

Athletic Handbook

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Catholic Youth Ministry

Empowering Disciples Handbook + Provisional CYM Sports Handbook

Effective August, 2025

The **Office for Catholic Youth Ministry's Sport Program** or **CYM Sports** is an important component of the comprehensive approach to youth ministry in the Catholic Diocese of Wilmington. The CYM Sports Office represents Diocesan Youth Sports in the Catholic Diocese of Wilmington boundaries, and is the acting governing body for all affiliated programs, parishes, & schools.

For 2025-2026 program year, a provisional handbook continues development for CYM Sports, and works alongside current and long-standing CYM policies to govern the program.

CYM Policies & Guidelines

CYM SPORTS PROVISIONAL HANDBOOK

Sportsmanship Prayer

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The following sportsmanship prayer has been selected for 2025-2026, by Most Reverend William E. Koenig, D.D.,
Bishop of the Catholic Diocese of Wilmington.

Heavenly Father,

Thank You for the gifts You've given me.

Help me to honor You with my body, my attitude, and my effort.

Let me compete with integrity, give my best without pride,

and respect my teammates, coaches and opponents alike.

Keep me safe from harm, and remind me that victory isn't just in winning,

but in growing character, humility, and perseverance.

Never catch me rejoicing in the adversity of others.

If I know victory, allow me to be happy;

If I am denied, keep me from envy.

Whether I win or lose, may I glorify You in all I do.

In Jesus' name,

Amen.

Athletics Commentary

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CYM Handbook Policy Reference Guide (Policy Code Reference from 2022-2023)

CYM Athletics Handbook (Policy Commentary Reference from 2022-2023)

Empowering Disciples Policy (Diocesan Policy Reference from 2006-2008)

CYM Sports	Athletic Programming	Registration	Policies, Rules, & Regulations
Athletic Associations – Parishes and Schools	Athletic Programs by Season	Registrations/Billings	Coach Liability
	Program	Rosters	Code of Conduct – Coaches
	Divisions	Online Registration	Code of Conduct – Players
	Parish In-House/Intramural Programs	Team	Code of Conduct – Spectators
	Tryout/Practice Guidelines	Participation/Affiliation	Unsportsmanlike Conduct Fouls
		Affiliation Changes	Ejections
		Coach	Complaints
		Requirements/Registrations	Ineligible Players
			Playing Time
			Postponements/Cancellations/Forfeits/Weather
			Medical
			Head Injuries

****DISCLAIMER:** The Policies listed on this page may be outdated and/or not active as we review the website transition.

As policies are added to provisional, reference commentary shall be removed.

Removed: Appeals/Protest (Friday, Feb. 20th)

Removed: Mouth Protector and Ministry as Athletics (Tues, Nov. 11th)

Removed: Athletic Advisory Committee (Tues, Nov. 18th)

Removed: CYM Director of Youth Sports (Tues, Nov. 18th)

Removed: CYM Commitment and Divisional Alignment (Tues, Nov. 18th)

Removed: Sunday Morning Athletics (Tues, Nov. 18th)

Removed: Athletic Contest and Games (Tues, Nov. 18th)

Removed: League Playoffs and Tiebreakers (Tues, Nov. 18th)

2025-2026 Provisional Handbook



Complaints

Last Revised on August 15, 2022

In order to address concerns and complaints appropriately and efficiently, they must be raised following specific sequential steps with a variety of different people involved. All complaints/concerns must be submitted in writing and must follow the protocols listed below.

1. Concerns with someone within the same parish/school (playing time, conduct, sportsmanship):
 - Must be raised by a parent/guardian of athlete
 - Following the 24 hour guideline, raise concern to the head coach of the team in writing
 - After a period of time that permits action by the head coach, raise concern to the Athletic Association or the AAP/AD.
 - Complaints or concerns about the head coach could be raised directly to the AAP/AD.
 - If still needed, the AAP/AD and parent/spectator can together raise the concern to the CYM Director of Youth Sports. While escalations may start as a verbal conversation, they should always be in writing before any action is taken.
2. Concerns with someone outside the same parish/school (officials actions, conduct of other coaches/players, spectators):
 - Raise the concern to the head coach of your athlete's team
 - Validated concerns should be made to the AAP/AD of the Athletic Association
 - Only head coaches are permitted to file a complaint with the CYM Director of Youth Sports about a game official. They can include commentary from spectators.
 - AAP/AD can forward these complaints about other coaches/players/spectators to the CYM Director of Youth Sports provided they believe it is a valid concern that needs to be addressed by this office.

Related Policies:

9.14 A head coach may file a complaint with CYM regarding an official, an opposing coach, player, or a spectator. Coaches must first discuss the concern with their parish/school Athletic Director/Athletic Association President. The AD/AAP should consider whether to bring the pastor/principal into the conversation and when to escalate to the CYM Director of Youth Sports. 2135

9.14.1 A player, parent or spectator must first bring concerns or complaints to the head coach's attention, for the head coach to address according to CYM Procedures. If the concern/complaint is about the head coach it must be brought to the parish/school

- 9.14.2** Complaints addressed to CYM may begin with a phone call, but also must be submitted in writing or by email, including the name of the complainant. All names will be kept confidential except when required to discuss with the Athletic Director/Athletic Association President or pastor/principal or any local authorities. In addition even when permission is granted by the complainant discretion on a need to know basis should be considered and followed. Anonymous complaints will not be addressed in any way. 2136

Catholic Youth & Young Adult Ministry
302-658-3800
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Appeals/Protests

Last Revised on August 15, 2022

Appeals:

Appeals of any decision made by the CYM Director of Youth Sports must be submitted in writing within one week of the ruling being received by the coach, player or spectator. Appeals will be sent to the CYM Director of Youth Sports, who will then forward the appeal to the Athletic Advisory Committee. Decisions of the Athletic Advisory Committee will be final and cannot be escalated any further.

Discipline decisions remain in effect prior to and during the review of the appeal until a decision is reached by the Athletic Advisory Committee.

The Athletic Advisory Committee decision, including whether an in-person meeting will be required, will generally be shared first with the CYM Director of Youth Sports and then sent back to the person making the appeal by the CYM Director of Youth Sports.

The following types of decisions cannot be appealed:

- Decisions of game officials (this is different than a protest), including technical foul/unsportsmanlike conduct fouls
- Ejections and minimum suspensions for ejections – this applies to players, coaches and spectators

Protests:

There is a difference between filing a complaint about the conduct of a player, coach or spectator and filing an official protest regarding the interpretation of rules during an athletic contest.

While no athletic contest will be replayed even if the game officials misapplied or misinterpreted a rule, a head coach is permitted to file a protest to ensure no further contests are disrupted.

The process is as follows:

- If a head coach believes an official's application of a rule may have been misapplied or misinterpreted during the athletic contest, he or she should immediately notify the official during the athletic contest in a respectful manner. See NFHS rules concerning correctable errors.
- If after a contest is completed the head coach still feels that an official has misapplied or misinterpreted a rule during a contest the head coach may submit in writing an official protest to the CYM Director of

Youth Sports. The Director of Youth Sports will review and follow up with the appropriate organization of officials that worked the athletic contest.

Related Policies:

- 9.59** If a coach believes that an official's application of a rule may have been misapplied or misinterpreted, it is the responsibility of the coach to immediately notify the game official. See NFHS rules concerning correctable errors. ²³²⁹
- 9.60** If after a contest, the head coach still feels that an official has misapplied or misinterpreted a rule during a contest, the head coach may submit in writing to the office for Catholic Youth Ministry a summary of the circumstances. The Director of CYM Sports will review and follow up with the organization of the officials that worked the game. ²³³⁰
- 9.61** CYM contests will not be replayed even if the game officials misapplied or misinterpreted a rule. ²³³⁸

9) Athletics: Welcome Letter 2025-2026

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Welcome To All

Welcome to the 2025-2026 CYM Sports Program. Let me be the first to say that we are excited for the start of another great and rewarding school year. This year is part of an ongoing restructuring as we move towards preservation, accountability, and growth in our robust sports' offerings. With over 3000 athletes and many more supporters and volunteers, we serve a large congregation of student-athletes, parents, coaches, and administrators throughout Wilmington and the state of Delaware.

CYM Sports in the Diocese of Wilmington has a rich history and roots in our region, dedicated to the development of our children in sports through three core principles:

- Christ-Centered Attitudes and Values
- Positive Sportsmanship Environment and Inclusion
- Promotion of Healthy Lifestyle Choices and Sports Development

This year, we are reimagining and redefining the CYM sports programming with innovation, growth, and changes for future generations. This comes just years away from the 100th anniversary of our basketball league and our youth office.

Please see the Organization & Communication Matrix prior to the start of the season if you have any questions throughout this year's campaign of who you should communicate with or expect communication from; and use our websites and handbook as your guide.

I look forward to seeing everyone out on the fields, on the track, and on the courts.

Donald Tees

CYM Sports Coordinator

Office for Catholic Youth Ministry Sports

9) Athletics: • Communication Matrix

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GUIDELINES FOR COMMUNICATION

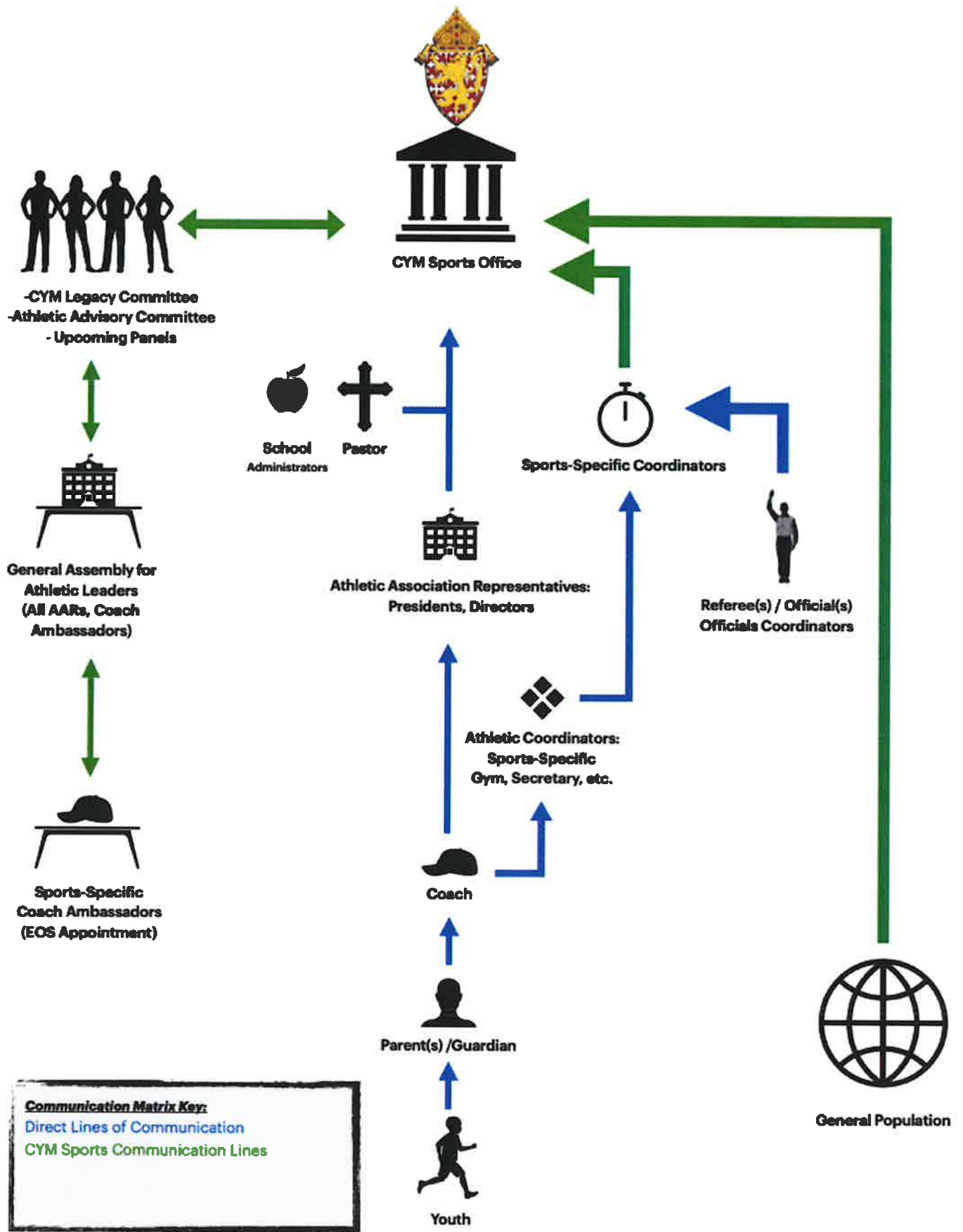
Adopted at the beginning of the 2025-2026, CYM Sports representatives took steps to simplify communications and clean up lines of communication. With over 8000 registered participants each year among youth, parents, coaches and administrators, the CYM office and the administrators at the local level face a challenge of communicate mass communications throughout the CYM Sports network. It was determined that in order to provide better communications for ministry activities, some unnecessary channels required restriction.

Modeling the communication matrix first published in winter 2024-2025, local affiliated programs along with participating families were asked to follow proper links and chains of communication to facilitate more improved communication.

Under the 10.1.9 Universal Rulebook: Communication Guidelines, policies have been put into place to reflect proper levels of communication. They should be followed with the utmost respect to those whom fall in the hierarchy and their position.

This communication model and the communications contained throughout the organization are subject to “For The Sake Of God’s Children” guidelines, established by the Catholic Diocese of Wilmington. This includes the Acceptable Use of Technology by Volunteers as directed by compliance programs throughout the diocese. These are agreed to through the Volunteers Covenant Agreement and the Confidentiality Agreement each year.

The Office for Catholic Youth Ministry and CYM Sports representatives reserves the right to escalate any and all inappropriate communication.



9) Athletics: • Rule Changes

Rule Addendums

Observed in the winter for 2024-2025, the rules and policies of CYM Sports became outdated and all aspects required reviewing to realign with our mission and vision for the program. The last meaningful review occurred in-depth in the early 2000's, and subsequent updates occurred throughout the years until Covid. Due to the growing demand for a more appropriate foundation to our sports ministry and athletics program, we commissioned a review of our handbook to meet the needs of today's programming.

The by-product of that commissioned review is this provisional handbook.

With many changes, the provisions in this handbook should be carefully looked at and reviewed as some long standing rules have been updated. Many policies have remained the same while some policies were removed or modernized. We have made necessary additions for preservation, accountability, and growth opportunities while keeping the student-athletes, the children, our top priority. Each commentary has been condensed and interpreted into a code number for reference purposes. This handbook shall serve in a provisional role and will be the guide for the 2025-2026 academic calendar year.

We appreciate the hard work of all individuals that have provided insight from our office and administrators, to coaches and parents in making this impactful change for the future. We have listened and heard you; we see and recognize change is needed; this physical and virtual handbook is the result of those voices and reflections. The following are changes that have occurred over the last 18-month cycle:

UPDATES TO CYM SPORTS HANDBOOK

Handbook: The CYM Sports Provisional Handbook noted in PINK with February updates (Universal) *(As of February, 2025)*

Handbook: The CYM Sports Provisional Handbook noted in GREEN with January updates; Weather, Baseball, Softball, Track, Boys' Volleyball Handbook transition begins.

FINAL DRAFTS COMPLETED: Welcome Letter, Communication Matrix, Foreword

REVISIONS: Rule Changes, 1.0 CYM Sports, 3.0 Ministry in Athletics, 7.0 Protocols & Procedures

UNDER REVIEW: 2.0 Program Administration

(As of January, 2025)

Handbook: The CYM Sports Provisional Handbook noted in PURPLE with December updates (Universal) *(As of December, 2025)*

Handbook: The CYM Sports Provisional Handbook noted in BLUE for November updates (Universal) *(As of November, 2025)*

Handbook: The CYM Sports Provisional Handbook noted in RED for October updates (Universal) *(As of October, 2025)*

Basketball: Rulebook released in new format with minor updates, including March decision on quarter lengths and reductions that fall under universal. *(As of October, 2025)*

Volleyball/Soccer: All new NFHS, DIAA, DVOA, and US Soccer changes to appropriate age groups recognized for CYM Sports programs. *(As of August, 2025)*

Handbook: The CYM Sports Provisional Handbook issued for August, 2025 with new coding system; updated. (As of August, 2025)

Soccer: Beginning in Fall 2026, Co-ed soccer authorized to dissolve, reforming into Boys' Soccer for the fall, and Girls' Soccer for the spring. **UNDER REVIEW** (As of June, 2025)

Volleyball: Beginning in Fall 2025, the usage of Libero in Volleyball is authorized for all senior and varsity volleyball, boys and girls. (As of June, 2025)

Basketball: Quarter Lengths reverted back to proper, approved times of six minutes and five minutes. (As of March, 2025)

Handbook: Reconfirmed Divisional placement is sole discretion of the CYM Office; removed from provided preseason sheets. (As of March, 2025)

2026-2027 RECOMMENDATIONS, RECOGNIZED BY OFFICE, FOR REVIEW WITH ATHLETIC ADVISORY COMMITTEE

Ruleset Modification to Basketball: Update ruleset to internal athletic policy for transparency: "10.3.5-3.1 A point system is utilized to determine seeding for postseason in these cases" *changed to* "10.3.5-3.1 A point system of 1-point/win in lower divisions, or 1-point/game-played in higher division, is utilized to determine seeding for postseason. Any established programs in division receive 2-points during those adjustments."

Policy Addition to Protocols & Procedures: "In the event of a forfeit, the CYM Office and its affiliated coordinators may require proof of the circumstances that caused such forfeit. If it is determined that a team is forfeiting due to competitive status, a team may be assessed a double forfeit for violating the mission of CYM Sports."

Ruleset Addition to Basketball: "In the event of a foul at the Pre-Junior Varsity Level that would typically result in a foul shot, no foul shot will be granted.- The foul will result in an in-bound at the nearest appropriate location on the court."

Policy Addition to Eligibility, Medical: "In the event a player is injured during the course of the season, an exemption may be made for that participant to compete in a new sport." (ie. A volleyball, football, baseball or softball player that is unable to use arms, and wishes to compete in cross country or track.)

Policy Addition to Eligibility, Medical: "In the event a player is injured during the course of the season, a one-time request may be made to the office (provided a doctors note is available) for a one-time player addition from another participating team."

Thank you for your cooperation and patience. Please take your time in reviewing the provisions in this handbook and it's meaning within guiding CYM Sports for your offices, associations, and families.

– Diocesan CYM Sports Leadership

9) Athletics: • CYM Policies & Guidelines

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Disclaimer: The following policies were utilized by the Office for Catholic Youth, Young Adult and Family Ministry in previous years.

Many of the policies have been revised, outdated, updated, or removed entirely during the 21st century. This reference page serves as both, an archive and reference, in the event it would need to be referred to by personnel.

Learn more about the latest version and guidelines on CYM Policies.

CYM Varsity Basketball Eligibility History (2009-2025)

CYM POLICIES: ATHLETICS POLICY REFERENCE (2021-2022)

CYM Policies: ATHLETICS HANDBOOK (2021-2022)

EMPOWERING DISCIPLES: DIOCESE OF WILMINGTON/CYM POLICY (2007-2008)

EMPOWERING DISCIPLES: LAUNCH OF DIOCESE OF WILMINGTON/CYM POLICY (2006-2007)

CYM POLICIES: ATHLETICS HANDBOOK (2005-2006)

CYM POLICIES: ATHLETICS HANDBOOK (2004-2005)

9) Athletics: Foreword

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The redevelopment of the Catholic Youth Ministry (CYM) Sports Handbook began during the 2024–2025 academic year, with provisional implementation set for August 1, 2025. This initiative reflects a collaborative effort, with feedback from previous editions, insights from CYM Sports participants and administrators, roundtable discussions, and comprehensive research.

This provisional handbook serves as the foundational resource for by-laws, policies, and sport-specific rules governing CYM Sports. Together, these elements establish the minimum standards and requirements for all CYM-sanctioned athletic activities.

In certain instances, policies adopted by affiliated programs may be more comprehensive or restrictive than those of the CYM Sports Office or other local parishes, schools, or external governing organizations (e.g., NFHS, AAU, US Youth Soccer). When determining compliance with CYM Sports by-laws, policies, and procedures, individuals are encouraged to consult this handbook in conjunction with the guidelines of relevant governing bodies to determine the extent of a policy. For clarifications and interpretations, inquiries may be directed to the CYM Sports Office.

This handbook governs all athletic programming, both boys' and girls' sports, within the Diocese of Wilmington and applies to all participants and affiliated members of the CYM Sports Program.

9) Athletics

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Please see subsections for general information regarding this year's policies & procedures, along with CYM Sports Handbook.

9) Athletics: 1.0 CYM Sports

1.1 Name

1.1-1 The official name for youth sports and athletics programming in the Catholic Diocese of Wilmington shall be known as **CYM Sports**.

- **1.1-1.1** Alternative names approved for use includes: CYM Sports Program, CYM Sports Programming, CYM Athletics, CYM Athletics Program & Catholic Diocese of Wilmington (CDOW) Sports.
- **1.1-1.2** In rare cases such as tournament submissions or national alignment with other Catholic Youth Organizations & ministries, CYO Wilmington may be used, but remains exclusive to these instances only.

1.2 Organization

- **1.2-1** The appointed official that represents CYM Sports shall be titled the **CYM Sports Coordinator**.
 - **1.2-1.1** Alternative names such as CYM Commissioner, CYM Sports Director, Director of Youth Sports, & Diocesan CYM Sports Coordinator may be used, based on their official assignment made by the Catholic Diocese of Wilmington.
 - **1.2-1.2** The CYM Sports Coordinator is employed by the Catholic Diocese of Wilmington.
 - **1.2-1.3** The CYM Sports Coordinator is responsible for coordinating all CYM activities involving athletics' and ensures compliance with the Diocesan Safe Environments standards.
 - **1.2-1.4** The primary functions of the CYM Sports Coordinator includes:
 - Acting as liaison to leader(s) of a CYM parish/school-based program;
 - Serve as sports-minded professional for CDOW/CYM;
 - Governs any and all disciplinary issues regarding athletic organization and administration;
 - Appoints members to the Diocesan-specific sports committee(s);
 - Provides support for cooperation between all affiliated associations;
 - Updates to athletics' handbook;
 - Contracts, retains, and oversees individual sports-specific coordinators;
 - Manages finances for all athletic programming;
 - Serves as the official rules interpreter for the program;
 - Establishes rules and policies pertaining to individual sports and the overall program.
 - **1.2-5** The CYM Sports Coordinator will have the final decision in all matters related to athletic administration.
- **1.2-2** The appointed official that oversees the CYM Sports Coordinator shall be the **Director for Catholic Youth, Young Adult, and Family Ministry**.
- **1.2-3** The appointed official that represents supportive tasks in-office for CYM Sports shall be titled the **CYM Office Coordinator**.

1.2-3.1 Alternative names such as Administrative Assistant, Programs and Logistics Coordinator, or CYM Sports Assistant may be used, based on their assignment made by the Catholic Diocese of Wilmington.

- **1.2-4** All appointed or designated officials that represent sport's leadership in CYM shall be titled CYM "sport-specific" Coordinator, or CYM Coordinator.
 - **1.2-4.1** The current designated CYM sport-specific Coordinators are: CYM Boys' Basketball Coordinator, CYM Girls' Basketball Coordinator, CYM Football Coordinator, CYM Soccer Coordinator, CYM Cross-Country Coordinator, CYM Baseball Coordinator, CYM Softball Coordinator, CYM Track & Field Coordinator and CYM Volleyball Coordinator.
 - **1.2-4.2** The CYM Coordinator(s) is a stipend, part-time position through the CYM Office.
 - **1.2-4.3** The CYM Coordinator(s) is responsible for assisting in the administrative organization of league and execution of programming.
 - **1.2-4.4** The primary functions of the CYM Coordinator(s) includes:
 - Prepare agenda and attend sports-specific pre & post season meetings when applicable;
 - Coordinate with game officials for assignment of officials, referees and/or umpires;
 - Review prepared game schedules for season;
 - Attend Championships and present Championship trophies;
 - Work with sports-specific ambassadors for the exchanging of rule recommendations to the office;
 - Review sports handbooks for accuracy and recommend revisions.
 - Protect the best interest of the Office for Catholic Youth Ministry in specific sport within the mission.
 - Serve as lead representative for CYM in selected sport.
 - **1.2-4.5** The CYM Coordinators are the only recognized and official coordinators referenced in CYM Sports.
- **1.2-5** The name of the office for the organization of athletics is collectively known as **The Office for CYM Sports** or **CYM Sports Office**.
 - **1.2-5.1** The CYM Sports Office falls as a branch of the Office for Catholic Youth, Young Adult and Family Ministry.
 - **1.2-5.2** The Office for Catholic Youth, Young Adult, and Family Ministry falls as a branch of the Catholic Schools Office.
- **1.2-6** The members of the CYM Sports Organization, including all office personnel, coordinators, committee members, and designated-representatives of the CYM Sports Office, whom represent established leadership positions, are collectively known as **Diocesan CYM Sports Leadership**.
 - **1.2-6.1** Alternative names such as CYM representative, CYM Sports representative, and/or CYM Sports Watcher may be used on an individual level when referring to office representation.
 - **1.2-6.2** Affiliated program administrators and coaches are exclusively representative of their home parish and/or school, and participate in the CYM Sports program.

1.3 Purpose & Philosophy

- **1.3-1** The Office for Catholic Youth Ministry's Sports Program is an important component of the comprehensive approach to youth ministry in the Catholic Diocese of Wilmington.
- **1.3-2** CYM Athletic programs promote Christian attitudes while encouraging healthy physical activity.
- **1.3-3** CYM Athletic programs follow core pillars that govern our athletic organization, and all are held to fundamental values:
 - Cooperation
 - Respect
 - Sportsmanship
 - Responsibility
 - Leadership
 - Maturity
 - Competitiveness
 - Fairness
 - Courtesy
 - Self Control

1.4 Mission

1.4-1 The Office for Catholic Youth Ministry empowers parishes, schools, and ministries within the Diocese of Wilmington to serve the Church by equipping and accompanying young people and the adults who walk with them to have authentic encounters with Jesus Christ and become true missionary disciples of the Gospel in the world. – We accomplish this mission by hosting dynamic spiritual events, facilitating leadership and formation opportunities for young people and adults, and promoting Christian values through the CYM Sports program.

1.5 Vision

1.5-1 Rooted in the 1935 formation of the Catholic Athletic Council, and developed over 60 years through the C.Y.O era, CYM Sports prepares youngsters within the boundaries of the Catholic Diocese of Wilmington to effectively function in everyday life. Our program seeks to plant a seed of Catholic Values and assist those young persons in preparing for their future life, regardless of athletic capabilities. Our vision goes beyond the field of play and competition: to grow our community for future generations.

1.6 Athletic Advisory Committee

- **1.6-1** The committee that represents the CYM Sports Office and the Diocese of Wilmington for sports-related governing shall be known as **the Athletic Advisory Committee**.
- **1.6-2** The **Athletic Advisory Committee, or "AAC"** is the official committee and/or board that supports the efforts of CYM Sports & the CYM Sports Coordinator in the Diocese of Wilmington.
 - **1.6-2.1** The Athletic Advisory Committee is appointed by the CYM Sports Coordinator. (2022.08.05)

- **1.6-2.2** The Athletic Advisory Committee shall consist of a minimum of 12 members. (2002.02.16)
- **1.6-2.3** The Athletic Advisory Committee assists with maintaining quality athletic programs while fostering Christian attitudes. (2022.08.05)
- **1.6-2.4** The Athletic Advisory Committee assists with reviewing and helping formulate new updates to the current athletic policies.
- **1.6-2.5** The Athletic Advisory Committee's primary goal is to provide guidance to the CYM Sports Coordinator on all issues, rules and decisions, and does not have direct decision-making abilities.
- **1.6-2.6** The Athletic Advisory Committee and its members can be suspended, excused, or dismissed at any time.
- **1.6-2.7** The Athletic Advisory Committee must have a quorum when meeting for valid discussions to be considered or authorized.
- **1.6-3** Members of the Athletic Advisory Committee represent many segments of the community and various athletic programs, including but not limited to: present and past coaches, present and past administrator, present and past diocesan employees, state agency representatives and professionals in various disciplines.
 - **1.6-3.1** Members function to ensure compliance with rules within the context of the basic philosophy of CYM, and hold accountability to affiliated participants.
 - **1.6-3.2** The CYM Sports Coordinator, Directory of Catholic Youth, Young Adult & Family Ministry, & Superintendent of Catholic Education are ex-officio members of this committee. (2002.02.16)
 - **1.6-3.3** All appointed members are to sign various forms and conduct themselves with impartiality and unbiasedness at all times.
 - **1.6-3.4** All appointed members must avoid conversation and keep active roles in the Athletic Advisory Committee in confidence, as well as with fellow colleagues participation in the committee. This is honored upon the conclusion of involvement within CYM Sports or the AAC.
- **1.6-4** The AAC shall remain anonymous to the public, and not be disclosed directly to athletic association representatives.

9) Athletics: 2.0 Program Administration

UNDER REVIEW- FULL SECTION UNDER REVIEW AS OF 1/22/2026.

2.1 Athletic Associations – affiliated Parishes & Schools

- **2.1-1** Parishes and schools are to establish guidelines for participation and can include factors such as number of teams/participants, budgetary considerations, facility availability and similar considerations. These guidelines must be clearly stated and properly followed. (v.2223.9.0)
- **2.1-2** Parishes and schools are required to assemble an Athletic Association to govern parish and school guidelines for participation in CYM Sports programming.
 - **2.1-2.1** Athletic Associations and departments must, at minimum, include a President, Coordinator, or Athletic Director.
 - **2.1-2.2** The Office for Catholic Youth Ministry requires each parish or school to name an individual as the Athletic Association President (AAP) or Athletic Director (AD). (2223.9.1)
 - **2.1-2.3** The pastoral leader, school administration, and/or CYM representatives must recognize the Athletic Association President (AAP) or Athletic Director (AD) to be accepted as formal leadership of the affiliated program in order to conduct business.
 - **2.1-2.4** The AAP or AD is responsible for approving rosters and assigning head coaches. (2223.9.1.2)
 - **2.1-2.5** The representing athletics leader for the association or department shall be known by the Diocese of Wilmington and CYM Sports as the **Athletic Association Representative** or “**AAR**”.
 - **2.1-2.5.1** The AAR is to serve as the primary contact between CYM and each individual affiliated program.
 - **2.1-2.5.2** Parishes and Schools are to establish clear responsibilities and duties for their AAR.
 - **2.1-2.5.3** Parishes and Schools must provide their AAR with a parish or school registered email address, unique to that person and not generally accessible, for the purposes of administration for program and communication.
- **2.1-3** Guidelines for Athletic Associations must be clearly stated on official association websites.
- **2.1-4** All affiliated programs and their affiliated administrators, coaches, student-athletes and spectators are held accountable by the pastor of a parish or the principal of a school.
 - **2.1-4.1** The Athletic Advisory Committee may hold Athletic Association members accountable and recommend disciplinary actions, if deemed necessary.
- **2.1-5** The Office for Catholic Youth Ministry reserves the right to overrule the Athletic Association of a parish or school on any decision if, in the opinion of the CYM Sports Coordinator, the decision is not in the best interest of the overall program. (2223.9.1.3)
- **2.1-6** The Office for Catholic Youth Ministry may, for any grave reason, require the parish or school to replace their AAR. (2223.9.1.4)

2.2 Athletic Association Representative

Minimum Responsibilities and Duties Forthcoming.

2.3 Athletic Association Coordinator

Minimum Responsibilities and Duties Forthcoming.

2.4 Oversight of Athletic AssociationS

2.4-1 All affiliated programs and their affiliated administrators, coaches, student-athletes and spectators are held accountable also to the Office for Catholic Youth Ministry and the CYM Sports Coordinator, when appropriate or deemed necessary.

9) Athletics: 3.0 Ministry In Athletics

Overview: Today's families value holistic youth development; which combines social, physical, emotional, and spiritual growth. Our CYM Sports program, at its core, is a ministry that aims to provide this all-encompassing approach.

As a parish-based sports initiative, we offer a powerful platform to foster faith, build character, and cultivate vibrant community life. Athletics serve as an extension of our parish ministry; with each practice, game, and team gathering providing real-life opportunities to demonstrate Christian virtues such as integrity, perseverance, respect, and compassion. Through positive coaching, spiritual guidance, and shared prayer, our sports programs become formative experiences that help our youngsters grow holistically – in mind, body, and spirit.

The following provides general guidelines that are highly encouraged and recommended by Catholic Youth Ministry for your affiliated athletic programs. Athletic Administrators, coaches, and volunteers should consider these when providing faith formation within their programs.

3.1 General

- **3.1-1** Coaches and Athletic Association leaders are youth ministers within their parish communities, and should conduct themselves appropriately within this role.
- **3.1-2** In accordance with 2024 guidelines from the United States Conference of Catholic Bishops, and “Listen, Teach, Send” framework, CYM Sports encourages young people to attend Mass on Sundays and holy days of obligation.
 - **3.1-2.1** All parishes and schools are recommended to celebrate a mass and provide blessings for youth participants, at the discretion of the pastor and local athletic association.
- **3.1-3** Parish and private Catholic School athletic teams (regardless if involved in CYM or non-CYM teams) are not to practice or participate in athletic contests prior to noon (12:00) on Sundays. This is referred to as the “Sunday Mass Policy”. (2022.08.08)
 - **3.1-3.1** It is the responsibility of the pastor of each parish (or principal in the case of private Catholic schools) to monitor all parish/school teams for Sunday Mass Policy.
 - **3.1-3.2** In the event an athletic event is scheduled to begin at 12:00pm on Sunday, it is the responsibility of participant(s) to attend their mass obligation at a different time.
 - **3.1-3.3** CYM reserves the right to schedule any and all teams in an available facility for noon, including championships.
- **3.1-4** No tryouts, practices, or athletic contests should be played on specific, designated dates as determined from the Catholic Diocese of Wilmington and listed on the CYM Office calendar:
 - Christmas Eve (after) 3pm
 - Christmas Day
 - Holy Thursday (after 6pm)
 - Good Friday
 - Holy Saturday

- Easter Sunday
- CYM Pilgrimage (Saturday prior to Palm Sunday)
- **3.1-5** All practices and competition dates are recommended to start off with a blessing and prayer, led by volunteer coaches and/or players.
 - **3.1-5.1** The Sportsmanship Prayer has been provided by the Office of the Bishop for athletic events in the Catholic Diocese of Wilmington.
 - **3.1-5.2** Programs should utilize 10.1.8 Sportsmanship Guidelines, referring to proper sportsmanship guidelines and prayer before competition.

9) Athletics: 4.0 For the Sake Of God's Children – Athletics

UNDER REVIEW BY THE OFFICE FOR SAFE ENVIRONMENTS.

4.1 For The Sake Of God's Children Mandatory Requirements

- **4.1-1** “For the Sake of God’s Children“, or **FSGC**, is a program focused on the continuous development of a safe environment in our communities; the program has three major components:
 - Safe Environments
 - Conducting background checks for Church Personnel
 - Ethical and Behavioral Standards for Church Personnel
- **4.1-2** All volunteer coaches, volunteer administrators, and local athletic personnel are subject to all requirements of the program, regardless of implementations at the local parish or school level.
- **4.1-3** All volunteer coaches, volunteer administrators, and local athletic personnel should review FSGC regularly.
 - 4.1-3.1** It is the responsibility of the volunteer participant to fulfill FSGC obligations.

4.2 Adult to Player Ratio

- **4.2-1** As of 2026, an adult to player ratios must be in place, prior to the start of practicing, and must remain intact for the duration of the season.
 - Two (2) Cleared Adults : 1-14 Youth Participants
 - Three (3) Cleared Adults : 15-25 Youth Participants
 - Four (4) Cleared Adults : 26-35 Youth Participants
 - Five (5) Cleared Adults : 36-45 Youth Participants
 - etc.
- **4.2-2** The local affiliated athletic association representative and head coach are responsible for all events meeting the accepted Adult:Player ratio.
 - 4.2-2.1** In the event that an affiliated program, knowingly or unknowingly, places placeholder names or the ratio is not met and athletic programming continues (ie. practices, games, tournaments, etc), the program will be subject to disciplinary actions by the Catholic Diocese of Wilmington and CYM Sports.

9) Athletics: 5.0 Eligibility and Sports Participation

5.1 General

5.1-1 Participation in any CYM Athletic program is not based solely on Religious affiliation. (2223.9.0)

- **5.1-1.1** CYM Sports participants may include parishioners, school students, religious education students and community members, along with administrators, coaches, and families.
- **5.1-1.2** Affiliated parishes and schools may restrict eligibility of their participants, including CYM affiliations.

5.2 Age-Eligibility Standards

5.2-1 Participation in any CYM Athletic program is not based solely on age-eligibility requirements, but must follow strict guidelines for participation in competition.

Division	Grade(s)	Competition Level	Age (Birthdate) Limit	Sport Exceptions
High School (Senior)	9th-12th	Recreational	May not have turned 19 before July 1st of current program year	8th graders in the sport(s) of Volleyball (G), Basketball who do not meeting age limit, and have team in high school division
High School (Intermediate)	9th-10th	Recreational	May not have turned 17 before July 1st of current program year	8th graders in the sport(s) of Volleyball (G), Basketball who do not meeting age limit, and have team in high school division
Varsity	6th-8th	Competitive Hybrid-Competitive Instructional	May not have turned 15 before July 1st of current program year	Cross Country, Soccer, Volleyball (G/B), Basketball, Softball, Track
Junior Varsity	4th-6th	Hybrid-Competitive Instructional Mandatory Play	May not have turned 13 before July 1st of current program year	Cross Country, Soccer, Volleyball (G/B), Basketball, Track

Division	Grade(s)	Competition Level	Age (Birthdate) Limit	Sport Exceptions
Pre-Junior Varsity	3rd-4th	Instructional Mandatory Play	May not have turned 11 before July 1st of current program year	2nd Graders if requested

5.3 Program Eligibility Restrictions

5.3-1 Representation in any CYM Athletic program may be based on eligibility at the local affiliated level.

- **5.3-1.2** The CYM Sports Office respects and cooperates with local level eligibility requirements, as directed and communicated over by Pastors and principals.
- **5.3-1.3** A youth participant not eligible for a particular parish or school may be reassigned to another affiliation, provided they are eligible.

Affiliated Programs	Parish	School	Religious Education	Community
Christ the Teacher	N/A	✓	N/A	✗
Immaculate Heart of Mary	✓	✓	✓	⚠
Holy Angels	✓	✓	✓	✓
Mount Aviat	N/A	✓	N/A	✗
Nativity Preparatory	N/A	✓	N/A	✗
Serviam	N/A	✓	N/A	✗
St. Ann's	✓	✓	✓	✓
St. Anthony of Padua	✓	✓	✓	✓
St. Edmonds Academy	N/A	✓	N/A	✗
St. Elizabeth	✓	✓	✓	✓
St. John the Beloved	⚠	⚠	⚠	✗
St. Mary of the Assumption	✓	N/A	✓	✓
St. Mary Magdalen	✓	✓	✓	✓
✓ = Full Eligibility ⚠ = Restrictions ✗ = Not Eligible N/A = Not Applicable Program				

Affiliated Programs	Parish	School	Religious Education	Community
St. Margaret of Scotland	✓	N/A	N/A	✓
St. Peters Cathedral	N/A	✓	N/A	✗
Ursuline	N/A	✓	N/A	✗
	✓ = Full Eligibility	△ = Restrictions	✗ = Not Eligible	N/A = Not Applicable Program

5.4 Sports Standards

5.4-1 Participation in any CYM Athletic program is not based solely on sports-eligibility requirements, but must follow strict guidelines for participant safety and participant development.

- **5.4-1.1** CYM Sports follows standard grade levels for sports-eligibility requirements.
- **5.4-1.2** In the event a program participant would like to play in a particular sport(s) not offered at their level, it is the decision of the athletic association representative to communicate the need to the office for restricted grade-levels for play-up date. The AAR must receive notice from the parent(s) and/or guardian(s) in writing and retain that agreement. The agreement does not need to be received by the Office for Catholic Youth, Young Adult and Family Ministry.
- **5.4-1.3** Participation in a restricted sport(s) is at the discretion of the parent(s) and/or guardian(s), and is the sole responsibility of the local affiliated program to provide the necessary disclaimers and information for competing at a higher grade level.
- **5.4-1.4** No special treatment or rule(s) modifications are given to participant(s) playing up a grade level.
- **5.4-1.5** Prohibited grade levels will not be considered for participants, regardless of a parent(s) or guardian(s) expressed intentions, due to the safety and well-being of the youth participant.

Sport	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade	7th Grade	8th Grade
Fall: Football	✗	✗	✓	✓	✓	✓	✓
Fall: Soccer	✗	△	✓	✓	✓	✓	✓

✓ = Standard △ = AAP/AD Clearance from Parent ✗ = Prohibited N/A = Not Applicable

Sport	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade	7th Grade	8th Grade
Fall: Volleyball (G)	✗	⚠	✓	✓	✓	✓	✓
Fall: Cross Country	⚠	✓	✓	✓	✓	✓	✓
Winter: Basketball	⚠	✓	✓	✓	✓	✓	✓
Spring: Baseball	✗	✗	✗	✗	✓	✓	✓
Spring: Softball	✗	✗	✗	⚠	✓	✓	✓
Spring: Volleyball (B)	✗	✗	⚠	✓	✓	✓	✓
Spring: Track & Field	⚠	✓	✓	✓	✓	✓	✓

✓ =Standard ⚠=AAP/AD ✗ =Prohibited N/A=Not
 Clearance from Applicable
 Parent

5.4 Sports Restrictions

5.4-1 No individual may play on a CYM team and a team involved in a league sponsored by a CDOW parish/school simultaneously.

5.4-1.1 Violation will result in the CYM team forfeiting all games in which the individual played and the individual will be removed from the CYM roster.

5.5 Miscellaneous Restrictions

5.5-1 An individual CYM athlete becomes ineligible for a CYM team when he/she attends a contest with a high school team, and is wearing the high school team uniform.

5.5-1.1 Individual athletes in 8th through 12th grade are prohibited from playing the same sport on a CYM team and a high school team, during the same sports season.

5.6 Parish In-House/Intramural Programs

5.6-1 An in-house or intramural program participant does not have to register with CYM Sports, including 2nd graders and under.

5.6-2 An in-house or intramural program participant may register with the CYM Sports if they meet the grade-level requirement of 3rd grade and up.

9) Athletics: 6.0 Codes Of Conduct

 cdowcym.org/empowering-disciples/athletics/codes-of-conduct/

CODES OF CONDUCT AND DISCIPLINARY SANCTIONS

6.1 GENERAL

UNDER REVIEW

6.2 Code Of Conduct For Administrators

UNDER REVIEW

6.3 Code Of Conduct For Coaches

- **6.3-1** It is the responsibility of all coaches to ensure that the “For Sake of God’s Children” policies for the Diocese of Wilmington are followed at all practices, games and team activities. (2223.9.11)
- **6.3-2** If the actions or attitude of a coach are found to be detrimental to the athletes or the CYM program, that coach will be subject to review and discipline. Disciplinary action can include, but is not limited to, probation, suspension, or dismissal, depending upon the circumstances. (2223.9.11.1)
- **6.3-3** Upon the completion of a period of suspension lasting more than 5 athletic contests, a coach must request reinstatement in writing to the CYM Athletic Advisory Committee (aac@cdow.org). This letter must indicate that the suspended coach has reviewed and will support the Statement of Purpose and Philosophy of CYM Athletics. The letter must also be reviewed and approved by the pastor of the parish or the principal of the school where the coach will be participating. (2223.9.11.2)

6.4 Code Of Conduct For Student-Athletes

UNDER REVIEW

6.5 Code Of Conduct For Spectators

- **6.5-1** Spectators may not file complaints with CYM concerning game officials, coaches, players or spectators. Only the head coach of a team may file a complaint. If a spectator has a complaint, he or she must wait 24 hours after the athletic contest and then bring the complaint to the head coach and/or AAP/AD. The head coach and AAP/AD will review the matter and decide how to proceed, including whether to bring the complaint to CYM. (2223.9.12)
- **6.5-2** Spectators should remember that they represent their parish and/school just as much as team members and coaches. Parents, guardians, other family members and friends must be models of sportsmanship for all of our youth athletes. Adults are expected to demonstrate positive support for all players of both teams and treat all coaches, officials and spectators with respect at practices or contests. (2223.9.12.1)
- **6.5-3** If a spectator attends an athletic contest when restricted from doing so, that spectator’s team will forfeit the contest (or, if the team lost, will have its playoff win count reduced by 1). A second occurrence will result in the team’s exclusion from playoffs, or in the case of a non-playoff team, termination of the team’s season. (2223.9.12.2)

- **6.5-3.1** Coaches and/or athletic associations are responsible for ensuring a spectator ban is enforced, and are expected to assist and cooperate with a referee, sports coordinator or Advisory Committee member who attends the game and acts to enforce a spectator ban. (2223.9.12.3)
- **6.5-3.2** Repeated or continuous inappropriate spectator conduct may result in sanctions against the team or athletic association, including forfeits, exclusion from playoffs, or dismissal from the league. (2223.9.12.4)

6.6 Ejections

- **6.6-1** If a coach or an assistant coach of a CYM team is ejected from ANY parish or CYM athletic contest, whether sponsored by CYM or not, the coach will be suspended. (2223.9.13)
 - **6.6-1.1** Head coaches will be suspended from the next athletic contest played by that team. (2223.9.13)
 - **6.6-1.2** Assistant Coaches will be suspended from the next two athletic contest played by that team. (2223.9.13)
- **6.6-2** If an athlete is ejected, the minimum suspension will be the next athletic contest played by that team. (2223.9.13.1)
- **6.6-3** If any spectator is ejected from an athletic contest, the minimum suspension will be from the next two athletic contests for that team. (2223.9.13.2)
- **6.6-4** The CYM Sports Coordinator may impose additional penalties for all players, coaches and spectators that are ejected after reviewing the facts of the case. (2223.9.13.3)
- **6.6-5** Suspended games will include playoffs and tournaments. (2223.9.13.4)
- **6.6-6** Two ejections for the same individual in any one athletic season will minimally result in a disqualification and seasonal ban for the remainder of that athletic season, including playoffs and tournaments. (2223.9.13.5)
- **6.6-7** If an ejection occurs in the last game for that team, a suspension will carry over to the playoffs, tournaments, next athletic season or next program year as determined by CYM Sports Leadership. (2223.9.13.6)
- **6.6-8** It is the head coach's responsibility to report all ejections to the CYM Sports Coordinator and to their AAP/AD within 24 hours of the athletic contest. Failure to do so may results in penalties imposed to that head coach or the team. (2223.9.13.7)
- **6.6-9** A member of the parish/school Athletic Association must be present at all athletic contest during all suspensions for that team. Any violations of the suspension will result in an immediate stoppage and forfeit by that team. (2223.9.13.8)

6.7 Penalties and Sanctions

6.7-1 Penalties, sanctions, and other disciplinary actions imposed on associations, administrators, coaches or spectators are at the sole discretion of the CYM Sports Office.

9) Athletics: 7.0 Protocols & Procedures

7.1 Complaints

- **7.1-1** A head coach may file a complaint with the CYM Office regarding an official, coach, player or other spectator.
 - 7.1-1.1 Coaches must first discuss the concern with the AAP/AD of their parish/school. The AAP/AD should consider whether to bring the pastor/principal into the conversation. (2223.9.14)
- **7.1-2** A player, parent, or spectator must first bring concerns or complaints to the head coach's attention for the head coach to address accordingly to CYM procedures. (2223.9.14.1)
 - 7.1-2.1 If the concern is about the head coach, it must be brought to the AAP/AD. (2223.9.14.1)
- **7.1-3** Complaints addressed to CYM may begin with a phone call, but also must be submitted in writing or by email, including the name of the complainant. All names will be kept confidential except by permission of the complaining person. (2223.9.14.2)
 - 7.1-3.1 Anonymous complaints will not be addressed. (2223.9.14.2)

7.2 Postponements/Forfeits/Cancellations

- **7.2-1** All games must be played according to the game schedule. (2223.9.15)
 - **7.2-1.1** CYM Sports promotes a full schedule for the athletic season to be completed. In some cases, this may not occur despite best efforts.
 - **7.2-1.2** CYM Sports and affiliated coordinators recognize that conflicts will arise, and will attempt to work with teams/coaches to reschedule games if appropriate and within 10.1.2 League Guidelines.
- **7.2-2** Coaches may not cancel or change any athletic contest for any reason unless authorized to do so by CYM. (2223.9.15.1)
- **7.2-3** Any team found refusing to travel to a scheduled location for league competition will suffer a forfeit, pay a fine equal to that of the game officials and be immediately rules ineligible for playoffs or postseason tournaments. (2223.9.15.2)
 - 7.2-3.1 Facility fees will be assessed if the competition is scheduled at a cost-associated location.
- **7.2-4** The CYM Sports Coordinator will make a decision on the postponement of all CYM athletic contests due to inclement weather, driving conditions or field conditions. (2223.9.15.3)
- **7.2-5** A decision made by the CYM office to postpone a contest is not reversible by any other authority. (2223.9.15.3)
 - 7.2-5.1 A coach may NOT postpone a scheduled contest unless authorized by CYM. (2223.9.15.3)
- **7.2-6** CYM regular season and playoff athletic contests will NOT be rescheduled due to tournaments or outside events. Forfeits will result if teams cannot participate due to lack of players. (2223.9.15.4)

7.2-6.1 All non-CYM sponsored leagues and events, travel programs, club sport events and any tournaments fall under this provision and 10.1.2 League Guidelines.

- **7.2-7** Notification is received directly to the coaches of impacted teams within three (3) days of a scheduling change. The change may be communicated through the appropriate program utilized by CYM for that program year, or via communications of the athletic association representative.

7.2-7.1 In the event of a rescheduling that is within 48 hours, an email and/or call will be directed to Athletic Association Presidents or Athletic Director with notice of a pending change and should be provided to the impacted participants.

7.3 Weather-Related Procedures

- **7.3-1** The CYM Sports program and its affiliated programs are subject to 10.1.11 Weather Guidelines.

7.3-1.1 The official forecast used for determining all weather-related decisions is the National Oceanic and Atmospheric Administration, National Weather Service.

- **7.3-2** No coach or administrator may cancel, postpone or change any athletic contest for weather-related reasons unless authorized to do so by the CYM Office/CYM Sports Coordinator.

7.3-2.1 If a facility is deemed unsafe by administration of the home team, they should contact the CYM office to determine viability before any other communication.

- **7.3-3** CYM follows strict guidelines on the communication of games and determines the final status of competition impacted by weather.

- **7.3-3.1** If no notification is officially published by CYM via email and/or scheduling program, the games are fully expected to take place.

- **7.3-3.2** If notification is officially provided by CYM via email and/or scheduling program, a decision on game cancellations will be determined the day of competition, no later than 8am for morning games, 11am for afternoon games, and 4pm for evening games. In the event of a severe forecast, this may be provided earlier.

- **7.3-3.3** All communication on cancellation(s) are conducted through auto-generated emails to head coaches, and emailed to AARs.

- **7.3-4** In the event of a cancellation that is weather-related in origin, coaches and athletic association representatives should follow 7.4 Rescheduling Procedure for approved rescheduling for any games.

7.4 Rescheduling Procedure

- **7.4-1** Games will be rescheduled due to weather-related issues, provided CYM has available facilities and field permits. (2022.8.15)
- **7.4-2** CYM may move all games to a future date, provided the schedule has availability and allows for the adjustment.
- **7.4-3** Game approved for weather rescheduling must be completed prior to last originally scheduled date of competition for that division or championship, whichever comes earlier.
- **7.4-4** Games will be rescheduled through specific processes, required to be completed by coaches and in consultation with local athletic association representative(s).
- **7.4-5** The CYM process follows strict guidelines on how approved changes, including weather-related postponements, are subject for rescheduling.

- **7.4-5.1** In the event a rescheduling is required, predetermined procedures should be conducted by the local affiliated participants for rescheduling.
- **7.4-5.2** The predetermined procedure and only acceptable rescheduling procedure is as followed:
 - Once notice is received regarding an approved rescheduling, all head coaches and AARs must be notified by a single party involved in the rescheduling.
 - Head Coaches and/or AAR's for each impacted team should agree on a time, date, and location during a team's practice slot during week. Team's also have the option of playing doubleheaders and/or rescheduling at the beginning or end of a set of games on weekends.
 - Once all preliminary requirements are met by the local level and agreement is complete, an email should be sent to the appropriate CYM coordinator whom will procure officials for the match/game.
 - Confirmation that the game has been received by the office will be listed under the scheduling program and auto-generated email sent out to head coaches.
- **7.4-5.2** In the event a rescheduling is required due to facilities, the home affiliated program to the facility will reach out to the visiting team's head coach and AAR.
- **7.4-6** CYM Representatives cannot guarantee that an official, referee, or umpire will be available for a rescheduled game.

7.5 Protest

- **7.5-1** There is a difference between an official protest regarding the interpretation of rules during an athletic contest and filing a complaint about the conduct of a player, coach or spectator.
 - **7.5-1.1** No athletic contest will be replayed even if the game officials misapplied or misinterpreted a rule.
 - **7.5-1.2** A head coach is permitted to file a protest to ensure no further contests are disrupted.
- **7.5-2.1** A process must be followed in order for an appeal to be recognized by the CYM Sports Office and/or their representatives.
 - If a coach believes that an official's application of a rule may have been misapplied or misinterpreted, it is the responsibility of the coach to immediately notify the game official. See NFHS rules concerning correctable errors.
 - If after a contest, the head coach still feels that an official has misapplied or misinterpreted a rule during a contest, the head coach may submit in writing to the office for Catholic Youth Ministry a summary of the circumstances. The CYM Sports Coordinator will review and follow up with the organization of the officials that worked the game.

7.6 Appeals

- **7.6-1** Appeals of any decision made by the CYM Director of Youth Sports must be submitted in writing within one week of the ruling being received by the coach, player or spectator.
 - **7.6-1.1** The CYM Sports Coordinator will have sole determination on whether the appeal is accepted to move forward.

- **7.6-1.2** Appeals accepted will be sent to the CYM Sports Coordinator, who will then forward the appeal to the Athletic Advisory Committee.
- **7.6-1.3** An appeal must be submitted in writing, with all support documentation, within one week of initial communication.
- **7.6-2** Discipline decisions remain in effect prior to and during the review of the appeal until a decision is reached by the Athletic Advisory Committee.
 - **7.6-2.1** The Athletic Advisory Committee decision, including whether an in-person meeting will be required, will generally be shared first with the CYM Sports Coordinator and then sent back to the person making the appeal by the CYM Sports Coordinator.
 - **7.6-2.2** Any in-person meeting has a pre-determined date and time set by the office. In most cases, this occurs after the season and with necessary quorum of AAC members present.
- **7.6-3** Decisions and recommendations of the Athletic Advisory Committee will be final and cannot be escalated any further.
 - **7.6-3.1** Decisions of game officials (this is different than a protest), including technical foul/unsportsmanlike conduct fouls cannot be appealed.
 - **7.6-3.2** Ejections and minimum suspensions for ejections, applying to players, coaches and spectators, cannot be appealed.

9) Athletics: 8.0 Playing Field, Mission Field

IN STANDARD GUIDELINES FOR CHART DEVELOPMENT IN 2026-2027.

Overview: This section outlines the purpose, structure, and guiding principles of penalties, sanctions, and disciplinary actions within the CYM Sports Program. Rooted in the purpose of forming youth in the spirit of faith, character, community, and good sportsmanship, this framework exists not as a form of punishment but as a means of accountability, formation, and protection. It is not just about the playing field, but our mission field.

The primary purpose of this section is to ensure that all participants, regardless of athletes, coaches, officials, parents, and administrators, uphold the values of respect, integrity, safety, and Christian witness in their words, actions, and interactions. When conduct falls short of these standards, appropriate and fair disciplinary measures are necessary to address the issue, guide correction, and safeguard the dignity and well-being of all involved.

Disciplinary procedures are guided by principles of restorative justice, consistency, due process, and pastoral care. They are designed to:

- Maintain a safe and respectful environment for all participants.
- Provide clear consequences for violations of rules, codes of conduct, or ethical standards.
- Offer opportunities for reflection, growth, and reconciliation.
- Support the authority of the program while modeling Christ-centered leadership and compassion.

All penalties, sanctions and disciplinary actions imposed are subject to adjustment on a case-by-case basis. In some aspects, this is due to time sensitive ruling(s) or through the referrals by the Athletic Advisory Committee.

This section applies to infractions related to player conduct, coaching behavior, spectator interference, eligibility violations, unsportsmanlike behavior, and any actions contrary to CYM policies or the spirit of Catholic teaching. By addressing such matters with clarity and consistency, CYM affirms its commitment to forming young people as empowered disciples on the playing field and off in the mission field, and embodies justice, humility, and love of neighbor.

8.1 Penalties, Sanctions, and Disciplinary Actions

8.1-1 The Office for Catholic Youth, Young Adult and Family Ministry may refer an incident(s) that do not align with the mission, and/or Confidentiality Agreement, Volunteer Covenant Agreement, and Safe Environments Guidelines for disciplinary sanctions, based on various factors.

Non-Physical Offenses (Player)	Minimum	Disciplinary Action	Additional Action
	Game(s) Suspension		
Insulting, Belittling, Insinuating or Taunting Behavior towards Administrators, Coaches, Officials or Student-Athletes	Warning	N/A	TBD

Non-Physical Offenses (Player)	Minimum Game(s) Suspension	Disciplinary Action	Additional Action
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non-physical) Language	1	N/A	TBD
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening Language	2	Referred to AAC and/or Office for corrective action(s)	Placed on Administrative Suspension; a final determination and report will be provided to AAR
Offensive or Discriminatory Act	3	Referred to AAC and/or Office for corrective action(s)	Placed on Administrative Suspension; a final determination and report will be provided to AAR
Continued violations of Non-Physical Offenses	Referred to Office for Sanctions	Referred to AAC and/or Office for corrective action(s)	Placed on Administrative Suspension; a final determination and report will be provided to AAR

Non-Physical Offenses (Coach)	Minimum Game(s) Suspension	Disciplinary Action	Additional Action
Insulting, Belittling, Insinuating or Taunting Behavior towards Administrators, Coaches, Officials or Student-Athletes	Warning	N/A	Placed on Probation for remainder of season
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non-physical) Language	2	N/A	Placed on Probation for remainder of season
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening Language	6	N/A	Placed on Probation for remainder of season
Offensive or Discriminatory Act	Indefinite	Revoked Volunteer Status; Resigning of Agreements	Placed on Administrative Suspension; a final determination and report will be provided to AAR
Continued violations of Non-Physical Offenses	Referred to AAC and/or Office for corrective action(s)	Referred to AAC and/or Office for corrective action(s)	Placed on probation for remainder of season for sport(s)

Non-Physical Offenses (Spectator)	Minimum Game(s) Suspension	Requirements	Additional Action
Insulting, Belittling, Insinuating or Taunting Behavior towards Administrators, Coaches, Officials or Student-Athletes	1	1 game suspension. Spectator will not be allowed at the site of any CYM competition.	Placed on Probation for remainder of season
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non-physical) Language	3	3 game suspensions. Spectator will not be allowed at the site of any CYM competition.	Placed on Probation for remainder of season for sport(s). Referred to Association.
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening Language	6	3 game suspensions. Spectator will not be allowed at the site of any CYM competition.	Placed on Probation for remainder of season for sport(s). Referred to Association.
Offensive or Discriminatory Act	Indefinite	Referred to Office for Disciplinary Actions	Placed on Administrative Suspension; a final determination and report will be provided to AAR.
Continued violations of Non-Physical Offenses	Referred to AAC and/or Office for corrective action(s)	Referred to AAC and/or Office for corrective action(s)	Placed on probation for remainder of season for sport(s)

Non-Physical Offenses (Affiliated Programs)	Minimum Game(s) Suspension	Disciplinary Action	Additional Action
Failure to show for scheduled game	Forfeit	Charged and assessed fees for officials and facilities (if applicable)	Team ruled ineligible for postseason play (after two [2] forfeits)
Insulting, Belittling, Insinuating or Taunting Behavior towards Administrators, Coaches, Officials or Student-Athletes, Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non-physical) Language	Investigation; Probation of Individual(s) responsible	Referred to Office for Sanctions	Places sport-specific program on administrative probation for season
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening Language	Investigation; Probation of Individual(s) responsible	Referred to Office for Sanctions	Places sport-specific program on administrative probation for season
Offensive or Discriminatory Act	Forfeiture of all remaining game(s)	Ruled ineligible for postseason play	Placed on probation for following program season

Non-Physical Offenses (Affiliated Programs)	Minimum Game(s) Suspension	Disciplinary Action	Additional Action
Continued violations of Non-Physical Offenses	Referred to AAC and/or Office for corrective action(s)	Referred to AAC and/or Office for corrective action(s)	Placed on probation for remainder of season for sport(s)
Physical Offenses (Player)	Minimum Game(s) Suspension	Disciplinary Action	Additional Action
Minor Deliberate Aggression	1	N/A	N/A
Pushing, Grabbing, Pulling, Squeezing, Pitching, Lightly Slapping, Use of Object in Non-striking Manner, or physical property damage	2	Season Probation	Referred to AAC
Hitting, Punching, Elbowing, Kicking, Biting, Spiting, Choking, Tackling, Throwing, or Use of Object or any part of body in Striking Manner.	Suspended for program year	Referred to office for reinstatement	Placed on probation for remainder of CYM eligibility
Physical Offenses (Coach)	Minimum Game(s) Suspension	Disciplinary Action	Additional Action
Minor Deliberate Aggression	3	3 game suspension. Coach will not be allowed at the site of any CYM competition	N/A
Pushing, Grabbing, Pulling, Squeezing, Pitching, Lightly Slapping, Use of Object in Non-striking Manner, or physical property damage	6	6 game suspension. Coach will not be allowed at the site of any CYM competition	Referred to AAC for competition site ban.
Hitting, Punching, Elbowing, Kicking, Biting, Spiting, Choking, Tackling, Throwing, or Use of Object or any part of body in Striking Manner.	Dismissed from Program	Coaching Clearances Revoked.	Referred to Association+
Unsportsmanlike Offenses (Affiliated Programs)	Corrective Action	Additional Actions	
Illegal/ineligible Use of Player(s) in Practice(s) or Games	Forfeit(s) Game(s) where illegal/ineligible player is used; Team ruled ineligible for postseason play for season.	Referral to Athletic Advisory Committee	

Unsportsmanlike Offenses (Coaches)	Corrective Action	Additional Actions
Confrontation with another coach, player, spectator, or official (non-physical)	Three (3) Game Suspension	Probation For Program Year
Confrontation with another coach, player, spectator, or official (physical)	Suspension For Program Year	Must be reinstated by AAC and/or Office
Unsportsmanlike Offenses (Players)	Corrective Action	Additional Actions
Unsportsmanlike Conduct (Technical Foul, Card(s), unsportsmanlike penalties)	1st – Warning 2nd – Warning 3rd – One Game Suspension 4th – One Game Suspension	Reviewed for increased disciplinary actions.
Unsportsmanlike Offenses (Spectators)	Corrective Action	Additional Actions
Arguing with officials, offensive language, or similar unsportsmanlike conduct	Ejection from Site of Competition	Banned from being at the site and property of competition for two games

9) Athletics: 9.0 Legacy Policies

 cdowcym.org/empowering-disciples/athletics/legacy-policies/

(Originally CYM Oversight Section; Has Moved to 8.0 Playing Field, Mission Field)

9.1 Legacy Guidelines

9.1-1 Legacy policies, athletic guidelines, and commentary, prior to the 2025-2026 program year, may be referenced to formulate an opinion and determination on by-laws not available in the Athletics Handbook for rulings.

9.1-2 Legacy policies may be referenced back to the original implementation of Empowering Disciplines, established by the Diocese of Wilmington's Office for Catholic Youth, Young Adult and Family Ministry.

9.1-3 Legacy policies are historically accepted by-laws and practices of the program, unless otherwise noted.

9.2 CYM Commitment & Divisional Alignment

9.2-1 Individual players are expected to commit to their CYM team. This means attending practices and games of the CYM team over that of other athletic teams when conflicts arise. This agreement is covered in the Parental Consent & Release Form on On-Line Registration. (2023.10.26)

- **9.2-1.1** Club, travel, and/or non-CYM affiliated school competitions will NOT be considered for schedule conflicts unless expressed in location and team conflict sheets. Even if expressed, the office and affiliated CYM Coordinators may not be able to accommodate.
- **9.2-1.2** In the event of a conflict, a team(s) below the minimum number of accepted players may be required to forfeit, including but not limited to: regular season, postseason, and championships.

9.2-2 Division Alignment will be decided by the Appropriate CYM staff member, Coordinator of the sport and/or Division Alignment Sub-Committee of the Athletic Advisory Committee. Guidelines have been established and approved by the Athletic Advisory Committee and will be reviewed at pre-season coaches meetings. (2023.10.26)

9.3 Athletic Contest and Games

9.3-1 Every effort will be made to give all teams in a particular sport the same number of games. The CYM Office and CYM Sport Coordinators will set the number of games per sport per division with consideration given to the number of teams, availability of gyms/fields and the number of weeks in a season. (2022.08.15)

9.3-2 Once the schedule is published there will hopefully be no further changes to schedules. Any team that knows they will not have enough to field a team should notify the CYM Sport Coordinator early enough so that officials can be cancelled. (2022.08.15)

9.3-3 Two forfeits for any reason in any one season will result in that team be ineligible for post season playoffs or tournaments. (2022.08.15)

9) Athletics: – 10.1 Universal Guidelines

Overview: The Universal Guidelines serve as the foundational lens through which all CYM sports rulebooks and policies should be understood and applied. This guiding framework assists coaches, spectators, and all members in the overall administration and organization of the program within our community. In addition, this promotes integrity, honesty, and accountability within a program dating back over 90 years.

In youth sports, particularly those under the umbrella of Catholic Youth Ministry Sports, rules and policies are not solely about regulation; they are about safety, fairness, and character development. Every rule, eligibility standard, disciplinary procedure, and athletic policy exists to foster an environment where young athletes can thrive physically, emotionally, and spiritually. This environment also fosters a byproduct for all, and can be mirrored by adults.

The rules and policies set forth are anchored in the belief for a more organized and structured model, designed to cultivate values such as integrity, respect, fairness, and self-discipline among all involved. They should be taken seriously and with the utmost respect towards the spirit of the game.

The following provides general guidelines and policies that cover the scope of all sports offered within CYM Sports. These shall stand alongside each sports-specific handbook, to form the governing document of the individual sports programs.

10.1.1 General Guidelines

- **10.1.1-1** Rulebooks for sports are the official publications of Catholic Youth Ministry in the Diocese of Wilmington, and shall be followed.
 - 10.1.1-1.1** All previous rulebooks are rendered invalid at midnight on July 31st of each calendar year.
- **10.1.1-2** Rulebooks may not be altered, modified, suspended, or changed without the expressed written consent of the CYM Sports Coordinator.
 - 10.1.1-1.2** The CYM Sports Coordinator may refer rule interpretations to the Athletic Advisory Committee at any time.
- **10.1.1-3** Rulebooks may be altered, modified, or amended by a sport's CYM Coordinator if, in the opinion of the CYM Sports representative, is deemed necessary for the safety of student-athletes, or further rule clarification required.
- **10.1.1-4** The CYM Sports Coordinator may revise, modify, suspend or add an addendum to any sports-specific rulebook, if deemed necessary.
- **10.1.1-5** CYM Sports and the Diocese of Wilmington reserve the right to add-on, modify, postpone, or cancel any season.
- **10.1.1-6** Any Catholic parish or school in the Catholic Diocese of Wilmington is welcome to join any CYM league or CYM activity registration.

10.1.2 League Guidelines

10.1.2-1 All CYM league, playoff, and championship scheduling will take precedence and be played at their scheduled time.

- **10.1.2-1.1** CYM Sports Leadership will not revise, nor adjust league scheduling for high school, club, parish, school or travel sports events.
- **10.1.2-1.2** CYM Sports Leadership will not revise, nor adjust playoff scheduling for high school, club, parish, school or travel sports events.
- **10.1.2-1.3** CYM Sports Leadership will not revise, nor adjust championship scheduling for high school, club, parish school or travel sports events.
- **10.1.2-1.4** CYM Sports Leadership will not revise, nor adjust any sport schedules for affiliated program tournaments or eligibility requirements.
- **10.1.2-1.5** CYM Sports Leadership may adjust any sports schedule for affiliated programs, provided schedule development has not occurred, the instance is a isolated occurrence, and/or appropriate rationale is available to suggest a change. (ex. funeral, severe weather, public health concerns, rescheduling of parish-based youth event)
- **10.1.2-1.6** Programs must disclose all parish and school base events, and/or coach or travel conflicts during preseason submissions.
- **10.1.2-1.7** Programs are never guaranteed a change in schedule once a deadline has passed.
- **10.1.2-1.8** *(Original 10.1.2-1.8)* Failure to adhere to the schedule as posted may result in forfeit, official and facility penalties, and/or referred for disciplinary actions.

10.1.3 Divisional Guidelines

- **10.1.3-1** The CYM Sports Office retains the right and sole discretion for the placement of teams in a division.
 - **10.1.3-1.1** The CYM Sports Office will not change teams that are placed in a division after a division or sport schedule has been developed and/or posted.
 - **10.1.3-1.2** Once a team is placed in a division, either by request of local program or the affiliated CYM Coordinator, the team is to remain in that division for the duration of the season, regardless of imbalances or results.
- **10.1.3-2** The CYM Sports Office reviews and utilizes results from the previous program year(s) to determine the recommended placement of teams in a division.
 - **10.1.3-2.1** The CYM Sports Office and CYM Coordinator(s) may ask for recommendations from coaches regarding their teams, but this is not guaranteed each season.
 - **10.1.3-2.2** In the event of an imbalanced schedule or results, it remains the responsibility of the coach to provide a positive and healthy experience. Recommendations may include the scheduling of scrimmages or placement in tournaments at lower level.
 - **10.1.3-2.3** At the review of the CYM Coordinator(s), a team may be moved for postseason.
 - **10.1.3-2.4** At the review of the CYM Coordinator(s), a program failing to meet a deadline may be eliminated from considerations in the program league, or be placed with a reduced schedule.
- **10.1.3-3** The CYM Sports Office may grant exceptions to teams, based on the knowledge of that program's experience level, for determining and placing in divisions prior to the season. (i.e.

- smaller school vs. larger school; historically successful programs vs. introductory programs)
- **10.1.3-4** The CYM Sports Office will not have play-in games prior to season for determining divisions.

10.1.4 Postseason Guidelines

- **10.1.4-1** The CYM Office will determine playoff alignment for all sports. (2022.08.15)
- **10.1.4-2** Each sport may have their own set of rules around teams that are eligible or ineligible for playoffs. (2022.08.15)
- **10.1.4-3** Required qualifications that apply to all sports include: less than two forfeits for any reason(s) and no team suspensions due to ejections, ineligible players or actions by coaches, players or spectators. (2022.08.15)
 - **10.1.4-3.1** There is no individual athlete qualifications. The office may institute such qualifications at any time from the last, previous established policy (i.e. August 15th 2022).
- **10.1.4-4** CYM will have playoffs for most varsity sports. (2022.08.15)
 - **10.1.4-4.1** All postseasons will be a single elimination brackets, utilizing standings kept throughout the season. (2022.08.15)
 - **10.1.4-4.2** Playoff seeding will be based off team records. (2022.08.15)
- **10.1.4-5** In the event of a tie-breaker in total wins for determining seeding, CYM utilizes third-party verification to make determinations
 - **10.1.4-5.1** The generally accepted tiebreaker applied to all sports, all divisions, in their respective order: 1) Total Wins, 2) Head-to-Head, 3) Lowest Number of Forfeits, 4) Coin-Toss.
- **10.1.4-6** Ties for final regular season league standings or playoff seeding will not require a play-in contest. (2022.08.15)

10.1.5 Championship Guidelines

- **10.1.5-1** The CYM Office will determine championship viability for all sports.
- **10.1.5-2** Each sport may have their own set of rules around teams that are eligible or ineligible for championships.
- **10.1.5-3** Each team represented in a championship will be audited.
 - **10.1.5-3.1** All rosters, including participating youth and coaches, will be verified at the site of competition.
 - **10.1.5-3.2** In the event a team is ineligible for a championship and competes, the Athletic Advisory Committee will review the discrepancy and declare the roster valid or invalid.
 - **10.1.5-3.3** In the event an Athletic Advisory Committee recommendation declares a roster invalid, no replay of the championship will occur and the champion will be declared vacant for that year.
- **10.1.5-4** CYM will have championships for most varsity sports.
 - **10.1.5-4.1** CYM recognizes the SMM JV Football Tournament, SMM JV Volleyball Tournament, SMA JV Basketball Tournament, Holy Angels Madness Pre-JV Basketball Tournament, and St. Ann's Little Kids Track Championship as unofficial championship opportunities.

10.1.6 Score Submission Guidelines

- **10.1.6-1** All Head Coaches are required to provide a valid email, through the CYM Registration process to receive auto-generated score emails.
 - **10.1.6-1.1** AARs and/or locally recognized coordinators may request to be listed as the secondary contact for auto-generated score emails.
 - **10.1.6-1.2** AARs and/or locally recognized coordinators must list the Head Coach as “Coach” in the database in order to properly be listed and receive communication.
- **10.1.6-2** Head Coach for the winning team shall submit the score at the conclusion of the game, via auto-generated score submission.
 - **10.1.6-2.1** Head Coach for the losing team may submit the score at the conclusion of the game, via auto-generated score submission, but not required.
 - **10.1.6-2.2** In the sport of volleyball, only the number sets won should be included (ex. 2-1, 2-0)
- **10.1.6-3** All teams are required to submit scores, regardless of a divisions without standings or postseason, for the purposes of divisional alignments for the following year.
 - 10.1.6-3.1** At the request of a Tournament Organizer, the CYM Sports Office may provide tournament with standings and scores for the purposes of organizing those tournament in divisions such as high school, junior varsity, or pre-jv.

10.1.7 Uniforms Guidelines

- **10.1.7-1** All players are required to wear the appropriate equipment for respective sports, and shall be deemed part of the uniform.
- **10.1.7-2** All player uniforms are required to include a jersey, shorts/pants, socks, and suitable shoes for their sport.
 - **10.1.7-2.1** All teams are required to possess matching home and away jersey, reversible, or alternative shirt for competition.
 - **10.1.7-2.2** Teams listed as the home team shall wear dark jerseys.
 - **10.1.7-2.3** Teams listed as the away team shall wear white/light color jerseys.
- **10.1.7-3** All player uniforms require a number to identify the participant, and must be the specifications of NFHS if appropriate (ex. basketball).
- **10.1.7-4** Apparel under the jersey must meet the specifications of their respective sports (ex. basketball, soccer).
 - 10.1.7-5** Exceptions may be made to apparel under the jersey.

10.1.8 Sportsmanship Guidelines

- **10.1.8-1** The home team is responsible for leading the Sportsmanship Prayer, prior to the start of the game.
 - **10.1.8-1.1** At a location where speakers are available, the following should take place:
 1. The Sportsmanship Prayer is read aloud to all coaches, players, and spectators at the site of competition.
 2. Immediately following as teams have final pregame meeting, the Sportsmanship Pledge should be read aloud to spectators.

- **10.1.8-1.2** An alternative prayer among teams can occur at the conclusion of the game, provided it is the last game at a facility or off to the side.

10.1.9 Communication Guidelines

COMMUNICATION MATRIX

- **10.1.9-1** The Athletic Association Representative (AAR) is the established contact for the CYM Office and Diocesan CYM Sports Leadership.
 - 10.1.9-1.1** The AAR of an affiliated program is required to be included on all correspondence and messages regarding CYM games, events, and activities along with all concerns, unless expressed otherwise.
- **10.1.9-2** All individuals must respect a 24-hour no contact rule, prior to voicing a concern or opinion.
 - **10.1.9-2.1** In the event of an emergency, the AAR shall reach out to the CYM Sports Office.
 - **10.1.9-2.1** In the event of an emergency, a locally recognized coordinator or coach shall reach out to the recognized CYM Coordinator for resolving.
- **10.1.9-3** All communication, either written or verbal, must be aligned with CYM policy standards and must remain respectful within policy and mission.
 - 10.1.9-4** All volunteers are subject to the Acceptable Use of Technology for Volunteers that the compliance office is required to complete at the local level.
- **10.1.9-4** All communication must follow strict communication guidelines and pathways, provided by the CYM Communication Matrix:
 1. Youth participants should communicate with parents regarding questions, clarifications, request and/or concerns.
 2. Parents should communicate with coaches regarding questions, clarifications, request and/or concerns.
 3. Head Coaches should communicate with local coordinators, if applicable, regarding questions, clarifications, request and/or concerns.
 4. Locally recognized coordinators should communicate with the respective sport's CYM Coordinator and/or AAR regarding questions, clarifications, request and/or concerns.
 5. The AAR should communicate with the respective affiliated CYM Coordinator and CYM Sports Coordinator. In some instances, when appropriate, should also communicate with their local leaders, including pastor or principal.
- **10.1.9-5** Representatives of an affiliated program (participant, volunteer, coach, administrator) can be held liable for violations in agreements signed on the CYM registration.
 - **10.1.9-5.1** The CYM Office reserves the right to request a phone call regarding communications.
 - **10.1.9-5.2** The CYM Office reserves the right to request a meeting regarding communications.
 - **10.1.9-5.3** The CYM Office reserves the right to seize communications, if continued communication is disruptive.
 - **10.1.9-5.4** The CYM Office reserves the right to discipline accordingly regarding communication failures or inappropriate communications.

10.1.10 Medical Guidelines

- **10.1.10-1** Injuries, other than head injuries, will only be reported at the parish/school athletic association level and not to the CYM Office. (2223.9.17)
 - **10.1.10-1.1** Athletic Associations are directed to implement policies and maintain records to deal with player injuries and ensure player safety. (2223.9.17)
 - **10.1.10-1.2** The CYM Office, or any game official, reserves the right to remove a player from a game if the player appears to be hurt or otherwise playing under unsafe physical conditions. (2223.9.17)
- **10.1.10-2** An athlete that has asthma may not practice or play in games/athletic contests unless the coach has possession of an inhaler, with the athlete's name inscribed on the inhaler, and the athlete is able to administer the inhaler without aid. (2223.9.17.1)
- **10.1.10-3** An athlete that is allergic to bee stings and has a history of anaphylactic reaction may not practice or play in games/athletic contests unless the coach has possession of an EPI-PEN with the athlete's name inscribed on the EPI-PEN and the athlete is able to administer the EPI-PEN without aid. (2223.9.17.2)
- **10.1.10-4** Mouth guards are required for all participants with metal dental appliances, and are recommended for all contact sports.
 - **10.1.10-4.1** Mouth guards may be of any color, including clear or white.
 - **10.1.10-4.2** Participants that do not have a mouth guard, but have braces are prohibited from participating without the required mouth protection.
- **10.1.10-5** All CYM coaches are responsible for reading and being familiar with the "Concussion Handout for Parents" and making certain all parents/guardians of team members have a copy of this handout. (2223.9.17.3)
 - **10.1.10-5.1** In the event an athlete receives a potential head injury during a practice or game/athletic contest the athlete must be seen by a physician who is required to clear them to return to play. (2223.9.17.3)

A concussion is a traumatic brain injury.

Signs and symptoms may show immediately or may not appear for 24-48 hours.

Please promptly refer to concussion training procedures through NFHS training.

10.1.11 Weather Guidelines

- **10.1.11-1** The CYM Sports Coordinator, in consultation with CYM Coordinators, will make a decision on the postponement of all CYM athletic contest due to inclement weather, driving conditions or field conditions. (2022.08.15)
 - **10.1.11-1.1** A decision made by the CYM Office to postpone a contest is not reversible by any other authority. (2022.08.15)
 - **10.1.11-1.2** A coach may NOT postpone a scheduled contest unless authorized by CYM for any reason, including weather.
 - **10.1.11-1.3** A decision on practices, due to weather or field conditions, will be left to each individual parish and school. (2022.08.15)

- **10.1.11-1.4** Coaches and/or Coordinators should review 7.0 Protocols and Procedures as it relates to cancellation of games and rescheduling process.
- **10.1.11-1.5** Diocesan CYM Sports Leadership can not guarantee an athletic contest will be made-up, depending on various factors. Best efforts will be made to accommodate a program-wide weather postponement, provided available facilities and field permits are available, along with officials.
- **10.1.11-2** Any sign of lightning or sound of thunder requires all activities outdoors to cease immediately. (2022.08.15)
 - **10.1.11-2.1** Players, coaches and families must be moved off the practice, game, or meet area and are encouraged to move inside or to their cars. (2022.08.15)
 - **10.1.11-2.2** The athletic event may not resume for a minimum of 30 minutes from the last sound of thunder, or the last sign of lightning. (2022.08.15)
 - **10.1.11-2.3** If, after an hour, play has not resumed, the athletic contest will be abandoned. The continuation or results of the game will be determined by the CYM Sports Office.

9) Athletics: – 10.2 Baseball Rulebook

Previous Version: 2024-2025 Baseball Rules

10.2.1 General Guidelines

- **10.2.1-1** If a rule in the sport of baseball is not specifically addressed or contained herein, NFHS (“Federation”) rules shall be applied.
 - **10.2.1-1.1** DIAA, Little League, and/or USA Baseball guidelines may be referred to and applied in certain situations when deemed appropriate.
 - **10.2.1-1.2** No coach or coordinator at the affiliate level shall alter, revise, or change any rules prior to, during, or after the conclusion of competition.
- **10.2.1-2** The CYM Sports Coordinator and CYM Baseball Coordinator are the lead rules interpreter for the sport of baseball within CYM Sports programming.
 - 10.2.1-2.1** Interpretation of all CYM Sports rulings and governing rules for the sport of baseball will be declared final by the CYM Sports Coordinator.
- **10.2.1-3** The CYM Baseball Coordinator is the lead representative and organizer for the sport of baseball within CYM Sports programming.
- **10.2.1-4** The Baseball Ambassador is the lead advocate for all affiliate coaches within CYM Sports programming.
 - 10.2.1-4.1** Head Coaches may suggest rule changes to the Baseball Ambassador or CYM Baseball Coordinator prior to or after season.

10.2.2 Administration of Baseball

- **10.2.2-1** A team registration should consist of 11 participants in order to compete in CYM Sports Baseball.
 - **10.2.2-1.1** A team may register less than 11, provided they meet the minimum + 1 required to field a team on the field or a second team is formed to compete in competition. Teams should also take into consideration pitchers required and pitch counts when forming a program.
 - **10.2.2-1.2** The Office will not reschedule due to shortage of players on a team, and will result in an administrative forfeit if a team lacks the required, registered players for the game.
 - **10.2.2-1.3** Any game that is forfeited due to lack of players and/or coaches where officials show up to officiate will result in a financial charge to that parish/school equal to the cost of the officials and is subject to addition penalties included, but not limited to facility fees.
 - **10.2.2-1.4** Forfeited games will not be made up.
- **10.2.2-2** Teams are placed in divisions in accordance with section 10.1.3 Divisional Guidelines.
- **10.2.2-3** Team Submission and Location Availability/Parish Conflicts are released on February 1st of each year for administrators.
 - **10.2.2-3.1** The deadline to submit all forms is March 1st.

- **10.2.2-3.2** CYM reserves the right to move forward without an affiliated program, once the deadline has passed to submit forms.
- **10.2.2-3.3** All conflicts, including those of the coach and team, must be placed on the conflict sheets. Once the conflicts are placed, games will not be adjusted unless it follows 10.1.2 League Guidelines.
- **10.2.2-4** Games will begin for all divisions on the final weekend of March or first weekend of April, whichever is earlier and facilities are available.
 - **10.2.2-4.1** Games will play through to Holy Week, and pause beginning on Holy Wednesday. No games or CYM activities may be conducted during the Catholic Triduum.
 - **10.2.2-4.2** Games will not be played between Memorial Day Weekend, between Thursday to Monday.
 - **10.2.2-4-3** All games must conclude by the first Friday of June.
- **10.2.2-5** Playoffs will begin in the middle of May for divisions offering postseason competition, and end prior to Memorial Day weekend. In the event of weather-related events pushing the schedule back, postseason may extend past Memorial Day.
 - **10.2.2-5.1** A team must compete in a minimum of 7 games in order to participate in postseason activities.
 - **10.2.2-5.1** In the event that a team(s) have an unbalanced amount of games played, the first eight will be considered for standings.
- **10.2.2-6** Each team should plan for nine games; however, the office reserves the right to reduce games based on the availability of facilities.
 - **10.2.2-6.1** The amount of games for the season is ultimately determined by the CYM Sports Coordinator and the Office.
- **10.2.2-7** No coach, parent, or coordinator is authorized to change a game without the expressed written consent of the CYM Office and the appropriate CYM Baseball Coordinator.

10.2.3 Equipment

- **10.2.3-1** All divisions will use a “Babe Ruth” or “Senior League” baseball of any brand.
 - **10.2.3-1.1** Each team will supply two game balls per game.
- **10.2.3-2** All divisions must use baseball bats approved by NFHS (up to a -3) and have BBCOR seal label visible.
- **10.2.3-3** All catchers must wear a mask with throat protector, chest protector, head protector, protective cup and shin guards.
 - **10.2.3-3.1** Catchers may elect to wear hockey-style mask that meets NOSCHE requirements.
- **10.2.3-3** The home team must provide bases for games, including neutral site locations.
- **10.2.3-4** The visiting team will provide a scoreboard operator if available at the facility, provided the host facility or gym does not provide one.
- **10.2.3-5** Uniforms must fall in accordance with 10.1.7 Uniform Guidelines.
- **10.2.3-6** Players may not wear any jewelry, including earrings during games.
- **10.2.3-7** Teams must bring their own practice balls for games, including when playing at neutral locations.

10.2.4 General Game Regulations

- **10.2.4-1** Game Length: The duration and length of games are set by the Office for Catholic Youth, Young Adult, and Family Ministry, in consultation with CYM Coordinators, Athletic Advisory Committee and facility availability in the present-day landscape of the Catholic Diocese of Wilmington.
 - **10.2.4-1.1** All games in the Diocesan Catholic League will consist of 7 innings, including playoffs.
 - **10.2.4-1.2** All games in subsequent leagues will consist of 6 innings, including playoffs.
- **10.2.4-2** Stopped Games: any game stopped due to weather, darkness, or permit expiration will be considered complete if four (4) full innings were played, or if 3 1/2 innings were played and the home team is ahead.
 - **10.2.4-2.1** If fewer innings were played, the game will be considered a suspended game, and will be played from the point where the game stopped at the next schedule game of both teams. If this is the final game of the regular season, the game will be abandoned and follow 10.2.2 Administration of Baseball procedures for determining postseason.
 - **10.2.4-2.2** All stopped games should be emailed by both coaches to the CYM Sports Office and CYM Baseball Coordinator with the inning that the game stopped, how many outs, how many on base, and the pitcher (pitch count) and batter.
 - **10.2.4-2.3** Coaches for both teams are to have the umpire sign their scorebooks noting the point and reason the game was stopped.
- **10.2.4-3** Re-entry Rule: a starting player may be withdrawn and then re-enter a game.
 - **10.2.4-3.1** Any player re-entering a game must occupy the same position in the batting order upon return.
 - **10.2.4-3.2** A substitute who is withdrawn may not re-enter the game.
 - **10.2.4-3.3** If a starting pitcher is replaced using a designated hitter (DH) or base runner (Courtesy Runner), he may re-enter the game immediately as a pitcher.

10.2.5 Postseason & Championships

- **10.2.5-1** Postseason will be held for all varsity baseball divisions.
- **10.2.5-2** Postseason will be single elimination in the boys' varsity divisions.
- **10.2.5-3** CYM has the sole discretion to move a team from their regular season division, and place them in a different bracket for postseason.
 - **10.2.5-3.1** A point system is utilized to determine seeding for postseason in these cases.

10.2.6 Mercy Rule

- **10.2.6-1** If a team, in the Diocesan Catholic League, has a 10-run lead at the completion of five (5) innings, the game will be considered complete.
 - **10.2.6-1.1** If a team in any subsequent varsity divisions, has a 10-run lead at the completion of four (4) innings, the game will be considered complete.

10.2.7 Batting Regulations

- **10.2.7-1** Once a batting order is established, it will not change.
 - **10.2.7-1.1** Excluding Diocesan Catholic League, there is a limit of ten (10) batters per inning.
- **10.2.7-2** Use of designated hitter, or DH, is optional for each team.
 - **10.2.7-2.1** The decision to use a designated hitter must be made prior to the start of the game. Once the first pitch is thrown, the designated hitter is locked in or out of the line-up.
 - **10.2.7-2.2** The designated hitter bats for a player in the field, and eliminates the field players ability to bat.
- **10.2.7-3** Use of extra batter, as a 10th player, is optional for each team.
 - **10.2.7-3.1** If an extra batter is utilized, the re-entry rule under 10.2.4 General Game Regulations will apply to this player.
 - **10.2.7-3.2** Once the decision to use or not use an extra batter is made, it applies for the entire game.
- **10.2.7-4** A courtesy runner is optional for a ***pitcher or catcher only*** at any point of the game while batting.
 - **10.2.7-4.1** The courtesy runner must be a player on the bench who is currently not in the game.
 - **10.2.7-4.2** In the event a team is using all available players in a game with no substitutes, the player that made the last out may be used as the courtesy runner.
 - **10.2.7-4.3** The same courtesy runner may be used more than once in a game, and in the same inning.

10.2.8 Pitching Regulations

- **10.2.8-1** CYM Baseball coaches are responsible for ensuring safety and well-being of all participants, including pitchers and their pitch counts.
 - **10.2.8-1.1** Head Coaches are responsible for working together after each half inning to agree on a pitch count for all pitchers in that half inning.
- **10.2.8-2** CYM Baseball coaches are responsible for keeping an accurate record of pitch counts for both teams.
 - **10.2.8-2.1** The CYM Sports Office will not keep record of pitch counts for games, beginning in March of 2026.
 - **10.2.8-2.2** The CYM Sports Office may request, at any point of the season, records for team pitchers and pitch counts, and/or pitch summaries from game(s).
- **10.2.8-3** CYM Sports follows guidelines for youth and adolescent pitchers as recommended by "Pitch Smart, USA Baseball".
 - **10.2.8-3.1** It is ultimately the responsibility of the parent and athlete to ensure that the player follows the guidelines for his age group over the course of a year, even if oftentimes playing in multiple leagues, and communicate the need for pitching rest with coach.
 - **10.2.8-3.2** CYM Sports Office and/or Baseball Coordinator may restrict a pitchers participation, if seen as a detriment to the safety of the participant.
 - **10.2.8-3.3** CYM Sports Office and/or Baseball Coordinator may sanction, discipline coaches who are not in compliance of pitch-count guidelines, including but not limiting to

suspensions, forfeitures, ineligibility for playoffs, or the vacate of championship.

- **10.2.8-3.4** A game in which an ineligible pitcher is used will be considered a forfeit.

Pitch Rest	Maximum Pitches
0 Days	1-30 Pitches
1 Day	31-45 Pitches
2 Days	46-60 Pitches
3 Days	61-75 Pitches
4 Days	More than 75 Pitches

10.2.8-4 All pitchers are restricted to a maximum of 90 pitches, no exceptions.

10.2.8-4.1 If a pitcher reaches his limit during an at-bat, the pitcher may complete the at-bat before being replaced.

10.2.9 Misc. Related Policies

- **10.2.9-1** Metal cleats are permitted.

10.2.9-1.1 If a game is scheduled for a location with a turf field, athletes may be required to use alternative footwear, including soft cleats, turf shoes or sneakers. It is the responsibility of coaches to review those policies. (ie. Salesianum Baseball Turf Policies)

- **10.2.9-2** Players who are waiting on-deck or coaching a base must wear batting helmets.
- **10.2.9-3** Infield conferences should be reviewed with the umpire prior to the start of a game.

9) Athletics: – 10.3 Basketball Rulebook

CYM Basketball Quick Guide (*Released December 3rd*)

Previous Version: 2024-2025 Basketball Rules

10.3.0 Basketball Rules Quick Guide

10.3.0-1 All affiliated programs and coaches should utilize the CYM Basketball Game Structure Quick Guide located at <https://cdowcym.org/empowering-disciples/athletics/basketball-rulebook/> for easy-to-read guidance for hosting basketball events.

10.3.1 General Guidelines

- **10.3.1-1** If a rule in the sport of basketball is not specifically addressed or contained herein, NFHS (“Federation”) rules shall be applied.
 - **10.3.1-1.1** DIAA guidelines may be referred to and applied in certain situations when deemed appropriate.
 - **10.3.1-1.2** No coach or coordinator at the affiliate level shall alter, revise, or change any rules prior to, during, or after the conclusion of competition.
- **10.3.1-2** The CYM Sports Coordinator and CYM Basketball Coordinator(s) are the lead rules interpreter for the sport of basketball within CYM Sports programming.
 - 10.3.1-2.1** Interpretation of all CYM Sports rulings and governing rules for the sport of basketball will be declared final by the CYM Sports Coordinator.
- **10.3.1-3** The CYM Basketball Coordinator is the lead representative and organizer for the sport of basketball within CYM Sports programming.
- **10.3.1-4** The Basketball Ambassador(s) are the lead advocates for all affiliate coaches within CYM Sports programming.
 - 10.3.1-4.1** Head Coaches may suggest rule changes to the Basketball Ambassador(s) or CYM Basketball Coordinators prior to or after season.

10.3.2 Administration of Basketball

- **10.3.2-1** A team registration should consist of 10 participants in order to compete in CYM Sports Basketball.
 - **10.3.2-1.1** A team may register less than 10, provided they meet the minimum + 1 required to field a team on the court, or a second team is formed to compete in competition.
 - **10.3.2-1.2** The Office will not reschedule due to shortage of players on a team, and will result in an administrative forfeit if a team lacks the required, registered players for the game.
 - **10.3.2-1.3** Any game that is forfeited due to lack of players and/or coaches where officials show up to officiate will result in a financial charge to that parish/school equal to the cost of the officials and is subject to addition penalties included, but not limited to facility fees.

- **10.3.2-1.4** Forfeited games will not be made up.
- **10.3.2-2** Teams are placed in divisions in accordance with section 10.1.3 Divisional Guidelines.
- **10.3.2-3** Team Submission and Gym Availability/Parish Conflicts are released on October 1st of each year for administrators.
 - **10.3.2-3.1** The deadline to submit all forms is November 1st.
 - **10.3.2-3.2** CYM reserves the right to move forward without an affiliated program, once the deadline has passed to submit forms.
 - **10.3.2-3.3** All conflicts, including those of the coach and team, must be placed on the conflict sheets. Once the conflicts are placed, games will not be adjusted unless it follows 10.1.2 League Guidelines.
- **10.3.2-4** Games will begin for all divisions on the first weekend in December, except for the High School divisions which start after the winter break.
 - **10.3.2-4.1** Games will play through the first three weekends of December, then break for two consecutive weekends for Christmas and New Years, then resume.
- **10.3.2-5** Playoffs will begin in the middle of February for divisions offering postseason competition, and end by the last weekend of February or the first weekend of March.
- **10.3.2-6** Each team should plan for tens games; however, the office reserves the right to reduce to nine games based on the availability of facilities.
 - **10.3.2-6.1** The amount of games for the season is ultimately determined by the CYM Sports Coordinator and the Office.
- **10.3.2-7** No coach, parent, or coordinator is authorized to change a game without the expressed written consent of the CYM Office and the appropriate CYM Basketball Coordinator.

10.3.3 Equipment

- **10.3.3-1** All divisions will use the standard size basketball, as designated by the NFHS rules and regulations.
 - **10.3.3-1.1** All boys' varsity and high school divisions will use the men's high school standard size basketball as defined by the NFHS.
 - **10.3.3-1.2** The home team is expected to supply the game ball.
- **10.3.3-2** Any player wearing metal dental appliances must wear a mouth guard.
- **10.3.3-3** The home team scorebook will be the official book for all CYM Basketball games and/or tournaments.
- **10.3.3-4** The visiting team will provide a clock operator, provided the host facility or gym does not provide one.
- **10.3.3-5** Uniforms must fall in accordance with 10.1.7 Uniform Guidelines.
 - **10.3.3-5.1** Teams must have shirts of the same solid color on front and back, with visible numbers. It is recommended to utilize reversible jerseys.
 - **10.3.3-5.2** In the event of two teams with the same color uniforms, the visiting team will wear pennies of a contrasting color.
 - **10.3.3-5.3** Wearing shirts with the sleeves ripped or cut off is not permitted.
 - **10.3.3-5.4** The CYM Rule regarding the color of a t-shirt under a uniform should follow NFHS standards, but is not required. However, officials can determine that a different color is needed or restrict the player from participating in a game. A whole team's t-shirt under the uniform must match, regardless.

- **10.3.3-5.5** Numbers 1-99 may be used in basketball on jerseys.
- **10.3.3-6** Players may not wear any jewelry, including earrings during games.
- **10.3.3-7** Teams must bring their own practice balls for games, including when playing at neutral locations.
- **10.3.3-8** A team should bring no more than four practice balls.

10.3.4 General Game Regulations

- **10.3.4-1** Timeouts: All teams will have five (5) timeouts per game (three [3] 60-second timeouts and two [2] 30-second timeouts).
 - **10.3.4-1.1** The exception to this rule is that high school division teams will have four (4) 30-second timeouts.
- **10.3.4-2** Technical Fouls: a player who receives a technical foul must be removed from the game.
 - **10.3.4-2.1** A player may not reenter the game in that quarter, but may reenter at the start of the next quarter.
 - **10.3.4-2.2** For divisions playing halves rather than quarters, each half should be conceptually split into two. If the technical occurs in the first part of the half, they are not eligible to return until the 10-minute marks.
 - **10.3.4-2.3** This rule is applicable to overtime periods as well.
- **10.3.4-3** Substitutions: All substitutions must enter from half-court, on the same side as the team is seated.
- **10.3.4-4** For divisions that require defense to not be full court, it is **NOT** a violation of the defensive rule if a defensive player is running down the floor next to the offensive player with the ball, provided the defensive player does not make any attempt to play the ball. This is at the referee's discretion.
- **10.3.4-5** Press Rule: All violations in applicable divisions utilizing a press rule will result in the ball being awarded to the offensive team at the spot closest to the violation.
- **10.3.4-6** Game Times: The duration and length of games are set by the Office for Catholic Youth, Young Adult, and Family Ministry, in consultation with CYM Coordinators, Athletic Advisory Committee and facility availability in the present-day landscape of the Catholic Diocese of Wilmington.
 - **10.3.4-6.1** All varsity games (regardless of boys' or girls') are set for four (4) quarters, six (6) minutes each and shall have a three (3) minute overtime if required.
 - **10.3.4-6.2** All junior-varsity games (regardless of boys' or girls') are set for four (4) quarters, five (5) minutes each and shall have no overtime.
 - **10.3.4-6.3** All pre-jv games (regardless of boys' or girls') are set for four (4) quarters, five (5) minutes each and shall have no overtime.
 - **10.3.4-6.4** All high school games (regardless of boys' or girls') are set for two (2) halves, twenty (20) minutes each and shall have no overtime. The clock shall be a running clock, except in the final two (2) minutes of the half.
 - **10.3.4-6.5** All varsity, junior varsity, and pre-jv games will have a one (1) minute break between quarters, and a five (5) minute halftime.
 - **10.3.4-6.6** Game times are reviewed in the spring & summer to reflect the logistical needs of the basketball program by the office.

10.3.5 Postseason & Championships

- **10.3.5-1** Postseason will be held for the C, Y, and O Divisions in the boys' and girls' varsity divisions.
 - Note: There is no C2 Championship offered in the boys' division for 2025-2026.
 - Note: The Office is considering expanding to additional divisions. If change, will be communicated.
 - Note: The top division, regardless of boys' or girls' is known as the Diocesan Catholic League.
- **10.3.5-2** Postseason will be single elimination in the boys' and girls' varsity divisions.
- **10.3.5-3** CYM has the sole discretion to move a team from their regular season division, and place them in a different bracket for postseason.
 - 10.3.5-3.1** A point system is utilized to determine seeding for postseason in these cases.

10.3.6 Mandatory Play & Sit Regulations

- **10.3.6-1** Mandatory play rules exist in the Varsity Y and Varsity O.
 - **10.3.6-1.1** All eligible players on the bench must participate in each game.
 - **10.3.6-1.2** Each player is to play 25% of each game.
 - **10.3.6-1.3** Failure to comply with the minimum playing time during the regular season, or in postseason opportunities, will result in a forfeiture and may result in further disciplinary actions.
- **10.3.6-2** Mandatory sit rules exist in all Junior Varsity and Pre-JV Divisions.
 - **10.3.6-2.1** All eligible players on the bench must participate in each game.
 - **10.3.6-2.2** All players must sit one continuous quarter.
 - **10.3.6-2.3** If a player is injured, the opposing coach will pick his/her replacement player. When the injured player is ready to return, he/she must reenter for the replacement player; the replacement player entering will not have this time counted as a quarter played.
 - **10.3.6-2.4** Failure to comply with the mandatory sit rule will be playing with only the eligible players for the remainder of the game.
 - **10.3.6-2.5** If a team has less than 6 players, the opposing coach can choose who must sit in each quarter.
 - **10.3.6-2.6** The official scorebook should track quarters played until all players from each team have sat a full, continuous quarter. Referees should confirm with the home book volunteer at half time, and communicate the additional requirements to each coach at half-time.
 - **10.3.6-2.7** A team with the proper number of players (minimum of 10, excluding exemptions) that chooses to intentionally or unintentionally ignore this rule should be reported to the Office for Catholic Youth, Young Adult, and Family Ministry along with the appropriate CYM Basketball Coordinator. This should include a picture of the scorebook.
 - **10.3.6-2.8** The head coach and team will be subject to possible disciplinary actions, as determined by the CYM Sports Coordinator and CYM Basketball Coordinator.
- **10.3.6-3** The Diocesan Catholic League and/or Varsity C does not have mandatory play rules or sit rules.

10.3.7 Related Policies: Varsity

10.3.7-1 All rules in 10.3 Basketball Rulebook are applicable to all varsity divisions, unless a specific distinction is made with junior varsity, pre-jv, or high school divisions.

10.3.8 Related Policies: Junior Varsity & Pre-JV

- **10.3.8-1** Stalling is applicable in the Junior Varsity & Pre-JV divisions.
 - 10.3.8-1.1** Violations will be the sole judgement of the referee(s), and the penalty will be a loss of possession.
- **10.3.8-2** A Junior-Varsity division is offered for boys' and girls' basketball.
 - **10.3.8-2.1** Rosters must follow the ideal roster size requirement; anything less must be approved by the CYM Office.
 - **10.3.8-2.2** Division 1 is offered as competitive and hybrid competition.
 - **10.3.8-2.3** Division 2 and 3 are offered as developmental and beginner competition, respectively.
 - **10.3.8-2.4** Division 1 must follow defensive rules restrictions, which include:
 1. Teams may play full court defense the entire game, except if they have a 15-point lead.
 2. In such cases of a 15-point lead, they must play defense within the top of the arc, extended.
 3. Once the offense has passed that line, the defense may defend anywhere on that half of the court for the remainder of the possession.
 - **10.3.8-2.5** Division 2 must follow defensive rules restrictions, which include:
 1. Teams may play half court defense the entire game, except if they have a 15-point lead.
 2. In such cases of a 15-point lead, they must play defense within the top of the arc, extended.
 3. Once the offense has passed that line, the defense may defend anywhere on that half of the court for the remainder of the possession.
 - **10.3.8-2.6** Division 3 must follow defensive rules restrictions, which include:
 1. For the first three quarters, all defense must be played within the top of the arc extended.
 2. CLARIFICATION UPDATE DEC. 4TH: Once the offense penetrates that imaginary line, the defense is free to play anywhere within that half court.
 3. In the final quarter, both teams may play half-court defense, provided the lead is not 10 or less.
 4. If the lead is more than 10 points in the final quarter, only the trailing team may play defense at half court.
- **10.3.8-3** A Pre-JV Division is offered for boys' and girls' basketball.
 - **10.3.8-3.1** Rosters must follow the ideal roster size requirement; anything less must be approved by the CYM Office.
 - **10.3.8-3.2** Division 1 is offered for 4th graders and/or experienced 3rd graders.
 - **10.3.8-3.3** Division 2 and 3 are offered for 3rd graders and/or 4th graders that are just beginning in the sport of basketball (less than 3 years experience).

- **10.3.8-3.4** Division 1 must follow defensive rules restrictions, which include:
 1. They may play defense at half court for all quarters.
 2. If the lead is more than 10 points, the team with the lead must play defense within the top of the arc, extended.
 3. Once the offense penetrates that imaginary line, the defense is free to play anywhere within that half court.
- **10.3.8-3.5** Division 2 and 3 must follow defensive rules restrictions, which include:
 1. For the first three quarters, all defense must be played within the top of the arc extended, with **no exceptions**.
 2. In the final quarter, both teams may play half-court defense, provided the lead is not 10 or less.
 3. If the lead is more than 10 points in the final quarter, only the trailing team may play defense at half court.
- **10.3.8-3.6** A Pre-JV player is authorized to take three (3) steps forward on any foul shot at the discretion of the official(s).
- **10.3.8-3.7** A Pre-JV game may see leniency in calls from official(s) in order to promote a healthy environment.

The top-of-the-arc extended is an imaginary line from the top of the three point line, extended to each sideline.

10.3.9 Related Policies: High School Divisions

- **10.3.9-1** A High School division is offered for boys' basketball.
 - **10.3.9-1.1** An intermediate division is offered for boys' basketball in grades 9th and 10th grade.
 - **10.3.9-1.2** A senior division is offered for boys' basketball in grades 9th through 12th grade.
- **10.3.9-2** All high school divisions may press for the entire game, regardless of score.
- **10.3.9-3** All high school divisions are permitted four 30-second timeouts.
- **10.3.9-4** A high school division game is subject to cancelation, if a program can not produce enough for the required line-up, and will not be rescheduled.

10.3.10 Basketball- Specific, Tournament Regulations

- **10.3.10-1** All basketball programs are subject to the rules, regulations, and procedures regarding tournaments, whether pre-season, in-season, or post-season events.
 - **10.3.10-1.1** If an affiliated athletic association at a school or parish were to leave the CYM Sports program, they would still be subject to the applicable rules as a member of the Diocese of Wilmington, involved in Ministry for Athletics.
 - **10.3.10-1.2** This rule does not apply to private, Catholic institutions involved in CYM Sports Programming. The exception to these regulations are for a school whom historically has no involvement in CYM Sport over the previous ten (10) years.
- **10.3.10-2** Tournaments hosted by a CYM Sports affiliated school or parish require written agreement with CYM to post, which clearly states that affiliated representatives engaging in the organization of a tournament will avoid conflicts with CYM league competition.

- **10.3.10-3** Tournaments hosted by a CYM Sports affiliated school or parish, regardless of pre-season, in-season, or post-season, must follow CYM Sports Specific Rules established for that year for respective divisions in-full.
 - 10.3.10-3.1** Affiliated associations may modify rules, provided there was disclosure in request for approval.
- **10.3.10-4** Tournaments hosted by a CYM Sports affiliated school or parish within the Diocese of Wilmington are subject to oversight by the Office for Catholic Youth Ministry.
- **10.3.10-5** Any issue, included but not limited to: incidents, sportsmanship penalties, fouls, or technicals must be reported to the CYM Sports Office within 48 hours.
- **10.3.10-6** CYM Sports and the Diocese of Wilmington may delegate the handling of issues at tournaments to pastoral leadership and/or school leadership.
- **10.3.10-7** CYM Sports and the Diocese of Wilmington reserve the right to intervene, investigate, or discipline accordingly dependent upon the severity of the issue.
- **10.3.10-8** No tournament(s) and games shall be scheduled during CYM League or Postseason play in which conflicts with posted schedule.
 - **10.3.10-8.1** CYM Sports and the Diocese of Wilmington reserves the right to modify a tournaments schedule, if seen as a detriment to league or playoff play.
 - **10.3.10-8.2** CYM Sports may authorize a tournament game serve as a league game as well.
 - **10.3.10-8.3** CYM Sports may penalize the tournament host program with sanctions, including but not limited to forfeits or declare a team(s) ineligible for CYM postseason.
- **10.3.10-9** All participating CYM schools must have the opportunity to participate in tournaments hosted by a affiliated association.
- **10.3.10-10** Failure to comply with oversight rules as stated in Tournaments section may result in penalty fees, sanctions, and other disciplinary actions.
 - 10.3.10-11.1** Any association found not in compliance will immediately forfeit eligibility of playoffs for two years for all divisions, regardless if tournament is promoted with select divisions.

10.3.11 Basketball- Specific, Tryouts & Practice Regulations

10.3.11-1 All specific tryout and practice regulations for basketball are in accordance with Empowering Disciples: Tryout & Practice Guidelines, and dates provided by the CYM Office.

10.3.12 Basketball- Specific, Technicals-Ejections-Sportsmanship

- **10.3.12-1** All technical fouls, ejections, and unsportsmanlike conduct penalties will be the reviewed by the CYM Office.
- **10.3.12-2** All technical fouls must be submitted to the CYM Office by the Head Coach within 24 hours.

FIRST POSTING: OCTOBER 1ST, 2025 @ 12:45 PM

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9) Athletics: – 10.4 Cross Country Rulebook

 cdowcym.org/empowering-disciples/athletics/cross-country-rulebook/

Pre-released for: August 1st, 2025

Previous Version: 2024-2025 Cross Country Rules

Clarification: “A team decideing to run a “JV eligible runner” (3rd-6th grade) in a varsity race, even if it’s only one race.....from that point forward will be a varsity runners for the remainder of the season.”
(Reconfirmed on 9.9.2025)

10.4.1 General Guidelines

- **10.4.1-1** If a rule in the sport of cross country is not specifically addressed or contained herein, NFHS (“Federation”) rules shall be applied.
 - **10.4.1-1.1** DIAA guidelines may be referred to and applied in certain situations when deemed appropriate.
 - **10.4.1-1.2** No coach or coordinator at the affiliate level shall alter, revise, or change any rules prior to, during, or after the conclusion of competition.
- **10.4.1-2** The CYM Sports Coordinator is the lead rules interpreter for the sport of cross country within CYM Sports programming.
 - 10.4.1-2.1** Interpretation of all CYM Sports rulings and governing rules for the sport of cross country will be declared final by the CYM Sports Coordinator.
- **10.4.1-3** The CYM Cross Country Coordinator is the lead representative and organizer for the sport of cross country within CYM Sports programming.
- **10.4.1-4** The Cross Country Ambassador is the lead advocate for all affiliate coaches within CYM Sports programming.
 - 10.4.1-4.1** Head Coaches may suggest rule changes to the Cross Country Ambassador or CYM Cross CountryCoordinator prior to or after season.

10.4.2 Administration of Cross Country

- **10.9.2-1** A team registration is required to consist of 4 participants minimum in order to compete in CYM Sports Cross Country.
- **10.9.2-2** Teams are placed in divisions in accordance with section 10.1 Universal Guidelines.

10.4.3 Host Directors

- **10.4.3-1** Host directors are required to provide details of their meets to CYM and affiliated-programs no later than 2 weeks prior to a meet.
- **10.4.3-2** Host directors should tally scores and provide information to CYM for publication.
- **10.4.3-3** Host directors will investigate complaints of rule violations during a face and, after reviewing facts, will have the authority to leave results as they stand, adjust finish order, or disqualify a runner.

10.4.3-4 If CYM Sports Leadership deems appropriate, representative entities may step in for assessment in cross country meets hosted at the local level.

- **10.4.3-4** Host directors are responsible for ensuring that any 3rd graders at a starting line are far enough from 6th graders to allow separation.

10.4.4 Competition

- **10.4.4-1** Race lengths should be set appropriately to the age and level of participants, time of year, and location (hills, obstacles, etc).

10.4.4-1.1 Varsity races should be between 2.0 and 2.25 miles. JV races should be between 1.0 and 1.4 miles.

- **10.4.4-2** Two age-appropriate spotters at each relevant location along a course are required.
- **10.4.4-3** Two age-appropriate sweepers following the last runner of a race are required.

10.4.5 Postseason & Championships

- **10.4.5-1** Cross Country Championship(s) are sponsored and sanctioned in accordance with section 10.1 Universal Guidelines.
- **10.4.5-2** To be eligible for CYM Cross Country Championships, an individual must meet all criteria set forth within the cross country handbook.
 - **10.4.5-2.1** An individual must run in a minimum of 3 races listed on the official regular season schedule, and be verifiable by the host director(s).
 - **10.4.5-2.2** An individual whom began a race, but could not finish due to injury or illness will count towards total. An individual whom does not finish due to departing early or stopping, will not count towards total.
 - **10.4.5-2.3** CYM Sports Leadership may approve exceptions if the minimum number of races required has not been met.
- **10.4.5-3** Top five runners for each team will determine team scoring for the CYM Championship.
 - 10.4.5-3.1** Runners from each team after the 7th position for that team will not impact team scoring.
- **10.4.5-4** Varsity teams may be divided into two divisions for championships.
 - **10.4.5-4.1** If there is a split championship, based on the number of individuals on a team roster, AND there are an even number of teams, the split will be half less one for Division I.
 - **10.4.5-4.2** If there is a split, based on the number of individuals, AND there are two or more teams with the same number of individuals, AND tied for the last spot in Division I, all of those teams shall be assigned to Division I.
 - **10.4.5-4.3** If a team is placed in Division II and wishes to move to Division I, they must inform the CYM Sports Coordinator and CYM Cross Country Coordinator within one week from the time divisions are to be announced.

10.4.6 Additional Rules: Phantom Runner

- **10.4.6-1** CYM contest permit "Phantom" runners to allow team competition for teams with less than minimum runners.

- **10.4.6-1.1** The first phantom will count as the last runner completing the race +1; the second counting as last runner +2; etc.
- **10.4.6-1.2** Each team requiring a phantom will be given the same number(s).
- **10.4.6-1.3** If a tie between a team with no phantom and team with phantom occurs, the tiebreaker goes to the team without a phantom.
- **10.4.6-1.4** If a tie between teams with unequal number of phantoms occurs, the tie breaker goes to the team with fewer phantoms.
- **10.4.6-1.5** If a tie between teams with equal number of phantoms occurs, the tie breaker goes to the team with the best scoring runner.

10.4.7 Additional Guidelines: Non-CYM sponsored Programs

- **10.4.7-1** Parishes and School programs not sponsored by the Office for Catholic Youth Ministry may participate in CYM-affiliated program meets, provided they meet all requirements.
 - **10.4.7-1.1** Non-CYM programs must provide proof of liability insurance to the host director of meet prior to the date of meet.
 - **10.4.7-1.2** Sponsored CYM affiliated program director agrees to non-CYM participants participation.
- **10.4.7-2** Parishes and Schools not sponsored by the Office for Catholic Youth Ministry may only participate in two CYM-affiliated meets per season.
 - **10.4.7-2.1** Non-CYM programs are prohibited to participate in CYM Championships.
 - **10.4.7-2.2** CYM Coaches will meet after the announcement of schedule, and determine which meets non-CYM teams may participate.
- **10.4.7-3** Individuals must run for their CYM team in any meet sponsored by the CYM program, and may not run for the non-CYM program during those event dates.

9) Athletics: – 10.5 Football Rulebook

Current Rulebook: 2025-2026 Football Rules

Archived: 2024-2025 Football Rules

10.5.1 General Guidelines

- **10.5.1-1** If a rule in the sport of football is not specifically addressed or contained herein, NFHS (“Federation”) rules shall be applied.
 - **10.5.1-1.1** DIAA guidelines may be referred to and applied in certain situations when deemed appropriate.
 - **10.5.1-1.2** No coach or coordinator at the affiliate level shall alter, revise, or change any rules prior to, during, or after the conclusion of competition.
- **10.5.1-2** The CYM Sports Coordinator is the lead rules interpreter for the sport of football within CYM Sports programming.
 - 10.9.1-2.1** Interpretation of all CYM Sports rulings and governing rules for the sport of football will be declared final by the CYM Sports Coordinator.
- **10.5.1-3** The CYM Football Coordinator is the lead representative and organizer for the sport of football within CYM Sports programming.
- **10.5.1-4** The Football Ambassador is the lead advocate for all affiliate coaches within CYM Sports programming.
 - 10.5.1-4.1** Head Coaches may suggest rule changes to the Football Ambassador or CYM Football Coordinator prior to or after season.

10.5.2 Administration of Football

10.9.2-1 A team registration is required to consist of 11 participants minimum in order to compete in Football.

10.5.3 Equipment

- **10.5.3-1** All varsity games will utilize a Wilson Stock #1300 model TDY or equivalent game ball.
 - 10.5.3-1.1** All junior varsity games will utilize a Wilson #1360 model TDJ or equivalent game ball.
- **10.5.3-2** Helmets must have current certification sticker or appropriate identification proving certification for safety.
 - 10.5.3-2.1** Helmets must be recertified every other year.
- **10.5.3-3** All players must wear a mouth guard, and may not be clear or white.
- **10.5.3-4** All players must be in uniform and wearing equipment that meets requirements detailed by NFHS Handbook: Football.
 - **10.5.3-4.1** All players must wear the uniform number listed on the team’s weigh-in log.

- **10.5.3-4.2** In the event a change in number is needed, the head coach must notify the CYM Football Coordinator by noon on the Friday before the next game, via email (football@cdow.org) and confirmation of receipt must be available.
- **10.5.3-4.3** The head coach must notify an opponent head coach at least 30 minutes before a game of a change in number. If the number change is required during a game, the coach must notify the officials and opposing coach prior to the player entering the game.
- **10.5.3-5** The use of electronic equipment of any kind to communicate with coaches and/or players is strictly prohibited.
 - **10.5.3-5.1** Violations are subject to sanctions and disciplinary actions as determined by the CYM office.
 - **10.5.3-5.2** Team may record their own games, and may exchange game film with opponent coaches.
 - **10.5.3-5.3** Teams may not record games in which their team is not a participant.

10.5.4 Competition

- **10.5.4-1** All varsity games will be four 10-minute quarters with normal stopped clock rules.
 - 10.5.4-1.1** All junior varsity games will consist of four 8-minute quarters with normal stopped clock rules.
- **10.5.3-2** All scores will be submitted by assigned head coach or coordinator in accordance with section 10.1 Universal Guidelines.

10.5.5 Postseason & Championships

10.5.5-1 Football postseason(s) and Championship(s) are sponsored and sanctioned in accordance with section 10.1 Universal Guidelines, with football-specific procedures available for the 2025-2026 season.

- **10.5.5-1.1** Eight or more teams participating in football will follow specific playoff procedure(s).
 - Playoffs will be split into two divisions, the top four teams in Division I playoffs and remaining in Division II playoffs.
 - Playoffs will be only available to the top eight teams.
- **10.5.5-1.2** Eight or less teams participating in football will follow specific playoff procedure(s).
 - Playoffs will be only available to the top four teams.

10.5.6 Practice Guidelines

UNDER CONSTRUCTION. PLEASE REFER TO 2025-2026 Football Rulebook

10.5.7 Summer Workouts

- **10.5.7-1** Summer conditioning may begin the 1st Monday of June.
 - **10.5.7-1.1** Summer conditioning sessions must be voluntary.

- **10.5.7-1.2** Summer conditioning sessions may last no longer than 90 minutes in duration, limited to twice per week.
- **10.5.7-1.3** Summer conditioning prohibits the usage of footballs or equipment.
- **10.5.7-2** Summer conditioning must end on the Friday prior to authorized practice start.
- **10.5.7-3** In accordance with section 10.1 Universal Guidelines, Heat and humidity rules are in-effect during summer conditioning.
 - 10.5.7-4** Violations could result in team(s) being ruled ineligible for postseason.

10.5.8 Weight Designations

UNDER CONSTRUCTION. PLEASE REFER TO 2025-2026 Football Rulebook

10.5.9 Additional Rules: Varsity & JV Specific

UNDER CONSTRUCTION. PLEASE REFER TO 2025-2026 Football Rulebook

10.5.10 Additional Rules: Football

- **10.5.10-1** In the event a program's home location is selected for competition, the home team is responsible for padding goal posts and setting out field marking prior to the start of the game.
 - **10.5.10-1.1** No game may begin without goal post padding.
 - **10.5.10-1.2** If padding and markers are not set up within 10 minutes of a schedule game, a forfeit will be awarded to the visiting team.
- **10.5.10-2** In the event a field does not have a barrier separating spectators from the sideline and/or bench area, each team must rope off their bench area at least 10 yards from the sideline.

9) Athletics: – 10.6 Soccer Rulebook

PROPOSAL & DEVELOPMENT FOR 2026-2027 SOCCER RULES (In-progress: Thu, Nov. 6 11:10AM; Fri, Nov. 7 12:27PM)

Previous Version: 2024-2025 Soccer Rules

10.6.1 General Guidelines

- **10.6.1-1** If a rule in the sport of soccer is not specifically addressed or contained herein, NFHS (“Federation”) rules shall be applied.
 - **10.6.1-1.1** DIAA, and/or US Soccer, US Youth Soccer, and FIFA guidelines may be referred to and applied in certain situations when deemed appropriate.
 - **10.6.1-1.2** No coach or coordinator at the affiliate level shall alter, revise, or change any rules prior to, during, or after the conclusion of competition.
- **10.6.1-2** The CYM Sports Coordinator is the lead rules interpreter for the sport of soccer within CYM Sports programming.
 - 10.9.1-2.1** Interpretation of all CYM Sports rulings and governing rules for the sport of soccer will be declared final by the CYM Sports Coordinator.
- **10.6.1-3** The CYM Soccer Coordinator (if applicable) is the lead representative and organizer for the sport of soccer within CYM Sports programming.
- **10.6.1-4** The Soccer Ambassador is the lead advocate for all affiliate coaches within CYM Sports programming.
 - 10.6.1-4.1** Head Coaches may suggest rule changes to the Soccer Ambassador or CYM Volleyball Coordinator prior to or after season.
- **10.6.1-5** Soccer offered in CYM Sports is a co-ed program, with rosters consisting of both male and female participants.
 - **10.6.1-5.1** All participants, coaches, parents, and spectators should be aware of the adherent risk involved in co-ed athletic programs.
 - **10.6.1-5.2** By agreeing to participate in CYM Soccer, the participating party understands and agree to such terms and conditions, and may not hold CYM Sports, the Catholic Diocese of Wilmington, or affiliated programs responsible for circumstances or injuries that arise from participation.

10.6.2 Administration of SOCCER

- **10.6.2-1** A team registration is required to consist of 14 participants minimum in order to compete in CYM Sports Soccer.
 - 10.6.2-1.1** A team may register less than 14, provided they meet the minimum + 1 required to field a team on the field, or a second team is formed to compete in competition.
- **10.6.2-2** Teams are placed in divisions in accordance with section 10.1 Universal Guidelines.
- **10.6.2-3** The listed home team on schedule will select their team bench upon arrival.

- **10.6.2-4** All matches must have a pre-match meeting conducted with Official(s), Head Coach and team captain(s).
 - **10.6.2-4.1** The visiting team captain shall call the coin toss.
 - **10.6.2-4.2** The winner of toss shall select first possession or side of field to defend first.
 - **10.6.2-4.3** Head coaches must provide an approved team roster that matches their CYM registration at the meeting.
- **10.6.2-5** Both teams shall warm up simultaneously.
 - 10.6.2-5.1** All teams are granted 5-minutes for warm-up on the field, based on the discretion of the officials and facility allotted time-slot. Coaches should use available space on location, but must respect facility restrictions.

10.6.3 Equipment

- **10.6.3-1** All teams are required to have three (3) designated game balls, and shall be provided by the listed home team for each match.
 - **10.6.3-1.1** All varsity divisions will use a size five (5) soccer ball.
 - **10.6.3-1.2** All varsity divisions will use a size four (4) soccer ball.
- **10.6.3-2** In the event that a neutral site is secured but does not provide flags, it is the responsibility of the listed home team to provide flags for the match.
- **10.6.3-3** In the event that an official deems it necessary to differentiate teams, the home team will be required to wear pennies.
- **10.6.3-4** Shinguards are required for all levels, fully-covered by soccer-appropriate socks.
- **10.6.3-5** Jewelry around the neck or below the chin is prohibited on the field of competition, including warm-ups.
 - **10.6.3-5.1** Stud or post earrings are permitted if secured to the body.
 - **10.6.3-5.2** Medical alert medals and Religious medals are not considered jewelry, but must be secured to the body.
- **10.6.3-6** Body paint or glitter on hair, face, uniform or body is prohibited.
- **10.6.3-7** Head adornments are allowed, provided they are securely fastened and do not present an increased risk to the player, teammates or opponents.

10.9.4 Competition

- **10.6.4-1** All varsity matches will be two 30-minute halves that are running clock, with a five (5) minute halftime.
 - **10.6.4-1.1** In the event of a tie at the end of regulation during regular season, that match will conclude in a draw.
 - **10.6.4-1.2** Teams are to report to the site of competition 15 minutes prior to the start of their match.
- **10.6.4-2** All junior varsity matches will be four 15-minute quarters that are running clock, with a two (2) minute intermission between periods and five (5) minute halftime.
 - **10.6.4-2.1** In the event of a tie at the end of regulation during regular season, that match will conclude in a draw.
 - **10.6.4-2.2** Teams are to report to the site of competition 15 minutes prior to the start of their match.

- **10.6.4-3** The officials are the official time-keepers for all matches.
10.6.4-3.1 Game officials are not responsible for keeping score.
- **10.6.4-4** All scores will be submitted by assigned program coach in accordance with section 10.1 Universal Guidelines.

10.6.5 Postseason & Championships

10.6.5-1 Soccer postseason(s) and Championship(s) are sponsored and sanctioned in accordance with section 10.1 Universal Guidelines.

10.9.6 Mandatory Play & Sit Regulations

- **10.6.6-1** Mandatory play rules exist in the Varsity C-Division
 - **10.6.6-1.1** All eligible players on the bench must participate in each game.
 - **10.6.6-1.2** Each player is to play a minimum of 15 minutes of each match, which does not need to be continuous.
 - **10.6.6-1.3** Injury, medical issues, disciplinary reasons or special circumstances may reduce this, if formally submitted and approved by the office.
 - **10.6.6-1.4** Failure to comply with the minimum playing time during the regular season, or in postseason opportunities, will result in a forfeiture and may result in further disciplinary actions.
- **10.6.6-2** Mandatory play rules exist in Junior Varsity.
 - **10.6.6-2.1** All eligible players on the bench must participate in each game.
 - **10.6.6-2.2** All eligible players are required to play at least 15 minutes within the 1st three quarters of the game; upon completion of stipulation, a coach may play any member of their team in the fourth quarter.
 - **10.6.6-1.3** Injury, medical issues, disciplinary reasons or special circumstances may reduce this, if formally submitted and approved by the office.
 - **10.6.6-1.4** Failure to comply with the minimum playing time during the regular season, or in postseason opportunities, will result in a forfeiture and may result in further disciplinary actions.

10.6.7 Summer Workouts

- **10.6.7-1** Summer conditioning may begin the 1st Monday of June
 - **10.6.7-1.1** Summer conditioning sessions must be voluntary.
 - **10.6.7-1.2** Summer conditioning sessions may last no longer than 90 minutes in duration, limited to twice per week.
 - **10.6.7-1.3** Summer conditioning prohibits the usage of soccer balls and technical work.
- **10.6.7-2** Summer conditioning must end on the Friday prior to authorized tryout date.
- **10.6.7-3** In accordance with section 10.1 Universal Guidelines, Heat and humidity rules are in-effect during summer conditioning.
 - 10.6.7-3.1** Violations could result in team(s) being ruled ineligible for postseason.

10.6.8 Related Policies: Junior Varsity Safety Guidelines

- **10.6.8-1** Slide tackles are prohibited, and will result with an indirect free kick for the opposing team at the spot of the infraction, or US Soccer applicable ruling.
- **10.6.8-2** Intentional heading is prohibited, and will result with an indirect free kick in conjunction with US Soccer standards.

THIS PAGE IS CURRENTLY UNDER-GOING CONSTRUCTION.

9) Athletics: – 10.7 Softball Rulebook

 cdowcym.org/empowering-disciples/athletics/softball-rulebook

10.7.1 General Guidelines

10.7.1-1 If a rule in the sport of softball is not specifically addressed or contained herein, NFHS (“Federation”) rules shall be applied.

10.7.1-1.1 DIAA and/or USA Softball guidelines may be referred to and applied in certain situations when deemed appropriate.

10.7.1-1.2 No coach or coordinator at the affiliate level shall alter, revise, or change any rules prior to, during, or after the conclusion of competition.

10.7.1-2 The CYM Sports Coordinator and CYM Softball Coordinator are the lead rules interpreter for the sport of softball within CYM Sports programming.

10.7.1-2.1 Interpretation of all CYM Sports rulings and governing rules for the sport of softball will be declared final by the CYM Sports Coordinator.

10.7.1-2.2 In consultation with Softball Umpires Association, in the event of a discrepancy in rules, the [2026 Umpire Softball Guide](#) shall control.

10.7.1-3 The CYM Softball Coordinator is the lead representative and organizer for the sport of softball within CYM Sports programming.

10.7.1-4 The Softball Ambassador is the lead advocate for all affiliate coaches within CYM Sports programming.

10.7.1-4.1 Head Coaches may suggest rule changes to the Softball Ambassador or CYM Softball Coordinator prior to or after season.

10.7.2 Administration of Softball

10.7.2-1 A team registration should consist of 10 participants in order to compete in CYM Sports Softball.

10.7.2-1.1 A team may not register less than 10. Teams should take into consideration pitchers required and pitch counts when forming a program.

10.7.2-1.2 The Office will not reschedule due to shortage of players on a team, and will result in an administrative forfeit if a team lacks the required, registered players for the game.

10.7.2-1.3 Any game that is forfeited due to lack of players and/or coaches where umpires are scheduled to show to officiate will result in a financial charge to that parish/school equal to the cost of the officials and is subject to addition penalties included, but not limited to facility fees.

10.7.2-1.4 Forfeited games will not be made up.

10.7.2-2 Teams are placed in divisions in accordance with [section 10.1.3 Divisional Guidelines](#).

10.7.2-3 Team Submission and Location Availability/Parish Conflicts are released on February 1st of each year for administrators.

10.7.2-3.1 The deadline to submit all forms is March 1st.

10.7.2-3.2 CYM reserves the right to move forward without an affiliated program, once the deadline has passed to submit forms.

10.7.2-3.3 All conflicts, including those of the coach and team, must be placed on the conflict sheets. Once the conflicts are placed, games will not be adjusted unless it follows [10.1.2 League Guidelines](#).

10.7.2-4 Games will begin on the final weekend of March or first weekend of April, whichever is earlier and facilities are available.

10.7.2-4.1 Games will play through to Holy Week, and pause beginning on Holy Wednesday. No games or CYM activities may be conducted during the Catholic Triduum.

10.7.2-4.2 Games will not be played between Memorial Day Weekend, between Thursday to Monday.

10.7.2-4.3 All games must conclude by the first Friday of June.

10.7.2-5 Playoffs will begin in the middle of May for postseason competition, and end prior to Memorial Day weekend. In the event of weather-related events pushing the schedule back, postseason may extend past Memorial Day.

10.7.2-5.1 A team must compete in a minimum of 7 games in order to participate in postseason activities.

10.7.2-5.2 In the event that a team(s) have an unbalanced amount of games played, total wins will be considered for standings.

10.7.2-6 Each team should plan for ten games; however, the office reserves the right to reduce games based on the availability of facilities.

10.7.2-6.1 The amount of games for the season is ultimately determined by the CYM Sports Coordinator and the Office.

10.7.2-7 No coach, parent, or coordinator is authorized to change a game without the expressed written consent of the CYM Office and the appropriate CYM Softball Coordinator.

10.7.3 Equipment

10.7.3-1 All games will use a 12-inch ball, labeled "COR .47" of any color or stitch. Any ball referred as a "senior ball" is also acceptable.

10.7.3-1.1 Each team will supply one game ball per game.

10.7.3-2 All participants must use softball bats certified by USA Softball, with proper certification mark, and not listed on the "banned" bat list.

10.7.3-3 All catchers must wear a catchers mask with throat protector, chest protector, head protector, and shin guards with appropriate NOCSAE standards.

10.7.3-3 The home team must provide bases for games, including neutral site locations.

10.7.3-4 The visiting team will provide a scoreboard operator if available at the facility, provided the host facility does not provide one.

10.7.3-5 Uniforms must fall in accordance with [10.1.7 Uniform Guidelines](#).

10.7.3-6 Players may not wear any jewelry, including earrings during games.

10.7.3-7 Teams must bring their own practice balls for games, including when playing at neutral locations.

10.7.4 General Game Regulations

10.7.4-1 Game Length: The duration and length of softball games are set by the Office for Catholic Youth, Young Adult, and Family Ministry, in consultation with CYM Coordinators, Athletic Advisory Committee and facility availability in the present-day landscape of the Catholic Diocese of Wilmington.

10.2.4-1.1 All games in the Diocesan Catholic Softball League will consist of six (6) innings, and playoffs will consist of seven (7).

10.7.4-2 Stopped Games: any game stopped due to weather only will be considered complete if four (4) full innings were played, or if 3 1/2 innings were played and the home team is ahead.

10.7.4-2.1 If fewer innings were played, the game will be considered a suspended game, and will be played from the point where the game stopped at the next schedule game of both teams. If this is the final game of the regular season, the game will be abandoned and follow 10.7.2 Administration of Softball procedures for determining postseason.

10.7.4-2.3 Coaches for both teams are to have the umpire sign their scorebooks noting the weather the game was stopped if the minimum requirement has not been met.

10.7.4-3 Time Limit: No new inning will begin after 1 hour and 45 minutes of play. The clock starts immediately after the coach/umpire meeting prior to first pitch.

At approximately 10 minutes to go:

If visiting team is at bat, teams are informed that this inning is the last.

If home team is at bat, teams are informed that next inning will be the last (e.g. top of 3rd = the 3rd will be the last; bottom of 3rd, the 4th will be the last.

The unlimited batters rule then applies to the designated last inning.

10.7.4-4 Re-entry Rule: a starting player may be withdrawn and then re-enter a game.

10.7.4-4.1 Any player re-entering a game must occupy the same position in the batting order upon return.

10.7.4-4.2 A substitute who is withdrawn may not re-enter the game.

10.7.4-4.3 If a starting pitcher is replaced using a designated player/flex (DP/FLEX) or base runner (Courtesy Runner), she may re-enter the game immediately as a pitcher.

10.7.4-5 Number of Players: A team must have 9 players for a game to be completed.

10.7.4-5.1 A team may begin a game with 8 players, but not fewer. If a 9th player appears later, she may enter the game but must bat in the 9th position.

10.7.4-5.2 If a team has fewer than 8 players after 15 minutes from scheduled start of the game, the game will be considered a forfeit.

10.7.5 Postseason & Championships

10.7.5-1 Postseason will be held for varsity softball.

10.7.5-2 Postseason will be a single elimination bracket tournament.

10.7.6 Mercy Rule

10.7.6-1 If a team, in the Diocesan Catholic League, has a 10-run lead at the completion of 3 1/2 or four (4) innings depending upon home/away status, the game will be considered complete.

10.7.6-1.1 In the event of a 10-run lead in a postseason game, the game will be considered complete at the completion of 4 1/2 or five (5) innings, depending upon home/away status.

10.7.7 Batting Regulations

10.7.7-1 Continuous Batting Order is available for all teams provisionally for the 2026 season.

10.2.7-1.1 Nine defensive players will bat, or teams have the option of having up to and including all roster players present bat.

When batting up to all roster players, any additional batter(s) shall be listed as an EP and may be listed anywhere in the batting order and may play defense at any position.

The EP must remain in the same position in the batting order for the entire game.

The EP may be substituted for at any time. The substitute must be a player who has not yet been in the game. The starting EP may re-enter one time.

Players who are currently in the game or have participated in the game in any playing capacity are not eligible to serve as courtesy runners, except when all roster is in the line-up.

10.7.7-2 Use of designated player, or flex, is optional for each team.

10.2.7-2.1 The decision to use a designated player or flex must be made prior to the start of the game. Once the first pitch is thrown, the designated player/flex is locked in or out of the line-up.

10.7.7-3 Use of extra batter, as a 10th player, is optional for each team.

10.2.7-3.1 If an extra batter is utilized, the re-entry rule under 10.7.4 General Game Regulations will apply to this player.

10.2.7-3.2 Once the decision to use or not use an extra batter is made, it applies for the entire game.

10.7.7-4 A courtesy runner may be used for a catcher and pitcher on base at any time.

10.7.7-4.1 The courtesy runner must be a player on the bench who is currently not in the game defensively. The player will not be charged with a game appearance.

10.7.7-4.2 In the event a team is using all available players in a game with no substitutes, the player that made the last out may be used as the courtesy runner.

10.7.7-4.3 The same courtesy runner may be used more than once in a game, and in the same inning.

10.7.7-5 Stealing is permitted in accordance with NFHS guidelines.

10.2.7-5.1 The runner cannot leave the base until the pitcher releases the ball.

10.7.8 Pitching Regulations

10.7.8-1 CYM Softball coaches are responsible for ensuring safety and well-being of all participants, including pitchers and their pitch counts.

10.7.8-2 The pitching distance is 40 feet.

10.7.8-2.1 Pitchers are limited to 5 warm-up pitches within 60 seconds from the end of the previous inning.

10.7.9 Misc. Related Policies

10.7.9-1 Metal cleats are not prohibited.

ADDENDUM: CYM Representatives are reviewing this policy in conjunction with NFHS, DIAA, and USA Softball standards and studies to make final determination.

10.7.9-2 Players who are batting, waiting on-deck, running the bases or coaching a base must wear NOCSAE batting helmets, with approved face protector.

10.2.9-2.1 Chin straps are recommended, but are optional.

10.7.9-3 Infield conferences should be reviewed with the umpire prior to the start of a game.

10.7.9-4 Head-first sliding is permitted.

9) Athletics: – 10.8 Track & Field Rulebook

Previous Version: 2024-2025 Track and Field Rules

10.8.1 General Guidelines

- **10.8.1-1** If a rule in the sport of track is not specifically addressed or contained herein, NFHS (“Federation”) rules shall be applied.
 - **10.8.1-1.1** DIAA guidelines may be referred to and applied in certain situations when deemed appropriate.
 - **10.8.1-1.2** No coach or coordinator at the affiliate level shall alter, revise, or change any rules prior to, during, or after the conclusion of competition.
- **10.8.1-2** The CYM Sports Coordinator is the lead rules interpreter for the sport of track within CYM Sports programming.
 - 10.8.1-2.1** Interpretation of all CYM Sports rulings and governing rules for the sport of track will be declared final by the CYM Sports Coordinator.
- **10.8.1-3** The CYM Track Coordinator is the lead representative and organizer for the sport of track within CYM Sports programming.
 - 10.8.1-3.1** The CYM Track Coordinator will serve as the leading representative for the office at all parish-based track events hosted at the local level.
- **10.8.1-4** The Track Ambassador is the lead advocate for all affiliate coaches within CYM Sports programming.
 - 10.8.1-4.1** Head Coaches may suggest rule changes to the Track Ambassador or CYM Track Coordinator prior to or after season.

10.8.2 Administration of Track

- **10.8.2-1** A team registration is required to consist of 4 participants minimum in order to compete in CYM Sports Track.
- **10.8.2-2** Teams are placed in divisions in accordance with section 10.1 Universal Guidelines.
- **10.8.2-3** Teams must maintain cleared adult/player ratio at all times, according with 4.0 For the Sake of God's Children – Athletics.
- **10.8.2-4** A violation of track rules in any meet results in the disqualification of the individual or relay team.

10.8.3 Host Directors

- **10.8.3-1** Host directors are required to provide details of their meets to CYM and affiliated- programs no later than 2 weeks prior to a meet.
- **10.8.3-2** Host directors should archive results and provide information to CYM for publication and records.

- **10.8.3-3** Host directors will investigate complaints of rule violations during the course of the meet and, after reviewing facts, will have the authority to leave results as they stand, adjust finish order, or disqualify a runner.
- **10.8.3-4** If CYM Sports Leadership deems appropriate, representative entities may step in for assessment in track events hosted at the local level.
- **10.8.3-4** Host directors are responsible for keeping volunteers and coordinators informed of all events and keeping to schedule of events.
- **10.8.3-5** Host parishes and schools have the discretion regarding their event, including but not limited to competition events, locations, rule modifications, etc.

10.8.4 Competition

- **10.8.4-1** Competition events available for each competition date should be listed on www.cymsports.com when possible.
- **10.8.4-2** A contestant can compete up to a maximum of 2 grade levels, but cannot compete down.
- **10.8.4-3** A contestant may participate in one (1) sprint, one (1) relay and one (1) field event.

10.8.5 CYM Championships

- **10.8.5-1** Track Championship(s) are sponsored and sanctioned in accordance with section 10.1 Universal Guidelines.
- **10.8.5-2** To be eligible for CYM Track Championships, an individual and/or team must meet all criteria set forth within the track handbook.
 - **10.8.5-2.1** An individual must participate in a minimum of 3 events listed on the official regular season schedule, and be verifiable by the host director(s).
 - **10.8.5-2.2** An individual whom began an event, but could not finish due to injury or illness will count towards total. An individual whom does not finish an event due to departing early or stopping, will not count towards total.
 - **10.8.5-2.3** CYM Sports Leadership may approve exceptions if the minimum number of races required has not been met.
- **10.8.5-3** Sprint Runners will be entered unseeded unless we can identify a qualifier race in a meet announced at the pre-season meeting, in which case that time may be used.
 - **10.8.5-4** The 100-meter race may have semi-finals, and finals for the top eight (8) runners.
 - **10.8.5-5** Each team may enter two (2) contestants per event.
- **10.8.5-4** Varsity relay team(s) may be divided into two divisions for championships, and one (1) relay team may be entered per group per gender.
 - **10.8.5-4.1** If there is a split championship, based on the number of individuals on a team roster, AND there are an even number of teams, the split will be half less one for Division I.
 - **10.8.5-4.2** If there is a split, based on the number of individuals, AND there are two or more teams with the same number of individuals, AND tied for the last spot in Division I, all of those teams shall be assigned to Division I.
 - **10.8.5-4.3** If a team is placed in Division II and wishes to move to Division I, they must inform the CYM Sports Coordinator and CYM Track Coordinator within one week from the time divisions are to be announced.

- **10.8.5-4.4** Division splits are at the determination of the CYM Track Coordinator, and reviewed by the CYM Sports Coordinator for finalizing.
- **10.8.5-5** Field events in Championships are individual events and not team events. (differs from Carnival of Relays)
- **10.8.5-6** A scoring metric is utilized to calculate each champion and team points, with the ability to earn 31 total points. Each division is scored separately.
 - 10 points for 1st place
 - 8 points for 2nd place
 - 6 points for 3rd place
 - 4 points for 4th place
 - 2 points for 5th place
 - 1 point for 6th place

10.8.6 Misc. Rules

- **10.8.6-1** CYM coaches and coordinators may verbally encourage runners from the infield or stands.
 - **10.8.6-1.1** Coaches and teammates may not run alongside or “pace” a runner.
 - **10.8.6-1.2** No parent or spectator should be present on the infield during the time of competitions.
- **10.8.6-2** No CYM meet or parish affiliated meet may be scheduled that conflicts with one another.
- **10.8.6-3** Teams will provide their own batons for relay events.
- **10.8.6-4** Boys shot put is eight (8) pounds. Girls shot put is six (6) pounds.
- **10.8.6-5** Jewelry may be worn, but should follow CYM procedures for safety (i.e. medical bracelets, crosses)

10.8.7 Additional Guidelines: Non-CYM sponsored Programs

- **10.8.7-1** Parishes and School programs not sponsored by the Office for Catholic Youth Ministry should not participate in CYM-affiliated program meets hosted at the local level.
 - 10.8.7-1.1** In the event a non-CYM team is invited by a participating CYM affiliated program, the following will apply:
 - Non-CYM teams are limited to two (2) parish/school-sponsored meets per season.
 - Invitations are provided by a local parish or school affiliated CYM program to all CYM teams.
 - If an individual is a member of a CYM team as well as a non-CYM team, the individual must participate with the CYM team for all CYM and parish/school meets.
 - A non-CYM team participating in a parish or school event must provide proof of liability insurance to the host director prior to participating.
- **10.8.7-2** Non-CYM programs may not participate in Carnival Relays or CYM Championships.
 - 10.8.7-2.1** Non-CYM programs, but members of the Catholic Diocese of Wilmington may participate, provided the request is submitted prior March 15th of that season.

10.8.8 Carnival of Relays Rules

- **10.8.8-1** Events for CYM's Carnival of Relays are determined by grade and gender with no team scoring available.
 - **10.8.8-1.1** The generally accepted relay events may vary from year-to-year.
 - 4×100
 - 4×200
 - 4×400
 - Sprint Medley (400, 100, 100, and 200)
 - **10.8.8-1.2** The generally accepted field events may vary from year-to-year.
 - Long Jump
 - High Jump
 - Shot Put
 - **10.8.8-1.3** The generally accepted relay groups may vary from year-to-year.
 - Group 1: 3rd and 4th grades will participate in 4×100 and 4×200, but not in Sprint or Distance Medley, unless substituting for another member from their team. (Group IA will be Girls & Group IB will be Boys.
 - Group 2: up to and including 5th graders.
 - Group 3: up to and including 6th graders.
 - Group 4: up to and including 7th graders.
 - Group 5: up to and including 8th graders.
 - **10.8.8-1.4** The generally accepted field event groups may vary from year-to-year.
 - Group 2-5: Long Jump
 - Group 4-5: High Jump
 - Group 4-5: Shot Put
- **10.8.8-2** Participants may compete in two (2) relay events and one (1) field event. The two (2) relay events must be different events, and cannot be the same event at multiple grade levels.
 - **10.8.8-2.1** Each parish or school may enter a maximum of two (2) boys teams and two (2) girls teams per relay event, except that there is not limit to the number of teams that can be entered into Group A.
 - **10.8.8-2.2** Each parish or school may enter a maximum of one (1) boys team and one (1) girls team, per group, in field events. Field events are team events consisting of 2 contestants, who will each make three (3) attempts at the event. (The team score will be the sum of the best individual scores)
- **10.8.8-3** Times for all running events will round any hundredth to the next tenth.

9) Athletics: – 10.9 Volleyball Rulebook

 cdowcym.org/empowering-disciples/athletics/volleyball-rulebook/

CYM Applicable Rule Changes – 2025 NFHS Volleyball Rule Changes

2025 CYM Volleyball Reminders

Previous Version: 2024-2025 Volleyball Rules (Girls)

Previous Version: 2024-2025 Volleyball Rules (Boys)

10.9.1 General Guidelines

- **10.9.1-1** If a rule in the sport of volleyball is not specifically addressed or contained herein, NFHS (“Federation”) rules shall be applied.
 - **10.9.1-1.1** DIAA, and/or DVOA guidelines may be referred to and applied in certain situations when deemed appropriate.
 - **10.9.1-1.2** No coach or coordinator at the affiliate level shall alter, revise, or change any rules prior to, during, or after the conclusion of competition.
- **10.9.1-2** The CYM Sports Coordinator is the lead rules interpreter for the sport of volleyball within CYM Sports programming.
 - 10.9.1-2.1** Interpretation of all CYM Sports rulings and governing rules for the sport of volleyball will be declared final by the CYM Sports Coordinator.
- **10.9.1-3** The CYM Volleyball Coordinator is the lead representative and organizer for the sport of volleyball within CYM Sports programming.
- **10.9.1-4** The Volleyball Ambassador is the lead advocate for all affiliate coaches within CYM Sports programming.
 - 10.9.1-4.1** Head Coaches may suggest rule changes to the Volleyball Ambassador or CYM Volleyball Coordinator prior to or after season.

10.9.2 Administration of Volleyball

- **10.9.2-1** A team registration is required to consist of 9 participants minimum in order to compete in CYM Sports Volleyball.
 - 10.9.2-1.1** A team may register less than 9, provided they meet the minimum + 1 required to field a team on the court, or a second team is formed to compete in competition.
- **10.9.2-2** Teams are placed in divisions in accordance with section 10.1 Universal Guidelines.
- **10.9.2-3** The listed home team on schedule will select their team bench upon arrival.
 - **10.9.2-3.1** Teams are not required to change side of court/benches between sets, but must provide one responsible person to act as line judge.
 - **10.9.2-3.2** Line judges are required to switch sides of the court between sets to promote fairness.
- **10.9.2-4** All matches must have a pre-match meeting conducted with Official(s), Head Coach and team captain(s).
 - **10.9.2-4.1** The visiting team captain shall call the coin toss.
 - **10.9.2-4.2** The winner of toss shall select to serve or receive.

- **10.9.2-4.3** Head coaches must provide an approved team roster that matches their CYM registration at the meeting.
- **10.9.2-5** Both teams shall warm up simultaneously.
 - **10.9.2-5.1** All Varsity teams are granted 6-minutes for an individual team warm-up.
 - **10.9.2-5.2** Warm-ups should visual show on the gym clock, if applicable.
- **10.9.2-6** Intermission between sets shall last no more than 3-minutes.

10.9.3 Equipment

- **10.9.3-1** All varsity and senior divisions will use standard weigh volleyballs, at 9.0-9.1 ounces.
 - 10.9.3-1.1** All junior varsity divisions will use volleyballs that are featherweight or volleylite, at 7.0-7.1 ounces.
- **10.9.3-2** All volleyball nets shall stand at 7' 4^{1/8}.
- **10.9.3-3** Kneepads are required for all levels with the exception of senior division, which is optional.
- **10.9.3-4** Jewelry around the neck or below the chin is prohibited on the field of competition, including warm-ups.
 - **10.9.3-4.1** Stud or post earrings are permitted if secured to the body.
 - **10.9.3-4.2** Medical alert medals and Religious medals are not considered jewelry, but must be secured to the body.
- **10.9.3-5** Body paint or glitter on hair, face, uniform or body is prohibited.
- **10.9.3-6** Head adornments are allowed, provided they are securely fastened and do not present an increased risk to the player, teammates or opponents.

10.9.4 Competition

- **10.9.4-1** All matches will be best of three(3) sets.
 - **10.9.4-1.1** Additional set after the match is won will be at the discretion of the official.
 - **10.9.4-1.2** Additional set may not extend beyond 15 minutes prior to the start of the next scheduled match.
 - **10.9.4-1.3** Teams are to report to the site of competition 15 minutes prior to the start of their match.
- **10.9.4-2** All scoring will be conducted by rally point rules.
 - **10.9.4-2.1** The first two(2) sets of a match will be played to 25 points and must be won by two points.
 - **10.9.4-2.2** The third set of a match will be played to 15 points and must be won by two points.
- **10.9.4-3** The visiting team must provide a scoreboard operator, and home team must provide a scorer whom will record in the home team scorebook.
 - **10.9.4-3.1** The home team scorebook will be the official record of the match.
 - **10.9.4-3.2** Both teams should keep a scorebook and compare scores throughout the game to ensure accuracy.
 - **10.9.4-3.3** Game officials are not responsible for keeping score.
- **10.9.4-4** All scores will be submitted by assigned program coach in accordance with section 10.1 Universal Guidelines.

- **10.9.4-5** Each team is permitted two 1-minute timeouts per set.
- **10.9.4-6** Teams are limited to a maximum of 18 substitutions per team, per game.
 - **10.9.4-6.1** A request for a substitution will not be recognized if made by anyone other than the head coach or the substitute entering the substitution zone.
 - **10.9.4-6.2** Substitutions may be verbalized or signaled.
 - **10.9.4-6.3** Players must remain in the same rotating order.
- **10.9.4-7** All varsity and senior divisions will utilize the 30' service line from the net.
 - **10.9.4-7.1** Players approved to "play-up" will not be exempt and may not move up to the 25' line.

10.9.5 Postseason & Championships

- **10.9.5-1** Volleyball postseason(s) and Championship(s) are sponsored and sanctioned in accordance with section 10.1 Universal Guidelines.
- **10.9.5-2** Additional games are not permitted if a team wins a match after two(2) games during postseason.

10.9.6 Libero

- **10.9.6-1** The libero position is permitted for usage in all varsity and senior divisions.
 - **10.9.6-1.1** Coaches are responsible for understanding all libero rulesets in accordance with volleyball rules to utilize the position in a match.
 - **10.9.6-1.2** A libero tracker is required by all teams utilizing the position, and must be knowledgeable in the scoring procedures for libero.
 - **10.9.6-1.3** If neither team has an appropriate libero tracker, the libero may not be used in the game and/or match.
 - **10.9.6-1.4** The libero is not permitted at any level underneath varsity.
- **10.9.6-2** The injury rule applies to all Libero-approved divisions.
 - **10.9.6-2.1** Teams may substitute during an injury time-out (even though a replay is called) for the libero replacement if the libero is injured or ill. This change allows for the immediate substitution of the libero replacement who may be playing out of position due to the injury to the libero. While a replay limits a team from substitution, when the replay is called due to an injury of the libero, a substitute is allowed for the libero replacement.

10.9.7 Related Policies: Junior Varsity

- **10.9.7-1** Junior Varsity divisions may have additional rulesets, based on competition level.
 - **10.9.7-1.1** Division 1 for Junior Varsity will have a 25' service line from the net, and may not violate such boundary.
 - **10.9.7-1.2** CYM JV Divisions for C, Y, O & M may serve where they are comfortable, except for underhand serving which shall be within the 6' hash marks. No foot faults will be called.
 - **10.9.7-1.3** Officials have sole discretion to move a player back.
- **10.9.7-2** No player may serve more than five points in succession.

In the event a server reached the limit, the players will rotate to allow the next player serve; while the opposing team will not rotate.

10.9.8 Related Policies: Boys' Volleyball

- **10.9.8-1** Boys' Volleyball participants for varsity may include 5th graders, provided that the athletic association representative has written consent from the parents or guardians and understands any and all risk; and attempts have failed to produce a junior varsity league sponsored by CYM Sports.
 - 10.9.8-1.1 The CYM Office does not need to be informed, except for the purposes of a play-up date attached to the participant(s).
- **10.9.8-2** Junior Varsity for Boys' Volleyball will be solicited prior to each spring season for interest.
 - 10.9.8-2.1 In the event a JV league forms with CYM-sponsorship, all junior varsity volleyball rules will apply.
 - 10.9.8-2.2 In the event a JV league fails to form, opportunities for clinics, practices, and scrimmages will be explored for the growth of boys' volleyball in our program, and in our region.
- **10.9.8-3** Kneepads are highly recommended but not required for standard varsity boys' volleyball participants.
 - Kneepads are required by all standard junior varsity boys' volleyball participants.