

**Kansas City Parochial League
Diocese of Kansas City – St. Joseph
Revised July 18, 2011
ATHLETIC PROGRAM**

ARTICLE I – MISSION STATEMENT

SECTION 1. The purpose of the athletic program is to provide the opportunity for the youth to grow physically, psychologically, emotionally, spiritually in the image of Christ through the benefits of a positive athletic experience.

ARTICLE II – ELIGIBILITY

SECTION 1. All Kansas City-St. Joseph Diocesan schools must adhere to all Kansas City Parochial League rules & regulations regardless of what league they are participating in.

SECTION 2. In order to participate in the athletic program sponsored by the KCPL, each member must be registered with the school or parish they represent and the PLKC Office.

SECTION 3. Being ‘registered’ means that an individual PLKC member has on file with the PLKC Office a completed, current PLKC Permission to Play form for each sport participating in. (Current is a school year that falls within the dates of June 1 through May 31 of that particular year.) Both the member and the parent must sign the form attesting to the accuracy of the information. A completed Official PLKC Roster form giving the member’s name, address, and date of birth must be received by the PLKC Office to complete the registration. This applies to all fourth (4th) through eighth (8th) graders participating in the PLKC. Deadline for player additions is before the fourth (4th) week of play of the regular season competition.

SECTION 4. Students must be in good standing with regard to past sportsmanship as judged by the PLKC.

SECTION 5. All teams will be placed in divisions representing the highest-grade level represented on the team. A player who moves to another team or up to another grade level must remain with that team for the remainder of the season including post season. No roster moves can be made without the League Director’s approval. The Parochial League doesn’t allow boys & girls to compete on the same

team or against each other. The exception to this rule would be in the track program.

SECTION 6. Participation in the PLKC program where a score is kept and current standings are recorded is restricted to current students in the 5th – 8th grade. Exception: 4th grade volleyball where score is kept only – not recorded. A separate division is provided for current third & fourth (3rd-4th) graders to participate in volleyball and basketball. During Track season fourth (4th) graders will be allowed to participate alongside the 5th & 6th grade at scheduled meets.

SECTION 7. All participants in the 3rd – 8th grade school program must be within the age limit as of October 15 of the current school year in which the student intends to participate in the league.

a. Any child who has reached the third (3rd) grade by September 1 of the current school year will be eligible to participate in athletics.

b. In the third grade, a child must not have reached his/her Tenth birthday; Fourth grade – Eleventh; Fifth grade – Twelfth; Sixth grade – Thirteen; Seventh grade – Fourteen; Eighth grade – Fifteen.

c. AGE REQUIREMENT HARDSHIP APPEAL - Catholic Conference Board may waive provisions of the requirement rule, provided during a personal interview of the student and parent(s), the following criteria are met:

1. A maximum of one year (12 months) from b. listed above will be considered.
2. The parent(s) must submit hardship letter of request and the specific sport(s) must be identified.
3. Student's physical or mental maturity would not take advantage of or jeopardize the health and safety of other participants.
4. If the Catholic Conference Board declares the student eligible, he or she shall be eligible upon notification and ONLY for the sport(s) programs approved.

SECTION 8. All contestants participating in the PLKC program must be members of the parish or attend the parish school of the parish they represent.

a. If a player starts the season with a parish team and later moves out of the parish, then he/she may complete the season with the parish provided he/she has played at least three games while still a resident thereof or he/she may transfer to the team of his/her new parish.

b. If a school does not have enough athletes to field a team in a particular grade level and the school is unable to combine grade levels by moving players up from a lower grade level such as fifth (5th) graders up to the sixth (6th) grade to form a team, then the Parish Athletic Director may submit a request in writing to the Catholic Conference Board requesting permission to combine with a neighboring Parish in need of participants to form a team.

c. A child not registered in the school may participate in that school's athletic program if.

1. The child and parent(s) are registered members of the parish they represent. The child must be a full-time registered student in the Parish School of Religion, registered for PSR classes in September or when the first day of classes begins. Any late registrants will not be allowed to participate in the school's athletic program for that current school year. PSR students must maintain an acceptable attendance record of at least 75% attendance during the past and present school year to qualify for the school team. This record will be provided by the Religious Education Director of the PSR program. The Director must fill out a form, sign it and provide it to the parish athletic director for all PSR students seeking to participate in sports at the school, indicating if all of the requirements have been met. PSR students must submit to the Catholic school principal a quarterly report card for review. Any student who is home schooled must have a written statement from the Parish pastor that the home schooling religion curriculum is approved. Any home-schooled children must play in the athletic program associated with the parish where they are registered.

SECTION 9. Student Eligibility – Elementary School

Academic eligibility should be used to ensure that every child is working to his/her ability during sport seasons. It is intended to help the student athletes balance their time and their talent in the classroom as well as the court/field to ensure a quality educational experience. Eligibility determination is a weekly check of academic performance and not an arbitrary disciplinary action. It is a check of the student's work for that week only, not preceding weeks. If a child has no grades for a particular week, then he/she is eligible. The previous weeks grades are not carried over. Athletic eligibility should be a tool that helps each child learn to budget and use his/her time and talent constructively. When inappropriate behavior or poor academic performance is a result of or related to sports, then the student's eligibility should be considered. Consequences should be logical, natural or instructional. For example, if a student is doing poorly academically because his/her primary focus is sports, then he/she should be declared ineligible for that week. For athletic eligibility, the minimum grade average in each class, each week, should be a C- or above. If the weekly grade average for any class is below a C-, the student and his/her parents/ guardians will be warned but not made ineligible. If the weekly average is below a C- in the same class(es) for the second week, then the student is ineligible for that week. However, if the teacher determines that the student is working to the best of his/her ability and the weekly average for any class is still below C-, then the teacher and the principal should allow that student to participate in the athletic competition for the week. In addition, unsportsmanlike conduct may make the student ineligible. Eligibility should run weekly from Tuesday to Tuesday. Teachers should notify the Principal of ineligibilities on Mondays and coaches should be informed on Mondays regarding students' eligibilities for that week. A notice should also be given the players and parents at this time as well. Notification on Mondays will give the coach sufficient time to plan for the week's competition.

SECTION 10. A student must attend school on the day of a game to be eligible to participate in any KCPL contest, other than exceptional circumstances approved by the Principal.

SECTION 11. OUTSIDE COMPETITION

a. Observance of all rules regarding Parochial League player participation is required by all Parochial League teams during any contests.

b. (3rd-8th grade) The Catholic Conference Board also has approved: Athletic Directors will be required to submit a list to the Parochial League Director of all students who are playing AAU/Club ball as well as on their parochial school team. No student may play for more than one Parochial League team, per season. With the only exception being playing boy's volleyball and participating in track at the same time. The rule doesn't allow for a PSR student to participate on his/her school team and a Parochial League team.

SECTION 12. Photograph of Students or Children (Section 330.9 of the Principals Administrative Manual) "Administrators should have on file a signed "Parent/Guardian Consent for Photo and Similar Recordings" before any photograph, digital image or video of a student or child is published for the purpose of marketing. (Consent forms may be obtained by contacting the PLKC Director).

ARTICLE III – BEHAVIOR EXPECTATIONS

SECTION 1. Coach Eligibility

*Schools select coaches to represent their teams. It is the school's responsibility to insure that the coach has completed all necessary Protecting God's Children training required by the Diocese. By listing the coach on any required PLKC forms and allowing the coach to act as its agent, the school is acknowledging and representing that the coach is considered eligible at the school level.

*Coaches must also meet the certification standard as set forth by the PLKC. The standard currently required is successful completion of Play like a Champion: Coaching as Ministry Coaches' certification.

*Should a coach violate school rules, it will be considered a school matter and the school will determine the consequences for the coach. Should a coach violate league rules, it will be considered a league matter and the PLKC athletic director will determine the consequences using the PLKC Disciplinary Guidelines as its' primary guide. A given sport's disciplinary rules (if applicable) will also be used in helping determine appropriate consequences.

*Violations may subject coaches to losing their privilege to coach, and may also require re-certification in the PLC program, or other applicable training program based on the discretion of the PLKC.

Spectator Eligibility (Fans)

*Please see the Spectators' Code of Conduct found in this Handbook.

This will be used as a primary basis, along with the PLKC Disciplinary Guidelines (also found in the Handbook) when determining consequences for spectators who fail to meet minimum acceptable standards for behavior at school and league events.

*Attendance at youth sporting events is a privilege, not a right. This privilege can be revoked if a spectator's past or present behavior gives the facility supervisor, the school, officials, or the PLKC sufficient cause for concern in regard to safety or to the ability to continue a given contest without unnecessary interference or interruption from the spectator(s) in question. Failure to adhere to consequences imposed by any of the aforementioned parties may result in the spectator(s) future attendance being jeopardized and the team forfeiting the contest(s) involved.

PLKC Sportsmanship Code For Coaches

*This code is to be considered supplemental to each school's expectation for conduct of its volunteers and agents.

*Remember to do all for the glory of God.

*Interscholastic competition exists for students to foster sportsmanship, leadership and teamwork; coaches should set the example of good sportsmanship.

*Coaches must complete all requirements for coaching as set forth by its school and the PLKC.

*Coaches are to comply with all school and league rules and directives.

*Each child is equally important. Coaches must make every effort to insure that each player receives a fair amount of playing time.

*Coaches should always conduct themselves as an example of Christian behavior, both at the field/court and away from it.

*Coaches should be supportive and encouraging in everything they do and say; they should never assault others verbally or in writing.

*Coaches should address concerns to officials in a calm manner during dead ball situations.

*Coaches should address their players in a manner consistent with how a reasonable person would expect their own children to be addressed. A coach is never to address a player from another team unless in a sincere congratulatory or helpful tone.

*All coaches must satisfactorily complete a PLC workshop prior to coaching in the PLKC during the school year.

*Coaches who are found to be in violation of the coaches' code of conduct may be required to re-certify by completing another PLC

workshop. Either the school administration or PLKC staff may mandate this re-certification.

*Conduct which occurs during games is subject to disciplinary measures from the PLKC.

PLKC Sportsmanship Code For Parents, Students and Spectators

*This code is to be considered supplemental to each school's expectation for conduct of its community.

*Remember to do all for the glory of God.

*Interscholastic competition exists for students to foster sportsmanship, leadership and teamwork; fans should set the example of good sportsmanship.

*Each child is equally important.

*Fans should always conduct themselves as an example of Christian behavior.

*Fans should support and encourage in everything they do and say; they should never verbally assault others.

*The only people who can talk to officials during a competition are the coaches or administrators, not fans or parents.

*The only people who can talk to coaches during a competition are the other coaches, officials or student participants, never parents or fans.

*The only people who can talk to players during a competition are the coaches, officials or student participants, never parents or fans.

*Understand and follow the distinctions: the coach's role is to coach, the officials' role is to officiate, the player's role is to respectfully participate; the fan's role is to support.

*Remember that coaches and officials are human.

*Conduct which occurs at games is subject to disciplinary measures from the PLKC.

PLKC Sportsmanship Code For Players

*This code is to be considered supplemental to each school's expectation for conduct of its students.

*Remember to do all for the glory of God.

*Interscholastic competition exists for students to foster sportsmanship, leadership and teamwork; students should set the example of good sportsmanship as set forth by parents, guardians, and coaches.

*Students should stay physically fit so as to be able to do their best in all situations.

- *Students should make every effort to attend all practices and give 100%.
- *Students should maintain their eligibility by successfully completing all of their required coursework. Students must remember their priorities: (1) God, (2) family, (3) academics and (4) extra-curricular activities.
- *Students are to comply with all school and league rules and directives as given by their coaches and teachers.
- *Each player is equally important to a team. Players should positively encourage all teammates to do their best.
- *Players should always conduct themselves as an example of Christian behavior, both at the field/court and away from it.
- *Players should address concerns to their coaches in a calm manner during games.
- *Players should respect officials and opponents at all times, for without them, there would be no game.
- *Conduct which occurs outside practice or games is subject to disciplinary measures from the school.
- *Conduct which occurs during practice is subject to disciplinary measures from the head coach and conduct which occurs during games is subject to disciplinary measures from the PLKC.

ARTICLE IV – PLKC DISCIPLINARY GUIDELINES

All behavior related technical fouls, ejections, and unsportsmanlike penalties are to be reported to the league office immediately by the host school and the officials. The official PLKC incident report form is the preferred method of reporting. Situations differ in type and circumstance, therefore; the following will be used as guidelines, but may be adjusted (in either direction) if deemed appropriate by the PLKC League Director after thorough review.

Level One (Temper/Sportsmanship):

Head Coaches:

First Technical or Unsportsmanlike penalty (UP): Suspended from next game

Ejection: Suspended from next two games

2nd Technical (different game) or UP: Suspended from the next two games

2nd Ejection: Suspended for the season, possibly longer

3rd Technical (if gathered one at a time): Suspended indefinitely pending review

Assistant Coaches:

First Technical or Unsportsmanlike penalty (UP): Suspended for next two games

2nd Technical (different game) or UP: Suspended indefinitely pending review

Ejection: Suspended for minimum of two games

2nd Ejection: Suspended for season

3rd Technical (if gathered one at a time): Suspended for season

Players:

First Technical or Unsportsmanlike penalty (UP): Suspended for one quarter

2nd Technical (different game) or UP: Suspended at least one game

Ejection: Suspended for the next game, possibly longer

2nd Ejection: Suspended for season

3rd Technical (if gathered one at a time): Suspended for the next two games

Spectators:

First Technical or Unsportsmanlike penalty (UP): Suspended for next two games

2nd Technical (different game) or UP: Suspended indefinitely pending review

Ejection: Suspended for minimum of two games

2nd Ejection: Suspended for season

3rd Technical (if gathered one at a time): Suspended for season

Level Two (Ethics):

Violating League Rules first offense: Suspended for next full semester

Violating Suspension: Suspended for next full school year

Violating League Rules second offense: Suspended for life

Violating 2nd Suspension: Suspended for life

Level Three (Physical Harm):

Physically harming or threatening another person Suspended Indefinitely pending review

- *Factors which affect the consideration of the PLKC league director in applying a more lenient or strict penalty than the stated guidelines include, but are not limited to:
- *The history of the offender at school and league levels
- *The testimony of the officials, opponents, and non-biased third parties
- *The subsequent attitude and sincerity of contrition displayed by the offender
- *The perceived knowledge & intent of the action and its effect on the fairness of all involved
- *In a Catholic, Christian league such as the PLKC, the spirit of the law will be the guide, not the letter of the law.

PLKC Catholic Conference Board: The PLKC Catholic Conference Board rulings are final.

SECTION 3. Any player while in their PLKC uniform or any coach during practices or games using or possessing tobacco, alcohol or illegal drugs while in PLKC uniform will be automatically suspended from PLKC competition and may be reinstated only by the Catholic Conference Board.

SECTION 4. Teams Dropping Out: If any teams drops out of the league or is suspended from competition, games played by such teams will be treated as follows:

- a. All completed rounds or scheduled games will stand as played-this includes forfeitures.
- b. Should a team drop out before completing a specific round of play, all games in the round will be declared victories for the scheduled opponents.
- c. All scheduled games forfeited will be liable for forfeiture fine of fifty (50) dollars per contest.

ARTICLE V – FORFEIT

SECTION 1. A school team will forfeit all contests in which an ineligible contestant has participated. Each school athletic director, coach, or adult adviser is responsible for the eligibility of his/her own participants. All ineligible players and all adults who allow them to participate will be liable to suspension for one year.

SECTION 2. Unless otherwise noted, forfeit time will be game time.
Note: For basketball contests if a team only has four (4) players present then the game must and can begin with as few as four (4) players. Volleyball see Article XI, number 9, on page 16.

SECTION 3. Only the Parochial League Director may authorize the postponement of scheduled games. FORFEIT FINES: (a.) The League Director must be notified before forfeiting any scheduled contest. (b.) Failure to notify the League Director at least 48 hours before the scheduled contest will result in a fifty (50) dollar fine. (c.) A one hundred (100) dollar fine is charged to any team that does not show for a scheduled contest and fails to notify the League Director 48 hours in advance.

SECTION 4. The school athletic director of a team that forfeits a scheduled game shall be notified by certified mail that a team at his/her school has forfeited a scheduled game. The school athletic director will have ten (10) days from the receipt of the letter to pay the fine that was levied. In the event the school athletic director takes no action, all future contests that the PLKC school team participates in shall be forfeited.

SECTION 5. POSTPONEMENTS: When it becomes necessary to postpone any scheduled contest sponsored by the Parochial League for any legitimate reason, the only persons who shall be recognized as qualified to request the postponement are the parish priests, school principal or athletic director. It is the responsibility of the school/team representative to contact the Parochial League Director at least forty-eight (48) hours in advance to seek the postponement. If the approval is granted, then it is the responsibility of that representative seeking the postponement to contact the opposing team for approval. If all agree, then the postponement will be granted. The Parochial League Director must be notified of the agreement of all parties involved. It is understood that any postponed contest must be played within seven (7) days of the original scheduled date. Results must be received in the Parochial League office within forty-eight (48) hours after the completion of the contest. The two teams involved must make arrangements for the game site, officials, and other necessary personnel. The two teams involved are responsible for the payment of the official's twenty-five dollars per official (\$25.00), and all other expenses for the postponed contest. If the above arrangements are not fulfilled, the two teams involved will

each be awarded a ‘loss’ by forfeit and charged the minimum per team forfeit fine.

ARTICLE VI – PROTEST

SECTION 1. BASKETBALL: If, for any reason during the course of any 5th – 8th grade basketball contest, the coach of either team involved wishes to protest the contest, he/she must inform the official in charge that he/she is protesting the contest. The coach must indicate in writing on the back of the score sheet the reason for the protest. The coach and official in charge must affix their signature, on the score sheet indicating that the reason for the protest is clear. The protest must be made during the course of the contest. A protest made after the conclusion of the contest is not valid.

SECTION 2. Protest must be submitted in writing to the Parochial League Director within forty-eight (48) hours after the completion of the contest. If submitted by mail, the protest must be postmarked within the forty-eight (48)hour period. A twenty-five dollars (\$25.00) deposit must accompany the written protest. If the Protest Committee judges in favor of the protest, the twenty-five dollars (\$25.00) will be returned. If the Protest Committee judges against the protest, the twenty-five dollars (\$25.00) will be retained by the PLKC.

SECTION 3. The protest may be submitted only by the coach and must be signed by the parish athletic director. The one submitting the protest must, in the original letter, enumerate all the grounds on which they are basing their protest and indicate all the facts and information they have to support their claim. Decision will be given only on the grounds mentioned in the letter.

SECTION 4. When a protest is received, the opposing team will be immediately informed and will have forty-eight (48) hours in which to submit an answer.

SECTION 5. By the very fact of submitting a protest, the protesting group agrees to abide by the decision of the Protest Committee.

SECTION 6. VOLLEYBALL: During all 5th – 8th grade volleyball contests any protest of rules or procedures must be done with the specific rule shown in the rulebook, (either in the current year High School Association rule book or the Parochial League book.). The

coach has ten (10) clock minutes to find the rule in the book to make his/her case. If the coach cannot find the rule in the book or the time runs out, then the protest is over. The coach has the burden of proof.

SECTION 7. GENERAL: The League Director must be notified of any coach who violates the Parochial League minimum player participation rule. During all preseason and league games coaches are on their honor to assure each eligible team member receives the minimum playing time. Failure to follow the minimum participation is not grounds for a forfeit. However failure to do so by a coach may result in suspension or expulsion from coaching in the PLKC.

SECTION 8. BASKETBALL: During the city basketball tournament semi-finals and finals a League Representative will be present to monitor participation. Failure to comply by a coach will result in an immediate forfeiture of the contest. First round city basketball tournament game will follow (Article VI, Section 7).

ARTICLE VII – COACHES

SECTION 1. QUALIFICATIONS: All PLKC coaches must be good Christian people of unquestionable character who: 1) have respect for the participants under their care as well as respect for other coaches, participants and officials; 2) consider participating and teaching above winning; 3) provide leadership and an example of Christian Sportsmanship.

SECTION 2. HEAD COACH: The head coach (at least twenty-one (21) years of age) is that person who has the responsibility for the team. The head coach is that person who is present nearly all of the time the team is together. Assistants to the head coach are the head coach's responsibility and should be secured by the head coach, keeping in mind the qualifications for all PLKC coaches. All teams are required to have two (2) adults present at all games and practices.

SECTION 3. COACHES PARENTS MEETING: The head coaches are required to have a meeting with their players and parents prior to the season. Information regarding the meeting will be provided by the PLKC Director at the league mandatory head coaches meeting prior to each sport.

SECTION 4. SUPERVISION: It is required that every PLKC team be accompanied to all competition by a coach or adult supervisor who shall be responsible for the conduct of the team members, parents and followers. The absence of the adult supervisor is not grounds for protest. However, lack of supervision and/or unsportsmanlike conduct by the coach, players, players' parents, or team followers will make the group liable to suspension.

SECTION 5. PROTECTING GOD'S CHILDREN TRAINING: All head and assistant coaches are required by the Diocese of Kansas City-St. Joseph to attend a training session pertaining to the sexual abuse of children. Once a coach has attended the Protecting God's Children Training then all requirements have been met and the coach need not attend the training again.

SECTION 6. PLAY LIKE A CHAMPION TODAY: All head & assistant coaches must attend a Parochial League mandatory Play Like A Champion Today (Coaching Youth Sports As Ministry) training prior to the sport season they are coaching. Failure to do so will make the coach ineligible to coach for the season. All coaches are required to take a Play Like A Champion Today refresher course every two years. Failure to do so will make the coach ineligible to coach for the season. The PLKC also requires all athletic directors and specific sports coordinators to attend as well. Coaches who are found to be in violation of the coaches' code of conduct may be required to re-certify by completing another PLC workshop. Either the school administration or PLKC staff may mandate this re-certification.

SECTION 7. It is the coach's responsibility to lead or appoint a team member or assistant coach to lead a prayer before each contest where his/her team is listed last on the schedule. (Example: St. Ann vs St. James. In this case St. James is listed last and it is the responsibility of the St. James coach to make sure that the prayer before the contest is lead reverently.) At the beckon of the official or officials, coaches of both teams are to bring their entire teams to the center of the playing floor. When the prayer is completed, the coaches and teams will be allowed 1 (one) minute to confer at their benches before the contest starts.

SECTION 8. Any coach who does not enforce special PLKC rules, which are exceptions to the National Federation of State High School Associations Rules, for his/her team shall be liable to suspension. It is

unrealistic to expect officials to know and implement our special rules one hundred per cent of the time. Any coach who claims he/she did not know the rule or misunderstood the rule is liable to suspension.

SECTION 9: VOLLEYBALL: In volleyball the coach will be allowed to stand at the bench area provided they are not disruptive or distracting, per judgment of the official(s).

SECTION 10. Coaches must refrain from questioning a judgment call of any official.

SECTION 11. At the conclusion of the scheduled contests all coaches, players and spectators must refrain from confronting the Game Officials about the outcome of the contest. Any person that refuses to follow this rule may be suspended for the season from coaching, playing or attending any PLKC contests. Concerns regarding the game or officials must be directed to the League Director.

ARTICLE VIII – PLAYER PARTICIPATION

SECTION 1. PARTICIPATION – Every child must have an equal opportunity to participate and play in the school sport program. Unless health or injury prevents it, the school must adhere to these minimum requirements for participation in league play or any tournament play.

a. Volleyball 5th-8th – One complete game per match.

b. Tackle Football 5th-8th – 15 plays per game (See Article XV. Section 5)

c. Basketball 5th-8th – One uninterrupted quarter of each game.

d. Track – At least one event.

e. 3rd-4th grade sports as equal as possible

1. Parochial League rules on participation must be adhered to during all contests the team competes in during league play, pre-season and post season tournaments.

a. All student athletes on the team roster shall suit up for

every game and observe the rules of participation (See Article VII Section A.) except in the case of disciplinary action that requires the student to sit out an entire contest or in the case of illness, injury or health issues. If the athlete is unable to participate for any reason the opposing coach and the official scorekeeper must be notified prior to the start of the athletic contest. The official scorekeeper must then make a notation on the official score sheet.

b. If a player becomes injured during the course of a contest and is physically unable to continue having not met the minimum participation requirements, the coach must notify the official scorekeeper. If an injured player is able to return to a contest and he/she has not yet met the minimum participation requirement, then he/she still must adhere to the minimum participation requirement unless the player is unable to do so due to the injury.

c. VOLLEYBALL: When a coach is disciplining a player or where a player to is play in more than one match that day, then that player must sit out the first match of the day.

d. BASKETBALL: If a player has four (4) fouls at the start of the fourth quarter and has not played an uninterrupted quarter during the game, then that player must start and play the entire fourth quarter or until he/she fouls out of the game.

SECTION 2. UNIFORMS: All players' uniforms must have numbers on the front and back that is easily seen and that match the team roster. (Legal numbers per High School Association rules are recommended but not mandatory). Tennis shoes are required.

BASKETBALL: Head coaches are responsible to make sure that his/her player's jerseys are tucked in at all times.

VOLLEYBALL: It is the head coach's discretion as to whether shirts are to be tucked in or not. However it is illegal to tie or knot the uniform shirt. Tying up the sleeves of the uniform is illegal.

VOLLEYBALL: Shorts must be the same color. Shirts must be identical. Penalty: If the player's shirt is not identical to the team, then that player cannot participate. If shorts don't match then it is a point or loss of serve, for the first entry of that player in each match they participate. Names or nicknames will not be permitted on the school uniforms. Only the school's name may appear on the uniform. Biker shorts or spandex shorts may not be worn as the uniform shorts. Loose fitting gym shorts are the only shorts that may be worn as the uniform shorts. Bicycle shorts worn under the uniform must be the same color as the body of the uniform shorts.

TEE-SHIRTS: If any male or female athlete wears a t-shirt under his/her uniform then the tee-shirt must be white, short sleeve, crew neck and completely unadorned.

JEWELRY: Jewelry shall not be worn. This includes earrings and ear posts. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.

SECTION 3. Under no circumstances will any participant be allowed to participate in any contest with body paint and or paint in the hair. In volleyball, no hard objects may be worn in the hair with the exception of unadorned bobby pins and flat clips/barrette two (2) inches or less in length. High School Association rules allow ribbons to be worn in the hair in volleyball but not in basketball. In basketball rubber bands and elastic or cloth bands may be worn to hold back the participant's hair. No player will be allowed to participate in any PLKC contest while chewing gum

ARTICLE IX – ATHLETIC DIRECTORS

SECTION 1. Each parish must have an athletic director. The school athletic director will receive all schedules, schedule changes, and information concerning PLKC Sports from the PLKC Office. It is the responsibility of the school athletic director to inform his/her coaches of schedule changes and communications that concern his/her coaches. The school athletic director must attend all PLKC athletic directors' meetings prior to each sport. The school athletic director coordinates the sports program on the parish level and needs to secure and be responsible for coaches of the parish teams. The

athletic director should make necessary coaching changes when the coach's attitude or actions are not conducive to the PLKC Philosophy.

SECTION 2. The school athletic director shall be responsible for having all of their participants register online through the PLKC online registration process or by submitting Player Participation Forms for those who cannot register online, team rosters and team fees to the Parochial League Director by the required due dates 18before teams are allowed to participate. The League Director, prior to the deadlines, must approve exceptions to this rule.

SECTION 3. The athletic director must have parents sign a waiver stating that the child is in good health and has permission to participate in the program. This must be completed before practice begins for that sport. This form should remain on file with the school athletic director.

SECTION 4. The athletic director must see to it that no practices for any sport begin until the designated starting date. Any coach(es) who violates the Parochial League practice start date of any sport will forfeit their first regular season game played. The coach(es) will be suspended for the next regular season game played & replaced by another trained coach or athletic director. During the suspension the coach(es) will not be eligible to attend the game. The Athletic program will also be placed on probation for the next eighteen months.

SECTION 5. Team selection sessions prior to the official practice starting date are permitted under the following conditions. NO PRACTICE IS ALLOWED.

- a. All students in the grade level are invited.
- b. At least two evaluation sessions only for the 7th & 8th grade
- c. At least one evaluation session only for the 3rd - 6th grade

SECTION 6. The school athletic director in conjunction with the school principal should ensure that a Diocesan required background screening is on file for all coaches who will be coaching the school's teams.

SECTION 7. It is the responsibility of the school athletic director to ensure that the school gymnasium is made availability to the League Director for league and tournaments contests. He/she must take into consideration that the sport in progress has precedence over all other sporting activities.

SECTION 8. The school athletic director shall be responsible to make sure to the best of his/her ability that the school gymnasium & playing fields are safe and in working order to host league contests and tournaments.

SECTION 9. The athletic director is responsible to provide scrimmage vests for basketball in case of conflicts with opposing teams having the same color jerseys.

SECTION 10. Schools hosting City Tournament contests for all sports are required to submit to the League Office half of the gate receipts for all first round contests, and all the gate receipts collected for semi-final and championship contests. The League Office will set the gate fees for the City Tournaments.

SECTION 11. Gym Coordinators Game Day Duties & Responsibilities All facilities shall have a gym coordinator present for each game. The duties of the Coordinators, includes, but are not limited to, the following:

a. Greet and introduce yourself to the game officials (this includes ALL officials so please be aware of changes in officiating crews throughout the day). Let them know if they need anything to contact you.

b. Assist officials and team coaches in maintaining proper fan behavior. Please note each gym coordinator is empowered to require an offending person to leave, and if the offending person refuses, the coordinator may have the referee stop game play until the offending person leaves; and failing that, declare a forfeit.

c. In the event of a coaching ejection, assure that the coach has left the gym and remains outside of the gym.

d. After the contest, the gym coordinator shall protect the game officials from being confronted by coaches, players or spectators.

Ensure that the officials get safely to their vehicles and off the premises.

e. Please call 911 medical assistance if necessary (EMS or Police). Provide ice packs if available.

f. Contact the Parochial League Director, Vince Fitzgerald immediately in event of an emergency. Vince's phone number is 816-506-8844.

g. Email the Parochial League Director, Vince Fitzgerald within 24 hours regarding any incidents that may have occurred such as: technical's, coaches, players or spectators ejections or any incident you feel Vince needs to be made aware of. Vince's e-mail address is: vfitz@plkc.org

ARTICLE X – TEAM DIVISIONS

SECTION 1. It is the responsibility of the athletic director to ensure that the all teams are divided in accordance with league rules. Any school with more than one team (1) in the 3rd - 6th grade must divide their teams so that they are equal in skill and ability.

For example: If a school has two (2) 5th grade teams then the teams must be divided so they are equal in skill and ability.

SECTION 2. Teams competing at the seventh and eighth (7th and 8th) grade level will be divided into two divisions for each grade, the seventh and eighth (7th and 8th) Grade "A" Division and the seventh and eighth (7th and 8th) Grade "B" Division.

a. The seventh and eighth (7th and 8th) Grades "A": These divisions shall be composed of players and teams considered to have developed advanced levels of skill. This division shall be considered the competitive division.

b. The seventh and eighth (7th and 8th) Grades "B": These divisions shall be composed of players and teams whose competitive skills and/or competitive instincts are considered to be developmental.

c. It is the responsibility of the athletic director in conjunction with the school principal to assure his/her

school evaluates the needs of each group of students in assigning each athlete and or team to the appropriate divisions.

d. A school that has more than one seventh and eighth (7th and 8th) grade team and chooses to place them in the same division must divide the teams equally according to skill and ability.

SECTION 3. It is the responsibility of the athletic director to assign teams to the seventh and eighth (7th and 8th) Grade "A" or seventh and eighth (7th and 8th) Grade "B" divisions. The League Director and his representatives will monitor the performance of teams in preseason tournaments to verify that teams are, in the opinion of the League Director or his representatives, appropriately assigned. The League Director may reassign teams to a different division if the League Director believes it is necessary.

SECTION 4. It is the responsibility of the athletic director to ensure that all teams are divided in accordance with League Policies for all tournaments including preseason tournaments.

SECTION 5. Team selection policy for 7th & 8th grade teams.

a. At least two (2) separate sessions to evaluate all the participants together at each session. These sessions should consist of the same basic fundamentals to assist in the evaluation process.

b. "All Athletic Directors are required to notify the Parochial League Director in writing at least 48 hours in advance the location, date, time and names of the evaluators for each team evaluation."

c. "Only the named evaluators and the school-designated person running the drills (who cannot be a coach nor have a family member on the team) may be at the evaluation". No Parents allowed.

d. The athletic director shall certify the team rosters meet the PLKC policy on team division.

e. Any school, athletic director, coach or evaluator found to have violated the policy shall be subject to sanctions determined by the Parochial League Board.

f. The evaluation process may be subject to Parochial League oversight.

SECTION 6. Team selection policy for 3rd- 6th grade teams.

a. At least one (1) separate session to evaluate all the participants together at each session. This session should consist of the same basic fundamentals to assist in the evaluation process.

b. "All Athletic Directors are required to notify the Parochial League Director in writing at least 48 hours in advance the location, date, time and names of the evaluators for each team evaluation."

c. "Only the named evaluators and the school-designated person running the drills (who cannot be a coach nor have a family member on the team) may be at the evaluation". No Parents allowed.

d. The athletic director shall certify the team rosters meet the PLKC policy on team division.

e. Any school, athletic director, coach or evaluator found to have violated the policy shall be subject to sanctions determined by the Parochial League Board

f. The evaluation process may be subject to Parochial League oversight.

ARTICLE XI – OFFICIALS

SECTION 1. When the contest is about to start, the officials are to beckon both teams with their coaches to the center of the court. The officials are to stay with the teams while the team listed last on the schedule leads both teams in prayer. When the prayer is completed, the coaches and teams will be allowed 1 (one) minute to confer at their benches before the contest starts.

SECTION 2. If an official ejects anyone from a game for any reason, the official is required to state the reason for the ejection on the back of the score sheet. The words "Ejection Over" should be written on the front of the score sheet. The reason should be explained at length; stating the particulars of the incident so appropriate action may be taken to insure that the incident is not repeated in the future. The League Director should be notified as soon as possible after

the conclusion of the contest. (816-506-8844 – Leave a message on recorder if Director is not available.) All officials of the contest shall submit a written statement of their observation of the action that preceded the ejection and any actions that followed the ejection to the League Director within forty-eight hours of the conclusion of the contest. The statement may be faxed 816-268-9883.

SECTION 3. BASKETBALL PROTEST: Officials are required to give the coach protesting the contest the time necessary to write the reason for the protest on the back of the score sheet. The official shall read the statement and shall sign below the coaches' signature indicating that he/she is aware of the reason for the protest.

ARTICLE XII – VOLLEYBALL – 5th – 8th GRADE

The National Federation of State High School Association' Rules will be used to govern play. The following exceptions have been approved by the PLKC.

a. **COURTS:** All courts approved by the League Director shall be noted as legal courts. The 4th, 5th, and 6th graders will be allowed an additional six (6) feet into the court for the service. The 3rd grade may serve anywhere inside the court behind the ten (10) foot Attack Line. Athletic directors providing gyms for these games will insure that the court is correctly marked with a line extending the width of the court and six feet from the end line. (If the line inside the court does not extend the full width of the court; players using the shorter line are restricted to the shorter area). (If the ten (10) foot Attack Lines are not already marked, taped lines should be added, measuring ten (10) feet from the outside of the centerline toward the end line on both sides of the court).

b. **NET HEIGHT:** Girls - 7th - 8th grade - 7'4" - serve from end court line

5th - 6th – grade - 7'0" – can serve from short serve line

4th grade - 6'6" – serves from short serve line 6' inside the court

3th grade - 6'6" – serves from anywhere in the court behind the 10' Attack Line

Boys - 7th – 8th grade - 7'4" – serve from end court line

4th - 6th grade - 7'0" - can serve from the short serve line

c. **TEAM SIZE:** No team shall consist of more than 15 players. If a team has more than 12 players, a rotation system must be established by the coach. Such a rotation system must provide that once a player has "sat out" for a match they will not "sit out" for another match until each and every other player has "sat out" for a match. For teams having over twelve (12) players those sitting out must be designated on the line up sheet before the match begins. The rotation system of "sitting out" must be maintained during City Tournament play.

d. **SCOREKEEPERS:** One person (must be an adult) from each team shall be seated at the scorer's table and jointly keep score. A typed roster and line up sheet must remain at the scorekeeper's table for the entire match. Home team is the official scorekeeper unless determined otherwise by the referee.

e. **LINE JUDGES:** Each team must provide one adult person to serve as a line judge during all matches. Note: High School students can be used at the discretion of the referee and opposing coach.

f. **GAME BALL:** Each team shall provide a game ball to be used during all contests. The Official will choose the game ball for the match. Coaches may not exchange the ball once the decision is made. All 3rd, 4th, 5th and 6th grades competition shall use The "Volley Lite" ball. All 7th and 8th grade competition shall use regulation size volleyball.

g. **PRE –GAME CONFERENCE:** A head coach and team captain from each team must attend pre-game conference. The team listed first on the schedule is the visitor and shall call the coin flip. The winner will have the choice of serve or receive. Line-ups must be turned in before serving practice begins.

h. 5th-8th GRADE WARM UP – 5-5-2. The team serving first will have the first five (5) minutes on both sides of the court. The other team may warm up on the outside of the court lines. At the end of the first five (5) minutes, then the remaining team will have the full court. Then both teams will share the court for two (2) minutes of serving. If matches are running late, the officials may ask coaches to share five (5) minutes and the two (2) minutes. Both coaches must agree to share warm up time.

i. FORFEIT TIME: If the team fails to be ready for play ten (10) minutes past the scheduled game time then the first game is forfeited. A second ten (10) minutes is put back on the score clock and at the conclusion of the second ten (10) minutes the entire match is forfeited. Exception: If the previous match has run late, the 10 minutes will start once the pre-game conference and warm-ups have been completed.

j. The contest may begin with five (5) players, and continue with five (5) players. Coaches must indicate to the officials whether his/her team will be playing three (3) front, two (2) back or two (2) front, three (3) back. There will be no penalty in the serving rotation for the sixth (6th) players. When the sixth (6th) player arrives he/she should be inserted into the open position in the lineup during the first dead ball.

k. In the Parochial League there is no legal double-hit.

l. SCORING & MATCH LENGTH: All matches will consist of best 2 of 3 games. All games will be rally scored to 21 points with a 23-point cap. Rally scoring does allow the let serve.

j. During City Tournaments, teams may be required to play two (2) or three (3) nights during week and on occasion more than one (1) match per night.

ARTICLE XIII – VOLLEYBALL – 3rd GRADE

The third (3rd) grade volleyball program is designed to be an instructional league to introduce the participants to playing volleyball.

SECTION 1. A running clock will be used during play of each game. The games will be ten (10) minutes in length and every match will be three (3) games. The clock will stop for injury and called time-outs, but will run during substitutions.

SECTION 2. WARM UP: Teams will be provided a 5-2 shared warm-up time.

SECTION 3. The 3rd graders will be allowed to serve anywhere behind the 10ft line.

SECTION 4. A score sheet will be kept to help maintain serving order. The matches will be rally scored on the score sheet. The score will not be tallied on the score clock. Win/loss records will not be maintained over the course of the season. There will be no city tournament for the third (3rd) grade.

SECTION 5. PARTICIPATION: Each child must play one complete game of the match. Since there will be three (3) games, it is strongly recommended that each participant play an equal amount of the time.

ARTICLE XIV – VOLLEYBALL – 4th GRADE

The fourth (4th) grade volleyball program is designed to be an advanced instructional league to expand the participants' understanding of the game.

SECTION 1. Every match will consist of three (3) games. The matches will be rally scoring to 15 pts, with a 17pt cap.

SECTION 2. WARM UP: Teams will be provided a 5-2 shared warm up time.

SECTION 3. . The 4th graders will serve from anywhere behind the short service line, six (6) feet into the court from the regulation end line.

SECTION 4. A scorebook will be kept & the score will be tallied on the score clock. Win/loss records will not be maintained over the course of the season or posted on the PLKC website. There will be no city tournament for the fourth (4th) grade.

SECTION 5. PARTICIPATION: Each child must play one complete game of the match. Since there will be three (3) games, it is strongly recommended that each participant play an equal amount of time.

ARTICLE XV – TACKLE FOOTBALL – 5th – 8th GRADE

The Kansas City Parochial League (PLKC) Football Program. The National Federation of State High School Associations’ Rules will be used to govern play. The following exceptions have been approved by the PLKC:

TEAM DIVISIONS – The Kansas City Parochial League Football Program is a 5th/6th grade boys and a 7th/8th grade boy’s league. Participating schools may enter single-grade teams at their discretion. Students who attend a member school who doesn’t field a football team in the KCPL and wishes to participate must contact the Parochial League Director to be assigned to a team. Participants who do not attend a member school, however, & they do attend the Parish School of Religion (PSR) may participate provided all the PLKC PSR requirements have been met. Non school participants must contact the Parochial League Director to be assigned to a team. The Kansas City Parochial League Board also approved the following:

If the Kansas City Parochial League offers a team sport no team of a member school in that sport shall be allowed to participate in a sports league not associated with the Kansas City Parochial League. No school equipment and or uniforms may be used in any such league and no school may sponsor or pay the fees of any team to participate in any such outside sport.

OUTSIDE COMPETITION FOR FOOTBALL - Violations of this rule shall make a student ineligible for the remainder of that sport season.

a) The team shall forfeit all games in which the ineligible player competed.

b) A student who is a member of a PLKC athletic squad (effective August 1st – until the end of the PLKC football Season), may not participate as a member of an outside football team or as an independent competitor. NOTE: Informal participation on the part of the student-athlete, such as that experienced on the black top (concrete), in the park, local “Y”, etc., is not considered a violation of this rule, provided it was not formally called or organized, no coaching takes place, where no official score is kept, time kept, officials used ,etc. EXECPTION: For Pass, Punt & Kick; NOT violations of this rule.

c) A student becomes a member of a PLKC football team when he first participates in a practice session or is listed on a PLKC Team Roster submitted to the PLKC Office. The student ceases to be a squad member after his or her last contest for the PLKC team in that sport or when the membership on the squad is terminated.

SECTION 1. A Minimum of sixteen (16) players is required to enter a team in the KCPL Football Program. All players who don't attend the parish school must receive permission for the PLKC Director prior to be eligible to participate. The KCPL Director reserves the right to assign non parish school players to other school teams as needed.

SECTION 2. All games shall be started at the scheduled game time (except when unusual circumstance may dictate). The team listed last on the schedule (St. Elizabeth vs. St. Peter, St. Peter listed last.) shall occupy the sideline opposite press box or bleachers / primary viewing area; be responsible for leading the prayer before the game; for the chain crew (three (3) responsible adults are to be used for the chain crew).

SECTION 3. Each team will submit an official roster containing each players, name, jersey number, and weight status (“X” indicating that a player exceeds the weight limit) to KCPL Director before the first

football game. A copy of this roster of players, updated changes if necessary, will be available on each team's sideline.

SECTION 4. The game shall be divided into four quarters. Each quarter will consist of a total of twenty-two (22) plays for the 7th/8th grade division and eighteen (18) plays for the 5th/6th grade division. A play shall be counted each time the ball is snapped from center; exclusive of kickoffs (including a free kick following a safety); and a try for extra point following a touchdown. The snap of the ball on the last play of the quarter equal's time expired.

SECTION 5. MANDATORY PLAYING TIME: It is the responsibility of the coach to make sure that all players present in uniform be permitted to play a minimum of playing time set forth, unless they are unable to play due to an injury or disciplinary reasons. A member of the coaching staff must notify the scorers prior to the start of the contest of the players unable to play unless the reason occurs during the game. The scorers shall record reported players unable to play on the back of the score sheet, noting the time reported. Minimum playing time: 12 plays per player per game for teams with 25 or more players or 15 plays for teams with 24 or fewer players. Kick off and extra point try and free kicks count as play played towards minimum playing time.

SECTION 6. Qualified persons (one from each team) working in unison, shall perform the following duties:

- a. Record the number of plays in each quarter.
- b. Inform the officials when a quarter is completed.
- c. Record all scores.
- d. Be responsible for score sheet being turned in at the Concession Stand, promptly after conclusion of the game.

SECTION 7. The intermission between the second and third quarter shall be seven (7) minutes, with the third quarter beginning 10 minutes after the end of the second quarter. (7 minute half – 3 minute warm up)

SECTION 8. POINT SPRED: When a point spread of 30 points is reached at the end of the third quarter, or at any point during the fourth quarter, the game will continue, however, the starting offensive backfield players must be taken out and substituted for, and any subsequent scoring by either team will not be kept. All plays will count as plays of the game including kickoffs and extra points.

SECTION 9. The game shall be considered complete and the results shall stand, if following the first half of play, the KCPL Director or the game officials stop the game.

SECTION 10. NO STUNTING allowed by any player within three yards of the line of scrimmage. (Stunting is defined as forward movement by any player within the three yards limit prior to the snap of the ball to gain momentum.) Penalty: FIVE YARD - illegal procedure.

SECTION 11. ILLEGAL PERSONAL CONTACT – OFFICIALS ARE INSTRUCTED TO USE A QUICK WHISTLE

Examples are:

- a. Grasp an opponent's face mask or any edge of a helmet opening
- b. Illegal helmet contact
- c. Spearing, this is the intentional use of the helmet in an attempt to punish an opponent.

SECTION 12. ONLY FOOTBALL SHOES with MOLDED non-removable cleats are legal provided the cleats do not exceed ½ inch in length and are made of rubber type synthetic materials that is not abrasive and does not develop a cutting edge.

SECTION 13. One overtime period shall be played if the game is tied at the end of regulation. If after one overtime period the game is tied, the game shall end and be recorded as tied. Exception – playoff games – play as many overtime periods as needed to declare a winner. The NFHS overtime procedure will be used for any overtime period. Ball will be placed at the ten (10) yard line. First and goal.

SECTION 14. WEIGHT LIMITS: 5th-6th Grade – 115 Lbs.; 7th-8th Grade – 142 Lbs.

SECTION 15. All players shall be weighed by the KCPL Director or his representative, approximately one (1) week before the first game. Each player shall be weighed wearing shorts and shirt for the first weigh-in. Players who are not weighed (wearing shorts and shirt ONLY) shall not be eligible to compete in the KCPL Football Program.

SECTION 16. For those players making weight by five pounds or less at the preseason weigh-in, will be required after the third week of the season to reweigh. Any player who exceeds the weight limit by five pounds or less at the pre-season weigh-in, may re-weigh at the re-weigh after the third week of the season. Players competing in the 5th/6th & 7th/8th grade divisions will be allowed one pound increase per month with a maximum of two pounds before the second weigh in. The League Director reserves the right to re-weigh teams again prior to the playoffs following the same procedure mentioned above.

SECTION 17. Athletic Directors shall be notified at least twenty-four (24) hours before their parish is to report for the weigh-in. Parish Athletic directors or their representatives shall attend and shall be the only parish representative present in the area that the weigh-in takes place. Several parishes may be assigned the same day and location for their weigh-in.

SECTION 18. Each team is permitted ONLY SIX players who exceed the weight limit on the field at any one time.

SECTION 19. Offense players exceeding the weight limit shall be restricted to line positions (center, guard, tackle or tight end) and must be in a two or three point stance. Players exceeding the weight limit playing the tight end position will remain an ineligible receiver.

SECTION 20. Players exceeding the weight limit shall be restricted to line positions on defense. All interior linemen on defense are required to be in a three or four point stance prior to and during the snap of the ball. Failure of a player to be down in a three or four point stance shall constitute an illegal procedure calling for a five-yard penalty. Defensive ends are allowed to line up in the standing position. Those players who exceed the weight limit are allowed to line up at the defensive end position.

SECTION 21. During extra points the ball will be placed at the three (3) yard line. One point (1) will be awarded for a successful kick try and two points (2) will be awarded for a successful try by a pass or run.

SECTION 22. Players, exceeding the weight limit, may kickoff, place kick or punt. They may also intercept passes, receive short kicks and recover fumbles, but UNDER NO CIRCUMSTANCES SHALL THEY ADVANCE THE BALL MORE THAN A STEP BACKWARD OR LATERALLY TO PROTECT THEMSELVES. The BALL BECOMES DEAD when any player exceeding the weight limit gains possession, other than to be the kicker. Any player exceeding the weight limit playing any other position than those positions set forth shall constitute an illegal procedure calling for a five-yard penalty.

SECTION 23. Players exceeding the weight limit shall wear a helmet with prescribed KCPL marking denoting weight status. The marking shall be explained at the Mandatory Coaches' Meeting. Violations of this rule shall make the player ineligible for the contest until the helmet is properly marked. The head coach shall be liable to suspension.

SECTION 24. PRACTICE INFORMATION and beginning date for conditioning and practice with full pads will be mailed to parish athletic directors prior to the beginning of the football season. A team is limited to FOUR PRACTICE SESSIONS OF ONE AND ONE HALF (1 ½) HOURS EACH or THREE PRACTICE SESSIONS OF TWO (2) HOURS EACH per week (seven days). A ten (10) minute rest and refreshment period for all players shall occur at the midpoint of the practice time. Violations of this rule will make the coach liable to suspension.

SECTION 25. COACH CONTROLLED Scrimmages or practice games are permissible ONLY WITH OTHER CYO TEAMS WITHIN THE SAME WEIGHT CLASS.

SECTION 26. The OFFICIAL BALL used for all KCPL Football games will be provided by the PLKC. 5th/6th grades use the junior ball, 7th/8th grades use the youth ball.

SECTION 27. Official KCPL sideline passes are required for sideline personnel. Sideline passes are provided for the head coach, five assistant coaches, and one score keeper, and three chain crew (when assigned). The head coach shall be liable to suspension for not requiring all sideline personnel to be in compliance, and anyone not properly displaying such pass may be denied access to the playing field areas.

ARTICLE XVI – TACKLE FOOTBALL – 3rd - 4th GRADE

The Kansas City Parochial League (PLKC) Football Program. The National Federation of State High School Associations' Rules & 5th – 8th grade PLKC Tackle Football rules will be used to govern play. The following exceptions have been approved by the PLKC:

SECTION 1. MANDATORY PLAYING TIME: Third grade and 4th grade – All playing time shall be divided equally among all participants.

SECTION 2. WEIGHT LIMITS: 3rd-4th Grade – 85 Lbs

SECTION 3. The field will be 80 yards in length.

SECTION 4. SPECIAL 3rd – 4th Grade ONLY: No Kickoff – receiving team takes possession on their 20 yard line.

Punting shall be optional.

a. Punt the ball; defense can not rush the kicker.

b. Advance the ball 10 yards and the ball awarded to the receiving team.

SECTION 5. SPECIAL 3rd – 4th Grade ONLY: One coach on offense and one coach on defense will be permitted on the field. One coach from each team will be on the field at all times. Once the quarterback is under center or begins his cadence the coaches on the field must be quiet, only the coach on the team sideline may give instructions to the players on the field during the play.

SECTION 6. Teams will have a 30 second play clock.

SECTION 7. No player on defense may line up over the center. Only one defensive player will be allowed to line up in the "A" gap.

SECTION 8. The OFFICIAL BALL used for all KCPL Football games will be provided by the KCPL. 3rd, 4th grades use the K2 ball.

SECTION 9. The game shall be divided into four quarters. Each quarter will consist of a total of fourteen (14) plays. A play shall be counted each time the ball is snapped from center; exclusive of kickoffs or punts. The snap of the ball on the last play of the quarter equal's time expired.

SECTION 10. Qualified persons (one from each team) working in unison, shall perform the following duties:

- a. Record the number of plays in each quarter.
- b. Inform the officials when a quarter is completed.
- c. Be responsible for score sheet being turned in at the Concession Stand, promptly after conclusion.

SECTION 11. Win/loss records will not be maintained over the course of the season. There will be no city playoffs for the third & fourth (3rd – 4th) grade.

ARTICLE XVII – FLAG FOOTBALL – 1st - 2nd & 3rd - 4th GRADE ELIGIBILITY:

1. Boys in grades 1-2 & 3-4. Every team must submit a Kansas City Parochial League Permission to play form for every player & a team roster before being allowed to participate.
 2. Eight players per team participate at one time
 3. Teams may play seven on seven if necessary due to a team only having seven players at game time.
- UNIFORMS & EQUIPMENT

1. T-shirts or jersey with parish names should be worn in all games. Tennis shoes or molded rubber shoes only. No padding of any kind may be worn.
2. All flag belts must be worn outside of clothing. The Velcro tags must face the outside. All flags must be a different color than their pants and no shorter than 12 inches. A belt with two flags must be worn around the waist and flags positioned at the hips. Shirts and outer garments must be tucked in.
3. All players must wear mouthpieces or they will not be allowed to play.

GAMES:

1. Game Length: Two (2) – twenty minute halves, with a five (5) minute intermission after the first half. Each team is permitted three (3) 1-minute time-outs per half. A player on the field or coach may call time-out.
2. No score will be kept. All players are eligible receivers.
3. One coach on offense and one coach on defense will be permitted on the field.
4. All eligible players must participate equally.
5. The field will be 80 x 40 yards and is marked in 20-yard intervals.

RULES:

1. There is no kickoff. To begin the game or after a touchdown, the ball is placed on the 20 yard line. The offensive team then has four downs in which to reach next succeeding field line and a first down. The offensive team continues in this manner until a score is made or the ball is surrendered to the opposing team. No punts ball goes to the opposing team 20 yard line. Only time the ball doesn't go back to the 20 yard is after an interception. The ball is dead. The ball cannot be advanced. The ball is placed at the spot of the interception.
2. A series will consist of four (4) downs. The offensive team must reach the next succeeding field division line for a first down.

3. Teams must huddle and put the ball in place in play within forty five (45) seconds. Penalty – Five (5) yard loss and replay the down.
4. To down the ball carrier, it is necessary to pull either flag from their belt. A runner whose knee touches the ground is down. A ball carrier losing a flag is down where the flag falls off. An offensive player who goes out and catches a pass while wearing one or less flags is awarded the reception but is down where the ball is caught.
5. Deliberate touching or guarding the flag by the ball carrier or tucking in the flag is not allowed. Penalty – Ten (10) yards at the spot of the violation and replay the down.
6. If a player, in possession of the ball, has his flags in the front or back of his belt would constitute an illegal procedure – Penalty – Five (5) yards and replay the down.
7. No spinning is permitted. Spinning constitutes a 360 turn. Penalty – Ten (10) yards at the spot of the violation and replay the down.
8. A ball carrier may not jump to avoid capture of the flag. This constitutes illegal procedure. Penalty – Ten (10) yards at the spot of the violation and replay the down.
9. Stiff arming by the ball carrier is prohibited. Penalty ten (10) yards at the spot of the violation and replay the down.
10. It is the offensive player responsibility to avoid the defensive player. Offensive players are prohibited to lower their shoulder to avoid a tackle.
11. The referees shall declare any ball dropped ball dead as soon as the ball comes in contact with the ground. This includes the snap from center, when one flag is removed and when the ball or players carrying the ball goes out of bounds.
12. Blocking is allowed with arms extended and contact occurring between the defenders shoulders and waist, without contact from

behind. No player blocking may shove the opposing player arms may be extended but are not to be used in a shoving fashion a penalty of ten (10) yards and replay the down at the spot of the violation. Blocking must be within five yards of the line of scrimmage. Blocking beyond five yards of the line of scrimmage will result in an illegal block a penalty of ten (10) yards and replay the down at the spot of the violation and replay the down.

13. Five offensive linemen must line up on the line of scrimmage. (If teams play seven on seven then four offensive linemen must line on the line of scrimmage) Penalty – Five (5) yards and replay the down.

14. Four defensive linemen must line up on the line of scrimmage which shall be one (1) yard off the ball. Only four defensive players may rush the passer at any one time. Penalty – Five (5) yards and replay the down.

15. No Stunting allowed by any player within three yards of the line of scrimmage (stunting is defined as forward movement by any player within three yards on the line of scrimmage prior to the snap to gain momentum) Penalty – Five (5) yards and replay the down.

16. No player on defensive may leave their feet to make a tackle Penalty – Ten (10) yards at the spot of the violation and replay the down.

The OFFICIAL BALL used for all KCPL Football games will be provided by the PLKC. 1st-4th grades use the K2 ball

ARTICLE XVIII – BASKETBALL 5th – 8th GRADE

The National Federation of State High School Associations’ Rules will be used to govern play. The following exceptions have been approved by the KCPL.

SECTION: 1. SCOREKEEPING: One person (must be an adult) from each team shall be seated at the scorer’s table and jointly keep score. The team listed last on the schedule shall serve as the official scorekeeper.

SECTION: 2. LENGTH OF THE CONTEST: Each contest will consist of four (4) quarters, six (6) minutes in length. Half time will be eight (8) minutes.

a. If a game ends ahead of schedule, the next game will not start until the scheduled game time.

b. If the proceeding game is running long, there will be a minimum of ten (10) minutes of warm-up time between games.

SECTION: 3. OVERTIME RULING: If an overtime period is required, the overtime period will consist of a two (2) minutes. Additional periods of two (2) minutes will continue until a winner is established.

SECTION: 4. FREE THROW LINE: For 5th grade boys and girls only – The free throw Line will be 2'0" shorter than the regulation free throw line. For all 5th grade games during free – throws, the top spot on both sides of the lane will remain open as to not hinder the shooter.

SECTION 6. FULL COURT PRESS 5th Grade – 8th Grades: During all 5th – 8th grade boys and girls contests no team will be allowed to full court press once they have reached a twenty (20) point lead. If the margin falls to twelve (12) points then they may resume pressing. Once they obtain a twenty (20)-point lead again they must stop pressing until a twelve (12)- point lead is reached.

SECTION 7. TIMEOUTS: Each team will have four timeouts per game.

SECTION 8. THREE- POINT LINE: All 5th – 8th grade levels will use the three point line of 17'9", which is two feet in from the high school arch of 19'9".

SECTION 9. BASKETBALLS: In all 5th and 6th grade boys divisions, a 28.5 cm ball shall be used. In the 7th and 8th grade boys divisions, a full size men's basketball will be used. In all girls divisions a 28.5 cm ball will be used.

SECTION 10. The home team on the schedule shall be responsible for providing a game ball.

SECTION 11. If opposing teams have the same color jersey and cannot agree on who will change, a flip of a coin by the game official will determine the issue.

SECTION 12. During all contests a team may start the game with four (4) players and continue with as few as two (2) players.

SECTION 13. If a team is thirty (30) points ahead at the start of the fourth quarter, then a running clock may be used if agreed upon by both coaches.

ARTICLE XIX – BASKETBALL – 3rd GRADE

The third (3rd) grade basketball program is designed to be instructional league to introduce the participants to playing basketball.

SECTION 1. GAME TIME LIMITS: Each game will consist of four quarters ten (10) minutes in length, with a running clock. The clock will stop for all shooting fouls, for injury and called time-outs, but will run during substitutions. Halftime will be five (5) minutes.

SECTION 2. TIME OUTS: Two (2) timeouts per half. Each timeout is one (1) minute long.

SECTION: 3 SCORE CLOCK: The official score will not be kept on the scoreboard. NO EXCEPTIONS.

SECTION: 4. The home team listed on first the schedule is responsible for the official scorekeeper to keep track of player fouls. Each player will have five fouls per game. All free throw situations will apply: one on one & bonus (two shots). Score may be kept on the score sheet.

SECTION: 5. The home team listed first on the schedule is responsible to supply a game ball (28.5 cm).

SECTION 6. PRESSING: No pressing is allowed at any time. After a made basket or defense controlled rebound, the team who shot the ball must go back to its defense lane area and set up defense.

SECTION 7. PARTICIPTION: Each player must receive as equal playing time as possible in all contests.

SECTION: 8. FREE THROW LINE: The free throw Line will be 2'0" shorter than the regulation free throw line.

SECTION: 9. No trapping or double teaming is allowed from the half court line to the top of the key area. The no trapping or double teaming area is from sideline to sideline. Once the ball goes below the top of the key area then teams may trap or double team. But only when the ball is below the top the key area as explained above.

SECTION: 10. Win/loss records will not be maintained over the course of the season. There will be no city tournament for the third (3rd) grade.

SECTION: 11. GOAL HEIGHT: The goal shall be set at Eight (8) feet for all contests.

ARTICLE XX – BASKETBALL – 4th GRADE

The fourth (4th) grade basketball program is designed to be an advanced instructional league to expand the participants' understanding of the game.

SECTION 1. GAME TIME LIMITS: Each game will consist of four quarters six (6) minutes in length, with a stop clock. Halftime will be five (5) minutes.

SECTION 2. TIME OUTS: Two (2) timeouts per half. Each timeout is one (1) minute long.

SECTION: 3 SCORE CLOCK: The official score will not be kept on the scoreboard. NO EXCEPTIONS.

SECTION: 4. The home team listed on first the schedule is responsible for the official scorekeeper to keep track of player fouls. Each player will have five fouls per game. All free throw situations will apply: one on one & bonus (two shots). Score may be kept on the score sheet.

SECTION: 5. The home team listed first on the schedule is responsible to supply a game ball (28.5 cm).

SECTION 6. PRESSING: No pressing except the last two minutes of each half. After a made basket or defense controlled rebound, the team who shot the ball must go back to its defense lane area and set up defense.

SECTION 7. PARTICIPTION: Each player must receive as equal playing time as possible in all contests.

SECTION: 8. FREE THROW LINE: The free throw Line will be 2'0" shorter than the regulation free throw line.

SECTION: 9. No trapping or double teaming is allowed from the half court line to the top of the key area. The no trapping or double teaming area is from sideline to sideline. Once the ball goes below the top of the key area then teams may trap or double team. But only when the ball is below the top the key area as explained above.

SECTION: 10. Win/loss records will not be maintained over the course of the season. There will be no city tournament for the fourth (4rd) grade.

SECTION: 11. GOAL HEIGHT: The goal shall be set at Ten (10) feet for all contests.

ARTCILE XXI – TRACK

SECTION 1. DIVISIONS:

CLASS A - 7th and 8th Grade Boys
CLASS B –, 5th and 6th Grade Boys
CLASS C - 7th and 8th Grade Girls
CLASS D –5th and 6th Grade Girls
CLASS E – 3rd and 4th Grade Boys
CLASS F – 3rd and 4th Grade Girls

SECTION 2. REGISTRATION:

a. The League Director must receive team rosters and fees prior to the date as established by the League Director.
Registration consists of submitting a list of team members. Athletes can compete in the meets if they are added to the team after the deadline, provided that all fees are paid and forms are completed.

b. Based on the results from the KCPL Invitational's (3 meets) only the first thirty (30) qualifiers of the 60, 100 and 200 meter dashes will be eligible to compete in those events at the City Championship Meet. Keep this in mind when preparing athletes for the City Championship Meet. Following the KCPL Invitational meets a list of qualifying athletes in those events will be sent to all participating coaches.

c. Keep in mind that if only two qualifying meets are held and third is cancelled due to the weather then that meet will not be made up. Note that the 7th/8th grade MOKAN meet is not a qualifying meet.

SECTION 3. EQUIPMENT:

a. Tennis shoes (high or low cuts); **NO TRACK SHOES WITH OR WITHOUT SPIKES** of any kind are allowed. No participant will be able to participate without shoes, (no running in socks or bare feet).

b. Cleats (soccer, football or baseball with molded plastic cleats only) may be worn for the softball throw only.

c. All participants must wear a shirt and an official race number affixed to the front of the shirt.

d. Shot Put – 4th-6th boys & girls & 7th-8th grade girls use a 6lb shot put. 7th-8th grade boys use an 8lb shot put.

e. Discus – 7th-8th grade boys & girls use a 1k discus.

f. Softball Throw – 3rd-6th grade boys & girls use an 11” softball.

g. No blocks or blocking is allowed.

SECTION 4. PARTICIPATION:

a. A competitor may enter a maximum of three (3) events.

b. Competitors in the A & C Divisions may enter a fourth (4) event that is a relay.

c. Coed relays are girl, boy, girl, boy for the Class A and C 600 meter relay & girl, boy, girl, boy, girl, boy, girl, boy for the Class B and D 800 meter relay (8x100).

SECTION 5. ENTRIES:

a. The entries for any one school in all events are unlimited. Athletes are still subject to participation rules in Section 4.

b. A team may register a maximum of five (5) teams in any one-relay event. Relay teams in excess of be positioned by the Clerk of the Course from a designated bullpen area.

SECTION 6. POINTS AND QUALIFICATIONS:

a. First five (6) places receive team points on 6, 5, 4, 3, 2, and 1-point basis.

b. Top twenty (30) places in the 60, 100, and 200-meter dashes in the KCPL Invitational's Meets qualify for the City Championship Meet.

SECTION 7. COACHING:

a. At least one (1) adult for each twelve (12) athletes.

b. Keep your team off the track and athletic field when not participating. Coaches will remain in the stands at all times unless helping to run the event.

c. See that your athletes report to the starter at proper times. Coaches will accompany their athletes to the starting line in the 60, 100, and 200- meter dashes and relays.

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