

**Kansas City Parochial League
Diocese of Kansas City – St. Joseph
Revised July 2020
ATHLETIC PROGRAM**

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ARTICLE I MISSION STATEMENT

SECTION 1. The purpose of the Kansas City Parochial League (PLKC) is to provide the opportunity for the youth to grow physically, psychologically, emotionally and 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 (PLKC) rules & regulations regardless of the league in which they participate.

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

SECTION 3. All Registration is done online on the PLKC website, including the Permission to Participate form. Athletic Directors will submit rosters electronically and each participant must have a parent/guardian submit a Permission to Participate form online before the league-established deadline.

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

SECTION 5. All teams will be placed in divisions representing the highest-grade level represented. Once the league established roster deadline has passed, no roster changes can be made without PLKC approval.

SECTION 6. Boys & girls shall not be allowed to compete on the same team or against each other, except for the coed relays in track.

SECTION 7. AGE REQUIREMENTS

a. As of October 15th of the current school year, a child must not have reached the following age in order to participate in the indicated grade:

Third Grade - Tenth birthday

Fourth grade – Eleventh

Fifth grade – Twelfth

Sixth grade – Thirteenth

Seventh grade – Fourteen

Eighth grade – Fifteenth

b. AGE REQUIREMENT HARDSHIP APPEAL - Parochial League Board may waive provisions of this age requirement rule provided that during a personal interview of the student and parent(s) the following criteria are met:

1. A maximum of one year (12 months) from a. 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 Parochial League 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 school team 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 has a minimum number of players to field a team, as set out subsequently in these rules, then all participants from that school must play on the school team.

c. 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 School Athletic Director may submit a request in writing to the PLKC Board requesting permission to combine with a neighboring school in need of participants to form a team.

d. Parish School of Religion participants:

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.

2. A PSR student may not play on his/her own school team and a Parochial League team simultaneously.

SECTION 9. Academic Eligibility – A participant's academic eligibility shall be governed by the standards set forth by the Diocesan School Office Principals' Handbook and subject to each individual principal's discretion.

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

SECTION 11. Photographs 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).

SECTION 12. In accordance with State of Missouri laws, regarding concussions in sports Immediate removal if concussion suspected: A youth athlete suspected of having sustained a concussion or brain injury in a practice or game must be immediately removed from competition and not allowed to return for at least 24 hours; No return to play without written clearance. Once removed from play, a youth athlete may not return to competition until he has been (a) evaluated by a health care provider trained in the evaluation and management of concussion; and (b) receives written clearance to return from that health care provider. A written clearance must be provided to both the parish and CYO Office signed by the above-mentioned health care professional.

Section13. The Parochial League Board shall be entitled to grant exemptions to all rules of eligibility for good cause shown.

ARTICLE III – BEHAVIOR EXPECTATIONS

SECTION 1. Coaches

a. Schools should select coaches to represent their teams. It is the school’s responsibility to ensure 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.

b. 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.

c. 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 the primary guide. A given sport’s disciplinary rules (if applicable) will also be used in helping determine appropriate consequences.

d. 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.

SECTION 2. Spectators (Fans)

a. 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.

b. 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

sanctions 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.

SECTION. 3. Sportsmanship Codes

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 to foster sportsmanship, leadership and teamwork; for the student athletes; 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 ensure 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, physically 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.

*At no time shall a coach touch or address a player from another team except to congratulate the player at the end of the game or to lend a hand to help them up after a fall, except in cases where the opposing team is from the same school as the coach's team or when the coach and player have a pre-existing relationship.

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 for students exists to foster sportsmanship, leadership and teamwork in the student athletes; fans should follow 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 official's 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.

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 respect officials and opponents at all times, for without them, there would be no game.
- *Players should never assault others verbally, physically or in writing.**
- *Conduct which occurs during practice is subject to disciplinary measures from the head coach and conduct which occurs during games or while on the premises of the location of a contest shall be subject to disciplinary measures from the PLKC.**

SECTION 4. 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 Parochial League Board

SECTION 5. All players, coaches and spectators are subject to the applicable Parochial Code of Conduct while on the premises of a practice or contest whether or not located on Diocesan property.

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 if deemed appropriate by the PLKC League Director after thorough review.

SECTION 1. Zero tolerance policy. Any coach or player who receives a technical or an unsportsmanlike penalty will automatically be suspended for a minimum of one game.

Level One (Temper/Sportsmanship):

Head Coaches:

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

Ejection: Suspended for 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 first quarter of the next game

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

Ejection: Suspended for minimum of two games

2nd Ejection: Suspended for season.

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

SECTION 2. Level Two (Ethics):

Violating League Rules first offense: Suspended for next full season

Violating Suspension: Suspended for next full school year

Violating League Rules second offense: Suspended for life

Violating 2nd Suspension: Suspended for life

SECTION 3. Level Three (Physical Harm): Upon the league receiving any information alleging that a coach, player or spectator has touched an opposing coach, player or spectator in violation of Article II, Section 3 of these rules or has physically harmed or threatened an opposing such person, the coach, player or spectator shall immediately be suspended from participating in and/or attending Parochial League activities, pending review by the league's disciplinary committee as set out in Section 4 below.

SECTION 4. Disciplinary Review as follows:

1. The league board of directors hereby establishes a disciplinary committee which shall consist of three board members appointed by the league president and delegates to such committee the authority to review suspensions pursuant to all league rules and assess and impose any further action regarding such suspensions.

2. Upon a coach being suspend pursuant to these rules, the league director shall notify the athletic

director of the coach's school of the suspension, the reasons for the suspension and the date, time and place of the league's disciplinary committee's review of the coach's suspension. Such review shall be scheduled as soon as is reasonably possible.

3. Any coach who is suspended pursuant to these rules shall be entitled to appear before the league disciplinary committee to be heard regarding the circumstances leading to the suspension and present any information the coach wishes the committee to consider.

4. Upon reviewing all information provided to it concerning the allegations of the coach's conduct, the disciplinary committee shall determine whether the coach shall be reinstated, or further discipline is warranted. Such further discipline may include, but not be limited to, additional suspension or expulsion from the league, and the requirement that the coach retake the training required under these rules. If the league imposes further discipline, the league director shall notify the athletic director of the coach's school of the committee's decision.

*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.

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 subject to suspension for one year.

SECTION 2. Unless otherwise noted, forfeit time will be game time.

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 in which the PLKC School participates 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 priest, 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 the 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 decide 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(s) (\$25.00) for basketball, twenty-two dollars per official(s) (\$22.00) for volleyball, fifty-five dollars per official(s) (\$55.00) for football 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.

SECTION 6. Teams dropping Out: If any team 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 VI – PROTEST

SECTION 1. BASKETBALL:

- a. 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. No protest non-scoring error must be corrected during the game in pursuant to State High Federation Rules.
- b. The 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 fifty dollars (\$50.00) deposit must accompany the written protest. If the Protest Committee rules in favor of the protest, the fifty dollars (\$50.00) will be returned. If the Protest Committee rules against the protest, the fifty dollars (\$50.00) will be retained by the PLKC.
- c. 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 made only on the grounds mentioned in the letter.

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

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

SECTION 2. 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 3. BASKETBALL: During the city basketball tournament semi-finals and finals a League Representative will be present to monitor participation. A coach's failure to comply will result in an immediate forfeiture of the contest. First round city basketball tournament games will follow normal procedures.

ARTICLE VII COACHES QUALIFICATIONS

SECTION 1. 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; 4) foster an attitude of respect by assistants, players and fans toward game officials.

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. 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 4. 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 5. FOOTBALL COACHING REQUIREMENT: In addition to Play Like A Champion Today requirement for a head coach, all PLKC Tackle including assistants, are required to complete and maintain "Level 1 Certification" from USA Football. Level 1 Certification may be attained through a USA Football Coach Membership and completion of the Level 1 Certification requirements. Each football athletic director is required to appoint a Player Safety Coach (PSC), who must attend a Player Safety Coach training prior to the season.

SECTION 6. All head coaches shall attend a sports-specific mandatory meeting scheduled prior to the start of each season. This meeting shall include training on the PLKC concussion guidelines. Multiple meetings will be scheduled prior to the start of the season and any head coach who does not attend one of these meetings shall be ineligible to be the head coach.

ARTICLE VIII – COACHES’ RESPONSIBILITIES

SECTION 1 – Coaches are responsible for the health and safety of their players. The head coach is responsible for ensuring that an adult knowledgeable in First Aid is present at all practices and games and who is also familiar with the PLKC concussion guidelines, as set out on the PLKC website.

SECTION 2. 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 3. 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 4. 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 first on the schedule. (Example: St. Ann vs St. James. In this case St. Ann is listed first and it is the responsibility of the St. Ann 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 side of the field or court where the spectators are located. A coach or coaches will ask the crowd to stand and pray along with the teams, and then commence team 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 5. 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 6. 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 who 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.

SECTION 7. It is the responsibility of the Head Coach to notify the School Athletic Director Within 24 hours following the removal of an athlete from a practice or competition under Paragraph 2, the athletic director of the athlete's school shall notify the Director of the Kansas City Parochial League that the athlete is suspected of suffering a head trauma resulting in a concussion, utilizing the Notice of Athlete Sustaining Injury form provided on the League's website.

SECTION 8. Head coaches shall be responsible for the conduct of all assistant coaches, players and spectators while on the premises of the location of a Parochial League contest weather or not on Diocesan property and shall be responsible for their conduct in violation of these rules. A coach shall be subject to discipline that the disciplinary committee finds appropriate consistent with Article IV of these rules for failure to properly supervise assistant coaches, players or spectators.

ARTICLE IX – PLAYER PARTICIPATION

SECTION 1. 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.

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

All student athletes on the team roster shall suit up for every game and observe the rules of participation 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.

If a player becomes injured or ill 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 or illness.

In accordance with State of Missouri laws, regarding concussions in sports Immediate removal if concussion suspected: A youth athlete suspected of having sustained a concussion or brain injury in a practice or game must be immediately removed from competition and not allowed to return for at least 24 hours; No return to play without written clearance. Once removed from play, a youth athlete may not return to competition until he has been (a) evaluated by a health care provider trained in the evaluation and management of concussion; and (b) receives written clearance to return from that health care provider. A written clearance must be provided to both the parish and CYO Office signed by the above-mentioned health care professional.

ARTICLE X – ATHLETIC DIRECTORS

SECTION 1. Each school must have an athletic director who shall ensure that all coaches, participants, parents and spectators comply with PLKC rules.

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 and submit team rosters and team fees to the Parochial League Director by the required due dates before teams are allowed to participate. All players must be registered under prior to participating in the team selection process, practices and games. The League Director must approve exceptions to this rule. **Athletic Directors are responsible for submitting team rosters to the PLKC League Office prior to the first league game.**

SECTION 3. 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 4. 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 5. The school athletic director in conjunction with the school principal shall ensure that a Diocesan required background screening is on file for all coaches who will be coaching the school's teams.

SECTION 6. It is the responsibility of the school athletic director to ensure that the school gymnasium is made available 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 7. The school athletic director shall be responsible to ensure to the best of his/her ability that the school gymnasium & playing fields are in good working order and safe to host league contests and tournaments.

SECTION 8. It is the responsibility of the school athletic director to ensure that all uniforms and team equipment meets the National Operating Committee on Standards for Athletic Equipment (NOCSAE) safety requirements.

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 Director 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 include, 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 to contact you if they need anything.

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, ensure 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 and 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.

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 technicals, ejections of any player, coach or spectators or any Incident you feel Vince needs to be made aware of. Vince's e-mail address is: vfitz@plkc.org

SECTION 12. Each football athletic director is required to appoint a Player Safety Coach (PSC), who must attend a Player Safety Coach training prior to the football season.

SECTION 13. It is the responsibility of the School Athletic Director Within 24 hours following the removal of an athlete from a practice or competition under Paragraph 2, the athletic director of the athlete's school shall notify the Director of the Kansas City Parochial League that the athlete is suspected of suffering a head trauma resulting in a concussion, utilizing the Notice of Athlete Sustaining Injury form provided on the League's website.

ARTICLE XI TEAM DIVISIONS AND SELECTION PROCESS

SECTION 1. Team Selection Process for 3rd – 5th grades: 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 by the following process.

- a) It shall be the responsibility of the Athletic Director to assign players to their respective teams through a team selection process that shall consist of at least 1 session to evaluate all participants.
- b) The Athletic Director shall be responsible for acquiring evaluators and the individual who will run the team selection process. No family members or coaches of that team shall be allowed in the sessions.

SECTION 2. Team Selection Process for 6th, 7th & 8th grades: Schools competing at the 6th, 7th and 8th grade levels may choose an “A” team and all remaining players shall be divided among teams equal in skill and ability. All “A” teams shall play in the highest division for their grade level. If a school does not choose to have an “A” team, all players must be divided among teams equal in skill and ability. Regardless of how players are divided, the following process shall be used:

- a) It shall be the responsibility of the Athletic Director to assign players to their respective teams through a team selection process that shall consist of at least 2 separate sessions to evaluate all participants.
- b) The Athletic Director shall be responsible for acquiring evaluators and the individual who will run the team selection process. No family members or coaches of that team shall be allowed in the sessions.

SECTION 3. 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. 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.

SECTION 5. The athletic director shall certify the team rosters meet the PLKC policy on team division. Should the League determine that a school has violated this Article, the League reserves the right to conduct their own player evaluation and reassign players consistent with this Article. Any school, athletic director, coach or evaluator found to have violated the policy shall be subject to sanctions determined by the PLKC Board.

ARTICLE-XII – CROSS COUNTRY

3rd-8th Grade

SECTION 1. Eligibility:

All the same standards apply as for other PLKC sports. Teams consist of 1 or more persons.

SECTION 2. Uniforms:

Uniforms are not required of each participant, however; they can be very helpful. At a minimum, schools are asked to have their athletes dress in the same color scheme with something that identifies their school. This will allow for easier and quicker placement on the starting line. Athletes may wear watches for pacing, but all other jewelry is prohibited.

SECTION 3. Arrival:

Once you arrive, please get your participants together in a group to take a brief roll call, warm-up, stretch, etc. Once settled the coach must check-in at the registration table.

Time Schedule (approximate):

3-4 Girls 5:00 pm

3-4 Boys 5:15 pm

5-6 Girls 5:30 pm

5-6 Boys 5:45 pm

7-8 Girls 6:00 pm

7-8 Boys 6:15 pm

*These are the times that the divisions START their respective races. Please allow enough time to register and warm-up.

SECTION 4. Meet Day Registration Procedure: Coaches (ONE per SCHOOL) must present their cross-country roster to the registration table prior to the meet. Please bring your own water for the participants.

SECTION 5. Race Logistics: All participants for a given Division will be called to the Start Line approx. 5 minutes prior to their race beginning. Cones will divide the starting positions, with each school being guaranteed equal placement on the starting line. Volunteers will be positioned along the course to ensure everyone is headed in the right direction.

SECTION 6. Course Length (approx):

3/4 Grade Girls & Boys .75 mile/1.2 K

5/6 Grade Girls & Boys 1 mile/1.6K

7/8 Grade Girls & Boys 1.5 miles/2.4 K

SECTION 7. Health: Please make sure that the kid's warm-up properly. There will be no interaction with streets or cars. The courses are very safe from that standpoint, but does involve uneven terrain, good to know in advance for those with only a Track & Field reference.

SECTION 8. Finish Line: As runners cross the finish line, they will be handed a color-coded card. The coach is to take the card for each of his/her runners and place all cards into the proper division envelope distributed at registration. Once a coach has acquired all cards for a given division, they should immediately submit the envelope to the registration table for scoring.

SECTION 9. Coaches are required to:

*Arrive Early

*Get their teams assembled and warmed-up

*Register their participants

- *Help get athletes placed at Start line
- *Acquire Place card immediately after each race.
- *Submit Place cards for each division to Scoring Table.

SECTION 10. Coaches are prohibited from running, walking or driving alongside athletes to pace.

ARTICLE XIII FOOTBALL (7/14/2020)

TACKLE FOOTBALL – 5th – 8th GRADE

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

1. A Minimum of 15 players is required to enter a team in the CYO/PLKC football program. The team listed as the home team on the schedule shall occupy the sideline opposite the press box or bleachers/primary viewing area; this team shall be responsible for leading the prayer before the game and for supplying the chain crew made up of three people 16 years of age or older.
2. Prior to the first game, each team will submit an official roster to the CYO/PLKC Office that contains each player’s name, jersey number, and official weight, with an “X” clearly marked next to any player exceeding the weight limit. A copy of this exact roster must be exchanged prior to each game by opposing head coaches and submitted with the play count sheets and score sheets following each game. Any changes made from the original roster should be clearly noted with the reason for that change listed next on the roster.
3. **LENGTH OF GAME:** The game shall be divided into four quarters. **For 7th and 8th grades**, each game will consist of 10-minute quarters using a field clock for all games. **For 5th and 6th grades**, each quarter will consist of eighteen (18) plays from scrimmage. A play shall be counted each time the ball is snapped from center from scrimmage; 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 equals time expired.** **For all grades**, teams will have a 30 second play-clock, a 1-minute break between quarters, and a 10-minute half time including a 3-minute warmup.
4. **GAME RECORD KEEPING 5th-6th grade** - 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 to Field Supervisor, promptly after conclusion of the game. Play counter for each team must be together and located on the

home team side. Play counts will be tracked on scoreboard. In the event that a facility cannot provide a scoreboard it will be kept on the field.

5. **POINT SPREAD:** For 7th – 8th grade, anytime a team has a 30 point or more advantage on its opponent in the 4th quarter, the officials shall run the clock with no stoppages but for time outs and player injury, for the remainder of the game. For 5th – 6th grade, when a point spread of 40 points is reached at the end of the third quarter, or at any point during the fourth quarter, the game shall be stopped and declared complete.

6. The game shall be considered complete and the results shall stand, if following the first half of play, the CYO/PLKC directors or the game officials stop the game.

7. **NO pre-Snap FORWARD movement allowed by any player within two yards of the line of scrimmage. (Movement is defined as FORWARD movement by any player within the two yards limit prior to the snap of the ball to gain momentum.) Penalty: FIVE YARD - illegal procedure.**

8. **ILLEGAL PERSONAL CONTACT** – Officials are instructed to use a quick whistle and no player shall:

a. Grasp an opponent's face mask or any edge of a helmet opening

b. Grasp an opponent's helmet to tackle an opponent

c. Grasp an opponent's helmet to throw the opponent, who is blocking

d. Spear, which is the intentional use of the helmet in an attempt to punish an opponent. (This includes intentional contact with an opponent at the opponents' upper area of the shoulders and the head with the forearms and helmet.)

e. **PENALTY:** a.; b.; and c. 15-yard penalty for the first offense. 15-yard penalty and disqualification for the second offense by the same player. d. 15-yard penalty and disqualification.

9. Only football shoes with molded non-removable cleats or screw-in male plastic cleats without metal ends will be allowed. To be legal, cleats must not exceed ½ inch in length and must be made of rubber type synthetic materials that are not abrasive and do not develop a deep, cutting edge.

10. 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 KSHSAA overtime procedure will be used for any overtime period.

11. **JAMBOREE:** League wide scrimmage which is mandatory for all teams, will be held the second to last week of August. To participate in the Jamboree all players must weigh in.

12. **WEIGHT LIMITS:** 5th Grade – 112 lbs; 6th Grade – 126 lbs; 7th Grade – 145 lbs; 8th Grade – 162 lbs; 5th-6th Grade Combination 120 lbs; 7th-8th Grade Combination 153 lbs. Weight Limits will be reviewed every 3 years.

13. **WEIGH-IN:** All players shall be weighed by the CYO/PLKC director or their representative at least seven days before the first scheduled game. The first scheduled game, in most seasons, will be the Thursday immediately following Labor Day. Failure to be weighed in by this date will forfeit the individual's ability to participate during that season unless approved by the CFL. The official weigh in will be at the Jamboree. 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 CYO/PLKC football program. Parish Director of Sports Ministry, or their representatives, shall attend and shall be the only parish representative present in the area that the weigh-in takes place.

14. Players who weigh less than **5** pounds under the weight limit at the pre-season weigh-in will be weighed at the scheduled re-weigh. This re-weigh will be scheduled for the week immediately preceding the beginning of the CYO/PLKC Football Playoffs, with only participants on teams included in these playoffs required to attend. The time and date of this weigh-in will be determined by the Executive Director and communicated to parishes within a reasonable amount of time prior to the re-weigh. In addition, with reasonable cause, the Executive Director reserves the right to call one additional, unannounced re-weigh at his discretion.

a. Participants who weighed the following amounts during the initial preseason weigh in must re-weigh as described above: 5th Grade – 108-112 lbs; 6th Grade and 5/6th Grade – **116-120** lbs; 7th Grade – 141-145 lbs; 8th Grade – 158-162 lbs; 7/8th Grade – **149-153** lbs. (add new weights if approved)

b. Players competing in all grades will be allowed a two-pound increase prior to the reweigh that takes place before playoffs. If a player chooses not to reweigh, they become an "X" automatically.

15. Each team is permitted **ONLY** six (6) players who exceed the weight limit on the field at any one time.

16. Players exceeding the weight limit shall wear a helmet marked with contrasting color that extends the full length and width of the helmet. 2-inch tape or wider to be used on the helmet. 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.

17. Players exceeding the weight limit shall be restricted to line positions on defense. All 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 exceeding the weight limit are allowed to line up at the defensive end position.

18. 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. Violations of this rule shall call for a penalty of fifteen yards from the point of possession. 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.

19. Players exceeding the weight limit shall wear a helmet marked with contrasting color that extends the full length and width of the helmet. 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.

20. A Student may not play/practice for another football team during the CYO PLKC football season which is posted on the calendar. If a student is found to be playing/practicing for another team during this period, then the TEAM will forfeit all CYO/PLKC games the individual participated in.

21. Practice information and beginning date for conditioning and practice will be listed on the official CYO/PLKC calendars and made known to Director of Sports Ministry prior to each football season. Practice shall be considered any time the team is together participating in a football activity and shall include viewing of film, drills, and all other football activities related to the team. Teams in fifth through eighth grades are limited to four practice sessions of ninety minutes each or three practice sessions of two hours each per week. A week shall be defined as seven days. For fifth through eighth grades, drills and activities involving "live" physical contact shall be allowed for a maximum of half of each practice (50%). During the remainder of the time, all drills and activities must be non-contact. A 10-minute rest and refreshment period for all players shall occur at the midpoint of practice time. During the remainder of time all drills and activities must be non-contact. For all levels, "live" contact shall be considered any situation where two participants are coming into contact at a speed greater than one-third normal speed. Practice time shall be defined as total practice time for the team. This excludes a live or controlled scrimmage conducted with another team as allowable in CYO rules. Coach controlled scrimmages or practice games are permissible only with other CYO teams within the same weight class. Any team found to be in violation of these regulations may be subject to forfeiture of games and suspension or expulsion of coaches and/or Director of Sports Ministry.

22. The OFFICIAL BALL used for all CYO/PLKC Football games will be provided by CYO. Fifth and sixth grades use the Junior ball; seventh and eighth grades use the Youth ball. Teams may choose to use their own ball for their team's offensive possession provided it is the same size and composition as the official CYO ball listed above. If the use of this ball slows the game's progress at any point, officials shall have the right to return to use of the official CYO ball.

23. **SIDELINE PERSONNEL:** The head coach, five assistant coaches, one score keeper, and three chain crew (when assigned) are allowed on the sideline. The head coach shall be liable to suspension if more personnel are present.

24. **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 discipline reason. 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. 7th-8th grade - Minimum playing time: 8 plays each half to equal a minimum of 16 per game (kick off and extra point try and free kicks count as plays) 5th – 6th grade 9 plays each half to equal a minimum of 18 per game (EXCEPTION: If a team has 24 or more players on their roster and has 24 or more players suited up for the game and are physically able to participate then 7 plays each half to equal a minimum of 14 per game shall be the minimum) At least one qualified adult person present on the team’s sideline shall complete the official individual play count sheet for all players. The purpose of this form is to keep accurate count of the plays each player participates in in order to comply with the minimum playing time rule. The head coach is responsible for the individual play count form being completed and given to the field supervisor (form to be turned in at the concession stand if field supervisor is unavailable). Failure to submit completed form in a timely manner after the game will result in a warning. The second offense will result in a one game suspension.

25. **TIEBREAKERS** For football leagues with a playoff that results in a championship game, the following standards shall be used to determine final league standings in case of identical records between two teams:

- a. Head-to-head competition during regular season
- b. League Record
- c. Record against common opponents
- d. Coin Flip

Clarification: “League Record” is understood to mean that when two opponents are scheduled to play twice during regular season, the first meeting is considered a part of the league schedule, while the second game is not.

26. **PAT 5/6 Grade 2 POINTS FOR KICK / 1 POINT RUN/PASS.** No fake kicking plays, no rush on kicking attempts. The play is dead if ball is not cleanly fielded and placed.

PAT 7/8 Grade 2 POINTS FOR KICK / 1 POINT RUN/PASS.

27. If the parish offers a tackle football program and does not have enough participants registered for individual grade teams then the participants may be combined into a third/fourth grade team, fifth/sixth grade team or seventh/eighth grade team. Students

shall be permitted to play up one grade ONLY. (A fifth grader may play on a sixth-grade team; a sixth grader may play on a seventh-grade team but not a seventh/eighth grade combination team nor an eighth-grade team. A seventh grader may play on an eighth-grade team.) A student(s) may play down one grade by approval of the director.

28. No player shall be allowed to play down a grade in tackle football without unanimous approval from opposing schools' Director of Sports Ministry (DSM) and CYO Director. All requests must be presented in writing to the CYO Director and opposing schools' DSM by two weeks prior to submission of rosters.

29. If a parish has fifteen (15) participants or less in a grade level then that parish shall have the option of combining grade levels as stated above **OR** The parish Director of Sports Ministry may submit a proposed plan of where the participants will be assigned to another parish to compete within participant's grade level.

30 The proposal must be in writing, contain the names of the participants and have the approval of the parish Director of Sports Ministry of all parishes involved. The proposal must be submitted to the CYO office on or before the date specified on the official CYO calendar for football player request to be assigned to an outside team.

31 The proposal should include information to help the committee make an informed decision. The committee will meet and give a decision within 72 hours. The committee will approve the proposal or reject the proposal.

32 If the proposal is approved, only the participants listed will be assigned to the outside team. Any other participants from the submitting parish not listed on the proposal shall be placed on outside teams by the CYO director. If the proposal is rejected, then the participants in question will be assigned back to the parish to combine with another grade level or will be assigned to other outside teams by the CYO director. The committee shall be comprised of the CYO director, the parish Director of Sports Ministry representative to the executive board and a member of the executive board appointed by the chairperson. A majority vote is required for approval. The decision of the committee is final.

33. Parishes that combine kids to create football teams must be created within geographic boundaries and consistent throughout all grades within the parishes. These parish groups will be decided the Director of Sports Ministry. Exceptions can be made for a school outside a group has a small number of players by the Director of CYO. The Director can place them with a certain group.

FLAG FOOTBALL – 1st - 2nd & 3rd - 4th GRADE

SECTION 1. ELIGIBILITY:

1. Boys in grades 1-2 & 3-4.

2. Games shall be played on fields deemed appropriate and scheduled by PLKC. Standard field size shall be 50 yards in length by 30 yards in width, with some fields varying based on age and existing dimensions. End zones shall be at least 8 yards in length on either side. The following additional rules apply to the field of play:
 - a. The area marked 5 yards out from each end zone shall be considered the “No Running Zone” and no running plays shall be executed by either team within this zone.
 - b. There shall be two lines marked at 18 yards out from each end zone (or adjusted for scale of field) that shall be considered “First Down” lines. See rules for completing first down.
3. Uniform and Equipment - The official uniform for teams shall be provided by the team’s sponsoring parish or by the CYO Office for high school leagues. It shall consist of shorts/pants and a t-shirt or jersey top; flag football uniforms must meet all other PLKC uniform guidelines regarding design and modesty. Shirts must be tucked in to shorts/pants at all times during competition.
 - a. Flags shall be provided by league for all contests. Players must wear flags as instructed, with belt properly fastened and flags clearly visible over child’s uniform.
 - b. Shoes are required for participation. Cleats are allowed and must meet standard PLKC requirements (see PLKC Football rules section).
 - c. Players must remove all jewelry, including watches, earrings, or anything else deemed hazardous by PLKC Officials or Administration. Soft braces are allowed provided child has been cleared to participate with brace by physician. Sleeves and tights must be white, black, beige or the predominant color of the player’s uniform. Headbands, armbands and wristbands may also be worn provided they are white, black, beige or the predominant color of the player’s uniform; if multiple players on the same team are wearing accessories they must all be the same color. Tape is allowed on arm, fingers or ankles. Players may wear gloves and/or (soft) knee or elbow pads.
 - d. Mouth guards are required for each player participating. These must be appropriate size and fit. Mouth guards must be plain; colors are allowed but there may be no logo, image or writing visible on the mouth guard at any time.
4. An adult supervisor shall be appointed by PLKC and be present at each facility during games. The supervisor shall be the sole representative of the PLKC Office and shall have final say in all decisions or disagreements before, during or after competition.
5. The head coach and a player from each team shall meet at midfield prior to each game for the coin toss. The team listed on the schedule as “visiting team” shall call the toss prior to coin flip. Team winning the toss will receive the ball first with opposing team receiving ball first after halftime. Officials may address any special facility rules or appropriate game notifications at this time.
6. Each team shall have **six (6)** players on the field of play at one time. Teams may begin play with no less than **five (5)** players. Game time is considered forfeit time in all contests.
7. The game shall be played using the following rules and guidelines:

- a. Teams shall start each possession at their offense's own 5-yard line, with the exception being that following interceptions teams shall take over at the spot where the player was ruled down.
- b. Play will begin with the "center" snapping the ball to the "quarterback". The offensive team must have at least one player on the line of scrimmage at the snap on each play, with up to four players allowed on the line of scrimmage. The center must snap the ball through his legs and the ball must completely leave his hands.
- c. Teams on offense shall have three downs to reach a first down marker or score a touchdown. First down markers shall be placed at approximately 18 yards out from each end zone, so that a team beginning on its own 5-yard line may get two first downs before scoring a touchdown. When a team reaches or passes the first down marker their downs shall "reset" and they shall have three more downs to reach the other first down marker or the end zone.
- d. There shall be no punting or kicking in the game. Teams not reaching a first down marker in three attempts shall turn the ball over to the other team, who shall begin possession from their own 5 yard line.
- e. The ball is considered a live ball when snapped and remains so until the ball carrier's flag has been pulled or the ball hits the ground and the official whistles the ball dead. A player who catches the ball in the air is considered in-bounds if one foot touches in the field of play prior to the remainder of his body landing.
- f. There are no fumbles in the game. All "fumbles" shall be considered a dead-ball where the ball hit the ground and the offensive team shall retain possession. A fumble does not result in a turnover to the other team. **A dropped exchange from the center to the quarterback (either direct snap or in shotgun) shall be considered a fumble.**
- g. Any ball carrier whose flags fall off during the play, even accidental without a defensive play on the flags, shall be considered down at that spot. See Rule 10, Part L regarding receivers.
- h. Each touchdown is worth six points. The team shall then have one attempt from the 5 yard line to reach the end zone worth another two points. The "No Running Zone" is not in affect during the two point conversion attempt and teams may pass or run. Regardless of the play's success, the opposing team shall start with ball at it's own offensive 5 yard line following the two point conversion. An interception off a two point conversion may not be returned and the play will be considered dead upon the defensive player taking possession.
 - A touchdown, two-point conversion, and safety shall be the only scoring plays in the game. A safety is called when an offensive player is called down in his own end zone.
- i. All players on the field shall be considered eligible to throw, run or catch the ball on each play.
- j. Substitutions may be allowed on any dead ball.
- k. Blocking or screening of any kind is not allowed. An offensive player may not impede a defensive player's path to the ball carrier, including when the defensive player is rushing the passer from a legal rushing position (see Rule 6, Part L). Once the ball carrier crosses the line of scrimmage or receives a pass, all other offensive players should cease moving to avoid penalty.
- l. The quarterback may not run directly with the ball from the snap. He may handoff or lateral/pitch the ball to another player, as well as scramble behind the line of

scrimmage, but cannot run directly. A player who takes a handoff or lateral behind the line of scrimmage may throw the ball. No handoffs or laterals are allowed once the ball carrier passes the line of scrimmage.

- m. A defensive player may rush the passer provided he begins the play at least 7 yards from the line of scrimmage on the defensive side of the ball. Any player beginning the play within 7 yards is not eligible to rush the passer. Once the quarterback has completed a handoff or lateral/pitch, all defensive players are eligible to cross the line of scrimmage.
 - A player crossing the line of scrimmage may attempt to block a pass by jumping but may not come into contact with the passer at any time (results in Roughing the Passer penalty). A ball batted down will be considered a dead ball at that spot and remain with the offensive team provided it is not fourth down, regardless of whether it is a forward pass or pitch/lateral.
 - n. Flag Guarding is considered an attempt by the ball carrier to impede the defensive players' attempt to pull his flag. A ball carrier may not impede the defensive players' attempt to pull his flag at any time through use of hands, uniform or any other method of "guarding" the flags. However, the offensive player may spin and/or move laterally from left to right to avoid the flag pull, provided that they do not guard the flag in any other way. An offensive player may only leave his feet if it is clearly an attempt to avoid a collision without receiving a penalty, though he will be declared down at that spot.
 - o. Only one player is allowed "in-motion" at a time and all motion must be lateral to the line of scrimmage and not moving toward the line of scrimmage.
 - p. Defenders may not tackle, hold, **or dive at** the ball carrier in anyway while trying to grab a flag.
9. Clock - Games are played with a 44-minute running clock and shall be split into two 22-minute halves. Halftime is 6-minutes. The official game clock shall be kept by the official(s). The clock shall only stop for timeouts, though the official(s) may stop the clock at any time at their discretion, including for injuries.
- a. Each team shall have one 1-minute timeout per half, for a total of two timeouts per game. Timeouts do not carry over to the second half if not used in the first half.
 - b. If the game ends in a tie, no overtime period shall be played except during end of season playoffs at the 5th and 6th grade levels.
 - c. Each team shall have 30 seconds from the end of the previous play to run a new play. Time shall be kept by the official and failure to run play shall result in "delay of game" penalty.
10. At the end of the regular season for 5th and 6th grade and high school leagues, all teams in the league may participate in a playoff tournament to be held on the final weekend of the season. This tournament shall be organized by the PLKC Office.
11. When a team is winning by 35 points or more in the second half, the trailing team is provided one more opportunity to score in order to continue regulation play. If the team does not succeed in scoring, the game is considered over at that point and scoring stopped at that time. However, if more than 10 minutes remains in regulation time at the point in which the game is stopped, the trailing team may have up to two consecutive offensive possessions as time allows in order to attempt to score. Each possession will last until the team scores, fails to reach a first

down, or turns over the ball. Points are not counted toward the final score. The game shall end regardless when full time has been reached.

12. Penalties and Yardage. Officials shall be the only individuals who may call penalties during the game. Their ruling is considered final and may not be argued or reviewed. Coaches arguing penalties may be given an unsportsmanlike conduct penalty.
 - a. False Start results in a loss of five yards from the line of scrimmage.
 - b. Defensive Offside shall be called when any defensive player crosses the line of scrimmage at any time prior to the snap of the ball. The play shall be whistled dead at the time of the penalty and the penalty shall be five yards forward from the line of scrimmage.
 - c. Offensive Pass Interference results in a loss of five yards from the line of scrimmage and a loss of down.
 - d. Defensive Pass Interference results in the ball being placed at the spot of the foul and an automatic first down being given to the offensive team.
 - e. Illegal Motion is called when more than one person is moving prior to the snap on the offensive side of the ball. Results in a loss of five yards.
 - f. Illegal Blocking shall be called on any offensive player impeding a defensive player's attempt at the ball carrier, either while rushing or pursuing a player beyond the line of scrimmage. The result shall be a loss of five yards and loss of down.
 - g. Flag guarding shall result in a loss of five yards from the spot of the foul and a loss of down.
 - h. Unsportsmanlike Conduct shall be called in the event of any unnecessary roughness or inappropriate behavior on behalf of players, coaches or fans. Any penalty called on coaches or fans shall be assessed to the team they represent. The penalty shall be a loss of ten yards from the spot of the foul and a loss of down. Two unsportsmanlike conduct penalties on any individual will result in ejection from the contest and an automatic suspension from the next game (see General Rules of Competition).
 - i. An Illegal Rush shall be called on any player who rushes from a starting point within 7 yards of the line of scrimmage. The penalty moves the offensive team five yards forward from the line of scrimmage.
 - j. Holding shall be called on any defensive player who holds an offensive player. The penalty shall be five yards from the end of the play and an automatic first down.
 - k. Roughing the Passer shall be called if contact is made with the quarterback in any way by the defensive player other than in pulling the quarterback's flag while he has the ball. The penalty shall be ten yards from the end of the play and an automatic first down.
 - l. An Illegal flag pull shall be called on any defensive player who pulls a player's flags before he receives the ball either through a pass or running play. **This shall also be called on any defensive player who dives at the ball carrier in attempt to grab flags.** Only the ball carrier may have his flags pulled during a play. An illegal flag pull results in a 10-yard penalty and automatic first down for the offensive team.
 - In the event the defensive player did not make a play on the flags of an offensive player, yet the flags fall off, an official may deem an illegal flag pull "inadvertent" at his discretion and may choose not to assess a penalty. Any receiver or ball carrier whose flags fall off "inadvertently" will be considered down at that spot. A receiver may catch the ball after his flags have fallen off but will be considered down immediately following the catch.

13. During Flag Football games from Kindergarten through 4th grade, one coach from each team will be allowed on the field during play. This coach may instruct the participants on his or her team but may not interfere with play.

ARTICLE XIV VOLLEYBALL (7/14/2020)

PLKC GENERAL RULES 3-8:

VOLLEYBALL RULE EXCEPTIONS: The rules of the National Federation of State High School Associations will be used to govern play. The following exceptions have been approved by the PLKC:

- A. Coaches are allowed to stand at the bench area provided they are not disruptive or distracting, in the judgment of the official(s).
- B. A player being disciplined by the coach must sit out the first match of the day if the team is scheduled to play in more than one match.

C: UNIFORMS:

Shirts: All uniform shirts must match and have numbers on the front and back that are easily seen and that match the team roster. (Legal numbers per High School Association rules are recommended but not mandatory).

It is the head coach's discretion as to whether shirts are tucked in, however it is illegal to tie or knot the uniform shirt. Any device used to tie up the sleeves of the uniform is illegal.

Only the school's name may appear on the uniform. No player names or nicknames will be permitted.

Any T-shirt worn under the uniform must be a white, short sleeved, crew neck shirt and be completely unadorned.

Shirt Penalty: If a player's uniform shirt is not identical to the rest of the team, that player cannot participate. If a player's t-shirt does not comply with the rule, it must be removed, or the player cannot participate.

Shorts: All team shorts must be the same color. Loose fitting gym shorts are the only legal uniform shorts. Biker shorts or spandex shorts may not be worn as the uniform shorts. Bicycle shorts worn under the uniform must be the same color as the body of the uniform shorts if they extend below the uniform shorts.

Shorts Penalty: If shorts don't match, a point or loss of rally is assessed for the first entry of the offending player(s) in each match in which the player(s) participate(s).

Shoes: Flat Athletic shoes are required.

D. JEWELRY: Jewelry shall not be worn. This includes earrings and ear posts and any type of ear buds or air pods. It is illegal to tape over earrings, including those newly pierced. The earrings must be removed, or the player may not participate. **Coaches are responsible for ensuring their players' compliance.** Referees try to catch violations prior to the beginning of the match, but this is a courtesy check. Violations shall be penalized whenever they are found during the match as jewelry is considered dangerous to the player and a liability issue for the coach and official.

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 but may be visible.

E. BODY PAINT: Under no circumstances will any participant be allowed to participate in any contest with body paint and/or paint in the hair.

F. HAIR ORNAMENTS: No hard objects may be worn in the hair with the exception of unadorned bobby pins and flat clips/barrettes two (2) inches or less in length. Ribbons and/or soft headbands no wider than 3" are legal. Sequined headbands are legal so long as the sequins are soft and pliable.

G. CHEWING GUM: No player will be allowed to participate in any PLKC contest while chewing gum.

H. SERVING AREAS: All courts approved by the League Director shall be noted as legal courts. The 4th, 5th, and 6th grade will be allowed an additional six (6) feet into the court for the service. The 3rd grade may serve inside the court behind the ten (10) foot Attack Line.

Athletic directors providing gyms for 3rd through 6th grade games must ensure 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 marked 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). Antennas shall be attached to the net over the outside of each sideline. I. NET HEIGHT:

Girls - 7th-8th grade - 7'4"

5th-6th grade - 7'0"

4th grade - 6'6"

3rd grade - 6'6"

Boys - 7th-8th grade - 7'4"

4th-6th grade - 7'0"

J. 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. This system must provide that once a player has "sat out" for a match, that player 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 throughout League and City Tournament play.

- K. SCOREKEEPER: One person (must be an adult) from each team shall be seated at the scorer’s table and jointly keep score. Home team is the official scorekeeper unless determined otherwise by the referee. A typed roster and line up sheet must be submitted and remain at the scorekeeper’s table for the entire match.
- L. LINE JUDGES: Each team must provide one adult 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.
- M. LINE-UPS: Line-ups must be turned in to the referee before the two minutes of serving begins.
- N. GAME BALL: The PLKC will provide the official game ball. Host gyms will provided warm up balls for each team. All 3rd, 4th, 5th and 6th grade competition shall use the “Volley Lite” ball. All 7th and 8th grade competition shall use the regulation size volleyball.
- O. PRE-GAME CONFERENCE: A head coach and team captain from each team must attend the pre-game conference. In the event the “head coach” fails to participate in the pre-game conference, the coach attending the pre-game conference shall be considered the head coach for the remainder of that match and shall be the only coach able to request time outs or consult with the referee(s).

The team listed last on the schedule is the visitor and shall call the coin toss. The winner of the toss has the choice to serve or receive. The home team shall call the toss for any third game. The winner has the choice to serve, receive or choose a side and the loser has the remaining choice.

- P. “GHOST” PLAYER: A contest may begin with five (5) players and continue with five (5) players. In the event of illness or injury during a match, the team may continue that match with its available players but may not begin a new match with less than five (5) players. The Coach 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 before the match begins. PLKC will not use the High School recommended rotation requirement for the ghost player.

There is no penalty in the serving rotation for the sixth (6th) “ghost” player. When that player arrives, he/she should be inserted into the open position in the lineup during the first dead ball.

Q. BALL HANDLING: Per Rule 9, Section 4, Article 8 of the NFHS Rule Book, multiple contacts are permitted only:

- a. When the first ball over the net rebounds from one part of the player’s body to one or more other parts in one attempt to block;
- b. On any first team hit, whether or not the ball is touched by the block (legal double hit).

PLEASE NOTE: there is a difference between a double hit and an illegal hit. Only the double hit is legal on any first ball over the net. Any type of prolonged contact remains illegal.

PLKC is removing the previous rule that “no double hit is legal”.

R. PROTEST: Any protest of rules or procedures must be done with the specific rule shown in the rule book (either in the current year’s High School Association rule book or the Parochial League rule book. The protesting coach has ten (10) clock minutes to find the pertinent rule in the rule book to make his/her case. If unable to do so or if the time runs out, the protest is over, and the match shall resume. If the protest is found valid, necessary corrections shall be made before the match resumes. The protesting coach has the burden of proof.

GRADE-SPECIFIC RULES:

3rd GRADE:

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

- a. A running clock will be used. 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.
- b. Teams will be provided a 5-2 shared warm-up time.
- c. 3rd graders will be allowed to serve anywhere behind the 10 ft. line.
- d. A score sheet will be kept to help maintain serving order and will be rally scored. The score will not be tallied on the score clock. Win/loss records will not be maintained over the course of the season.
- e. There will be no city tournament for the third (3rd) grade.
- f. Each player on the roster 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.
- g. If a team is not ready for play ten (10) minutes past the scheduled game time, the first game is forfeited. A second ten (10) minutes is put on the score clock for the second game and another ten minutes for the third game. At the conclusion of the third ten (10) minutes, the entire match is forfeited. Exception: If the previous match has run late, the first 10 minutes will start once the pre-game conference and warm-ups have been completed. When a team has a sufficient number of players available, the remaining games of the match shall be played.

4th GRADE:

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

- a. Every match will consist of three (3) games which will be rally scored to 15 points with a 17-point cap.
- b. Teams will be provided a 5-2 shared warm up time.

c. 4th graders may serve from anywhere behind the short service line (six (6) feet into the court from the regulation end line).

d. A score sheet 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.

e. There will be no city tournament for the fourth (4th) grade.

f. Each player on the roster 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.

g. If a team is not ready for play ten (10) minutes past the scheduled game time, the first game is forfeited. A second ten (10) minutes is put on the score clock for the second game and another ten minutes for the third game. At the conclusion of the third ten (10) minutes, the entire match is forfeited. Exception: If the previous match has run late, the first 10 minutes will start once the pre-game conference and warm-ups have been completed. When a team has a sufficient number of players available, the remaining games of the match shall be played.

5th-8th GRADE:

a. 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, the receiving team will have the full court for 5 minutes. Teams will share the court for two (2) minutes of serving.

If matches are running late, the official(s) may ask coaches to share five (5) minutes and the two (2) minutes. Both coaches must agree to share warm up time.

b. FORFEIT TIME: If a team is not ready for play ten (10) minutes past the scheduled game time, the first game is forfeited. A second ten (10) minutes is put 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. When a team has a sufficient number of players available, the remaining games of the match shall be played.

c. MATCH FORMAT: The first two games will be rally scored to 21 with a 23-point cap. If a third game is necessary, it will be rally scored to 15 with a 17-point cap. Rally scoring does allow the let serve.

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

e. PARTICIPATION RULE: Every player listed on the match roster must play one complete game per match. The rule is waived for injury/illness if that player is unable to continue. If an injured/ill player returns to the match, the player must comply with the participation rule. Compliance with the Participation Rule must be achieved within the first two games of a match, as there is no guarantee of a third game.

ARTICLE XV – BASKETBALL

SECTION 1. PLKC GENERAL RULES 3-8:

BASKETBALL RULE EXCEPTIONS: The rules of the National Federation of State High School Associations will be used to govern play. The following exceptions have been approved by the PLKC:

A. Head coaches are allowed to stand at the bench area provided they are not disruptive or distracting, in the judgment of the official(s).

B. Assistant coaches must remain seated on the bench during the game at all times and shall not address the game officials at any time.

C. The head coach is the only coach who may address the game officials during the game. This includes during timeouts and between quarters.

E. PRE-GAME CONFERENCE: A head coach and team captain from each team must attend the pre-game conference. In the event the “head coach” fails to participate in the pre-game conference, the coach attending the pre-game conference shall be considered the head coach for the remainder of that game and shall be the only coach able to request time outs or consult with the game officials.

F: UNIFORMS:

Shirts: All uniform shirts must match and have numbers on the front and back that are easily seen and that match the team roster. (Legal numbers per High School Association rules are recommended but not mandatory).

All uniforms shirts must be tucked in at all times. Only the school’s name may appear on the uniform. No player names or nicknames will be permitted.

Any T-shirt worn under the uniform must be a white, short sleeved, crew neck shirt and be completely unadorned.

Shirt Penalty: If a player’s t-shirt does not comply with the rule, it must be removed, or the player cannot participate.

Shorts: Biker shorts or spandex shorts may not be worn as the uniform shorts. Bicycle shorts worn under the uniform must be the same color as the body of the uniform shorts.

Shorts Penalty: If a player’s Biker shorts or spandex shorts does not comply with the rule, it must be removed, or the player cannot participate.

Shoes: Flat Athletic shoes are required.

G. JEWELRY: Jewelry shall not be worn. This includes earrings and ear posts. It is illegal to tape over earrings, including those newly pierced. The earrings must be removed, or the player may not participate. **Coaches are responsible for ensuring their players’ compliance.** Referees try to catch violations prior to the beginning of the match, but this is a courtesy check.

Violations shall be penalized whenever they are found during the game as they are considered dangerous to the player and a liability issue for the coach and official.

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 but may be visible.

E. BODY PAINT: Under no circumstances will any participant be allowed to participate in any contest with body paint and/or paint in the hair.

F. HAIR ORNAMENTS: No hard objects may be worn in the hair with the exception of unadorned bobby pins and flat clips/barrettes two (2) inches or less in length. Ribbons and/or soft headbands no wider than 2" are legal. Sequined headbands are legal so long as the sequins are soft and pliable.

G. CHEWING GUM: No player will be allowed to participate in any PLKC contest while chewing gum.

H. GOAL HEIGHT:

4th-8th grade -10'

3rd grade - 8'

I. FREE THROW:

6th-8th grade -15' - Regulation free throw line

3rd-5th grade -13' - 2' in from the regulation free throw line

J. THREE POINT LINE:

3rd-8th grade -17' 9" - 2' in from the regulation three-point line

K. SCOREKEEPER: One person (must be an adult) from each team shall be seated at the scorer's table and jointly keep score. Home team is the official scorekeeper unless determined otherwise by the officials.

L. GAME BALL: The PLKC will provide the official game ball. Host gyms will provide warm up balls for each team. All 3rd, 4th, 5th and 6th grade competition and 7th and 8th grade girls shall use the 28.5 basketball. All 7th and 8th grade boys' competition shall use the regulation size basketball.

M. PRACTICE INFORMATION: A team is limited to TWO PRACTICE SESSIONS UP TO ONE AND ONE HALF (1 ½) HOURS EACH per week (seven days). Any additional practices beyond two cannot be mandatory. Violations of this rule will make the coach liable to suspension.

GRADE-SPECIFIC RULES:

BASKETBALL – 3rd GRADE

The third (3rd) grade basketball program is designed to be an 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. Each player will have five fouls per game. All free throw situations will apply: one and one & bonus (two shots). Score may be kept on the score sheet.

SECTION 5. 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 6. PARTICIPATION: Each player must receive as close to equal playing time as possible in all contests.

SECTION: 7. FREE THROW LINE: The free throw Line will be 2'0" shorter than the regulation free throw line. The top spot on both sides of the lane maybe filled.

SECTION: 8. 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 of the key area as explained above.

SECTION: 9. Win/loss records will not be maintained over the course of the season. There will be no city tournament for the third (3rd) grade.

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: A score sheet 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.

SECTION: 4. Each player will have five fouls per game. All free throw situations will apply: one and one & bonus (two shots). Score may be kept on the score sheet.

SECTION 5. 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 6. PARTICIPATION: Each player must receive as close to equal playing time as possible in all contests.

SECTION: 7. FREE THROW LINE: The free throw Line will be 2'0" shorter than the regulation free throw line. The top spot on both sides of the lane maybe filled.

SECTION: 8. 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: 9. Win/loss records will not be maintained over the course of the season. There will be no city tournament for the fourth (4rd) grade.

5th – 8th GRADE

SECTION 1. PARTICIPATION: All players must play one uninterrupted quarter during each game. Exceptions to the rule must be approved by the PLKC Director.

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

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: If an overtime period is required, the overtime period will be two (2) minutes. Additional periods of two (2) minutes will continue until a winner is established. Each team will be given one timeout per overtime period. Any remaining timeouts from the game will not carry over. Any timeouts remaining after an overtime period will not carry over to additional overtime periods.

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 the top spot on both sides of the lane maybe filled during free throws.

SECTION 5. 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 6. TIMEOUTS: Each team will have four timeouts per game. Any timeouts remaining at the end of regulation do not carry over to an overtime per Section 3 above.

SECTION 7. 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 8. 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 9. 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 XVI – TRACK

SECTION 1. DIVISIONS:

CLASS A - 7th and 8th Grade Boys

CLASS B – 4th-5th and 6th Grade Boys

CLASS C - 7th and 8th Grade Girls

CLASS D - 4th -5th and 6th 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 PLKC Invitational's (3 meets) only the first twenty (20) 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 PLKC 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 a third is cancelled due to the weather then that meet will not be made up. Note that the 7th/8th grade MOKAN meet is 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 with 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 – 4th-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 that number shall 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 (20) places in the 60, 100, and 200-meter dashes in the PLKC 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.