire before the game begins.

**SECTION 2** For 7<sup>th</sup> & 8<sup>th</sup> grade teams, the official diamond shall have 80 foot base lines. Pitching distance from home to the pitcher's rubber shall be 60 feet 6 inches.  
Grades 5 & 6 shall use a 60 foot base line with 46 feet pitching distance.

**SECTION 3** All ball fields must be marked.

**SECTION 4** All playing areas should be inspected prior to the game for holes, stones, glass, or other foreign objects.

### **RULE 3 – EQUIPMENT AND UNIFORMS**

**SECTION 1** The home team shall be responsible for having all the necessary basic equipment for playing the game: bases, game balls, and official score book.

- SECTION 2** Each team is responsible for their own bats, practice balls, mask, chest protector, and helmets. Face guards are mandatory for the batter in 5<sup>th</sup> and 6<sup>th</sup> grades.
- SECTION 3** The home team provides two (2) new balls; the visiting team provides one (1) good ball for each game.
- SECTION 4** Shoes - molded or rubber cleats may be worn. Use of metal cleats or spikes will not be allowed.
- SECTION 5** A good double eared batting helmet is required for all batters. It may not be broken or cracked. A catcher's helmet is required for catchers. An old helmet is required for all runners.
- SECTION 6** The home team keeps the official score book. The score should be made known to the umpire and both coaches at the end of each inning.
- SECTION 7** For safety and injury prevention, exposed jewelry such as wrist watches, neck chains, bracelets, metallic items, or any item deemed dangerous by the umpire must not be worn during the game.
- SECTION 8** A pitcher shall not wear sweat bands on his wrists.
- SECTION 9** A first aid kit should be available at the field.
- SECTION 10** All players shall have shirts tucked into their pants.
- SECTION 11** For grades 7 and 8 the bat shall not exceed the -3 (drop 3) length to weight ratio nor the 2 ¾ inch barrel. In addition, the bat must have the BBCOR approved stamp on it. Any ALL wood bat is approved.
- SECTION 12** 5<sup>th</sup> and 6<sup>th</sup> grade bats will be “USA Baseball” approved.

#### **RULE 4 – THE GAME**

- SECTION 1** Avoid contact with the catcher or any other position player. On close play at home or base, runner must slide or concede.
- SECTION 2** The game shall be six (6) innings. The umpire and coaches shall use their judgment about sufficient light to continue a game. 5<sup>th</sup> and 6<sup>th</sup> grade time limits one hour and a half. No new inning after one hour 40 minutes. 7<sup>th</sup> and 8<sup>th</sup> grades no new inning after one hour – 45 minutes; except in the final two games (trophy games) where the game will continue for six innings.
- SECTION 3** Ties – In the case of a tie, international rule shall be invoked. That is, if the score is tied after six complete innings and time has expired, play shall continue until one team scores more runs than the other in an equal number of complete innings, unless the home team leads.

- SECTION 4** Run Rule - No more than ten (10) runs in one 1/2 inning; 1/2 inning stops when the 10th run scores. If a team leads by ten (10) runs after four (4) innings, the game shall be called.
- SECTION 5** No Protests.
- SECTION 6** 3 1/2 innings constitutes a game.
- SECTION 7** Coaches must notify the opposing team and the local Athletic Director prior to any schedule change, unless called because of bad weather.
- SECTION 8** Weather conditions vary throughout the Valley. Some fields drain better than others and may be playable when others are not. Coaches are responsible for notifying opponent regarding condition of the home field. In the event a game is called off due to weather issues, the game will be considered halted at the last full inning of play and no score beyond the last full inning will be counted. See the Weather Conditions and Game Play regulations of the CYAA Regular Season and Tournament Play section of the handbook for reschedule options.
- SECTION 9** Coaches are permitted in the coaching boxes.
- SECTION 10** Batting  
In league play: 7<sup>th</sup> and 8<sup>th</sup> grades may use a DH (designated hitter) and an EH (extra hitter) in their lineup, thus could have 10 hitters in the lineup.
- In 5<sup>th</sup> & 6<sup>th</sup> grade play, all available players must be in the batting lineup and will play at least three (3) outs in the field.  
7<sup>th</sup> & 8<sup>th</sup> grade: Minimum play for 7<sup>th</sup> & 8<sup>th</sup> grade team is three (3) outs in the field or one (1) at-bat.
- In Tournament play:  
7<sup>th</sup> and 8<sup>th</sup> grades may use a DH (designated hitter) and an EH (extra hitter) in their lineup, thus could have 10 hitters in the lineup.  
Each player must get one at-bat or three consecutive outs in the field. In the event of a shortened game, this rule will be suspended.
- SECTION 11** Batting out of turn
- A) A batter shall be called out, on appeal, when failing to bat in the proper turn, and another batter completes a time at bat in the proper batter's place.
- A) When an improper batter becomes a runner or is put out, and the defensive team appeals to the umpire before the first pitch to the next batter of either team or before any play or attempted play, the umpire shall declare the proper batter out and nullify any advance or score made because of a ball batted by the improper batter or because of the improper batter's advance to first base on a hit, an error, a base on balls, a hit batter, or otherwise.

1. NOTE: If a runner advances, while the improper batter is at bat, on a stolen base, balk, wild pitch, or passed ball, such advance is legal.

When an improper batter becomes a runner or is put out, and a pitch is made to the next batter of either team before an appeal is made, the improper batter thereby becomes the proper batter, and the results of such time at bat become legal.

## SECTION 12

### Stealing

In 5<sup>th</sup> & 6<sup>th</sup> grade play, there will be no leading off and the runner must stay on the base until the ball reaches the plate. At the point the ball crosses the plate the runner can attempt to advance. Once the ball is controlled by the pitcher on the pitching mound, the runner must go back to the base he occupied at the time of the pitch. In grades 5 and 6 the batter cannot run on a dropped 3<sup>rd</sup> strike.

## SECTION 13

### Substitution

- A) A player in the starting line-up who has been removed for a substitute may reenter the game once, only in the same order in the batting line-up, provided:
1. The substitute has completed one time at bat
  2. The substitute has played defensively for a minimum of one inning (3 outs)
  3. A Pitcher that starts the game in the pitching position and is then removed to a different position and not removed from the game, may re-enter as a pitcher **ONE TIME ONLY** provided he has pitching innings remaining. This would also apply to a position player that starts the game and is not removed from the game.
  4. Only a player in the starting line-up may reenter the game

NOTE #1: When two or more substitute players of the defensive team enter the game at the same time, the manager shall, immediately, before they take their positions as fielders, designate to the umpire such players' positions in the team's batting order and the umpire shall notify the official scorer. The umpire shall have authority to designate the substitutes' places in the batting order, if this information is not immediately provided.

NOTE #2: Should injury or illness prevent a manager from fielding nine (9) players, the manager may, without penalty of forfeiture, replace the injured or ill player with a player previously in the line-up, but only if use of all other eligible players has exhausted the roster. The provision does not apply with respect to a player or players ejected from the game. If a team is unable to field nine (9) players for reasons of ejection of a player and no

eligible substitute is available, previously used player may not enter the game.

- B) A player whose name is on the team's batting order may not become a substitute runner for another member of the team.

# CATHOLIC YOUTH ATHLETIC ASSOCIATION

## SOCCER RULES FOR BOYS AND GIRLS COMPETITION

### RULE 1 – PLAYERS AND EQUIPMENT

#### SECTION 1

##### Team Structure

- A) Teams will be grades 7 & 8 Girls and 7 & 8 Boys (separate tournaments for girls and boys)
- B) If a school cannot fill a team of 7th/8th grade students, 5th and 6th graders may be added to form one team.
- C) Each team shall consist of a minimum of 7 players and a maximum of 15 players
- D) Number of players allowed on the field shall be 5 plus one goalie (6 total; 6 v 6).
- E) Number of Teams Allowed Per School:
  - 1. Schools will be allowed up to two teams per gender (A school with 5th/6th graders playing may only have one team for that particular gender).
  - 2. Each team must have a minimum of 5 players in order to begin a game.
- F) Due to injury, a team may continue with less than the minimum number of required players.

#### SECTION 2

##### Equipment

- A) Each team is required to wear numbered shirts of one distinguishable color. Each goalie should wear a shirt that contrasts in color to that of the other players. Each game site should have pinnies available in the event that both teams have like color jerseys.
- B) Shoes
  - 1. Regulation, rubber-soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Sandals, street shoes, hiking boots, combat boots, or metal spikes are not allowed. No player will be allowed to participate in bare feet.
- C) Shin guards are required during play for personal safety.
- D) Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Under no circumstances will a player wearing a cast

or splint be permitted to play.

- E) Jewelry: No jewelry or any other item deemed dangerous by the CYAA site director or game official may be worn.

## **RULE 2 – GAME FORMAT**

### **SECTION 1**

The field dimensions in yards:

- A) Ranges from 35-50 width x 55-70 length
- B) Small Goal Box 8W X 4D
- C) Large Goal Box, 24W x 12D
- D) Center Circle - 8 Radius
- E) Field and Goal lines MUST be marked with paint or chalk

### **SECTION 2**

Soccer ball size:

- A) 5

### **SECTION 3**

Goal Size (Feet):

- A) 6 high X 18 Wide

### **SECTION 4**

Each game will consist of two 25-minute halves with a running clock. The game officials will be responsible for keeping the game clock.

### **SECTION 5**

Game time is forfeit time:

- A) A team must have the minimum number of players to start a game. If there is an insufficient number of players, the game will be considered a forfeit.

### **SECTION 6**

A coin toss at the beginning of the game shall determine which team has the choice of a goal to defend or kicking off first. The loser of the toss shall have the remaining option. Between halves, each team shall exchange ends and alternate the kickoff.

### **SECTION 7**

Mercy Rule:

- A) A game shall be called if a team is ahead by ten (10) goals with 10 minutes or less in the game.

### **SECTION 8**

In the event that a score remains tied at the end of regulation play, a shootout will proceed until a winner is determined. The shoot-out will proceed as follows:

- A) The referee shall choose the goal at which all of the penalty kicks shall be taken.
- B) Each coach will select any five different players on the field, including the goalkeeper, to take the penalty kicks.

- C) The winner of a coin toss shall have the option of kicking first or second.
- D) Teams will alternate kickers. There is no follow-up on the kick.
- E) Following five kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.
- F) If the score remains tied after each team has had 5 penalty kicks, each team will select additional players from the bench to take kicks in a sudden death situation. Each team will alternate kicks until one team scores and the other team does not score, thus ending the game without more kicks being taken.
- G) No player may take an additional kick until all players on the team have taken their turn.

### **RULE 3 – SUBSTITUTIONS**

- A) Unlimited substitutions will be permitted after a score and at any goal kick. A team may also make a substitution during its own throw-ins and corner kicks and for an injured player. No substitutions may be made during a penalty kick.
- B) Substitutes must be recognized by the referee and must enter the field only after a player has left the field of play.
- C) A substitute must enter for a player that has been cautioned (received a yellow card). The cautioned player may reenter the field of play at the next legal opportunity.
- D) The goalkeeper may change positions with a player on the field during a stoppage of play or a substitution, provided the uniforms are legal and the official is notified prior to the change.

### **RULE 4 - SCORING**

**SECTION 1** A goal is scored when the entire ball passes legally beyond the goal line between the goal posts and under the crossbar, provided that it has not been carried, thrown, or propelled by the hand or arm. A ball on the goal line is not considered to have crossed the goal line.

**SECTION 2** If a defending player, other than the goalkeeper, intentionally stops the ball with his/her hands or arms to prevent a goal from scoring, then a goal is awarded and no penalty kick is awarded. Penalty: At the discretion of the official, the offending player may be presented with a red card and ejected from the game.

**SECTION 3**

- A) A goal MAY be scored during play directly from a:
  1. Kickoff
  2. Penalty Kick

3. Corner Kick
  4. Drop Ball
- B) A goal MAY NOT be scored during play directly from a:
1. Indirect free kick
  2. Throw-in
  3. Free kick into a team's own goal
  4. Goal Kicks

## **RULE 5 – GOALKEEPER PLAY**

- SECTION 1** The referee shall remove without caution any player who intentionally charges and contacts the goalkeeper. Warnings will be issued to players dangerously charging but not contacting the goalkeeper.
- SECTION 2** From the moment the goalkeeper takes control of the ball with the hands within his/her own penalty area, he/she has six seconds in which to release the ball into play. Possession includes holding, bouncing, or throwing the ball in the air and catching it again. After it has been released into play, the ball shall be played or touched by another player before the goalkeeper can touch it again with the hands.
- SECTION 3** The goalkeeper in possession of the ball must not be interfered with or impeded in any manner by an opponent.
- SECTION 4** On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch the ball with his/her hands. Penalty: Indirect free kick awarded to the opponent at the spot of the violation, unless in the goal area.
- SECTION 5** A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.
- SECTION 6** The goalkeeper may not touch the ball with his/her hands or arms outside of the penalty box, but he/she may play the ball with any other part of the body.
- SECTION 7** Goalkeepers MAY NOT punt the ball in the air. They may only pass, throw, or roll.
- SECTION 8** From the moment the goalkeeper takes control of the ball with the hands within his/her own penalty area, he/she has six seconds in which to release the ball into play. Possession includes holding, bouncing, or throwing the ball in the air and catching it again. After it has been

released into play, the ball shall be played or touched by another player before the goalkeeper can touch it again with the hands.

**SECTION 9** The goalkeeper in possession of the ball must not be interfered with or impeded in any manner by an opponent.

**SECTION 10** On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch the ball with his/her hands. Penalty: Indirect free kick awarded to the opponent at the spot of the violation, unless in the goal area.

**SECTION 11** A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.

**SECTION 12** The goalkeeper may not touch the ball with his/her hands or arms outside of the penalty box, but he/she may play the ball with any other part of the body.

**SECTION 13** Goalkeepers MAY NOT punt the ball in the air. They may only pass, throw, or roll.

## **RULE 7 – FOULS AND MISCONDUCTS**

- A) Offside penalty is in effect
- B) Heading:
  - 1. NO deliberate heading.
  - 2. Will result in an indirect free kick from the spot of the foul.
- C) A player shall be penalized if he/she:
  - 1. Handles the ball with his/her hands or arms. This does not apply to the goalkeeper within his/her own penalty area, provided he/she releases the ball within the prescribed six seconds.
  - 2. Trips an opponent, including throwing or attempting to throw an opponent by the use of the legs.
  - 3. Pushes or holds an opponent with the hand or with any part of the arm or body.
  - 4. Plays dangerously (kicks, strikes, attempts to kick or strike, jumps at an opponent, charges in a violent or dangerous manner, kicks dangerously high in front of opponent).
  - 5. Illegally obstructs an opponent by interfering with an opponent's movement without the ball.
- D) A player or coach will be cautioned (yellow card) for the following:
  - 1. Entering the field of play without the permission of an official.

2. Persistent infringement of any of the rules of the game.
  3. Verbal objection or action indicating dissent toward the official and/or CYAA site director
  4. Unsportsmanlike conduct, which will be at the discretion of the official
- E) A player or coach will be ejected (red card) for the following:
1. Exhibiting violent conduct or committing serious foul play including, but not limited to, deliberately handling a ball to prevent it from going into the goal or committing a foul against an opponent who is moving toward his/her goal with an obvious opportunity to score.
  2. Use of vulgar, profane, foul or abusive language.
  3. Fighting.
- F) An ejected player cannot be replaced by a substitute and that team must play shorthanded.
- G) An ejected player must sit out the next game
- H) If a red card is a result of 2 yellows, the player may play the next and not sit out the next game.

## **RULE 8 – KICKS**

### **SECTION 1**

#### **A) Free kicks:**

Free kicks are awarded for the following:

1. Handling the ball with hands or arms.
2. Tripping an opponent, including throwing or attempting to throw an opponent by the use of the legs
3. Slide tackling
4. Pushing an opponent with the hand or with any part of the arm or body.
5. Holding an opponent.
6. Playing dangerously (kicks, strikes, attempts to kick or strike, jumps at an opponent, charges in a violent or dangerous manner).
7. Charging an opponent in a dangerous manner.
8. A player playing the ball a second time before it has been played by another player at the kickoff, a free kick, a penalty kick, a corner kick, a goal kick, or by the thrower following a throw-in.
9. Improper substitution.
10. Persons other than authorized players entering the field.
11. Dissension by word or action toward a referee's decision.
12. Unsportsmanlike conduct.
13. To resume play after a player is ordered off the field for persistent misconduct or violent conduct.

14. Illegal obstruction (interfering with an opponent's movement without the ball).
  15. The goalie taking more than the allotted six seconds at any one possession.
  16. Charging the goalie or not allowing him /her to move with the ball.
- B) When a free kick is being taken, a player of the opposite team shall not approach within 10 yards of the ball until it is in play. A violation of this may cause player removal from the game. The ball must be stationary when kicked, and after being kicked, the kicker shall not play the ball a second time until it has been touched by another player.

## **SECTION 2**

### Penalty kicks

- A) A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, is committed by a defending player within his/her team's penalty area.
- B) All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area until the ball is kicked.

## **SECTION 3**

### Throw-in

- A) A throw-in shall be awarded when the opposing team last touches or plays the ball before the entire ball passes beyond the touchline either in the air or on the ground.
- B) The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement.
- C) On a throw-in, the ball is playable by either team when it has left the hands of the thrower and any part of it breaks the plane of the touchline.

## **SECTION 4**

### Goal Kicks

- A) A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that area between the goal posts and under the crossbar, either in the air or on the ground, having last been played or touched by the attacking team.
- B) Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.

- C) The ball shall be kicked from the ground from any point within the goal area by a player of the defending team. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.

## **SECTION 5**

### **Corner Kick**

- A) A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that area between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the defending team.
- B) Players of the defending team shall be at least 10 yards from the ball until it has been kicked.
- C) The ball shall be kicked from the ground within the quarter circle, including on the lines nearest where the ball left the field of play.
- D) After the corner kick, the ball may be played by any player except the one who executed the kick.

## **RULE 9 – STOPPAGE OF PLAY DUE TO INJURY**

### **SECTION 1**

Play will stop when the ball is out of play or at a time deemed suitable by the referee.

### **SECTION 2**

If the referee stops play, the game will re-start with a drop ball.

### **SECTION 3**

Injured players must stay on the field and on the ground.

### **SECTION 4**

Time will be stopped for medical attention, and play will resume as soon as the player is off the field.

**DIOCESE OF PHOENIX  
C.Y.A.A. HOME FIELD LOCATIONS**

<p>Annunciation Catholic School- Blue &amp; Green 32648 N Cave Creek Rd. Cave Creek, Arizona 85331 480 361-8234 FAX 480-595-0886</p>	<p>St. Francis Xavier--Blue &amp; Gold 4715 N. Central (Next to Brophy) Phoenix, Arizona 85012 602-266-5364 FAX 602-279-0423</p>
<p>All Saints Episcopal—Blue &amp; White 6300 N. Central Avenue Phoenix, Arizona 85012 602-274-4866 FAX 602-274-0365</p>	<p>St. Gregory--Blue &amp; White 3440 N. 18th Avenue (19th Avenue &amp; Osborn) Phoenix, Arizona 85015 602- 266-9527 FAX 602-266-4055</p>
<p>Christ Lutheran—Green &amp; White 3901 E. Indian School Road Phoenix, Arizona 85018 602-957-7010 FAX 602-955-3191</p>	<p>St. Jerome--Blue &amp; Gold 10815 N. 35th Avenue (N of Peoria Avenue) Phoenix, Arizona 85029 602- 942-5644 FAX 602-467-4929</p>
<p>Christ the King--Blue &amp; Gold 1545 E. Dana (East of Stapley, 2 blocks south of Main) Mesa, Arizona 85204 480-844-4480 FAX 480-844-4498</p>	<p>St. John Bosco – Blue &amp; Yellow 16035 S. 48th Street Phoenix, AZ 85044 (480) 219-4848 FAX 480-219-5767</p>
<p>Loyola Academy at Brophy – Red &amp; White 4701 N. Central Ave. Phoenix, AZ 85012 602-264-5291</p>	<p>St. John XXIII – Blue &amp; White 16235 N. 60<sup>th</sup> Street Scottsdale, AZ 85254 480-905-0939 FAX 480-905-0955</p>
<p>Most Holy Trinity--Green &amp; White 535 E. Alice Avenue (S of Dunlap at 7th St.) Phoenix, Arizona 85020 602-943-9058 FAX 602-943-3188</p>	<p>St. John Vianney - Blue &amp; Silver 539 La Pasada Blvd. Goodyear, Arizona 85338 (623) 932-2434 FAX 623-925-0094</p>
<p>Our Lady of Mt. Carmel--Red &amp; White 2117 S. Rural Road (S of Broadway in Tempe) Tempe, Arizona 85282 480-967-5567 FAX 480-967-6038</p>	<p>St. Louis the King--Blue &amp; Gold 4331 W. Maryland (43rd Avenue &amp; Maryland) Glendale, Arizona 85301 623-939-4262 FAX 623-930-1129</p>
<p>OLPH-Glendale--Blue &amp; White 7521 N. 57th Avenue (N of Glendale Ave) Glendale, Arizona 85301 623-931-7288 FAX 623-930-0256</p>	<p>St. Mary-Basha—Light Blue &amp; Gray 200 W. Galveston (West of Arizona Avenue) Chandler, Arizona 85224 480-963-4951 FAX 480-963-8959</p>
<p>OLPH-Scottsdale--Green &amp; White 3801 N. Miller Road Scottsdale, Arizona 85251 480-874-3720 FAX 480-874-3767</p>	<p>St. Matthew—Blue &amp; Gold 2038 W. Van Buren Street Phoenix, Arizona 85009 602-254-0611 FAX 602-253-4124</p>

Phoenix Day/Deaf—Blue & Gold 2012 W Morten Ave, Phoenix, Arizona 85021 602-429-0342 FAX 602-336-6944	St. Theresa—Blue & White 5001 E. Thomas Road Phoenix, Arizona 85018 602-840-0010 FAX 602-840-8323
Phoenix Hebrew Academy 515 E Bethany Home Rd Phoenix, AZ 85012	St. Thomas Aquinas—Blue & White 13720 W Thomas Rd Avondale, AZ 85323 623-935-0945 FAX 623-935-5044
Queen of Peace--Blue & White 109 N. Macdonald Street Mesa, Arizona 85201 480-969-0226 FAX 480-275-2097	St. Thomas the Apostle—Red & White 4510 N. 24th Street Phoenix, Arizona 85016 602-954-9088 FAX 602-381-3256
SS. Simon & Jude--Green & White 6351 N. 27th Avenue (N of Bethany Home Road) Phoenix, Arizona 85017 602-242-1299 FAX 602-433-7608	St. Timothy Catholic Academy—Maroon & White 2520 S Alma School Rd Mesa AZ 85210 480-775-2650 FAX 480-775-2651
St. Agnes--Green & Gold 2311 E. Palm Lane (24th Street, South of Thomas) Phoenix, Arizona 85006 602-244-1955 FAX 602-286-0250	St. Vincent de Paul—Red & White 3130 N. 51st Avenue (Osborn & 51st Avenue) Phoenix, Arizona 85031 623-247-8595 FAX 623-245-0132
St. Catherine of Siena--Red & White 6413 S. Central Avenue Phoenix, Arizona 85040 602-276-2241 FAX 602-268-7886	Torah Day School of Phoenix 1118 W Glendale Ave Phoenix, AZ 85021 (602) 374-3062

**NOTE:** The following Diocese of Phoenix Catholic Schools participate only in the CYAA Cross Country Meet:

Sacred Heart (Prescott)  
Immaculate Conception (Cottonwood)  
San Francisco de Asis (Flagstaff)  
St. Peter Indian Mission