

DIOCESE OF COLORADO SPRINGS

Christian Schools Athletic League 2013-2014

Parent – Athlete Handbook

Hello Everyone:

Thank you for taking the time to be a part of the Christian Schools Athletic League Sports Program.

This handbook is published to inform all interested and involved parties about the CSAL Sports Program. Please take some time to become familiar with the contents of this book.

The Christian Schools Athletic League is formed to complete the total educational process of your child; i.e., mentally, spiritually, emotionally, and physically. We believe athletics plays an important part in helping to form young people in a positive way. In the CSAL, sportsmanship, Christian values, and self-esteem will be more important than winning or losing.

These guidelines have been set forth with this philosophy in mind. We hope everyone understands our intent to provide guidelines that will support and strengthen the growth of our youth and athletic program. Everyone must comply with these guidelines as a requirement for participation.

If, at any time the league may assist any of you, please do not hesitate to call any of the numbers listed below. We will do everything we can to help you.

Have a successful and rewarding year in sports.

Stan Turpin 205-2331

CSAL Diocesan Coordinator- CSAL address: 3984 Topsail Dr. 80918

Colorado Springs Christian School

4845 Mallow Rd. 80907

Elementary

Doug Bray, Principal 535-8965

Carl Laws, Athletic Director

Middle School

Randy Stephens, Athletic Director (W) 268-2131

CSCS Woodland Park

1003 Tamarac Parkway

Principal 686-0706

Vicky Stockton, Athletic Director 867-4133

Divine Redeemer Catholic School

901 Logan 80909

Marjie Weldele, Principal 471-7771

Tricia Faber, Athletic Director 234-0311

Pikes Peak Christian

5905 Flintridge Dr. 80918

Elementary

Victoria Crews, Principal 598-8610

Middle School

Becky Barnes, Principal 598-8610

Marko Hahn, Athletic Director 598-8610

Corpus Christi Catholic School

2410 N. Cascade Ave. 80907

Kim Schindler, Principal 632-5092

Brady Hesseltine, Athletic Director

St. Peter Catholic School

124 First St.

Shelia Whalen, Principal 481-1855

David Hurtado, Athletic Director 648-8676

Evangelical Christian Academy

Elementary: 2511 N. Logan 80909

Pam Firks, Principal 634-7024

Susan Hart, Athletic Director 351-4604

Middle/High School: 4050 S. Nonchalant Cir.
80917

Joseph Friedly, Principal 597-3675

Don Steiner, 7/8 Athletic Director 597-3675

Pauline Memorial Catholic School

1601 Mesa Ave. 80906

Sandy Rivera, Principal 632-1846

Rebecca Bashor, Athletic Director 632-1846

This document had been written and approved by all participating schools, athletic directors, principals, and the diocesan athletic coordinator.

**I, _____ (print your name),
Have read and understand and support the CSAL Parent Handbook. Therefore, I will abide by the
information set forth in the Parent Handbook.**

(student signature) _____

(parent(s) signature) _____

Name of School _____

Date returned _____

**This is due back to your principal prior to the start of each sport.
Failure to return form signed by all parties will be cause for student non- participation.**

**Christian Schools
Athletic League
DIOCESE OF COLORADO SPRINGS
Parent - Athlete Handbook**

CHRISTIAN SCHOOL ATHLETIC LEAGUE GUIDELINES
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GENERAL INFORMATION

SPORTS:	Soccer - Rules & Regulations, Grades 5 through 8, girls/boys	13
	Volleyball - Rules & Regulations, Grades 5 through 8, girls	13-14
	Basketball - Rules & Regulations, Grades 5 through 8, girls/boys	14-16
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OPTIONAL/DEMONSTRATION: Track and Field, Golf, Tennis, Swimming, Cross Country

CHEERLEADING --- Rules & Regulations for cheerleading will be implemented outside the purview of the athletic league. Cheerleading is highly encouraged.

CSAL ATHLETIC PROGRAM MISSION STATEMENT

The athletic program is part of the total educational process, and as such, it shares in the basic philosophy and mission of each school; a philosophy that calls for the active integration of gospel values within the complete athletic program. This mission calls us to be witnesses of God's greater plan and therefore to create a program that is counter cultural. We strive to achieve a program that implements the belief that, "Students come first ... winning should come second." Charged with this belief, we call upon Divine grace and guidance for all who are involved in this mission, and challenge athletes, coaches, parents, administrators, officials, spectators to assist in achieving this goal.

CHRISTIAN SCHOOLS ATHLETIC LEAGUE GOALS

The CSAL shall strive to achieve the following goals:

1. Provide as many students as can be effectively organized the opportunity to participate.
2. Recognize and encourage the effort and value of each participant.
3. Inspire students to strive for excellence according to their abilities.
4. Instill Christian values, sportsmanship, and companionship.
5. Encourage students to participate in sports subject to each member schools guidelines and the CSAL regulations.
6. Participate at a level commensurate with their maturity and ability.
7. Provide Christian adult leadership.
8. Play as a child and **not** as an adult.
9. Participate in a healthy and safe environment.
10. **Have fun in sports!**

TEN COMMANDMENTS FOR PARENTS OF STUDENT ATHLETES

We are acutely aware that the success of your son or daughter comes from the parental support you give your son or daughter. Some suggestions that might assist you with your role as a parent of a student athlete are in the TEN COMMANDMENTS.

FOR PARENTS WITH STUDENT ATHLETES, as endorsed by the Colorado Athletic Directors Association.

1. Make sure your sons or daughters know that, win or lose, you love them, appreciate their efforts, and are not disappointed in them. Be the person in their life that they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, his or her competitive attitude, his or her actual skill level.
3. Be helpful but don't coach him or her to the rink, pool, court, field, track, or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for your child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure.
6. Don't compete with the coach --- it is tough enough to be a parent.
7. Don't compare the skill, courage, or attitude of your child with other members of the team, at least within hearing distance.
8. Attend parent-coach gatherings so that you can become acquainted with the coach so you can help understand his/her philosophies and expectations.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reactions and investigate before over-reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains and are afraid to fight. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of a student athlete is a tough one and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped; I was lucky!"

"The research is clear. Students who participate in sports programs tend to have higher grade-point averages, higher attendance records, lower dropout rates and fewer discipline problems than other students in general. In addition, some programs provide valuable lessons for many practical situations – teamwork, Christian values, sportsmanship, winning and losing, and hard work. Through participation in athletic programs, students learn self-discipline, build self confidence and develop skills to handle competitive situations." (Colorado Athletic Directors Association)

STRESS AND SPORTS

“Yes, sports can be stressful. However, it is a part of learning and development. Competition is a part of everyday life. Unreasonable pressure to win creates unhealthy stress and distorts a child’s or adolescent’s developing value system. However, total avoidance of stress undermines learning and growing. Sadly, many coaches and parents place winning above the values of play and learning.

A youth’s performance should be measured by the yardstick of effort. He or she will respond to rewards for trying hard or gaining skills better than they will to punishment and criticism for losing. We need to convince coaches of this!

It has been estimated that 75% of children participate in youth sports programs. However, by the time they reach high school, the number of children participating in organized sports dwindles to approximately 20%. Most coaches in youth programs are volunteers who have had no formal training. Are they bowing to parental pressure to win?????

According to the American Footwear Study, the top 5 list of reasons students quit sports include:

1. Too much pressure
2. The coach is a poor teacher
3. It takes too much time
4. A loss of fun
5. A loss of interest

The coach has control over many of the factors that lead students to the above responses. Some of the control includes: excess emphasis on the elite athlete, excess emphasis on winning, a lack of understanding by all involved (coaches, parents, organization) in the child’s needs, not enough fun, not providing a nurturing environment for success and failure, not enhancing the child’s self esteem, and having unreasonable expectations.”

Dr. Stephen Bolduc, M.D.
National Standards for
Athlete Coaches 1995

CSAL HAPPY COACH PHILOSOPHY

The CSAL constantly strives to implement our philosophy. This philosophy remains counter-cultural and is difficult to maintain in today’s society. We realize the pressure and stress this adds to our coaches. It is with that in mind that we have developed the 4 steps to a “HAPPY COACH.”

1. Get to know and cooperate with your administration
2. Measure your teams’ success against their ability
3. Measure your success against the team’s improvement
4. Set realistic expectations

By adhering to these four steps, your success as a coach will not be measured by wins and losses but by your ability to “coach” the best from your players. Under this philosophy, every coach who participates in our program should consider themselves a successful and “Happy Coach.”

I. Name of League

The name of the League shall be the Christian Schools Athletic League.

II. Member Schools

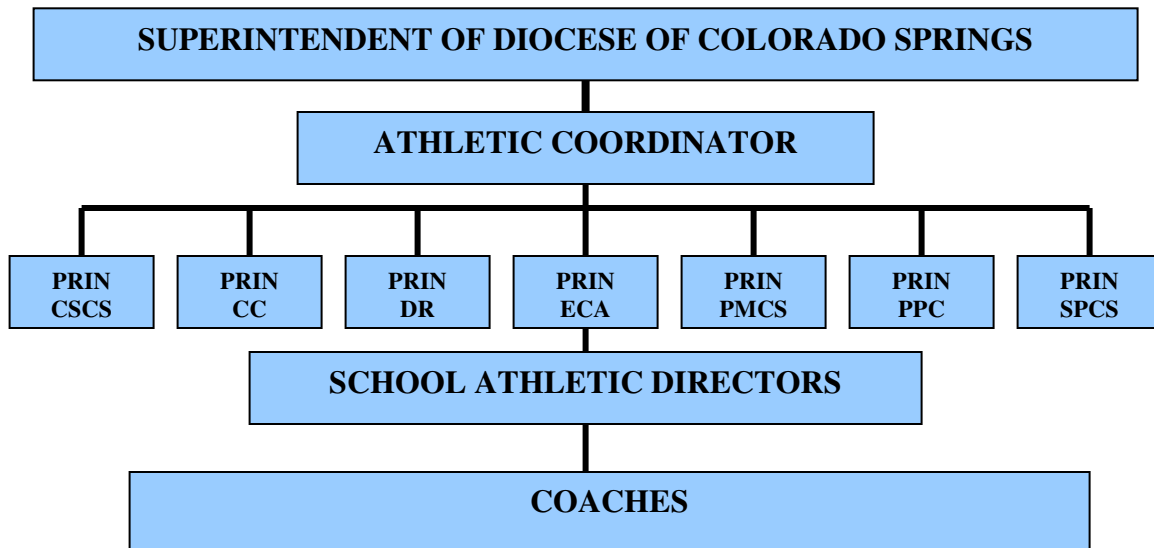
The following schools are member of the league:

- Colorado Springs Christian School
- Corpus Christi Catholic School
- Divine Redeemer Catholic School
- Evangelical Christian Academy
- Pauline Memorial Catholic School
- Pikes Peak Christian School
- St. Peter Catholic School

III. Purpose of Handbook

The purpose of the Parent Handbook is to acquaint students and parents of athletes of the CSAL with the rules and regulations and expectations of your sons and daughters. This will better assist us in the mission of making them as successful as possible in their athletic experience while participating in the CSAL.

IV. Organization Chart



If an athlete or parent has a problem, the first person the parent should talk with is the coach of the team, then to the athletic director, and then to the principal (in that order). In most cases, the problem can be resolved at the lowest possible level; i.e., coaches.

V. The Christian Schools League Board

The Christian Schools Athletic League Board shall be composed of the following persons: Superintendent of Catholic Schools, League Coordinator, School Principals, and the School Athletic Directors.

The primary responsibility for conduct of the school athletic program shall be the school Principal and as selected, the schools Athletic Director. The Christian Schools Athletic League Board shall be responsible for scheduling and other matters relating to the holding of athletic events.

VI. Player/Crowd/Control

Each coach/school shall be responsible to have in place a process for player/crowd control and must enforce such rule as necessary. **Prior to start of any event, the Athletic Director or person responsible for event will introduce themselves and crowd expectations are to be explained to everyone in attendance via announcement.**

VII. Meetings

The Christian Schools Athletic League Board shall meet as necessary. Every effort shall be made to schedule meetings to accommodate all members. A master meeting schedule shall be projected at the first formal meeting. Agenda and enclosures shall be e-mailed at least two days in advance to each Principal and Athletic Director. All school Athletic Directors meet on a semi monthly basis. **All coaches are to attend a pre-sport coaches meeting to discuss rules and expectations at their school.**

VIII. Scheduling and Control of Games

Scheduling of the games shall be the responsibility of the League Coordinator. Each 7th/8th grade team will have a maximum of **8 regular season games** and each 5th/6th grade team will have a maximum of **6 regular season games**. **Both divisions will have a post-season tournament if there are more than 2 schools to participate.** Individual schools may try to accommodate schedule conflicts provided both school Athletic Directors and the League Coordinator are notified. In the event make-up games cannot be accomplished, the originally scheduled game would be a forfeit.

IX. Finances

Each school shall finance its respective athletic program

Each member school shall be assessed a fee to be paid at the beginning of each sport season for the estimated cost of printing and other administrative costs.

The CSAL shall be funded by assessing a per-player, per sport fee to each individual listed on the official roster turned in to the League Coordinator at each sports friendship tournament or pre-season coaches' meeting.

The fees shall be:

\$40.00 for Volleyball, Basketball, and Soccer

\$25.00 for Wrestling

\$5.00 for Track

This replaces the gate admission fee and no admission fee will be charged to attend any CSAL event. Revenue generated by selling of concession shall belong to the host school.

The host school's Athletic Director or Principal or individual designated by the Principal is in charge of that event.

The CSAL coordinator shall work with an official coordinator to provide officials for the event and to pay said officials.

At the end of the school year, if there is a deficit, each school shall be assessed its pro rata share of such deficit. If there is a surplus, such surplus shall be retained by the CSAL.

X. Maintenance of Facilities

The responsibility for having facilities ready for practice and games is the host school's Athletic Director and coach.

A public address system in good working order is required. Coaches shall ensure that dressing rooms are left in good order and are left secure.

XI. Transportation of Teams

Transportation of team members to games and practice is the responsibility of the parents of each participant or school.

XII. League Standings

League standing shall be maintained by the schools Athletic Director.

League standing shall be determined by the percentage of games won.

In sports where ties are possible, standings shall be determined by the number of points each team has earned. Each team shall receive two points for a win, one point for a tie, and zero points for a loss.

When teams finish the season tied for a league championship, they shall be deemed co-champions, and there shall be no play-off.

XIII. Assignment of Officials

Officials shall be assigned by the **League Coordinator and the Official Coordinator**, and shall be adults only. An official shall not be assigned to a game if:

- A. the official or his/her spouse works for one of the schools involved in the event
- B. the official has children attending a school involved in the event
- C. the official has relatives attending a school involved in the event

The League Coordinator shall attend a pre-sport CHSAA meeting to brief member Athletic Directors of the rule changes to be implemented by our coaches.

The Official coordinator shall provide a schedule of referees assigned to the events and a list of additional referees in case of no-shows.

Officials shall be encouraged to explain to players the reason for calling infractions in order to teach all players the sports fundamentals.

Any coach or player receiving a reprimand, i.e. red card or two technical fouls from an official shall serve a minimum one-game suspension.

Coaches shall not talk to officials immediately following an event for the purpose of discussing an official's performance or calls. A coach may offer suggestions to an official by a written letter sent to the League Coordinator, no later than the day following the event.

Officials may offer suggestions to coaches or Athletic Directors by letter to the League Coordinator, no later than the day following the event.

It is never appropriate to approach referees to discuss judgment calls made by him/her. Our Christian League demands utmost respect for our officials. Failure to abide by this rule could mean expulsion from event.

XIV. Physical Examinations

As a member of one of the CSAL teams, your son/ daughter must fulfill the following in order to practice or participate in an interscholastic event:

- A. Have, on file, a current (one year) physical examination with physician signature and parent signature for consent to participate. Examination records shall be kept by the school Principal and shall be available for inspection.
- B. Signature of parent on Risk Warning Card.
- C. Fill out Emergency information Card.
- D. Have adequate insurance coverage.
- E. Have on file the signature sheet from the CSAL Handbook.

XV. Accident Reports

Athletic injuries shall be reported to the athlete's school Athletic Director, Principal and the League Coordinator, on a form approved by the athlete's school. Minimum first aid kits shall be at each scorers table provided by the host school.

XVI. Care of Injured Players/Medical Concerns

If any CSAL athlete has sustained an injury or has a condition requiring regular medication (i.e., asthma), we encourage all parents to assist the coaches in any way possible to help them understand the extent of the injury or physical limitation.

In the event a player is injured in an athletic event, his/her parents, legal guardian or other representative shall have the authority to remove the student from the event, **unless the person in charge of the event deems immediate medical attention (Emergency Response) is required.** All serious injuries shall be reported to the Athletic Director of the school involved. A copy of the doctor's release to participate is required following a doctor's care.

No player's health shall be jeopardized to expedite the play of the game.

XVII. Eligibility of Coaches/Players

Coaches shall be a responsible adult and may have assistants of high school age. In his/her absence, another adult appointed by Principal or Athletic Director may serve as coach.

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The CSAL is dedicated to the principle of academic excellence. While sports and other activities are a very important part of school life, the main purpose of the member schools is to prepare the students academically to be successful in life.

Minimum academic achievement for participation in a CSAL event shall be required as follows:

---"C" average

---Conduct and effort shall be above average

A minimum one-game suspension is assessed if above not maintained.

Specific eligibility requirements shall be established at each local school and shared with all participating league member. Coaches, Athletic Directors, and Principals shall be responsible for knowing and observing the eligibility rules.

Only full-time students are eligible to participate in CSAL events. No home school or part-time students. You may play up a division, i.e., 5th or 6th may play 7th/8th Division, however students may not play down a division. Students shall have 4 years of athletic eligibility. Special additional seasons must be requested by member schools and approved by the CSAL Board. An athlete must be in attendance at school at least one-half day in order to participate in an interscholastic activity that same school day. Exceptions to this rule must be approved by that school's Principal.

Divisions will be separated by grade level whenever possible, i.e. 5th-6th-7th-8th. To Accommodate schools with a limited enrollment, if a school cannot field a team for participation by combining 5th/6th or 7th/8th grade students to achieve the numbers necessary, 4th graders may be allowed to participate only after approval of the CSAL. If after this consideration there are still not adequate numbers, two schools may consider combining to form a team under the following criteria:

1. Both schools must be participating members in good standing with the CSAL.
2. If the school year has begun, the combined school team is ineligible for post-season play.
3. If two schools anticipate the need to combine and petition the CSAL prior to the start of school, they may combine for all sports during that school year and those teams would be eligible for post-season play.

All the above criteria require prior approval by the CSAL.

XVIII. Vandalism

Vandalism to personal or school property by a team member shall be brought to the attention of the League Coordinator for appropriate action. The CSAL is not responsible for lost or stolen items.

XIX. Weather

Should weather interfere with potential play, CSAL will decide by 2:00 p.m. to cancel. Notification will be made to schools before schools are let out. If no word, expect to play. If the field is unplayable, coaches, referees, and Athletic Directors may cancel event. Make up games will be at the discretion of the CSAL.

XX. Expectations and Responsibilities

It is the CSAL belief that parents should attend any athletic event their child is participating in to support our overall philosophy. It is the parents' primary responsibility to insure that their student athlete is:

- 1. Not dropped off at practices or games until the coach is present.**
- 2. Not dropped off at any event more than 15 minutes prior to game time.**
- 3. Picked up IMMEDIATELY after practices and games are concluded.**

Repetitive infractions to these rules will result in a player's eligibility being revoked.

Coaches are not to serve as babysitters or car pool operators and are strongly urged to insist on parental pick up. Extreme caution by coaches should be used when waiting for pick up or the need to transport students occurs.

Athletes will be expected to follow CSAL philosophy of athletics as well as the rules set forth by: The National Federation Guidelines, CSAL, and each member school's athlete/parent handbook.

Practices are limited to two weeks prior to start of sport. Minimum practice requirements shall be established by each school. CSAL suggests a minimum of 3 practices prior to any game.

Each member school shall establish its practice schedules. Moderation in length and number is suggested with a recommendation of no more than four days per week.

No one out of uniform allowed on floor during play. No personal balls or equipment may be brought in to the gym.

Transfer students are eligible to participate in all sports provided they have attended three practices and at least two games prior to any tournament. Failure to notify an opposing coach of a transfer student prior to the start of the game could result in forfeiture of game.

If an undershirt is worn it must be plain white with no markings, stripes, numbers or decorations of any kind. Spandex or long shorts are allowed to protrude below uniform shorts, provided they match shorts color.

All CSAL schools are Tobacco Free Zones. No smoking or use of tobacco products is permitted on school grounds before, during or after any CSAL event.

Rosters are frozen at Friendship Tournament for (5th/6th grades) except for transfer students. A roster listing all players by name and grade shall be turned in to League Coordinator at the Friendship Tournament, and exchanged with all opposing coaches and Athletic Directors. 7th/8th grade rosters are to be e-mailed to all Athletic Directors and League Coordinator prior to first season game. No one other than listed players may play in a CASL event.

Forfeits: Game time is forfeit time for the event for all sports. If a team cannot field a full team at game time, the school of that team will assess the cost associated with that game. Notification of opposing schools of a forfeit must take place by 2:00 p.m. If a forfeit occurs, teams are encouraged to play the game under a scrimmage environment.

Athletes who are suspended from school may not practice or compete during the period of suspension. Athletes or coaches may be subject to a Short Term or long Term Suspension for CSAL competition for:

- i. Violation of the CSAL Athlete-Parent Handbook
- ii. Violation of school CHSAA Rules
- iii. Willful disobedience and/or defiance of school authority (coaches, referees, or other school personnel)
- iv. Destruction, defacement or damage to school property
- v. Behavior that is disruptive to the welfare, safety, or morals of other students or the community at large
- vi. **Any coach or athlete suspended/ejected by a referee or official for unsportsmanlike conduct shall serve a one game suspension and is subject to review by the CSAL Board.**
- vii. **Continued tardy pickup or extreme early drop off for games**
- viii. A second violation will result in a permanent suspension from that sport
- ix. Serious infractions will be reviewed by the CSAL and appropriate action, including permanent suspension, may be enforced.

Everyone shall place emphasis on the CSAL playing rule. Coaches shall meet prior to start of game to discuss any players not playing in that event.

League and tournament trophies are provided by the CSAL: 1st Place League, 2nd Place League, 1st Place Tourney, 2nd Place Tourney, 3rd Place Tourney, Consolation Tourney.

XXI. CSAL Procedures and Guidelines

- A. Each event will begin with a prayer. Host school decides who does the prayer. Crowd control expectations explained prior to start of event.
- B. Each event will have player introductions where possible by the team coach or another qualified person.
- C. Referee/Coaches meeting. **Every player in the CSAL will play in every game/match.** The exception to this rule is that a coach may take disciplinary action against a player who has missed practice without a valid reason, or has been disruptive at practice or games. **The coaches are to meet at scorer table with referee prior to start of an event. At this time any player NOT playing will be discussed with the opposing coach, and any questions of referees regarding rules or procedures will be clarified.**
- D. Sportsmanship and Christian Values. It is obviously fun to win any game, but it is not probable for every team to win every game it ever plays. It is possible, however, for a team to lose every game in a season. The most important thing for every player to strive for is to do the best that he/she can, given the level of skill and physical ability that the player possesses. When the team wins, the coach should stress to the players that they should have compassion for their opponent's position and respect their efforts. When the team loses, the coach should stress to players that if every player did his/her best, there is no shame. They should not blame anyone else for their defeat; moreover they shall accept it gracefully and try even harder in practices and, especially in the next game.
- E. Spectator Behavior. Cheering is fun!!! All parents, relatives and friends of the team members should be aware that the players are doing their best and that our program stresses the RECREATIONAL aspect of sports. Cheers and expressions of encouragement to the players are always in order and increase their enjoyment. It is NEVER appropriate to belittle players or to shout things that would embarrass them. This principle holds true for your team, their opponents, and the Referees. The referee and his/her assistants have total control over every match, and the LAWS OF THE GAME define that their DECISIONS are final. Remember that they are also doing their best. One does not normally cheer for an official, but a word of thanks and/or encouragement is truly appreciated.

Conduct by anyone at a CSAL event deemed detrimental to any student, athlete, coach referee, or spectator by any CASL Athletic Director or Principal or individual designated by Principal will constitute grounds for that individual being asked to leave the premises. Serious infractions may constitute grounds for permanent suspension from attending/participating in CSAL events.

1. Profanity
2. Ridicule of any participant, coach, or official
3. Verbal abuse of an official
4. Negative comments directed toward a player, scorer, timekeeper, official, coach, spectator or participant
5. Fighting or threats
6. Drinking or drugs

XXII. Sports Rule and Regulations

The CSAL will observe the National Federation rules and regulations for all sports. The following sports guidelines are in addition or an exception to those rules.

CSAL SOCCER RULES

The following is a list of proposed rule alterations for this league:

1. Field Size: The size of the playing field will be at least 50' x 100', whenever possible.
2. Substitutions: General - free substitutions. Because of the "everybody plays, everybody learns" philosophy which is most appropriate at this age level, substitutes can be made freely at **any** dead ball providing the official had been notified prior to the dead ball of the coaches intent to substitute.
3. Shin guards will be mandatory.
4. Ball size: All grade levels (5th - 8th) shall use a size 5 ball.
5. Game Time: Division 3 (7th & 8th Grades) 25 min. halves.
 Division 4 (5th & 6th Grades) 20 min. halves.
 Halftime shall be 5 minutes
6. Number of players: There shall be a maximum of 11 and a minimum of 9 on the field of play for either team with no requirement to match numbers of players by any team.
7. Rubber cleats on grass fields are acceptable.
8. Game time is forfeit time

If, at the end of regulation play of a regular-season game the score is tied the game is considered a tie and no overtime will be played. **During tournament play, if the game ends in a tie, an immediate 5 player shoot out will occur.**

CSAL VOLLEYBALL RULES

All competitions will be conducted according to the Official High School Volleyball Rules. The following modifications and notes of emphasis will govern play in the CSAL.

1. Players may not wear jewelry when playing with the exception of religious or medical medals which must be taped to the body.
2. There will be no limit to the number of substitutions, and no limit to the number of entries. All other rules reliant to substitutes will follow the same principles as in the official rules:
 - a. Substitution shall not be made after the referee has signaled for the next serve.
 - b. The position on the court of the substitute shall be that of the player replaced.

- c. A re-entering player shall assume the original position in relation to other teammates in the serving order except in case of injury.
 - d. Since there is no down referee, after the referee recognizes the coach's request for substitution, the substitute will report to the scorekeeper her number and the number of the player replaced.
 - e. Substitute will stand at the sideline between the hitting line and the center line facing the player to be replaced until the referee signals them to change places.
3. For 7th/8th grade division games played, the back line will be the service line for underhand and overhand serve. You may serve from anywhere behind the line.
 4. For 5th/6th grade division, a second line 8 feet from the base line will be the serving line for underhand service. You may only serve from right rear corner if using the shorter service line. Overhand serve line is the same as for the 7th/8th.
 5. Standard for calling overhand volleys (sets) to teammates will be more lenient than for high school. We wish to encourage players to learn to set. Guideline: If hands are in correct position and ball is directed upward, set is OK.
 6. It will be up to the discretion of the referee whether a ball striking the backboards will be a replay or a point or side out. If, in the opinion of the referee, there is interference with a player's legitimate effort to play ball, it will be a replay.
 7. There shall be a standard warm-up procedure of 3 minutes each team at the net and 3 minutes serving. Visiting team is first at net.
 8. Net height will be 7' 4 1/8".
 9. Game time is forfeit time for the match. Teams must start event with 6 players for an official match.
 10. Regular season games shall be best of 2 out of 3 games. First two are to 25 points, third game to 15. Must win by 2 points. Friendship tournament games shall be 1 game to 21 points.
 - a. Rally scoring all divisions. Every serve/volley results in a point.
 11. A ball striking the ceiling or an overhead obstruction shall remain in play unless it strikes over the opponent's side or comes down on the opponent's side.
 12. Out-of-bounds tether attached to the net is even with out-of-bounds line.
 13. Players must have knee pads to participate.

CSAL BASKETBALL RULES & REGULATIONS

The basic or general rules for boys and girls basketball will be the National High School Athletic Association rules for basketball. We will be governed by these rules except for the following modifications:

1. The CSAL will be divided into two divisions. There will be a 5th/6th grade division and a 7th/8th grade division, separate by grade level, if possible.

2. Pressing Rule (5th/6th Division)

- 1) When the ball changes possession, the 5th/6th grade division will drop back to half court, no

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pressing allowed. The rebounding team shall retain possession until half court. If team has a 10 point lead, they must drop their defense below the 3 point line, and no half-court traps. With less than 1 minute in game/dead-ball possession shall be placed on offensive end and in bounded on offensive end of floor.

Pressing Rule (7th/8th Division)

- 1) In the 7th/8th division, teams may use a full court press except when leading team has a 10-point lead and when leading by a 15 or more the leading team must drop their defense below the 3 point line. The losing team may press at any time.

Repetitive infractions to either possession or pressing rule may result in a team technical foul. This foul is charged to the coach beginning with one warning followed by a technical foul, ending in an ejection.

3. A 5-minute warm-up period will be given to each team at the beginning of their event.
4. In the 5th/6th division, a game will consist of **four 5-minute quarters**. In the 7th/8th division, a game will consist of **four 6-minute quarters**.
5. A stopped clock will be used for all games in both divisions. The clock will stop for any whistle.
6. In case of a tie, overtime periods of **3 minutes (7th/8th)** will be played until there is a winner. Overtime periods of **2 minutes for 5th/6th**.
7. Four time outs will be allowed for each team per game, with 1 additional time out allowed for each overtime period played per team. Successive time outs will not be permitted. **No 30-second time outs** are allowed.
8. Ball size: 5th/6th Boys and all Girls use Intermediate Size 28.5. 7th/8th Boys use regulation size.
9. Free Throw: Regulation line for 7th/8th Boys and Girls; 2 ft. shorter for 5th/6th Boys and Girls.
10. Three-point shot in effect if floor is marked.
11. The following rules are basic rules of the game. There are a few modifications, so please go over these rules with you teams:

-5 seconds to inbound the ball	-Over and back violation
-10 seconds to advance the ball across the mid-court line	-Free throw lane violations
-5 th /6 th division is allowed 5 seconds in the lane	-Charging fouls
-7 th /8 th division is allowed 3 seconds in the lane	-Elbowing
-Traveling violation	-Coaching Box Area extends
-Double dribbling	in front of team bench
12. Five personal fouls per player per game.
13. Two technical fouls per player or coach per game, 1 technical foul in case of flagrant foul, either will result in ejection from gym.

14. Undershirts must be plain white with no markings, stripes, numbers or decorations of any kind. Spandex or long shorts are allowed to protrude below uniform shorts, provided they match shorts color.

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15. Coaches and assistants should wear soft-soled shoes when on the playing floor with their teams.
16. Teams must stay off the playing floor until the previous practice or games have been completed. During halftime of games, other teams or individuals are not allowed on the playing floor to shoot baskets.
17. Coaches and members of the teams are the only people allowed on the team bench area. All parents, relatives and friends will be restricted to the spectator's stands.
18. The home team is responsible for providing an adult scorekeeper and clock person. The home team is also responsible for providing a game ball that is in good condition and score book.
19. The host school is responsible to provide different colored "pennies" to distinguish similar colored jerseys. The home team shall wear such jerseys as necessary.
20. Coaches will be the only persons allowed to check at the scorer's table for information about time outs, playing time remaining in the event, fouls, correct score, etc. This information will not be given to participants actively involved in the game being played.
21. Any situation not specifically covered in the above stated rules shall be presented in writing to the League Coordinator. A decision will be made by the CSAL Board.
22. For safety reasons, players are not allowed to wear jewelry of any kind. This includes rings, bracelets of any kind, earrings, or chains on the neck.

WRESTLING RULES & REGULATIONS

Rules of the National Federation Wrestling Guide are to be used, except as noted.

1. If for some reason there will be no match, call the Athletic Coordinator by **NOON THE DAY BEFORE THE MATCH for cancellation or the referees must be paid.**
2. Approved wrestling date: Wrestling practice may be conducted 2 weeks prior to first match.
3. Officials: A referee should be assigned to matches by the Officials' Association. Under the supervision of one adult, the schools should furnish the following additional officials: a timer, a scorekeeper for the public board, and a scorekeeper at the table.
4. Free-Style uniforms are allowed: Uniforms must be clean and in good repair. Other uniforms allowed would include tights or shorts worn over tights and a wrestling jersey. All participants must wear protective head gear and wrestling stops for replacement of headgear, unless back points or pinning points need to be awarded, uniform and equipment requirements determined by each school. No club affiliated uniforms or logos are allowed during warm up or during a match.
5. Weight classifications: A wrestler may wrestle in his weight class an opponent within two grades of his current grade. (45 lb. minimum), 52; 57; 62; 67; 72; 77; 82; 87; 92; 97; 102; 107; 112; 117; 122; 127; 132; 137; 142; 147; 152; and above.

- a. No additional weight over the limit will be allowed. The CSAL does not encourage players to reduce weight for the purpose of wrestling in another weight class.

- b. A student may not wrestle more than one weight division above his actual weight. "Unlimited" must weigh more than the top poundage allowed in the weight classification immediately below it.

- c. Weigh-in procedure: CSAL allows weigh-ins to occur during the season at the coach's discretion. This certification will be by the coaches and school Athletic Directors prior to the beginning of the bracket pairings for tournament play. Regular season shall be on honor system.

- d. Coaches' meet a minimum of one day prior to regular season starts to do bracket pairings for dual meets to assist in starting matches on time. Prior coordination via phone, fax or meetings is highly encouraged to insure equal match-ups.

- e. Dual matches: each wrestler shall have a maximum of 2 matches per night. It is required a minimum of 45 minutes between matches.

- f. Mouth guards are required.

6. Length of Match: Each match will consist of three 1 minute rounds.

In Case of Overtime: 1st period - sudden death - 1 minute from neutral position
 2nd period - 30 seconds from referee position
 If the bottom scores, he is the winner. If the top controls,
 he is the winner.

7. Scoring:

Near fall - 2 or 3 points

Reversal - 2 points

Takedown - 2 points

Escape - 1 point

All infractions - 1 or 2 points

Penalties and time-outs are accumulative throughout the match.

8. Signals for stopping sound: If a loud horn or buzzer is not used, a towel will be thrown into the ring. The towel must hit the mat at the moment the round ends.

9. The wrestling coordinator will be responsible for assisting the coaches. He will call meetings for wrestling coaches to discuss problems.

10. A side mat must be taped to the wrestling mat where possible.

11. No coach will call decisions from the bench. He must go to the officials' table AT THE TIME OUT OR THE END OF THE MATCH and, in a low tone, discuss points of concern with referee when feasible.

12. The timer should assist the scorer by calling out all points awarded by the referee. This will greatly help the scorer

13. During the tournament competition, match time is forfeit time.

Revised August 17, 2010