



# 2016-2017 POLICIES AND REGULATIONS FOR ATHLETICS



## SPORTSMANSHIP PLEDGE

As student-athletes, coaches and spectators at this Archdiocese of Milwaukee event, we pledge to:

- Display Christian behavior.
- Show respect for student-athletes, coaches, officials and spectators.
- Refrain from profanity, racial or ethnic comments, harassment or taunting of student-athletes, coaches, officials and spectators.
- Encourage good sportsmanship by student-athletes, coaches and spectators.
- Take responsibility for our actions.

## **EXTRA-CURRICULAR ACTIVITIES      P 6145**

The principal has the ultimate responsibility for all extra-curricular school activities. The immediate supervision of an activity may be delegated to qualified staff members or competent adults. A job description shall be written to provide the parameters of this delegation. Parents and other adults who serve as coaches, moderators, and chaperones are accountable to the principal in all activities that are school based.

The pastor has the ultimate responsibility for all extra-curricular activities in parish-based programs. The immediate supervision of an activity may be delegated by the pastor to a qualified staff member or other adult; a job description shall be written to provide the parameters of this delegation. Parents and other adults who serve as coaches, moderators and chaperones are accountable to the pastor or his delegate in all activities that are parish-based.

It is suggested that pastors confirm/approve all candidates to the local athletic boards before elections/appointments take place.

## **ATHLETIC PHILOSOPHY      P 6145.2 (a)**

A parish/school athletic program must take into account the ever changing society we live in today. Athletics have taken on a glamorized existence of their own. Our elementary student athletes are being trained at earlier ages than ever before. They are often pushed beyond the capabilities of their maturing bodies. Beyond the physical demands, one must also look at the increasing mental strain being placed upon them. A new flood of research documenting the damage being done to our children and youth is being published daily, not to mention a whole new field of law which is dedicated to sports, its injuries and their prevention.

The Catholic parishes/schools recognize the broader focus of athletic programs which have gotten out of control. Catholic parishes/schools strongly believe the primary purpose of a school is to offer instruction in basic knowledge. [\*Wisconsin statute 118.165\*](#) states a private school "provides a sequentially progressive curriculum of fundamental instruction in reading, language arts, mathematics, social studies, science and health." In a Catholic parish/school program, religious education has a prime instructional role. Additionally, supplementing the education process is a program of extracurricular activities. Such activities play an important but secondary role in the education of our children substitute for primary skills.

## **POLICIES**

The Catholic parish/school athletic programs offer an opportunity for young people to associate with dedicated adults who not only foster the development of athletic skills but also serve as role models of Christian living. The true goals of athletic competition are sportsmanship, leadership, and team play which develop physical skills. The Church is working diligently to protect our children and youth against exploitation by overzealous adults who wish to transform an activity of "enjoyment" into an area of "professionalism." The "win at all cost" philosophy will not be tolerated. Over-working the participants in practice not only lends itself to physical strain and a higher probability of injury but to mental exhaustion as well.

The Catholic parish/school athletic programs call for responsible control and limitation of the time and energy expended on extracurricular activities. This purpose imposes on the administrators and directors of Catholic parishes/schools the obligation to select and prepare adults who will fit the needs as role models for our youth.

### **ATHLETICS      P 6145.2 (b)**

Interscholastic athletics can be of value as a supportive element to the total education process. This process concerns the total person, the person's growth as an individual - spiritually, mentally, emotionally, physically, and socially.

Athletics should provide:

1. A learning experience.
2. A positive base for Christian development.
3. An understanding of competition, emphasizing sportsmanship and teamwork.
4. An opportunity for all participants to develop and share knowledge and skills appropriate to their level.
5. The interscholastic athletic program should be looked upon as the pinnacle and not the foundation of a school's physical education endeavors. A school should provide, first a program of physical education for all children, second an intramural athletic program for all who desire some participation in competitive sports, and finally an athletic program of competition in the skill sports.

## **GENERAL REGULATIONS: ELEMENTARY SCHOOLS AND PARISH BASED PROGRAMS**

1. No elementary school student may participate in any phase of a formal high school (grades 9-12) athletic program.

This includes practice sessions.

2. The following sports are regulated by the Archdiocese in their own season only:

- Baseball
- Basketball
- Cheerleading
- Football
- Soccer
- Softball
- Track
- Volleyball

The sport seasons are standardized and defined as follows:

- a. Fall season = Football, Soccer, Volleyball, and Cheerleading. Conference games will not begin before Labor Day.
- b. Winter season = Basketball, Volleyball, and Cheerleading. Conference games will not begin before Thanksgiving.
- c. Spring season = Soccer, Baseball, Softball and Track: Follows the winter season and runs until the end of the school year.

All practices and games (independent, league and tournament) must take place during the defined sport season in accordance with the Archdiocesan Sports Standardized Schedule. [Form 6145.2 \(o\)](#)

This prohibits all parishes and schools from providing coaches, equipment, parish/school names, liability insurance, parish funds, and practice and/or game facilities to their parish/school based teams to continue play outside the defined athletics season. This includes any organized activity such as practices, drills, scrimmages, games, etc.

A game is defined as competitive play between two (2) teams of different schools during which time and score are kept. A scrimmage is defined as play between two (2) teams of different schools during which no time or score is kept and during which coaches may interrupt action to give coaching advice. To compete/play is defined as participation in any practice, tryout, game or scrimmage under the supervision of a coach. Tryouts and Scrimmages are considered a practice.

3. A student-athlete may participate with a non-archdiocesan team in the same sport during the season provided that the student's priority and commitment is with the parish/school team, and the student maintains the eligibility requirements established by the school administration and published locally. Schools playing in Archdiocesan leagues are considered Archdiocesan teams.
4. Merging teams from two (2) or more parishes/schools is allowed only if there is a shortage of players at a specific grade, only after all internal options have been exhausted and only with parishes/schools that currently sponsor and administer active athletic programs in Grades 5-8. All eligible students in affected parishes will be allowed to participate on the merged team. A school may not divide players from the same grade between teams at the two different schools.

Written authorization from each pastor/principal of the respective parishes/schools, which are in reasonably close geographical proximity to one another, is needed to field a merged team. The [\*Team Merger Request Form 6145.2 \(e\)\*](#) must be completed and sent to the league director prior to the beginning of the athletics season. The merger is approved once all signatures are obtained on the merger request form and it has been approved by the respective league director.

5. Combined grade level teams are allowed for athletes in two consecutive grades only.
6. Parishes with an existing athletic program may extend an invitation to their cluster parish partners to form a combined parish athletic program. The following requirements must be met and approved by the Archdiocese Office for Schools and the league director:
  - The pastors of each parish in the cluster must give consent for participation in the combined athletic program. The pastor/designee is responsible for athletics at each participating parish.
  - Each parish is encouraged to have representation on the athletic board.
  - All parishes within the cluster must be invited to participate and approve of the combined athletic program. A cluster without a Catholic school may request to form a combined athletic program with a cluster in geographic proximity that has a Catholic school.
  - All interested and eligible students within the designated cluster parishes will be invited and allowed to participate in all sports offered at the parish/school.
  - The religious education director and/or principal of each parish confirms, in writing, the eligibility of the students participating in athletics. Player eligibility shall follow all existing Archdiocesan rules.
  - The parishes will complete the *Request to Form a Combined Parish Athletic Program Form 6145.2 (n)* each year and submit it to the league director of the athletic league(s) with which the parishes/schools are affiliated on a yearly basis prior to the beginning of the athletics season.
7. A parish-based athletic program experiencing difficulty fielding a team at any grade level due to an insufficient number of eligible students, may appeal in writing for permission to play students

down one grade level. This appeal must be submitted at least seven (7) days before the final team commitment date for the member's league. In no instance will more than two (2) players be allowed to play down, or more than one (1) of the two (2) be allowed on the playing floor at the same time. If a member is allowed to play students down, all opposing teams shall be advised of the names and numbers of the players. This request will be granted as a last resort, specifically an inability of the student to play up a grade, or to merge with a nearby program. The request should first be made to the applicable league directors, who will forward the request to the Archdiocese Office for Schools with its recommendations. The Office for Schools will make the final determination.

8. Only teams comprised of players representing a single parish/school or an authorized combined parish/school and in existence as a team during the entire sport season are eligible to participate in parish/school sponsored tournaments. Select all-star, club or AAU type teams should not be allowed to participate in these tournaments.
9. Teams should only participate in tournaments held within the leagues that are sponsored by parishes or league membership.
10. Official player rosters with a place for the verification signatures of the pastor and/or principal, athletic coordinator and coach are to be utilized for all league and tournament play.
11. A parish-based team is a team composed of children enrolled in the Catholic school or the religious education program. Participation on a parish-based team requires:
  - a. The parent(s)/guardian must be registered members of the parish/school;
  - b. The student must:
    - attend the parish school; or
    - attend the parish religious education classes regularly.

A student who attends a Catholic School that offers athletics is eligible to play for his/her school team and is not eligible to participate for another parish-based team.

12. A school-based team is a team composed of only students attending a Catholic school. Participation on a school-based team requires:
  - The parent(s)/guardian must be registered members of the parish/school;
  - The student must attend the parish school.
13. Requirements for participation apply equally to students in the parish/school and in the religious education program. Eligibility to compete will be determined by the students' academic record, effort, attendance and conduct in school (whether Catholic or public), and in religious education

classes. Determination of such eligibility criteria will be made by parish and school administration after consultation with staff members and appropriate committees. Written criteria and process shall be published in the parent/student handbook and other forms of communication.

14. Local administrators and athletic associations shall create policies that provide for participation by all team members in all games.
15. A team's entire competitive season must be completed before any member of that team may begin participation in another sport. This restriction applies to practices as well as games or matches.

**EXAMPLE:** A player participating with the football or soccer team must complete the entire football or soccer season before participating in any practices, games, matches, scrimmages, etc. for another sport ... such as basketball or volleyball.

16. Competitive athletic programs are to be limited to grades 5, 6, 7, and 8. A student is eligible only to compete for four (4) years, one (1) year at each of his/her grade level of school. Students must play at their own grade level, unless classes are combined to form one (1) team. Team members must meet the following age requirements as of September 1st: 5th grade: Under 12 years; 6th grade: Under 13 years; 7th grade: Under 14 years; 8th grade: Under 15 years.
17. There is to be neither practice nor competition during the hours the involved student's school or religious education classes are in session.
18. Travel to games must be kept to a reasonable distance especially on days preceding a school day. Therefore, games scheduled at later evening hours are discouraged on days preceding school days. The player's health and education must be safeguarded by the school.
19. No student may participate in any phase of a parish/school sponsored interscholastic athletic program without a physical examination by a licensed physician, physician's assistant (PA), or Advanced Practice Nurse Prescriber (APNP) every two (2) years. A physician exam taken April 1st and thereafter is valid for the following two (2) school years; a physical examination taken before April 1st is valid only for the remainder of that school year and the following year.
20. All appropriate forms related to athletics must be complete and returned before a student may participate in any tryouts, practices or games. (Included are the *Medical Information & Emergency Consent Form 6145.2 (a)*, the *Parent/Guardian Risk Acknowledgement and Consent Form 6145.2 (b)*, and the *Student Physical Examination Form 6145.2 (c)*, the *Student Athlete and Parent/Guardian Sportsmanship Pledges Forms 6145.2 (k), 6145.2 (l), 6145.2 (m)*, and the *Concussion Acknowledgement Forms 6145.2 (i) and 6145.2 (j)*).
21. Annually, student athletes and their parents shall be presented with a discussion about concussion and given an educational fact sheet regarding the signs and symptoms of concussion. All student athletes shall be required to participate in the above education prior to their participation in any sport.

- a. All athletes and their parents will sign a statement in which the student-athlete accepts the responsibility for reporting their injuries and illnesses to the coaching/athletic training staff, parents, or other health care personnel including signs and symptoms of concussion. This statement will also acknowledge having received the above-mentioned educational handout.
  - b. When an athlete shows any signs, symptoms or behaviors consistent with a concussion, the athlete shall be removed immediately from practice or competition. The athlete's parent shall be immediately notified of the situation. The athlete may not participate again until he/she is evaluated by a health care professional, is symptom free, and receives written clearance from a health care provider to return to activity. The incident, evaluation, continued management, and clearance of the athlete with a concussion shall be documented.
22. The Sportsmanship Pledge sign provided to parishes, schools, and leagues must be displayed at all athletic venues connected to the Archdiocese.
23. Players must have health insurance; parishes, schools and the archdiocese do not provide such insurance.
24. Parishes, schools, and leagues are responsible to insure that appropriate first aid supplies, other medical equipment and an accessible telephone are available at all practices and games.
25. Title IX of the Civil Rights Act requires that equal opportunity be provided to both sexes to participate in athletics. It requires that all physical education classes be coeducational, however, it allows separation during the participation in contact sports and explicitly permits grouping of students by ability.
26. Leagues or conferences provide a structure that helps to make athletic programs more effective. It is recommended that all teams belong to a league or conference. If possible, the league or conference should be organized on an area-wide or geographical basis.
27. Each league or conference should have a Board of Control to establish game rules, procedures, and discipline within the league or conference which are in compliance with Archdiocesan policy and regulations.
  - a. Board membership can and should consist of principals, athletic directors, coaches and/or other qualified persons.
  - b. The Board of Control shall establish specific regulations for each sport in conformity with the policies and regulations of the Archdiocese. It is strongly recommended each league develop, with its members, a code of conduct for players, coaches and fans.
  - c. The Chairperson of the Board of Control shall act as the executive officer of the league or conference.



- d. The Board of Control shall establish schedules for each sport at the beginning of the sport season. Such schedules shall include the time of the events.
  - e. The chairperson of each league's Board of Control shall communicate all schedules, rules, changes, etc. to the appropriate parish and/or school administrators, and to the Associate Director for Student Services.
  - f. League members are entitled to one vote per parish/school.
28. Coaches provide a very worthy service to a school. They must remember that they play an important part in the development of the student-athletes under their charge. Coaches must conduct themselves as Christians at all times. They must not interfere with or impede, and must cooperate with the school's educational program. Imprudent actions on the part of the coaches are subject to disciplinary action by the pastor/principal and the league Board of Control.
29. There is to be no practice nor competition without competent adult supervision present at all times; an adult is a person who is at least 21 years of age. It is highly recommended that there be at least two (2) adults present in a supervisory role at all times. If an event has both male and female minors in attendance there must be both male and female responsible adults also present.
30. All coaches, whether a Head Coach, an Assistant Coach, or any adult actively involved in working with the players shall be certified. Head coaches must be at least 21 years of age; assistant coaches must be at least 18 years of age and a high school graduate.
- a. The training programs for certification shall include:
    - A basic or core preparation in the Catholic/Christian philosophy of coaching, risk management, and the prevention and treatment of injuries, including concussion awareness. Two (2) clock hours (minimum).
    - Training in the specific sport to include rules, practice organization, skill development and coaching behavior. Three (3) clock hours (minimum).
    - Training in the archdiocesan "Safeguarding All of God's Family" program as it currently is required for volunteers who work/supervise child and youth on a regular basis.
  - b. The basic or core preparation is required prior to assuming coaching duties. Completion of the sport specific training requirement shall be accomplished within one year of the inception of coaching duties. The archdiocesan "Safeguarding All of God's Family" safe environment education session must be completed prior to coaching/assisting at any practices or games. Once these elements of certification are in place, a coach's certification status is considered complete for life, except for other requirements that are listed in this section.

- c. The local pastor/principal shall be accountable for monitoring coaches and maintaining certification records. The record keeping may be delegated by the pastor/principal.
  - d. Annually all employees and volunteers shall receive training in the treatment of Blood borne Pathogens.
  - e. Archdiocesan policies related to criminal background checks are the responsibility of the pastor/principal. All coaches and athletic personnel must have an initial criminal background check and a subsequent review every five (5) years.
  - f. Coaches should be made aware of the responsibilities of adults who supervise children and youth as per Archdiocesan *Policy 4116.4*
31. Whenever possible, athletic teams should be transported to games and tournaments by a parent or guardian, or in a yellow school bus. Coaches are strongly discouraged from transporting minors other than their own children to and from games and practices, and making transportation arrangements to games for students when group transport is not provided. In the event that a coach chooses to transport minors, the following conditions must be met for parish employees and/or volunteers using their own vehicle.
- a. A leased or privately owned 10-15 passenger van may not be used to transport school aged children (grades K-12) for athletic events.
  - b. The driver must be 23 years of age or older, unless 21-22 and approved by Catholic Mutual.
  - c. The driver must have a valid, non-probationary driver's license and no physical disability that may impair the ability to drive safely.
  - d. The vehicle must have a valid registration.
  - e. The vehicle must be insured for minimum limits of \$100,000 per person/\$300,000 per occurrence.
  - f. Completion of the Volunteer Driver Information Sheet.
  - g. Drivers must complete the on-line video, "Be Smart – Drive Safe:" found on the Catholic Mutual home page.

With the exception of emergencies, any coach who feels he/she might transport students should complete a *Volunteer Driver Information Form 6153 (c)*. Refer to Archdiocesan *Policy 3532.1, 3541 and 6153* for more detailed information.

32. The official playing rules used for each sport shall be those published by the National Federation of State High School Associations. Adaptations and/or exceptions to these rules may be granted – upon request of a league or conference – by the Archdiocesan Office for Schools.

33. Appropriate sanctions shall be applied toward teams and/or individuals not in compliance with Archdiocesan policies and regulations relating to athletics.

Sanctions to be considered include, but are not limited to:

- a. Non-participation in leagues.
  - b. Forfeiture of games.
  - c. Removal of parish/school endorsement, use of parish/school name, logo, insignia, team name, and use of physical facilities and equipment.
  - d. Loss of funds raised in the name of parish/school athletics.
  - e. Loss of liability coverage under the Archdiocesan insurance.
  - b. Removal from positions of responsibility within the parish/school athletic structure.
  - c. Declaration of player ineligibility in league games and parish, school or diocesan-wide tournaments.
  - d. Declaration of team ineligibility in league games and parish, school, or diocesan-wide tournaments.
34. In keeping with the Archdiocesan Code of Conduct for priests, deacons and lay ministers, the presence and/or consumption of alcoholic beverages is forbidden at an athletic event where children or youth are present.
35. A student who participates in a parish/school (either parochial, private or public) interscholastic athletic program is ineligible to participate in the interscholastic athletic program of another parish/school for one (1) calendar year from the date of registration with the new parish unless there is a change in the primary place of residence of that student's parents or guardian. A student participates in an interscholastic athletic program when he or she plays, practices, tries out or submits written permission to compete.

During the one (1) year period of ineligibility, the student must attend the new parish/school or religious education classes. A waiver of this rule may be granted if it is clearly demonstrated that a transfer was not athletically motivated. [Form 6145.2 \(h\)](#) shall be used to request a waiver.

36. No sanctioned or organized athletic activities, including league or tournament games, practices, tryouts and scrimmages, involving elementary school and parish teams, may take place on Sundays before 12:00 noon or on Christmas Eve, Christmas Day, or during the Easter Triduum.

37. All teams from non-Catholic institutions that participate in Catholic leagues must abide by the policies and regulations for Athletics of the Archdiocese of Milwaukee. Non-Catholic teams playing in Catholic sponsored leagues or tournaments, must also provide a certificate of insurance guaranteeing adequate, comparable liability coverage (currently one million dollars) for their team for the dates of participation in league and/or tournament play. It is the responsibility of the individual leagues and the parish/school sponsoring a tournament to inform the non-Catholic institutions of this requirement. Non-Catholic institutions seeking admission to any league must seek written approval of both the league and the Office for Schools of the Archdiocese of Milwaukee.
38. An open gym must be open to all students, boys and girls, in two (2) or more grade levels. Coaches or assistant coaches for any teams in those grade levels may only supervise and not coach, instruct, or direct activities during an open gym. The open gym must be supervised by at least two adults, 21 years or older, who have completed Safeguarding All of Gods' Family training.
39. A parish may conduct a summer sport camp program. The camp may be a maximum of one week in length, per grade, per sport, and cannot exceed five (5) consecutive days. The parish must ultimately control the camp, including dates, fees, sign ups and finances. A facilitator from outside the parish's athletic program should be used for the substantive or instructional aspects of the camp.

## **SPECIFIC REGULATIONS**

### **BASEBALL      R 6145.21**

1. Teams are limited to playing in only one league during the season. (see R6145.2, #3)
2. There must be a minimum of four practice sessions on separate days before the opening game of the season. No inter-school scrimmages or practice games are allowed during this period.
3. No team shall be scheduled for more than 18 games (student as well as school) during the season.
4. A player shall be required to take two (2) calendar days of rest (as pitcher) after pitching a total of seven (7) innings over any three (3) day period unless the additional innings provision applies. The latter provision allows a player to pitch three (3) additional consecutive innings, or total of ten over a three (3) day period, but only if these additional innings occur during the extra inning period of a game and if they directly follow the pitcher's personal seventh inning. Pitching only one ball to one batter or issuing an intentional walk shall constitute one inning on the pitcher's

record. This rule shall apply even though a game is called (ended) by the umpire because of darkness, rain, or some other factor before it has become an official contest. Violation of this rule, which applies to season play, shall result in automatic forfeiture of the game in which it took place.

**BASKETBALL      R 6145.22**

1. Teams are limited to playing in only one (1) league during the season (see R6145.2 #3).
2. There must be a minimum of four (4) practice sessions on separate days before the opening game of the season.
3. Basketball leagues may not begin play until after Thanksgiving.
4. There must be at least three (3) practice sessions on separate days before the first scrimmage with no more than two (2) inter-school scrimmages allowed before the first game.
5. Fifth and sixth grade teams may be scheduled for a maximum of two (2) practices per week, each being no more than 1-1/2 hours in length. Seventh and eighth grade teams may be scheduled for a maximum of two (2) practices per week, each being no more than two (2) hours in length.
6. Fifth and Sixth grade team may play a maximum of 12 games and participate in three (3) tournaments.
7. Seventh and Eighth grade team may play a maximum of 14 games and participate in four (4) tournaments. (Not counting the Padre Sierra basketball Tournament.)
8. Teams may participate in pre-season, mid-season (holiday), or post-season tournaments. No tournament may schedule a team for, nor may any team participate in, more than five (5) games per tournament.
9. The maximum length of the quarters of any game shall be six (6) minutes. If continuous clock is used, the maximum length of the quarters shall be eight (8) minutes.
10. A team may not play more than three (3) games in any one week (exception: the weeks of the midseason or postseason tournaments). A team may not play more than two (2) games in one day; a minimum of one hour of rest must be provided between games.

**FOOTBALL      R 6145.23**

1. Teams are limited to playing in only one (1) league during the season (see R6145.2, #3).
2. There shall be at least ten (10) individual practice sessions on separate days before the first regularly scheduled game and the first three (3) days of practice shall be conducted without protective equipment for conditioning purposes.
3. From August 15th until the official first day of school, 5th and 6th grade teams may have a maximum of four (4) practices per week, each one not to exceed 1½ hours in length. After school begins, 5th and 6th grade teams may have a maximum of three (3) practices per week, each one not to exceed 1½ hours in length.
4. From August 15th until the official first day of school, 7th and 8th grade teams may have a maximum of four (4) practices per week, each one not to exceed two (2) hours in length. After school begins, 7th and 8th grade teams may have a maximum of the practices three (3) practices per week, each one not to exceed two (2) hours in length.
5. Not more than one (1) inter-school scrimmage is permitted prior to the first regularly scheduled game; seven (7) separate days of practice must precede the first scrimmage. The scrimmage and the first regularly scheduled game must be conducted at least three (3) days (72 hours) apart.
6. No team or individual player may be scheduled for more than nine (9) games and no game may be scheduled until at least the fourth day following the previously scheduled game (Example: Friday to Tuesday or Saturday to Wednesday.)
7. The maximum length of the quarters of any game shall be eight (8) minutes.
8. It is recommended that a physician, EMT or certified athletic trainer be present during all games.

**SOCCER      R 6145.24**

1. Teams are limited to playing in only one (1) league during the season (see R6145.2, #3).
2. There must be a minimum of four (4) practice sessions on separate days before the opening game of the season.
3. There must be at least three (3) practice sessions on separate days before the first scrimmage with no more than two (2) scrimmages allowed before the first game.
4. Fifth and sixth grade teams may be scheduled for a maximum of two (2) practices per week, each being no more than 1-1/2 hours in length. Seventh and Eighth grade teams may be scheduled for a maximum of two (2) practices per week, each being no more than two (2) hours in length.

5. No team shall be scheduled for more than 12 games during the season – exclusive of tournament participation.
6. Teams may participate in preseason, midseason, or postseason tournaments subject to the following limitations:

Fifth grade teams – limited to participation in two tournaments

Sixth grade teams – limited to participation in two tournaments

Seventh grade teams – limited to participation in three tournaments

Eighth grade teams – limited to participation in three tournaments

### **SOFTBALL      R 6145.25**

1. Teams are limited to playing in only one (1) league during the season (see R6145.2#3)
2. There must be at least three (3) practice sessions on separate days before the opening game of the season.
3. There must be at least three (3) practice sessions on separate days before the first scrimmage with no more than two (2) scrimmages allowed before the first game.
4. Fifth and sixth grade teams may be scheduled for a maximum of two (2) practices per week, each being no more than 1-1/2 hours in length. Seventh and eighth grade teams may be scheduled for a maximum of two (2) practices per week, each being no more than two (2) hours in length.
5. No team shall be scheduled for more than 16 games during the season.

### **TRACK      R 6145.26**

1. There shall be at least four (4) individual practice sessions on separate days before the first regularly scheduled meet.
2. There must be at least three (3) practice sessions on separate days before the first practice meet with no more than one (1) practice meet allowed before the first scheduled inter-school meet.
3. Teams may be scheduled for a maximum of two (2) practices per week, each being no more than two (2) hours in length.
4. No team may be scheduled for more than ten (10) meets.

**VOLLEYBALL      R 6145.27**

1. Teams are limited to playing in only one (1) league during the season (see R6145.2, #3).
2. There must be a minimum of four (4) practice sessions on separate days before the opening match of the season.
3. Fifth and sixth grade teams may be scheduled for a maximum of two (2) practices per week, each being no more than 1-1/2 hours in length. Seventh and eighth grade teams may be scheduled for a maximum of two (2) practices per week, each being no more than two (2) hours in length.
4. No team shall be scheduled for more than 18 matches during the season – exclusive of tournament participation.
5. Teams may participate in preseason, midseason, or postseason tournaments subject to the following limitations:

Fifth grade team – limited to participation in two (2) tournaments

Sixth grade team – limited to participation in two (2) tournaments

Seventh grade team – limited to participation in three (3) tournaments

Eighth grade team – limited to participation in three (3) tournaments (Not counting the Seton Tournament)

6. A "match" shall consist of three (3) "games" or the "best two (2) out of three (3)" games. The maximum number of matches a team may participate in during one day is three (3).

**CHEERLEADING      R 6145.28**

1. Pupils in 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade shall be eligible to participate in cheerleading.
2. All teams must be supervised during all official functions by a qualified director/coach who has been trained and certified in proper spotting for gymnastics and partner stunts, safety measures and basic injury management.
3. Coaches must consider individual, group, and team skill level with regard to proper performance level placement.
4. Cheerleaders should be trained in proper spotting techniques and should only attempt stunts after they have demonstrated proper skill progression and proficiency required to complete the stunt.



5. All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
6. Appropriate footwear must be worn at all times. Soft-soled tennis shoes must be worn while competing; no jazz shoes and/or boots will be allowed.
7. Jewelry of any kind is prohibited. Jewelry must be removed and not taped over or covered.
8. Only the following props are allowed: flags, banners, megaphones, poms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling.
9. Cheers, chants, lyrics and music must be appropriate and uphold Christian standards.
10. No use of any height increasing apparatus (e.g. mini-trampoline).
11. All permitted skills (stunts, pyramids, tumbling, etc.) must be performed on landing mat, foam floor, or grass/turf. Technical skills may not be performed on concrete, asphalt, wet, or uneven surfaces or surfaces with obstructions.

### **Safety Rules for Tumbling, Stunts, Pyramids, and Dismounts**

The following rules are aligned to the American Association of Cheerleading Coaches & Administrators (ASCCA) guidelines for youth recreation league cheerleading.

1. It is the coach's responsibility to see that squad members do not attempt to perform any stunts or movements for which they have not been properly trained.
2. All pyramids and partner stunts are limited to two (2) persons high and should only be performed with spotters. "Two high" is defined as the base (bottom person) having at least one (1) foot on the ground.
3. The top person(s) must receive primary support from a base.
4. The top person in a partner stunt, pyramid or transition may not be in an inverted (head below the waist) position.
5. Shoulder level single leg stunts must be braced by at least one (1) person at prep level or below with hand-arm connection only.
6. Any two (2) leg extension stunt must include two (2) bases, a back spotter and a front spotter. The top person must have both feet in contact with the base at all times during any extended stunt.
7. Extended stunts may not brace or be braced by any other extended stunts.
8. An extended stunt pyramid must be brought down to prep level or below before it can dismount.
9. Dismounts to the performing surface from stunts and pyramids must be assisted by the original bases.

10. Only straight pop downs and cradles are allowed.
11. Cradles from single-based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and should area through the cradle.
12. Cradles from multi-based stunts at prep level must have two (2) catchers and a separate spotter position at the head and should area of the top person.
13. A spotter is required for each top person at prep level and above.
14. A spotter must:
  - a. Be in direct contact with the performing surface.
  - b. Be attentive to the skill being spotted.
  - c. Be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.
  - d. Be a team member.
15. All tumbling must originate from and land on the performing surface.

**Specific Skill Restrictions:**

1. No basket tosses, toe pitch tosses, elevator tosses and similar multi-based tosses.
2. No tension drops/rolls.
3. No single leg extended stunts.
4. Dive rolls are not allowed.
5. No inversions and/or twisting into or out of stunts, regardless of contact with bases.
6. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual.
7. No running tumbling or flips allowed. Maximum difficulty in tumbling is limited to a single back handspring.

**Athletic Forms:**

[Download Form 6145.2 \(a\): Student Athlete – Medical Information & Emergency Consent](#)

[Download Form 6145.2 \(b\): Parents and/or Legal Guardians Risk Acknowledgement and Consent to Participate](#)

[Download Form 6145.2 \(c\): Physical Examination – Athlete Participation](#)

[Download Form 6145.2 \(d\): Coaches' Agreement](#)

[Download Form 6145.2 \(e\): Team Merger Request](#)

[Download Form 6145.2 \(f\): Team Roster](#)

[Download Form 6145.2 \(g\): Coaches' Certification – Local Permanent Record](#)

[Download Form 6145.2 \(h\): Student Transfer Waiver](#)

[Download Form 6145.2 \(i\): Coaches' Concussion Acknowledgement](#)

[Download Form 6145.2 \(j\): Parent and Athlete Concussion Acknowledgement](#)

[Download Form 6145.2 \(k\): Student-Athlete Sportsmanship Pledge](#)

[Download Form 6145.2 \(l\): Coach Sportsmanship Pledge](#)

[Download Form 6145.2 \(m\): Parent/Guardian Sportsmanship Pledge](#)

[Download Form 6145.2 \(n\) Combined Parish Athletic Program Request](#)

[Download Form 6145.2 \(o\) Archdiocesan Sports Standardized Schedule](#)

*\* These policies and regulations correspond to Archdiocesan Athletic Policies 6145-6145.28, found In the Official Policy Manual of the Office for Schools.*

To insure uniformity the final interpretation of these Policies and Regulations rests with the Office for Schools, Archdiocese of Milwaukee.