

2019- 2020  
CYO RECREATIONAL CHEER  
SPORT RULES



## Introduction

CYO Athletics, Inc. oversees the CYO athletic programs for the Archdiocese of San Antonio. Through local Catholic Parishes and Catholic Schools, CYO offers baseball, softball, soccer, volleyball, flag football, basketball, track, recreational cheerleading and cross-country/5k running programs to the youth of Archdiocese of San Antonio. This Ministry has been in existence since 1945 and is offered at the Parish/School level, which is driven by Catholic principles and discipleship. The program is open to youth between the ages of 4 and 17 in order to invite them to share more deeply in the Catholic life of their Parish/School through the lessons learned while participating in sports.

The CYO programs are open to Catholic youth regardless of race, nationality, family or economic status. Non-Catholics may join but will be required to share in the Catholic experience and be associated with a Parish or Catholic School.

## CYO Athletics Mission

As an outreach Ministry of the Archdiocese of San Antonio, volunteers effectively should serve as youth ministers, but within an athletic context. The mission of the CYO Athletics is a set of two equally emphasized missions, with the first leading to the second.

Therefore, the mission of the CYO Athletics is:

***To offer to all youth sports and recreation programs emphasizing friendly competition through good sportsmanship modeled by adult participants. To invite all participants, Catholic and otherwise, youth and adults, to share in the life of their faith community.***

The mission of the CYO athletic program includes:

Inviting all Catholic participants, youth and adults, to share in the life of their faith of their Parish/School through their CYO program and become involved in their Parish/School by attendance, religious education and formation programs. Establishing a working relationship between the Parish pastors/School Principal, the Parish/School and the Parish/School CYO community.

Encouraging ethical and moral behavior through the sports activities in the children, parents, coaches and fans as described below:

- No cheating or the tolerating of cheating by others.
- No alcohol or drunkenness, or any controlled/illegal substance, or using tobacco products during CYO activities.
- No arguing, name calling, foul language, personal attacks or fighting during CYO activities.
- An opening and closing prayer by all CYO participants during the CYO activity.
- To encourage fair play and sportsmanship
- To give all participants the opportunity to play in their sports program; CYO players shall participate as fully as time and circumstances allow.

## **Organizational Structure of the CYO program**

The CYO Office, under the direction of the CYO Athletic Director, is responsible for the CYO Athletics Ministry throughout the Archdiocese. The CYO Office will provide oversight and direction as needed for all Parishes/Schools and Zones, as well as coordinate City Playoffs. The CYO Athletic Director will implement and manage Policies & Procedures in this Manual, the published Sports Rules and when rules not specifically covered are in question. The CYO Athletic Director will also make all necessary and justified changes within the CYO Policies and Procedures as well as the published Sports Rules in order to protect the integrity of the program.

Currently, there are over 40 Parishes and Schools that participate in the CYO program and more Parishes and Schools are being added; these will be announced. These ministries are arranged into three Zones. The Zones are managed by volunteers and have a slate of officers that are elected into officer positions by the Zone membership which are the presidents of the Parish/School CYO.

The CYO Office which consists of the CYO Athletic Director, CYO Program Development Specialist and CYO Administrative Assistant oversees the operation of the CYO Ministry. The CYO office reviews all of the rosters, schedules, coordinates mandatory coach's certification, and is responsible for the end of season City Tournament.

The CYO Office appoints the Executive Council which serves as the CYO Director's advisors. The Executive Council, whose authority is derived from the CYO Office, is called into being by the CYO Director and given its mission to advise the CYO Director in areas of finances, policy, development and strategic planning.

An Executive Council shall be established to serve as a consultative body to the CYO Director.

Executive Council – Zone Presidents and Zone Liaisons appointed by the CYO Office.

- a. The Zone Presidents and Zone Liaisons must be reviewed and approved by the CYO Director.
- b. Zone Presidents unable to be present at the Executive Council meeting may request presence from another zone officer.
- c. The Executive Council, comprised of Zone Presidents and Zone Liaisons will meet as needed to discuss important issues, as well as to conduct necessary hearings.
- d. In the event of a Hearing, the decisions of the Executive Council are final. Minimum of five members of the Executive Council must be present at a meeting to constitute a quorum. A minimum of five eligible members will render a decision during the Hearing in which the Zone President that has ties to the appeal will not sit as a voting member.
- e. The Executive Council shall rule on all appeals rendered by the Zone Board based on the published Sports Rules and Policies and Procedures. The procedures for presenting an appeal are:
  - i. A request in writing from the suspended party as well as a statement of endorsement/approval from the CYO President of the Parish/School that the suspended party is representing, both directed to the CYO Director must be submitted to the CYO Office within 48 hours of the Zones decision.
  - ii. After this has been accomplished, the appeal request will be presented to the Executive Council at which point a decision will be made if the Appeal Request will be granted. If granted a hearing will be scheduled and all persons involved should be present.

**The CYO Athletics' office is located at 2718 W. Woodlawn Ave, San Antonio, TX 78228 - 210-734-2620**

# Zero Tolerance Act (adopted 2011 – revised 2018)

## A. Coaches/Players/Parents/Spectators

1. May not yell any form of criticism
2. May not make derogatory comments
3. May not use profanity, taunt, criticize, or jeer
4. May not badger, name call, or use foul language
5. May never approach a player, coach, spectator, official, scorekeeper, league administrator, or site coordinator at any time before, during, or after game to question or comment negatively
6. Will respect all game officials and scorekeepers and refrain from abruptly questioning their decision. There will be no extensive discussion, comments or gestures regarding any judgment calls.
7. May not approach an official or scorekeeper in an abrasive or negative manner at any time before, during, or after game to question or comment negatively

## B. Game Officials – must pledge to live up to high standards of ethics and training

1. Have authority to stop the game when coaches, parents, or spectators are displaying inappropriate disruptive behavior that hinders the game. The officials have the authority to remove these types of individuals when warranted. For lesser offenses or concerns official should identify the violator(s) to Site Coordinator for observation and possible removal.
2. If, in the sole opinion of the official, the situation cannot be remedied by removal of offending person(s), the game will be stopped and the offending team will forfeit.
3. Encourage good sportsmanship by demonstrating positive support of all players, coaches, fellow officials, and CYO administrators at all times.
4. Ensure knowledge of rules of each sport officiated, and apply those rules equitably to all participants, teams, and coaches.
5. Will not allow personal friendships and associations to influence their decisions during a contest.
6. Refrain from the use of tobacco and alcohol products when in the youth sports environment.
7. Remember that youth sports are an opportunity for children to learn and have fun.
8. Place the children's safety above all else.
9. Display patience and professionalism in the performance of their duties.

## C. Consequences

1. Individuals who engage in the above behaviors will be subject to **immediate** ejection from facility/property.
  - a. Individuals who engage in the above behaviors, will be **automatically** suspended for fifteen (15) days from all CYO events. The suspension will begin once advised by a league official of the suspension. This may occur verbally on site or with follow up communication from the Zone.
    - i. Elevated occurrences may require a more severe penalty which will be determined, as appropriate, by the CYO Office and/or Zone Board. Such occurrences may disqualify team from advancement to post season play (Zone Play-off and City Tournament)
  - b. Individuals ejected from a second game within the same sport year (August – July) will **automatically** serve a 1 year suspension from all CYO events. This suspension will begin **immediately**.
  - c. If the ejected individual chooses not to leave facility/property when asked, the authorities will be called to have the individual removed.

## D. Site Coordinator Responsibilities

1. Responsible for supporting game officials' decision 100% by:

- a. Removing coaches from games
  - b. Observing parents/spectators at all times
    - i. Making decision to remove parents/spectators when violating Zero Tolerance Act.
  2. Cannot be performing any other onsite duties such as gate, concession, etc.
  3. Any Zone Board member or any Parish/School Board member from host site that is present has the authority and responsibility to enforce the Zero Tolerance Policy.
  4. All ejections are to be reported to the Parish/School and Zone for immediate review to determine if additional suspension is warranted. Report must be submitted via email to the Parish/School/Zone Board Members and [cyo@archsa.org](mailto:cyo@archsa.org).
- E. **Abusive Behavior & Safety** - CYO Athletics will not tolerate any abusive behavior towards players, officials, or other spectators. We are committed to maintaining a safe and positive atmosphere in our programs.
- F. **Appeals Process** - Appeal request for all suspensions with regards to the Zero Tolerance Act, must be submitted to the Zone Board by the affiliated Parish/School President within 48 hours of the occurrence. Parish/School CYO Program does not have the authority to overturn a Zero Tolerance suspension. Zone Board may decide to review the suspension if warranted. Suspension will remain in effect during the Appeals Process. Zone Board decision after review will be final for all 15 day suspensions. If suspension is longer than 15 days (season long or 1 year suspensions) an Appeal may be brought before the Executive Council by following procedures outlined on page 4 sections e.i. and e.ii.

## CYO Recreational Cheer Sport Rules

- A. Divisions** – Tot – Tiny combined; Pee Wee – Junior combined, if a program is unable to create division specific teams, mixed division teams may be formed.
- B. Eligibility** - No player on a Senior High School Varsity team (suing up with team), Junior College or College team will be permitted to participate in a CYO League
- C. Roster**
1. All division specific teams - maximum of 25 and minimum of 4 players
  2. All division mixed teams - maximum of 36 and minimum of 4 players
- D. Officials** – Officials are not needed for Cheer as the Cheer Coach should be monitoring their team at all times to maintain proper safety and oversight.
- E. CYO Patch & Uniforms:** per the current Policy & Procedures:

### CYO Patch:

1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.
2. Every player from team must have the CYO patch located on the same side of the uniform.
3. CYO Patch may be screened on the uniform but must be the same size (2.5”) and color as the original CYO logo.
4. If a team has reversible jerseys, it is only required to have the CYO patch on the dominant color side of the jersey.
5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
6. All participating players on the roster must have their own CYO Patch at game/event time.

### Uniforms:

1. Minimum Uniform Requirements:
  - a. ALL uniforms/shirts must have, at a minimum, the appropriate size number(s) as determined by each specific sport in the CYO Sports Rule and the CYO Patch. Color of the number(s) must contrast the color of the uniform and be easily identifiable.
  - b. We strongly encourage all uniforms to have the Parish name. If Parish name is used it must be on the front of the uniform.
  - c. Should there be a team name on the uniform you must have your Parish name and the Parish name must be larger than your team name.

**Penalty:** Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.

2. If a team has a sponsor they must submit sponsors name on final roster, if sponsor is on the uniform it must be on the back of the uniform.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

**F. Uniforms:** Formal Cheer uniforms are not mandatory; Cheer uniforms are expensive. You can do several combinations for uniforms. It is a must that everything matches: from the head to ankle. At no point in time, whether at attention or cheering may the midriff be shown. Cheer T-shirt with Soffee shorts or Cheer Shell with Skirt and Bloomers are Cheer Uniform combinations can be worn:

1. ALL DIVISIONS: Cheerleaders must wear socks and tennis shoes.
2. No jewelry, earrings, necklaces and wrist bracelets allowed

- a. **Exception:** Medical and sweat bands.
- b. No Glitter in the hair or face at any time.
3. If hair is long enough, it should be worn in a high ponytail at practice, games and competitions. All Cheerleaders should be matching at all times. Matching bows may be worn above the pony tails. No makeup should be worn.
4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.
  - a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.

**G. Pom Poms** - Each team will be responsible to provide their own CYO approved pom poms. All players must have pom poms for a team to cheer with them. Pom poms must be 8 inches or less and match the uniforms. Rally poms with handles may also be used.

**Penalty** – if a cheerleader is missing pom poms or if the pom poms do not meet the criteria listed above, the team may not cheer with pom poms.

**H. Time Periods** – As per the posted CYO Sports Rules

1. Flag Football (Fall): four (4) quarters of eight (8) minutes.
2. Soccer (Fall):
  - Tot – PW: four (4 ) 8 minute quarters with 2 minute rest between quarters and 5 minute rest at half time.
  - Mite: for (4) 10 minute quarters with 2 minute rest between quarters and 5 minute rest at half
  - Cub – Junior: four (4 ) 15 minute quarters with 2 minute rest between quarters and 5 minute rest at half
3. Volleyball (Fall): Tiny – Junior: each match will consist of 3 games.
4. Basketball (Winter): four (4) quarters of 8 minutes each with **1** minutes between quarters and **2** minutes between halves.

**O. Noise Makers** – air horns, cowbells, whistles and other similar noise makers are not allowed to be used during any CYO events. **1<sup>st</sup> offensive – warning; 2<sup>nd</sup> offensive – individual will be ejected from the facility.**

**I. Female/Male Certified Coach** - The CYO Office highly recommends that there be a certified female and male coach on team's roster with mixed gender teams in order to address any injuries or illness of any cheerleaders.

## Playing Rules (CYO Policy)

**A. General Rules**

1. Coaches are responsible for the supervision of their team before, during and after the game.
2. Each cheerleader must be treated with dignity regardless of his or her ability.
3. We are a recreational cheer league, no tumbling or stunts are permitted.
4. A cheerleader on a CYO program's cheer team may not participate on any other CYO program's cheer team during the season.
5. All cheers must be reviewed by the coach for good taste and propriety. The Coach must review each cheer; if there is any doubt of appropriateness of a cheer, please have the Cheer Commissioner review it.
6. Cheerleaders should be cheerful, friendly, provide team spirit, and shall not belittle an opponent or another Cheer team.

## 2019-2020 CYO Recreational Cheer Sport Rules

7. Entrance fees - if the Parish/School is in charge of the event the Parish/School may charge the adults and child/children spectators an entrance/gate fee. Coaches and cheerleaders will not be charged an entrance/gate fee.
8. No Outside Food and Drink allowed in CYO facilities: Concessions revenue directly goes to support the Parish/Schools and help to provide equipment, maintain facilities and off set expenses.

### B. Game Performances

1. Cheerleaders may not, at any time, obstruct the view of spectators or interfere with the athletic competition in process.
2. During games - (Facility specific) Cones will be placed at the facility to mark the cheer area. Cheer Coaches are to go straight to the designated area and ensure that all of the team stays within in the designated area.
3. Guidelines for Field Cheering: - (Facility specific) Cones will be placed at the facility to mark the cheer area. Cheer Coaches are to go straight to the designated area and ensure that all of the team stays within in the designated area.
4. Guidelines for Gym Cheering:
  - Cheer location will be at the end of the basketball court of their teams' bench (if space permits), on the stage (location dependent) or in the stands. Look for the cheer cones that have indicated where the Cheer Teams will be allowed to cheer from.
  - Facilities may limit/restrict cheers/team size due to space and safety concerns.
  - No team is allowed to meet in the foyer, hallways for warm ups. Your team must do the warm ups in the gym or outside.

**C. Number of Players** - All teams will consist of a minimum of 4 cheerleaders in the cheer area.

**D. Coaching Area** - Coaches must remain with the cheer team at all times. All coaches must be certified and have a current CYO Coaching badge. There are no more than 4 Cheer Coaches per a team. Cheer Coaches must remain in the Cheer area at all times.

**E. Restricted Facilities for Cheering:** Hosting Facilities are allowed to state to the Zone whether they will be permitting Cheer at their facilities. No facility will be required to host Cheer Teams. Hosting Facilities will be provided cones to use to designate a specific area for the Cheer Teams to cheer from. Cheer coaches will not be allowed to move the cones to another area.

**F. Good Cheer Sportsmanship:** Remember, cheerleaders are there to encourage enthusiasm, team spirit and crowd participation. No matter what the attitude of the crowd/opposing team, make sure your team continues to display what sportsmanship is all about. The cheers/chants should be of a positive nature. There will be no "downing" the other team.

1. When an injury occurs on the field or Gym all Cheerleaders must remain quiet and no cheers are to be performed. Cheer may continue once the player returns to the game or bench.
2. If there is only 1 Cheer team present they are more than welcome to cheer positively for both teams.

**G. Prayer Before and After the Game.** All Cheer team members will be required to participate in the opening prayer and closing prayer of each game.

**H. Cheer Team/Cheerleading Misconduct:** Violation of any of the above Cheer Rules will result in the following suspensions:

- Team first occurrence: warning
- Team second occurrence: ineligible for End of Season Cheer Competition
- Cheerleader first occurrence: cheerleader is ineligible to participate in teams next game appearance
- Cheerleader second occurrence: cheerleader is ineligible for End of Season Cheer Competition