



Archdiocese of Denver Catholic Schools Catholic Schools Activities League-Athletics Handbook

Most Reverend Samuel J Aquila-Archbishop
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2024-2025 School Year

*So, whether you eat or drink, or whatever you
do, do all to the glory of God. 1 Corinthians 10:31*



Welcome to the Catholic Schools Activities League (CSAL), and thank you for choosing to have your child play in CSAL Athletics!

CSAL is dedicated to developing youth sports throughout the Archdiocese of Denver. Its vision is to develop players spiritually, physically, cognitively, and emotionally. CSAL is equal parts recreational, instructional, and competitive. Through this equation, our student-athletes are taught to be lifelong champions on and off the field of play.

CSAL is dedicated to ensuring the safety of our student-athletes. Therefore, all our coaches and officials have been cleared through a fingerprinting process and have completed the Safe Environment Training. Our coaches and parents also completed the *Play Like a Champion Today* Coach Workshop and the *Play Like a Champion Today* Parent Seminar.

We expect our coaches, athletes, and spectators to conduct themselves with respect and sportsmanship. Parents, coaches, players, and spectators are required to uphold the virtues of *Play Like a Champion Today*, our schools and parishes' mission, and be visible witnesses of our Catholic faith.

We are pleased to offer so many activities to our students. CSAL works with Pastors, Principals, athletic directors, and many others to ensure each activity is affordable, safe, and age appropriate. Let us be mindful of the selfless acts of so many who are committed to ensuring children can participate, play, learn, and experience joy.

I wish you every blessing for a wonderful athletic experience. May God protect our athletes, give our coaches wisdom, be patient with our athletic directors, and show grace to our parents and spectators.

In Christ's service,

Mark Strawbridge
CSAL Director



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*The specific Archdiocesan policies identified in this handbook are summaries only. For complete copies of the policies referenced, refer to the Secretariat for Catholic Schools Administrators' Manual. The Administrators' Manual governs in case of any conflict between the summary and the full policy. The Archdiocese of Denver and CSAL reserves the right to amend this handbook as needed.

Statements in this handbook are subject to amendment with or without notice. The CSAL Director will attempt to keep Principals, Athletic Directors, Coaches, Volunteers, and Parents informed of all changes as soon as practical. Some changes might have to be made immediately due to unforeseen circumstances.



Philosophy and Mission

The Catholic Schools Activities League is designed to contribute to the mission of the Archdiocese of Denver Catholic Schools and to the health, well-being, citizenship, and character development of the youth of the League. The mission of the Catholic Schools Athletics Program, in partnership with schools, parents, coaches, and volunteers, is to offer elementary and middle school students the opportunity to grow in virtue, develop their full potential, and become a more committed disciple of Jesus Christ. Athletics emphasizes the following values:

- **Participation:** Students at all levels of ability are encouraged to participate.
- **Respect and Dignity:** Participants are encouraged to compete while always respecting and honoring the dignity of teammates, athletic opponents, coaches, parents, officials, and spectators. Winning is always secondary to good sportsmanship, ethical behavior, mutual trust, and compassion.
- **Gratitude:** Student athletes are invited to recognize and be grateful that, out of love, God created them as unique beings and that their varied gifts and talents should be used for the benefit of all and for the greater glory of God.
- **Catholic Values:** All participants—athletes, parents, coaches, volunteers, and spectators—are called to uphold Catholic values and demonstrate those values by word and deed. In addition, Athletics recognizes the importance of observing the Sabbath day by prohibiting all athletic activities, including meetings, practices, and games, on Sunday so families can remain committed to worshipping the Lord and observing a day of rest.
- **Safe Environment:** Athletics seeks to ensure the protection of all children by requiring that individuals who work with and around children adhere to the policies and procedures defined by the Child and Youth Protection Office of the Archdiocese of Denver.

These principles and values shall not be sacrificed in the desire to win. Essential to this is the duty of the host school at any athletic event to take every possible measure to assure courteous, friendly, and fair treatment of visiting players, school officials, coaches, spectators, and game officials.

Purpose

The extracurricular activities a school offers are one dimension of its Catholic education ministry. A school's extracurricular activities justify its existence and the sacrifice and expense it entails only if it makes its participants better Catholics. All participants should have the respect of others on their team and the opposing team. Competitors should



regard the opposition as friends and fellow children of God.

Acceptance and Implementation at the Local Level (Policy 4180)

The Archdiocesan school principal shall supervise a balanced program of student co-curricular offerings in an Archdiocesan school. Such programs must not interfere with the school's academic program but should provide intellectual, spiritual, artistic, and physical enrichment for students and advance the school's mission.

The principal shall:

- 1) Be knowledgeable of the bylaws and operating procedures of all co-curricular organizations in which the school participates and ensure that the school abides by the bylaws and operating procedures of all co-curricular organizations in which the school participates.
- 2) Act as chief administrator of the school's co-curricular programs.
- 3) Supervise the conduct of all co-curricular moderators, sponsors, coaches, participants, and spectators.
- 4) Ensure adequate instruction, supervision, and facility maintenance for student safety during such activities.
- 5) Ensure that the appropriate applications and background checks have been secured on any moderators, sponsors, and coaches participating in the co-curricular program

Addendum

An Addendum is published before the start of each season. CSAL Sports follows the National High School Federation (NHSF) Guidelines. The addendum covers related rules and guidance that may differ from NHSF guidelines and regulations.

Athletic Director

The athletic director (AD) is supervised by and accountable to the school administration. The AD supports the principal in adhering to the CSAL philosophy and stressing the importance of good sportsmanship. The quality of sportsmanship displayed by all people at league games reflects the leadership the Principal and the AD provided.

In addition to the job description provided by the Principal, the AD has the following responsibilities:

- Ensure the CSAL and PLACT philosophy, rules, and policies are understood and followed by all coaches, student-athletes, and parents
- Communicate with the Principal / Assistant Principal regarding all CSAL activities, issues and concerns

- Represent the school at CSAL meetings/activities
- Receive and disseminate information from the CSAL Director
- Model and promote good sportsmanship
- complete a PLACT Parent and Coaches workshop
- Register all teams and coaches at appropriate deadlines, notify proper parties of meeting times and locations, and ensure that all teams have representatives attend League scheduling meetings for all sports
- Recruit qualified coaches for all sports teams
- Review CSAL policies and procedures with all qualified coaches
- Prepare rosters and verify eligibility per CSAL guidelines
- Communicate regularly with the school principal
- Ensure required fees are paid to the CSAL by the defined due dates
- Provide use of school/parish facilities for CSAL activities when possible
- Distribution and collection of uniforms

Athletic Directors Meetings

Three (3) mandatory Athletic Directors meetings will be held each year.

- The first meeting, which will be held in August, will require the attendance of the athletic directors of each member school participating in the current academic year's sports. If the AD cannot attend, a representative from the school must be present. It is encouraged that new Principals attend.
- The second meeting will be held to schedule basketball games for the basketball season. It is usually held in late October or early November.
- The third meeting will be held at the end of the school year.

New Athletic Directors are required to attend all coaches' meetings during their first year of service if their school is participating in the season.

All ADs will attend others as needed and scheduled by the CSAL Director.

Awards

Trophies, plaques, or ribbons shall be awarded at the end of athletic seasons, meets, or tournaments. Championship trophies are awarded at the end of the post-season tournament.

Brackets

All team records will be maintained and found on the CSAL website. The number of teams invited to the post-season tournament will depend on the availability of host gyms and fields. It is assumed that all teams invited to the tournament will participate unless the Principal/Assistant Principal or Athletic Director notifies the CSAL Director before

bracketing begins. Should a team drop from the tournament or forfeit a tournament game, a sanction fee of \$400 shall be paid to CSAL. Following two forfeits by that school during the same tournament or after three forfeits during the academic year, the school will be on probation for one (1) year following the offense.

CSAL does not keep team records beyond the season.

Coach Code of Conduct:

Coaches are expected to:

- Teach children the gospel values of unselfishness, respect for others, empathy, and integrity, and help players lead Christian lives.
- Treat players, parents, opponents, and officials with respect.
- Teach and inspire players to love the game, compete fairly, and conduct themselves in a sportsman-like manner.
- Demonstrate exemplary behavior and character as a model for their student-athletes.
- Put players in a position where they can develop to their fullest potential through proper teaching and nurturing.
- Believe in every player. I will build up and not tear down. I know the difference between shaming and coaching, and I have chosen to coach.
- Respect and abide by all CSAL rules and regulations for their sport.
- Report any breach of conduct by their student-athletes to the school's Athletic Director.

Coaches Meetings

Coaches should attend meetings that are scheduled for every sport and will include the following:

- Review of the sports addenda.
- Scheduling of CSAL games when required.

The dates of the coach meetings will be set by the CSAL Director and communicated to Athletic Directors. Meetings information can be found on the website calendar at www.csaldenver.org

Coach Volunteer Requirements

The position of Coach is a volunteer position.

Coaches are supervised by and accountable to the Athletic Director. The Coach has the greatest opportunity and responsibility to influence the young athlete by modeling the Gospel values. His/her influence on the attitudes and behavior of players and spectators is critical. It is essential that the coach subscribes to the values of good sportsmanship

and teaches those values in word and deed.

The following list of items is to be completed for all volunteer coaches before each season begins:

- Concussion Class: Completed annually. Certificates are filed with the school's athletic director
- [HEADS UP to Youth Sports | HEADS UP | CDC Injury Center](#)
- Play Like a Champion Coaches Class-Completed once. Attendance is tracked on the coach's CSAL account on the CSAL website. See the CSAL calendar for dates, times, and class locations.
- Safe Environment Class: Completed once and renewed every five (5) years. Certificates are filed with the school's front office. Click the following link for times, dates, and locations for classes.
- <http://archden.org/safe-environment-training-classes/#.WBqCHmePLIU>
- Background Check. Completed by the school office.
- Volunteer Information Packet as directed by your individual school. The school office or administrator for details.

All coaches are encouraged to contact their school's front office to ensure paperwork has been completed. The school is responsible for providing compliant coaches.

Coach volunteers are encouraged to:

- Show evidence of knowledge of experience with and support of the Catholic School mission and vision.
- Embrace the *Play Like a Champion Today* program, which reflects the ministerial nature of athletics and coaching in a Catholic school.
- Possesses excellent interpersonal and customer service skills.
- Possesses strong verbal and written communication skills.
- Possesses strong organizational skills.

In addition to the specific duties assigned at the local school level, the responsibilities of the Coach shall include the following:

- Ensure the CSAL and PLACT philosophy, rules, and policies are understood and followed by all coaches, student-athletes, and parents
- Attend and successfully complete the Play Like a Champion Today coaches workshop

- Model and promote good sportsmanship
- Refer and abide by the Archdiocese of Denver Code of Conduct
- Communicate with the AD regarding all CSAL activities, issues, and concerns
- Attend required pre-season and tournament meetings
- Provide equipment, rosters, and volunteers as defined in the sports addendum
- Update game score on the CSAL website at www.csaldenver.org
- Provide a printed roster to the scorer's table. The coach must have an official roster copy readily available if a table is unnecessary.

Head coaches for all Catholic Schools Athletic League teams must be 18 or older and a high school graduate.

A coach is anyone who sits on the bench during the game or "assists" or directs players during practice.

Concussion Guidelines (Policy #2190)

The Archdiocese of Denver has adopted the following Concussion Policy to be enforced for each athletic season. Also, all coaches and assistant coaches must complete a State of Colorado-approved concussion course annually. The course needs to be completed before the first practice. After successfully completing the course, print the certificate and provide a copy to the school's athletic director. Concussion certificates must be valid throughout the entire season and post-season. Athletic Directors are to keep an active and accurate file of certificates in their office.

Catholic schools are dedicated to a caring and orderly environment where students are provided safety in a faith community. Sports and physical activity are great ways for children and teens to stay healthy and grow virtuously. Medical researchers have discovered that young athletes, especially children and teens, don't often recognize their limitations, especially when they have a concussion.

A concussion is a type of traumatic brain injury--or TBI--caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. It disrupts how the brain works; it is not a bruise to the brain.

While most with a concussion recover quickly and thoroughly, some will have symptoms that last for days or even weeks. A more serious concussion can last for months or longer. Not giving the brain enough recovery time can be dangerous.

Concussion signs or symptoms include changes in the person's behavior, thinking, or physical functioning.

The following steps provided by the Centers for Disease Control and Prevention are REQUIRED to be taken by the coach or supervisor whenever an athlete has



experienced a bump or blow to the head or body and evidence of any of the symptoms or signs of a concussion:

- Remove the athlete from play immediately.
- Inform the athlete's parents or guardians about the possible concussion. Please give them the CDC fact sheet on concussions for parents.
- Ensure that a healthcare professional evaluates the athlete.
- Keep the athlete out of play and practice the day of the injury until a health care professional experienced in evaluating for concussion states in writing that the athlete can safely return. The parent is responsible for the arrangements and cost of the health care provider.

After a concussed athlete has been evaluated and received clearance to return to play from a healthcare provider, school officials may allow a registered athletic trainer/coach/athletic director with specific knowledge of the athlete's condition to manage the athlete's graduated return to play.

Health Care Provider" means a Doctor of Medicine, Doctor of Osteopathic Medicine, licensed nurse practitioner, licensed physician assistant, or licensed Doctor of Psychology with training in neuropsychology or concussion evaluation and management.

After sustaining a concussion, if a healthcare professional has determined that the athlete may return to play, the following are the steps to take to allow the athlete to return to play gradually.

- Start light aerobic exercise, but only to increase the athlete's heart rate—5 - 10 minutes on an exercise bike, walking, or light jogging. No weightlifting, jumping, or hard running.
- Begin activities that increase the athlete's heart rate and incorporate limited body or head movement, including moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting.
- Begin heavy, non-contact physical activity, including sprinting/running, high-intensity stationary biking, regular weightlifting routine, and non-contact sport-specific drills.
- Reintegrate the athlete in practice sessions, even full contact in controlled practice if appropriate to the sport.
- Put the athlete back into unrestricted play

Parents who are also medical providers cannot “clear” a child for play during the game. Once the player has been placed in Concussion Protocol, the child may return to play only when a medical provider has “cleared” them for play with written documentation.

Calendar of Events

The Extracurricular events calendar is provided to schools each Spring. Updates and changes are also kept on the CSAL calendar at www.csaldenver.org.

CSAL Athletic Events

Fall:

Coed Volleyball (5-8)
Cross Country (5-8)
Flag Football (1-8)
Swimming (1-8)
Golf (5-8)
Cornhole (5-8)

Winter:

3v3 Basketball (3-8)
Basketball (3-8)
Futsal (3-8)

Spring:

Girls Volleyball (5-8)
Boys Baseball (3-8)
Wrestling

School-Based Sponsored Events

Coed Volleyball
Cross Country
Flag Football
Basketball
Futsal
Girls Volleyball
Boys Baseball

CSAL Sponsored Events:

Swimming
Cornhole
Golf
3v3 Basketball
Athletic Camps

CSAL Officials

Mark Strawbridge,
Jeff Wood
Jim Burke,
Aaron Menke,

CSAL Director
Rocky Mountain Officials
CSAL Webmaster
New Athletic Director Mentor

Sport Directors

Fall Sports

Kili Hady
Jim Burke
Nicole Bradley
Norma Ariza
Greg Johnson
Eddie Pena

Cross Country
Flag Football
Flag Football and Swimming
Coed Volleyball
Corn Hole Tournament
Golf Tournament

Winter Sports

Jim Burke
Marty Gauss
Kili Hady

Basketball and Futsal
Basketball-Varsity Boys
Basketball-Varsity Girls



Dan Ross
 Jim Archibald
 Roman Fresquez
 Kathy Honomichl
 Greg Johnson
 Mark Strawbridge

Basketball-JV Boys
 Basketball-JV Girls
 Basketball-Widgets
 Basketball-Widget
 3v3 Basketball Tournament
 Futsal

Spring Sports

Mark Strawbridge
 Stephen Crouch
 Kathy Honomichl
 Thomas McCarty
 Brenda Pearson

Wrestling
 Baseball-JV and Varsity
 Baseball-Widgets
 Volleyball-Varsity Girls
 Volleyball-JV

CSAL does not oversee Widget Volleyball.

Divisions

Competition levels are defined and communicated to ADs before teams are due.

Door Admission

All tournaments will have a door admission charge as determined by the CSAL Director. School pastors, visiting priests, principals, teachers, athletic directors, coaches, assistant coaches, and players will not be charged admission. Admission will only be charged once a day.

Exemptions:

Schools may require a need to request an exemption for various reasons. To request an exemption, the Athletic Director is to email the CSAL Director with the following information:

Name of School
 Season/Sport
 Exemption Request
 Reason for the Exemption
 Has the school principal approved the request?

Facility Supervision:

A school determines who supervises the facility during the regular season.

For playoffs:

- The Facility Supervisor cannot be a coach who is also coaching a game
- Must be 18 years or older

- Have access to the principal, AD, or CSAL Director's contact information
- Be willing to take control of the situation
- Understand rules and regulations set forth by the school and CSAL
- Report ejections or other unruly behavior to the Athletic Director

CSAL representatives (CSAL Leadership, school athletic directors, and school Principals) may step in if a CSAL representative is absent.

Fees

CSAL is a self-sustained ministry of the Archdiocese of Denver funded through team fees, registration fees, and admission fees collected during post-season tournaments. Fees are communicated to athletic directors each August. For most activities, schools will receive two invoices. The first invoice will include a team fee and the cost of ten games. The second invoice will include fees incurred during the season and for additional games played beyond 10.

Forfeiture of Games

Teams not appearing at scheduled games other than for emergency reasons will forfeit the games and be responsible for the officials' fees and any fines levied by CSAL. All teams will be given 15 minutes from the scheduled time before the game is considered a forfeit. Schools that forfeit regular season games will cover the game fee for the opposing team. The cost will be paid directly to the school. The post-season forfeit fee is \$400. A school forfeiting two post-season games during an academic year may result in that school not participating in any post-season the following academic year.

Game Scheduling

It is the responsibility of athletic directors to schedule regular-season games for basketball (Widget basketball excluded), volleyball (Widget volleyball excluded), and baseball. For all other sports, CSAL will schedule the regular season. An AD can ask their coaches to attend the scheduled meeting with the prior permission of the CSAL Director. Home teams are responsible to load their games on the website.

- To prevent conflicts, attendees at the game scheduling meeting should bring a calendar with other scheduled school/parish activities dates.
- Games will not be scheduled on any designated "No Play Dates" set by the Archdiocese of Denver and published in the Co-Curricular calendar for the current academic year.
- Games will not be scheduled on Sundays.

Those attending scheduling meetings are required to remain at the meeting until all schedules have been updated on the CSAL Website.

Grievance Procedure

During the sports season, disagreements may occur. Our goal is to resolve these issues using a positive, Christian approach.

- If the athlete is comfortable doing so, the athlete should speak directly to his/her coach. The coach will attempt to resolve the issue between the players or with the athlete.
- If the issue is not resolved by the athlete speaking with the coach, the athlete's parent(s) should speak to the coach involved. The coach will attempt to resolve the issue with the athlete(s) and parent(s).
- If the coach alone does not resolve the issue, the athlete or the parent should notify the AD. The AD will meet with the parents, athlete, and coach to resolve the issue.
- If the AD does not resolve the issue, the athlete or parent should notify the principal. The principal will meet with the parents, athlete, and coach to resolve the issue.

At no time is a parent or coach allowed to contact CSAL or another school regarding issues. Parents and coaches are to communicate their grievances to the school AD. The AD will contact the CSAL Director, who will then work with all parties to rectify the issue.

Multi-Roster Players

At times throughout the year, ADs or coaches will need to rely on students to play on more than one team. To do so, please follow these instructions:

- Complete a "Multi-Roster form"
- Signatures from the coach, AD, principal, and CSAL Director are required
- The coach is required to provide the form to the officials, opposing coaches, and scorer's table (when necessary) when a multi-rostered player is participating
- Multi-Rostered players may only participate in a game when the team needs to get to the minimum number of field players (5 for basketball, flag football, etc.) + 1 one additional player.
- Multi-Rostered players may only play for more than one team during the regular season. Use of multi-roster players during the post-season will result in a forfeit and player suspension for that post-season tournament.
- Players may only be assigned to one roster on the CSAL website.
- For unexpected situations where a team is reliant on a multi-roster player, but a form is not completed, contact the CSAL Director for guidance.

Number of League Games

It is determined and communicated to ADs before registration opens and again at scheduling meetings.

Number of Teams/Rosters

There are no restrictions on the number of teams each school may field; however, schools participating are expected to meet the minimum number of players required to play each sport. Teams are advised to have no more than twice the number of players participating on the field of play. For example, basketball allows for five players on the court. Therefore, a team should not have more than ten players. When a team needs to place more players on the roster, communication with the CSAL Director is required.

Parent Code of Conduct:

- Be a positive role model through your actions to make sure your child has the best athletic experience possible.
- Be a team fan, not a “my kid” fan.
- Weigh what children say, they will tend to slant the truth to their advantage.
- Respect opposing players, coaches, spectators, and support groups.
- Be respectful of all officials’ decisions.
- Don’t instruct children before or after a game because it may conflict with the coach’s plans and strategies.
- Praise student-athletes in their attempts to improve themselves as students, athletes, and people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help children learn that success is oriented in the development of skill and could make people feel good about themselves, win or lose.
- If there is a parent concern, take time to talk with coaches in an appropriate manner, time, and place.
- Be sure to follow the designated chain of command (i.e., player, coach, athletic director).

Parental assistance with implementing the Parent Code of Conduct will be most appreciated to help CSAL and its member schools maintain consistency. If parents fail to abide by this code, they or their children may be subject to verbal or written warnings, consequences during the game, and exclusion from future events.

Parent Meetings

It is recommended ADs host parent meetings before each season. ADs are asked to review the following:

- CSAL Rules as stated on the addendum
- Important Dates
- School Expectations of players and parents
- School-specific guidelines and rules

It is recommended that all coaches meet annually with the parents of players on the team before each season. These meetings will:

- Familiarize parents with the goals and objects of the CSAL sports program and the *Play Like a Champion Today* sports ministry
- Enable parents to support their child in a manner positive for the child
- Introduce parents to coaching philosophy, team rules, game and practice procedures
- Provide an opportunity to solicit help from parents in supporting the team in various tasks
- Provide an avenue for feedback and communication with parents
- Provide an opportunity to discuss safety and medical considerations
- Discuss the actions and consequences of inappropriate student and parent behavior

Parent/Coach Relationship

Both parenting and coaching are challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide more significant benefits to children. As parents, when your children become involved in our sports program, you have a right to understand what expectations are placed on your child. This begins with clear communications from the coach of your child's team.

Communication Parents Should Expect from The Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child and the players on the team.

3. Procedure should your child be injured during participation.
4. Discipline that may result in the denial of your child's participation.

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern regarding a coach's philosophy and expectations.
4. Medical or physical limitations of your child.

As children become involved in our athletic program, they will experience some of the most rewarding moments of their lives. However, it is essential to understand that there may also be times when things do not go the way the parent or child wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Accepting your child not playing as much as you may hope is very difficult. Coaches are volunteers. They make judgment decisions based on what they believe to be best for all players involved. As you may have seen from the list above, certain things can be and should be discussed with your child's coach.

Player Code of Conduct:

Players are expected to:

- Adhere to all CSAL, school, and team rules and regulations regarding sportsmanship and participation.
- I will give 100% effort to practices and games. I understand that effort demonstrates my commitment to the team and respect for my coaches and teammates.
- Respect and accept all officials' calls and decisions without gestures or arguments.
- Win with dignity, lose without excuses. Treat opponents with respect.
- Understand that the good of the team always comes first.
- Accept responsibility for my behavior on and off the court. I understand that my work reflects my family, teammates, and school. Demonstrate strong character and good sportsmanship

Playing Time

All member schools will follow the required guidelines for fair playing time as outlined in the *Play Like a Champion Today* Coaches Manual. Coaches must remember the following:

- Children want to play.
- Without the opportunity to play, a child's growth is stifled.
- No child's growth should be sacrificed for a victory.

The tenet of equitable playing time extends beyond a school policy or league rule; it is a principle that all CSAL coaches must embrace. Coaches must commit to providing all players with the opportunity to play. Coaches must develop a sense of fairness regarding each player's playing time. Playing time requirements are also communicated in the addendum of each sport. Guidelines for fair playing time are:

- 1st through 6th grades- as close to equal playing time as possible.
- 7th and 8th grade—at least 25% playing time for all participants.

Fairness demands that each child can fully develop. Giving each child meaningful playing time shows a concern for fairness and the development of each child. Most importantly, providing the less skilled players on the team an opportunity to play demonstrates a commitment to the Gospel command to care for all, especially for the "least of the brothers and sisters."

Play Like a Champion Today Sports Ministry

The Archdiocese of Denver Catholic Schools has adopted the *Play Like a Champion Today* (PLACT) Sports as a Ministry program from the University of Notre Dame. The Sports as a Ministry initiative of the Play Like a Champion Educational Series is a



research-based, child-centered curriculum designed to:

- Help us recognize the spiritual nature of sports and
- Train youth sport coaches to be effective ministers and
- Promote the moral and character development of our youth.

All coaches and assistant coaches will attend a “Coaches Workshop” and be certified to coach in the Archdiocese of Denver Catholic Schools athletics program. All parents of students participating in the Athletics Programs will attend a “Parents Workshop.” Parents of students in grades 3-8 must complete a Parents Workshop for their child to participate in athletics.

Player Registration

All participants must register using the CSAL website at www.csaldenver.org. Players cannot be rostered onto a team until the parent/guardian has completed the entire registration process. CSAL determines and communicates registration dates in advance. The league can assess a late registration fee, which is non-refundable.

A school does not need to accept late registration. If a school opts out of Late Registration, it must communicate this to CSAL before the Late Registration period opens.

Post-Season Tournaments

All sports seasons will end with a post-season tournament, provided adequate personnel and facilities are available. These tournaments will be held in school-sponsored facilities where the principal volunteers. These school-sponsored facilities will be staffed and supervised by volunteers from the host schools.

If a game is postponed due to weather, the schedule will be updated on the CSAL website at www.csaldenver.org.

Protests

Post-Season Tournament: During the post-season tournament, all protests must be decided before play can continue. A protest can be accepted or denied at the discretion of the CSAL Director. Protests during a tournament will immediately stop the game. The game will not continue unless a resolution is found.

Regular Season: The CSAL Director and Sports Directors will decide all other protests. The process for filing a protest is:

- Protests will not be considered if they are based solely on a decision involving the accuracy of judgment on the part of an official.

- Protests based on misinterpreting or applying a playing rule will be considered.
- The notification of intent to protest must be made immediately by the protesting coach and any CSAL Official or school athletic director before the game can continue. When applicable, a note in the official scorebook is to be included.
- The protest must be filed in writing within forty-eight (24) hours after the contest's scheduled time.
- A \$100.00 protest filing fee will be charged to the protesting school.
- A formal protest should contain the following information:
 - i. The date, time, and place of the contest
 - ii. The names of the officials and the scorer
 - iii. The rule and section of the Federation or CSAL Addendum rules under which the protest is made
 - iv. The decision and conditions which caused the protest
 - v. All essential facts involved in the matter protested
 - vi. Email from the school principal with their permission
- The decision made on a protested game may result in one of the following:
 - i. The protest is found invalid, and the game stands as played
 - ii. The protest is allowed for a misinterpretation of a playing rule, and the game is replayed from the point at which the incorrect decision was made with the decision corrected
 - iii. The protest is allowed; the game's outcome was not affected; the game stands.

Role of CSAL:

- Organize and plan registration and athletic events
- Communicate play rules
- Work with Rocky Mountain Officials (RMO)
- Ensure schools/teams/coaches are complying with CSAL rules
- Support Athletic Directors and Principals
- Issue discipline as needed

Rosters:

Official team rosters can be viewed on the team page of www.csaldenver.org. The athletic Director and Coach are responsible for ensuring the roster is accurate. Penalties for roster violations include \$50 per violation per game. Additional penalties will be explained in the addendum.

Students needing to play on a 2nd team are allowed. See the “Multi-Roster” guidance found earlier in this Handbook.

Students are only allowed to play for one team during any post-season tournament.

Scheduled/Rescheduled Games

The master schedule will be the official game schedule. Changes should only be necessary once team schedules are set under extraordinary circumstances. The CSAL Director must approve changes, and a \$60 per rescheduled fee can be charged to the school.

The following procedures are to be followed if a game has been approved for rescheduling:

- The CSAL Director will be notified by email of a schedule change.
- If approved,
 1. The school is to notify via email the RMO Assignor, CSAL Director, and opposing AD of the new date, time, and location of the game
 2. The requesting AD is responsible for making the change on the league website, www.csaldenver.org.
- If the two athletic directors cannot agree on a new game date/time/location, the game will be considered a “no game” and will need to be deleted from the website. The requesting AD must communicate this to the RMO Assignor, CSAL Director, and opposing AD.

St. Sebastian Project

Saint Sebastian Project Denver, Inc. is a non-profit organization that seeks to provide funding support for athletic programs at economically challenged Denver area Catholic elementary schools. The goal is to raise funds annually to support:

- Uniforms
- Equipment
- Athletic fees

Grant decisions are made independently of CSAL and anyone who works within CSAL.

Student Eligibility

Students participating in any CSAL sports program must be enrolled full-time in a member school. Part-time students may participate following the superintendent's approval. The names of part-time students playing in CSAL must be submitted to the CSAL Director.

Home School Students: Catholic Home School students may participate in CSAL. Students are required to register and participate with Highlight Catholic Ministries (HCM). If the HCM cannot field a team, the HCM's administrator will contact another

school for roster availability.

Students competing in the Junior Varsity division may not be 13 years old before October 1 of the current school year and must be in grades 5-8. The CSAL Director must approve exceptions in writing annually.

Each member school shall determine its own eligibility requirements that may not conflict with those of the CSAL. Academic and Behavior eligibility decisions cannot result in a forfeit of a game. If this is unavoidable, the school principal must speak with the CSAL Director before deciding.

Team Competitive Levels

Pee Wee	1 st and 2 nd grade students
Widgets	3 rd and 4 th grade students
Junior Varsity	5th and 6th grade students.
Varsity	7th and 8th grade students

Students from lower grades may “play up” on a team. Students may play two grades up from their current grade. Approval from both the CSAL Director and School Principal is required for exceptions.

Team Practices

Each school will establish its schedule of beginning dates based on facility availability, keeping in mind the No-Play Dates established by CSAL or the individual school.

Tie-Breakers

Tie-breakers will be settled by:

- Head-to-head competition
- Winning Percentage
- Coin Flip
- Additional factors may be considered in determining seeding. Additional factors will be agreed upon by the CSAL Director and the Sports Director (s)

Uniforms

Refer to the NFHS rule book for each sport and the specific sport addendum.