

Lincoln Catholic Athletic League Rules

PHILOSOPHY

The philosophy of Catholic education takes into consideration the *total* personality of the student. As part of our program, then, we teach that each individual person is called to become Christ-like. In our athletic program we strive to make this principle evident in our teams, coaches and fans. All are to be treated like Christ and in turn treat others in a Christ-like manner.

PURPOSE OF THE SPORTS PROGRAM

- To instill sportsmanship based on a Catholic philosophy.
- To teach fundamentals of each sport sponsored by the League.
- To teach the meaning of competition and cooperation through teamwork, self-discipline, fair play, and self-esteem.
- To maintain an organization for inter-parish competition.
- To insure participation for all members of each team.
- To insure that expectations are clear and that reasonable expectations are placed on each age level.
- To assist athletes to understand and make solid commitments consistent with Scripture.

ROLE OF THE LINCOLN CATHOLIC ATHLETIC LEAGUE

- Maintain a "Select Committee", composed of three (3) Lincoln Pastors, three (3) Lincoln Principals, and three (3) Lincoln Athletic Directors (appointed on a rotating basis by the Superintendent of Schools).
- Sponsor a sports program in cross country, volleyball, basketball (girls & boys), golf, & track for the Catholic school students in and around Lincoln, as well as, other school groups approved by the Select Committee and the Superintendent of Schools.
- Set rules and regulations for all events.

ROLE OF THE SELECT COMMITTEE

- Hire and supervise the League Director.
- Monitor all League activities.
- Enforce all League Rules.
- Operate as a liaison between Pastors, Principles, Athletic Directors, Coaches and Parents.
- Deal with written complaints brought to the Select Committee by the League Director.

LEAGUE DIRECTOR

- The Director is responsible for all inter-parish Lincoln Catholic Athletic League competition and athletic competition between Lincoln Diocesan schools and other schools.
- The Director is responsible for the scheduling of all athletic contests within the parameters of the Lincoln Catholic Athletic League.
- The Director is responsible to make sure officials are scheduled for all athletic contests of the Lincoln Catholic Athletic League.
- The Director is to schedule and conduct one meeting a year with the Select Committee during the months of either January or February. The primary purpose is to report on the state of the Athletic League. In addition, any changes/adjustment to League policies will be determined at this meeting. Other Select Committee meetings may be scheduled as circumstances dictate.

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- The Director is to be in communication with all athletic directors on a regular basis as well as any/all emergency situations.
- The Director is to keep accurate and current financial records to be presented at the Select Committee meeting(s).
- The Director will create a financial budget for the next school year. This budget is to be presented to the “ranking” Pastor on the Select Committee by March 1. The budget will be presented to supporting Pastors at the subsequent meeting by the Director. Following the presentation, the Director will be excused and the Pastors will vote on the budget. Approval of the budget will require the support of 70% of the eligible voters.
- The Director will handle all written complaints. The written complaints are to be made available to the Select Committee along with the actions taken.

ROLE OF THE SCHOOL ATHLETIC DIRECTOR

- Distribute League Rules and game schedules to coaches & parents of team members.
- Notify coaches & parents of rule changes and game schedule changes or cancellations.
- Consult coaches if they are in violation of the League Rules.
- Inform coaches that all complaints and/or possible violations that occur during a contest or within the League must be handled through the Athletic Director of said school. It is the individual school’s Athletic Director's responsibility to talk to the League Director, not the coaches.
- Contact League Director for rule interpretations.
- Monitor the eligibility requirements of students at their particular school, in consultation with their school principal.
- Notify parents of the League Rules and their schools' academic/disciplinary standards for competition in athletics.
- Be inside the gym during games, hosted by your school, to monitor the gym site.
- Notify coaches, in writing, of athletes not meeting the academic/disciplinary requirements of their school.
- Contact and inform the parent of the athlete's limited play (or suspension) due to grades or disciplinary action.
- Discuss both school & League rules with athletes to familiarize them with the League’s standards.
- Conduct the signing up of athletes for a sport and return the official League roster and league fees to the League Director prior to its due time and date.
- Divide up players equally, across multiple teams, according to individual skill levels.
- Notify the League director if an official does not meet the standards of our League.
- Attend all League meetings for Athletic Directors.
- Act as Select Committee member when appointed.
- Athletic Directors have full authority, at their respective gyms, to enforce League Rules at their discretion.
- A team roster for each sport must be submitted prior to each season’s designated deadline. Said deadline will be communicated to all A.D.’s prior to the start of the season. Failure to submit team rosters by the designated deadline **WILL** result in the loss of participation for the season.
- In extenuating circumstances, permission to move players up a grade level, in competition, will be the decision of the League Director. If approval is given, a memo will be sent by the League Director informing all league participants of any changes in any roster.

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- Athletes are never able to switch teams or act as a substitute for another team, without the permission of the League Director. Failure to comply by these rules may result in a suspension.
- Each team member must be enrolled at that school.

ROLE OF THE INDIVIDUAL SCHOOL

- Obtain an athletic director and coaches for each sport.
- Know, understand, and follow all League rules.
- Promote cooperation among League members.
- Attend all appropriate League meetings.
- Individual parishes shall be responsible for any competition or participation outside of the official league activities. Any such activity should not reflect or imply association with the Lincoln Catholic Athletic League. (I.E. Reference Rule #10 of the State of Nebraska Department of education.)
- Support the League Director, Athletic Director, coaches, players and all participants in the League.

QUALIFICATIONS FOR ATHLETES

- Maintain the academic standards of the qualifying school you attend.
- Maintain the disciplinary standards of the qualifying school you attend.
- Maintain and comply with the training, practice, school and League rules.

COACHES AND TEAM MANAGERS

- Instill sportsmanship based on a Catholic philosophy.
- Teach fundamentals of each sport sponsored by the League.
- Teach the meaning of competition and cooperation through teamwork and self-esteem.
- Each team shall be represented, in the arena of competition, by a head coach, assistant coach, or by a parent assigned for a game. The Head coach May Not be a current high school student or younger. The assistant coach may be a high school senior or older. Any team not properly represented shall forfeit the game.
- Coaches and their staffs are reminded that the purpose of the League is to build Catholic character in the young people, with whom they work. Winning is worth working for, and is not the final goal. Sportsmanship should rank higher than the outcome of the game.
- Coaches accept responsibility for the conduct of all athletes/coaches associated with the teams.
- Since coaches and team managers provide role models for their players, all rules of conduct in regard to the players are equally applicable to all coaches and managers.
All coaches must attend a coaches meeting (if provided) or they may be deemed ineligible to coach. A meeting with their Athletic Director, may suffice with pre-approval of the League Directors.

GYMNASIUM RULES

- All gym sites who hold League competitions must abide by all League rules.
- All gym sites must have at least one designated adult supervisor inside the gym at all times.
- No gym will be opened before 30 minutes of the scheduled first competition.
- Playing rules that are specific to any gym must be sent in writing to the Select Committee and to each parish prior to the beginning of the school year.
- No players are allowed in locker rooms or on the court without the coach or the coach's delegate present.
- Coaches must remain after all games until all players are accounted for and have departed.

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- No non-players are to be on court at any time, especially during half-time and after games. All gym sites MUST enforce this rule or the Pastor of that parish will be contacted as this could create a liability exposure. "League Approved Fund Raisers" will be allowed, but must be strictly-supervised by a designated adult or the gym supervisor!
- Each gym and coach should have copies of our own "League Rule Book" for each sport at the scorer's table.
- Admission for each game will be \$2 per person. If a family has more than 5 members, a maximum fee of \$10 will be charged for the entire family.
- Individual schools are allowed to charge less than \$2 a person, but may never exceed the price voted upon by the Select Committee.
- League Passes will no longer be provided. Coaches will be admitted to away games, free of charge, simply by informing the person in charge of the gate fee that he/she is a coach. Free admission is only applicable to the coach, not any members of his/her family. Any and all abuses of this are to be directly reported to the League Director and may result in a fine or suspension for the guilty party.
- Faculty & Staff from the hosting school, are admitted to contests free of charge. However, spouses and children (not participating in the games) will need to pay for admission.
- All gyms must obtain adults for the scorebook, line judges, and scoreboard persons.
- Any infractions of the League Rules must be reported in writing to the complaining school's Athletic Director. The Athletic Director will seek to resolve the problem to the best of his/her ability. If a resolution cannot be had the complaint will then be forwarded on to the League Director who will make the final decision. If, for whatever reason a final decision cannot be made by the League Director, he/she will take the complaint to the Select Committee.
- If an athlete, coach or parent is ejected from a game for unsportsmanlike conduct, the Athletic Director at the game site must call and inform the League Director within 24 hours. The Director will inform the Chairperson of the Select Committee, the particular school's administrator, and parish Pastor.
- Payments for referees need to be handled promptly at each gym site at the half time of the last contest.
- Concerning no shows: if a team does not give sufficient notice (by 2:00 p.m. on the school day) to the League Director(s), its school will be billed for the cost of the officials, as well as an additional \$100 fee.

REFEREES/OFFICIALS – Volleyball & Basketball

- Referees & Officials for all league games must be approved and hired by the League Director.
- Referees must control and enforce all game rules regarding players and spectators.
 - For basketball/volleyball: Payments for referees need to be handled promptly at each gym site at half time of the last contest, or during an appropriate time.
 - \$30 a game is the amount to be paid.

PRACTICE & GAMES

- Physical Education classes are not to be used to supplement athletic practice.
- No athlete or team shall play more than two (2) scheduled League games a week during the season. This rule can be adjusted by the League Director at the end of the season to accommodate make-up games.
- No athlete or team shall practice more than three (3) times a week. Example: two practices and one game/ one practice and two games/ three practices and no game. No practice shall last longer than 90 minutes.
- There shall be no organized athletic competition between member teams below the seventh (7th) grade.

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- All basketball teams will consist of at least seven (7) members, unless discussed with the League Director.
- All volleyball teams will consist of at least eight (8) members, unless discussed with the League Director.
- It is not League mandatory to split any groups/teams.
- All eligible players must participate in each competition. Each player present for a game and eligible to play must play in that game for a time equal to at least one quarter/match of play. All coaches must equalize playing time throughout the season in each sport. A forfeiture of one game will result with non-compliance of this rule.
- League games must be arranged to end at a reasonable time, no later than 9:30 p.m. All games during school nights will stop by 9:30 p.m. Whichever team is in the lead at that time will be declared the winner.
- First practice/starting dates for all sports will be provided to Athletic Directors by the League Director.
- If a player receives a technical foul, he/she will be removed from competition for the remainder of the half. If a player receives an additional technical foul in the same game he/she will be suspended for the remainder of the season.
- If throughout the course of the season an athlete receives two (2) technical fouls, he/she will be suspended for the remainder of the season.
- If a coach receives a technical foul, he/she will be automatically ejected from the game and asked to leave the school grounds. Refusal to leave school grounds, will result in said coach being permanently suspended from the Catholic Youth Sports League.
- If a coach receives two (2) technical fouls, in one season, he/she will be suspended from coaching for the remainder of the school year. A written request to coach, in the future, will need to be proposed to the League Director and accepted before reinstatement is had.
- If a parent or student in the stands receives a technical foul, he/she will be ejected from the game and asked to leave school grounds. Refusal to leave school grounds will result in a permanent suspension from all Catholic Youth Sports competitions.
- Every technical given must be reported to the League Director by the hosting school's Athletic Director within 24 hours.
- The League Director will then notify, in writing, the school's Administrator and the parish Pastor, as well as inform them of the consequences and the future expectations for the individual.
- Athletes may play one grade above their grade level, if due to insufficient numbers of players. This must be requested in writing to the League Director prior to the "rosters" due date.
- There shall be no competition or practice during Thanksgiving and Christmas vacations. This includes shoot-around/open gyms. Coaches may not be present for shoot--a rounds.
- Each team must have the same colored shorts, and each team must have a uniform top that complies with the high school rule for that sport.

VOLLEYBALL

- All Catholic-Athletic Rules will be followed as well as the following:
- Net Height is 7 feet, 4 1/8 inches (88 1/8").
- Standards (poles) and stand must be padded.
- Rally scoring will be used.
- Game 1 Rally To 25 Points.
- Game 2 Rally To 25 Points.
- Game 3 Rally To 15 Points.

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- When the ball hits the top of the net and goes over it is playable. This is called a "let serve". This is effective On all serves and volleyed balls.
- "Official" warm-up will begin 9 minutes prior to game time and will be divided as follows: First 3 minutes: Visiting Team has whole court. Second 3 minutes: Home Team has whole court. Last 3 minutes: Both Teams serve to each other.
- All gym sites must use Adults/HS Seniors for line judges, score book, and scoreboard positions.
- Each team competing in a match will be responsible for supplying one line judge, unless other arrangements have been made by the gym supervisor. Failure To comply will result in a forfeit of the match. The line judge may be parent or high school student or an on site Athletic Director designated individual.
- Compression shorts which are unadorned and of a single color similar to the predominate color of the uniform short may be worn.
- No jewelry is to be worn on the court.
- Each team MUST be equipped with a first aid kit at all times.
- At the conclusion of each match the handshake rule will be mandatory for all players and coaches.
- Payments for Referees need to be handled promptly at your gym site.
- Each coach must bring their own balls To each game site for warm-up.
- If a team wins the first two games a third may be played with or without an official if time allows.
- All other Nebraska high school Volleyball rules apply. (NSAA)

BASKETBALL

- All players' names, uniform numbers and grade must be on the roster.
- No jewelry is to be worn on the court.
- The rules for our League & team rosters must be at the scorer's table for all games.
- All hosting sites must obtain adults/HS seniors for the scorer's table.
- T-shirts under basketball jersey uniform may be white or similar to the uniform color. All t-shirts needs to be of the same color.
- Home team wears "pennies" (colored jerseys) when needed.
- Each team should have a head coach. Said coach may not be a current high school student or younger.
- Each quarter is six (6) minutes long, half times are seven (7) minutes long. The clock stops on all whistles.
- Warm-up will be six minutes. Adjustments may be made at gym supervisor's discretion.
- Three (3) full time-outs and two (2) 20 second time-outs per game, To be used at any time during the game.
- Overtimes are three (3) minutes long, with each team being given just one (1) full time-out to use.
- Maximum of two overtime periods. If tied at end of two extra periods, a tied contest results.
- The women's regulation size ball will be used for all grades. (28.5)
- On full court press:
 - No full court presses in the 7th grade, except for the last 3 minutes of each half, as long as the team is not leading by 20 points or more.
 - Eighth grade may full court press at any time, unless a team is leading by 20 points or more.
- On fast break:
 - No fast break when leading by 20 points or more.
- Mercy Rule: 20 point lead in the 2nd half the clock runs, except on injures & time-outs. If a team comes back to 15 points behind the clock will stop at all whistles.
- Try to allow at least six (6) minutes for warm-up time between each game.

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- Each team **MUST** be equipped with a first aid kit at all times.
- At the conclusion of each game the handshake rule will be mandatory for all players and coaches,
- Payments for referees need to be handled promptly during half time of the last contest.
- All other Nebraska high school rules apply. (NSAA)

LINCOLN CATHOLIC SCHOOLS LEAGUE DRESS CODE

- Modesty in dress is required of all Lincoln Catholic Schools League teams. Coaches and students must be modestly dressed in order to participate in any school-sponsored practice or competition. Failure to comply with the proper dress code is grounds for removal from a practice, game, or team.
- Games: Uniforms, approved by the Athletic Director and School Principal, are to be worn at all school competitions.
- Clothing with suggestive or inappropriate words, logos, or pictures are not allowed.
- Jewelry may not be worn in practices or in competitions.
- No policy can anticipate all possibilities of immodest, inappropriate, or dangerous fashion. The Athletic Director and School Principal reserve the right to determine the appropriateness, or lack thereof, of all clothing and apparel worn at school practices or competitions.