

**SOUTHERN WISCONSIN CATHOLIC
GRADE SCHOOL LEAGUE**

**STUDENT/PARENT/COACH
ATHLETIC HANDBOOK**

Adopted 2009-2010

Reviewed and Revised May 2010

Southern Wisconsin Grade School League Priorities

- 1. God**
- 2. Family**
- 3. Academics**
- 4. Athletics**

Southern Wisconsin Grade School Athletic League Philosophy

The Southern Wisconsin Grade School League (SWGSL) athletic program is designed to promote sound physical, psychological, and social development of the athletes in an atmosphere of Christian values:

- A. Physically – by teaching sport skills, physical conditioning, and good health habits.
- B. Psychologically – by teaching discipline, dedication, leadership, and self-control: by nurturing self-esteem.
- C. Socially – by teaching cooperation and competition tempered by good sportsmanship.

It is our belief that you, as an athlete, must understand that your first and foremost responsibility lies in your academic success. Your participation in athletics should be a PART of the total education experience you receive at your school. Becoming involved in the Athletic program at your school should be considered a privilege, extended to students/parents who are willing to accept certain responsibilities.

We ask that parents, coaches and athletes read this Handbook and sign all forms attached. In signing these forms, you will be expected to follow all procedures and standards set forth in the following pages. Any infraction of these rules may result in the athlete's removal from athletic involvement at your home school.

Athletic Activities Available
To
Southern Wisconsin Grade School League Students

Cross Country	Grades 4-8	Fall
Volleyball	Grades 5-8	Fall
Basketball	Grades 5-8 (grade 4 if needed)	Winter
Basketball	Grade 4	Fall
Track	Grades 4-8	Spring

Participants in the Southern Wisconsin Grade School League consists of the following parochial schools:

Brother Dutton, Beloit

Our Lady of Assumption, Beloit

St. John Vianney, Janesville

St. Mary, Janesville

St. Patrick, Janesville

St. Peter, South Beloit

St. William, Janesville

Note: Rules in this handbook are binding. Any discrepancies will be decided upon by consensus of the principals.

- See Appendix B for yearly dates.

RESPONSIBILITIES OF ATHLETE/PARENT/COACH

An athlete's/parent's/coach's greatest responsibility is to be a credit to him/herself, the family, school, and church. Therefore, athletes, parents, and coaches must, at all times:

1. Display a Christian attitude both on and off the field/court.
2. Parents, coaches, and athletes must display proper respect for authority figures, including teachers, other coaches, officials and members of the opposing teams.
3. Display a spirit of cooperation and outstanding sportsmanship.
4. An athlete and coach should be well-groomed and dress with special care when attending an athletic contest at home or away. The athlete and coach are representatives of our school and therefore, must take pride in his/her personal appearance.
5. The use of vulgar language or actions by parents, coaches, or athletes will not be tolerated on or off the playing field.
6. Parents must be willing to accept responsibilities of becoming involved in working concessions, door supervision, and admissions at home games. Schedules and responsibilities for working these areas will be distributed. Parents must obtain a substitute to work in their place if they are unable to work at the assigned time.
7. As a courtesy to our volunteer coaches, it is the parent's responsibility to pick up their athlete from all practices and games on time.
8. Uniforms must be kept neat and clean. Parents, coaches, and athletes shall respect and maintain any equipment, uniforms, or facilities provided for athletic competition.
9. Current WIAA/IHSA high school rules will apply to uniforms, jewelry, hair, and conduct of the game.
10. All team members must attend the school for which they play.
11. In an effort to protect our gym floor and that of other schools, athletes are asked to wear outdoor shoes to and from games and practices, and maintain a pair of court-only shoes for practices and games.
12. Parents are not allowed on the playing field unless assisting with game duties assigned by the coaching staff.
13. If parents desire a meeting with a coach, they must schedule a specific time with the coach before or after practice – never before or after a game.
14. Parents shall ensure that all athletes have appropriate clothing for cold weather.
15. Parents and athletes are expected to demonstrate their commitment to the team and its respective sport. Your child's attendance and participation at all practices and games is required. (See section on Absences and Penalties)
16. Eyeglasses must be secured with an athletic band.

17. All athletes will rotate leading the audience in a Prayer and Pledge of Allegiance before each athletic contest.
18. All athletes that participate in scheduled practices shall compete in each event.

PARTICIPATION: REQUIREMENTS AND LIMITATIONS

1. Students participating in a sport will usually play on their respective grade level, as follows:
 - A. When the school supports only one team, the team may be made up of various grade levels.
 - B. When the school supports teams for individual grade levels, students should play on their own grade level team, subject to conference guidelines. However, with the permission of the Athletic Director, the coaches, and the athlete's parents, a player may be brought up to play on another team if the roster is not full of eligible players.
2. Parents must ensure that players have a current physical on file with the Athletic Director or Principal before any sport participation is permitted, including practice.
3. A player must have a parent permission slip and liability waiver on file with the Athletic Director or Principal before any sport participation is permitted. NOTE: NO player may practice or participate in any game without the current physical, waiver, and emergency medical form on file.
4. In order to be eligible to participate in a practice or game scheduled on a school day, the student is to be in attendance the entire day of the practice or contest.
5. Detentions are not to be considered as an excused absence.
6. Athletes and parents are expected to demonstrate their commitment to the team and its respective sport by ensuring that their child is attending all practices and games, unless previous arrangements have been made between coach and parent. (See section regarding Conduct Violations and Penalties)
7. All athletes must arrive at least 30 minutes before game time. Tardiness may result in forfeiture of a roster position for that contest.

ABSENCES: PRACTICES AND GAMES

ABSENCES

If an athlete is not regularly in attendance at all required practices and games, he/she cannot hope to be an effective member of the team. This not only hurts his/her participation, but the rest of the team as well.

- A. Participants who find it necessary to be absent from a practice or a game either by illness or other reason must notify his/her coach prior to the practice or game.
- B. A coach reserves the right to determine whether or not an absence is justified; unexcused absences may result in disciplinary action by the coach.

PRACTICES

- A. Every effort will be made to schedule all teams equally in time and frequency.
- B. All practices will be scheduled by the Athletic Director.
- C. Attendance at all practices is required.
- D. Athletes will report on time, appropriately dressed in comfortable clothing and court shoes, to the area designated by the coach.
- E. No one is allowed in the building/gym until a coach is present.
- F. Participants may use only those facilities designated by the coach.
- G. Any absence from practice must be cleared through the coach. Any student serving a Mass must be excused without penalty.
- H. There may be no more than 3 activities (practices and/or games) scheduled in any one 7-day period when school is in session. Tournaments count as one event.
- I. No game or practice may begin later than 7:30 p.m.
- J. Athletes should arrive no earlier than 15 minutes before their respective practice time.
- K. No unruly behavior will be tolerated. Athletes waiting for practice to begin should be seated in the designated area.
- L. Parents are requested to remain with their child until their child's coach arrives for practices and/or games. Please do not drop off your child without ensuring that the coach is present.

GAMES

- A. All games will be scheduled by the Athletic Director.
- B. Any schedule changes, including games added or deleted, must be coordinated through the Athletic Director. No coach may schedule a game or extra practice without approval from the A.D.
- C. Scheduled League games take precedence over all other athletic scheduling.
- D. All participants must be at home games, a minimum of 30 minutes prior to the start of games, unless otherwise directed by the coach.
- E. Any absence from a game must be cleared through the coach.
- F. During games, no one may leave the gym or field without permission from the coach.
- G. Athletes will wear their appropriate uniform, which is neat and clean.
- H. There may be no more than 3 activities (practices and/or games) scheduled in any one 7-day period when school is in session. Tournaments count as one event.
- I. No game or practice may begin later than 7:30 p.m.

UNIFORM AND EQUIPMENT

- A. Participants will be issued a team uniform and/or equipment.
- B. Parents and athletes are responsible for the care of the uniform and/or equipment.
- C. Parents are responsible for the replacement of monetary value of the uniform and/or equipment if the uniform/equipment is not returned or returned in poor condition.
- D. No participant will be allowed to keep his/her uniform and/or equipment for any reason.
- E. Any problems regarding team uniforms/equipment will be addressed by the coach or A.D.
- F. All uniforms should consist of athletic socks, team uniform shirts tucked in and shorts appropriately worn. Low-riding pants/shorts, sloppy appearance, and/or unnecessary sweatbands will not be permitted. Final decision on questionable attire will be at the discretion of the Athletic Director.
- G. Long hair must be tied back in soft ponytail holders, French braids with bows, and ribbons that are color coordinated with uniforms.

ACADEMIC ELIGIBILITY

- A. The purpose of the eligibility program is to instill in our student-athletes the importance of doing their best academically.

- B. In order to actively participate in school-sponsored activities such as athletics, students must maintain passing grades. Scholastic eligibility will be determined in accordance with school handbooks. Participation in both practice and games is prohibited for students deemed ineligible.
- C. If declared ineligible, the student will be ineligible for the full period of time. No interim evaluations will be made.
- D. The school principal will have the final authority regarding matters of eligibility.
- E. Students may be declared ineligible by the Principal for reasons other than academic.

ABSENCES

The essence of any sport is participation. If an athlete is not regularly in attendance at all required practices and games, he/she cannot be an effective contributing member of the team.

- A. Participants who find it necessary to be absent from a practice or a game either by illness or other reason must notify his/her coach prior to the event. Failure to do so will constitute an unexcused absence.
- B. If an athlete misses a practice before a game due to an unexcused absence, he/she will not be allowed to participate in the next game.
- C. If an athlete misses a game due to an unexcused absence, he/she will not be allowed to participate in the next game.
- D. Detentions are not considered an excused absence.

ATHLETIC CONDUCT – VIOLATIONS AND PENALTIES

- A. SWGSL policy will be enforced by all parents, students, and coaches.
- B. Acts of disobedience and/or misconduct will be reason for disciplinary action.
- C. Specific violations of conduct and the penalties which may be imposed for any acts, which occur either on or off the athletic venue, are listed below.
- D. Conduct violations by parents/spectators are also subject to disciplinary actions in accordance with the school/league policy. All penalties are subject to the decision of the Principal who has the final authority in this regard.

PENALTIES

Class A violations:

1. Late to practice without a valid excuse.
2. A violation of the individual coach's specific team rules.

Class A penalties:

First Offense: Verbal warning

Second Offense: One game suspension

Third Offense: One week suspension

Class B violations:

Missing practice or game without prior notification and valid excuse.

Class B penalties:

First Offense: One game suspension

Second Offense: One week suspension

Third Offense: Dismissal from the team

Class C & D penalties will be governed by the coaches, Athletic Director, and Principal

Class C violations:

1. Gross disrespect by either verbal or nonverbal means.
2. Gross disrespect to an official or referee, verbal or nonverbal.
3. General horseplay, fooling around at practice and/or verbal abuse or defiance.
4. Fighting

Class C penalties:

1. Penalty may vary due to the severity of offense and may include suspension or dismissal from the team.
2. Conference with coach, parents, Athletic Director, and Principal may be deemed necessary.

Class D violations:

1. Possession of smoking materials.

2. Possession of weapons.
3. Possession of drugs or alcoholic beverages or use of them.
4. Vandalism.
5. Behavior contrary to SWGSL policy.

Class D penalties:

Immediate dismissal from SWGSL athletics. Reinstatement will only be allowed with approval of the Principal.

Ejections from Games/Competitions:

Any athlete who is ejected from two games/competitions while playing for SWGSL will not be allowed to participate in organized sports for the remainder of his/her time at any school in the league. A written warning will be given to the parents of anyone ejected from one game.

PARENT/SPECTATOR CODE OF CONDUCT

- A. Unsportsmanlike conduct has absolutely no place in the kind of environment desired at all athletic events in which SWGSL participates.
- B. Parents should remember: Children have more need for example than criticism.
- C. Be courteous to your child's coach and to officials. The coach is a volunteer giving personal time to provide an athletic activity for your child. Failure to abide by this may result in suspension of participation at future athletic events for both parent and athlete.
- D. Do not openly question the judgment or honor of the referee. The referee is a symbol of fair play, integrity, and sportsmanship.
- E. Accept the results of each game. Although we compete to win, encourage the children to be gracious in victory, and turn defeat to victory by working towards improvement.
- F. Criticism and disrespect for officials by over anxious or over protective parents bent on immediate success rather than long range benefits undermines the purpose of sports and brings into the game stresses beyond those of wholesome competition.
- G. Please remember that athletics is a privilege. Parents are responsible for their student's academic progress. It is the parent's responsibility to determine whether a student with marginal academic performance should continue to participate in the athletic program subject to the eligibility requirements of the school.
- H. Parents and spectators are expected to exhibit good sportsmanship at all times. No child is permitted at athletic events without adult supervision. Unsupervised children will have their parents called to pick them up.
- I. A parent or spectator may be asked to leave the athletic contest by the Principal, Athletic Director, coach, and/or referee, if any unsportsmanlike conduct is observed. Parents are also subject to suspension from participation and attendance at future

athletic events due to violation of the rules of sportsmanship, good conduct, and the Rules/Regulations described in this Athletic Handbook.

PARENT COMMUNICATION PROCESS

If a parent has a grievance with the coach, the parent should first speak to the coach directly at a prescheduled time BEFORE or AFTER a practice; NEVER before or after a game. If the matter is not settled satisfactorily, the parent should then contact the Athletic Director in writing. If a satisfactory conclusion is not reached after a consultation with the A.D., the matter shall be referred to the Principal.

COACHES

HOW TO APPLY FOR A COACHING POSITION

All persons interested in applying for a coaching position may obtain an application form from the school office. To be considered, applications must be submitted at least one month prior to the start of practice for each sport.

After completing, the form should be submitted to the Athletic Director. The A.D. shall select the head and assistant coaches for the respective sports subject to the approval of the principal.

A qualified non-parent may be asked by the Athletic Director to assume the head coaching position for all sports at all levels of play.

All head coaches will be evaluated yearly by the A.D. in consultation with the appropriate Athletic Committee members.

The head coach should only hold the head coaching position for two years with the same group of players. The A.D./Principal can make exceptions based on the availability of qualified coaches and coaching performance. All coaches' appointments will be evaluated yearly.

In an effort to ensure consistent and fair operations of the athletic programs, we ask that every coach keep a copy of this handbook with them at all practices and games and abide by the rules stated therein.

All coaches must complete the training "Protecting God's Children" as required by both the Diocese of Madison and Rockford and pass a background check by the State of Wisconsin or Illinois as appropriate.

RESPONSIBILITIES AND DUTIES

It shall be the responsibility of each coach to:

1. Understand and accept the philosophy of the league.
2. Be at least 21 years of age for the position of head coach.
3. Follow and enforce the Rules and Regulations of the SWGSL Handbook at all times.
4. Attend a coach's meeting with the Principals and Athletic Directors prior to the beginning of practice season.
5. Hold a parent meeting prior to the season's conference schedule, outlining the program and answering any questions.
6. Attend all coach's meetings scheduled by the A. D.
7. Control their players' behavior.
8. Have copies of the following in their possession at every athletic event, including practices: SWGSL Handbook, Accident and Injury report forms, Waiver forms.
9. Enforce the policy of having all required forms on file in the school office before allowing a student to practice or participate in an event.
10. Act in a professional manner at all times.
11. Prepare for practice ahead of time.
12. All practices and scheduling of games will be done through the A. D. All changes (practices or games) must be cleared through the A. D. or the Principal.
13. Communicate to parents and staff: any major changes in schedules of events, starting and ending dates, any handouts (schedules, letters, etc.)
14. Accept responsibility for keys or codes assigned to doors and reporting any loss of keys immediately to the A.D. and the school office.
15. Never leave the school area after practice or games if an athlete has not been picked up by a parent or guardian.
16. Report any problem to the A. D.
17. Supervise activities closely, putting safety first.
18. Set a good example:
 - a. Do not use foul language at practices or games.
 - b. Do not smoke in the gym or field.
 - c. Be positive in coaching model.
 - d. Encourage a good attitude toward officials.
 - e. Always display good sportsmanship.

Any infraction of the above guidelines is subject to the following review procedure:

Step 1: A written letter of concern from the A.D. (May constitute a conference between the coach, A.D., and Principal)

Step 2: If the offense is repeated, the Principal may suspend the coach from one day to two weeks, depending on the situation.

Step 3: If the offense is repeated, the coaching appointment may be terminated.

19. The coach will answer directly to the A.D. who will in turn answer to the Principal. Any problems or concerns should be handled by the Athletic Director first.
20. No keys should be distributed to students at any time.

TERMINATION OF COACHES

It should be noted that if a coach were not in accordance with the coaching philosophy of SWGSL, the coaching agreement would be terminated. The following grounds are also subject for termination:

- a criminal record. All coaches must have a current background check on file with the school office.
- physical or verbal abuse of any kind.
- usage or possession of illegal drugs.
- usage of foul language.
- drinking of alcoholic beverages while representing SWGSL in the coaching capacity.
- setting a bad example for players at practices and/or games.
- permitting practices or games to proceed without adult supervision.

CROSS COUNTRY RULES

This statement of ten principles about how to conduct cross country meets expresses the shared understanding among coaches whose teams regularly participate in Janesville-area meets for elementary and middle school runners.

1. Meets are for boys and girls in grades four through eight. No one shall compete in any race except the race designated for runners of his/her grade and gender. NOTE: At the St. Paul's Lutheran Flames Invitational meet, fourth grade runners are invited to compete in races for fifth graders.
2. Race distances shall be determined by the host institution and announced in materials that are distributed to all invited teams prior to the day of the meet. Boys and girls in grades four through six run one mile. Boys and girls in grades seven and eight run one mile or one and a half miles.
3. Host institutions shall determine the number of races to be run at a meet. Races combine the following divisions: (a) fourth grade boys and girls; (b) fifth and six grade girls; (c) fifth and sixth grade boys; (d) seventh and eighth grade girls; and (e) seventh and eighth grade boys. At the Midwest Invitational meet, boys and girls in grades four through eight run together in a single race.
4. Races that include runners in more than one division of grade or gender do not preclude separate scoring for each division. Host institutions shall determine the method of scoring for their own meets, as well as the number and type of individual and team awards to be distributed. Scoring software developed by coaches and parents at Our Lady of the Assumption School is available for use by any host institution. In 2008, computer equipment to be used with this software was purchased with funds from

participating schools and coaches; this equipment is owned and maintained by St. Mary's School.

5. Host institutions shall decide which teams to invite to its meet. NOTE: Midwest Invitational meet directors have traditionally assigned to one coach among the Janesville area elementary and middle school coaches the responsibility to determine what teams shall be invited to compete in that meet.
6. Entry fees are not charged for meets, although host institutions may sell food and beverages.
7. Host institutions shall exercise good judgment in deciding whether to cancel a meet because of inclement weather. A reasonable guide can be found in the policy of many youth sports organizations that (a) require a stop to all competition if officials see lightning or hear thunder, and (b) do not permit the resumption of competition until 20 minutes after officials see lightning or hear thunder. Procedures for announcing the cancellation of a meet prior to its scheduled start are at the discretion of the host institution, as are the arrangements for rescheduling a meet.
8. Host institutions shall inspect, measure and mark their race course(s). Various coaches have supplies and equipment to share, including directional flags—yellow for right turns, red for left turns, and blue for “straightaways.”
9. During a race, no coach, teammate, parent or spectator may go alongside a runner for more than a few paces (i.e., no pacing). If the host institution provides someone on foot or vehicle to lead runners through the course, this person will maintain an adequate lead in front of any runners.
10. A typical season consists of six or seven meets. A pre-season meeting may be held to determine the schedule of meets and the first day of practice.

VOLLEYBALL RULES

1. One qualified official who is not a parent of any boy/girl in the game, coach, or athletic director (unless an agreement is reached by both coaches prior to the game) will be furnished by the home team. ALL OFFICIALS MUST BE WIAA AND/OR IHSA CERTIFIED.
2. Admission for all tournament games is set by the League. Adults (over 18 years old) \$1.50; Students (5-17) \$0.50; Under 5 Free!!
3. The home team provides the official scorer. There shall be no more than 3 people at the scorer's table during the game.
4. Only girls may serve in front of service line, with both coaches agreeing on a spot prior to play. All players may come in contact with the service line ONLY if the host school's gym does not allow the legal 6 ft. from service line to wall.
5. Overhand or Underhand serves will be allowed. If anyone serves overhand, it will be from BEHIND the service line.
6. There is a 5 consecutive point serve limit. After a player gets 5 points in a row, the team must rotate and keep the serve.
7. All games will be RALLY score to 25 points, win by 2 with NO CAP.
8. Net serves will be allowed. If serve hits net and goes over, it is playable.

9. Bumping or Overhead passing on serve receive is allowed.
10. Teams are allowed 1 (1 minute) time out per game.
11. Matches consist of 2 games to 25 points. Win by 2. Can play 3rd game to 15 points. Win by 2, if time permits. In the past, we have tried to keep matches to 45 minutes.
12. Substituting: Can substitute for any position on the floor. If you have a player who only plays the front or back row, they must wait 3 rotations prior to re-entering the game.
13. The team that begins the game on defense, must rotate prior to their first serve.
14. The League Tournament Entry fee is \$50 per team.

BASKETBALL RULES

1. Two qualified officials who are not parents of any boy/girl in the game, coach (A or B teams), or athletic director (unless an agreement is reached by both coaches prior to the game) will be furnished by the home team. ALL OFFICIALS MUST BE WIAA AND/OR IHSA CERTIFIED.
2. Each official will be given a referee information sheet. See Appendix A.
3. Coaches must stay on the bench per WIAA rules. The only reason a coach may stand is for an outstanding play, time out or injury to a player.
4. All technical fouls must be reported by the coach to the home athletic director and to the principal, who will report to the league director.
5. All games will consist of 7 minute quarters with 1 minute between quarters and 7 minutes rest at halftime.
6. A teams may be comprised of 6th, 7th, and 8th graders; the B teams may be comprised of 4th, 5th, and 6th graders. Schools will be allowed to enter more than one school team to a division with the understanding that the roster is set for the season.
7. If a school cannot provide one A team and one B team of 6 members each, a sixth grade student may play on both teams with a maximum amount of participation of four quarters per day.
8. A student that has played on both A and B teams during the season can only play in one League tournament.
9. Basketball games scheduled on school nights may not begin after 7:30 p.m.
10. All team members that participate in scheduled practices shall compete in each game. Every player will play time equaling a minimum of one quarter per game. Coaches may not let winning influence their decision in determining actual playing time.
11. Any player unable to participate in a game due to ineligibility or injury may sit on the bench with the team but must be dressed in street clothes and their name may not appear in the scorer's book.
12. The three point shot will count for all teams, both boys and girls.
13. The home team provides an adult to be the official scorer. There shall be no more than 3 people at the scorer's table during the game.
14. No one is allowed on the basketball court during half time or between games. Sufficient time must be allowed for handshakes before the next team takes the floor.
15. Boys A teams will use a regulation ball. All other teams will use a women's (junior) ball.

16. No team shall press if it is ahead by 15 points; B teams – 10 points. B Teams can only press the last 2 minutes of each half.
17. At the discretion of both coaches, when one team is leading by 25 points or more in the second half, the clock will run continuously except for free throws and time outs.
18. The home team will provide warm up basketballs for the visitors. No one may bring warm up basketballs to away or tournament games.
19. Each team is responsible for keeping its own league record. They are to be made available to the League Director the last Sunday of season play.
20. Admission for all regular league games and league tournament games is set by the League. Adults (over 18 years old) \$1.50; Student (5-17) \$0.50; Under 5 Free!!
21. The League Tournament Entry fee is \$100 per team.

FOURTH GRADE CO-ED BASKETBALL RULES

These tournaments are meant to introduce players to the fun of competitive basketball. As such, these rules are not meant to be used to show your opposing team doing something wrong. They are set up to encourage teams to play. Game referees will use their discretion in deciding if a team is stalling, clearing out, etc. Officials will attempt to encourage the players to move. They will also communicate with the coaches if the players do not respond. If the officials believe there is a deliberate attempt to circumvent the rules after repeated warnings, the non offending team will be awarded one point and the ball out of bounds.

1. A 28.5 size ball will be used.
2. Quarters are 6 minutes long with a 5 minute half time.
3. Each team will have 3 full time outs per half.
4. No carry over from 1st half to 2nd half.
5. There is no pressing. All defense players must stay behind the 3 point line. Defenders may reach across the line. This rule is in effect for the entire game.
6. The offense must attempt to advance the ball. No stalling. The offensive team will be allowed 5 seconds to set their offense up once the ball crosses half court. They must then advance to the defense.
7. Any defense, person to person, or zone is allowed. However, defenders must clear the lane before a 4 second count. They may then reenter the lane for another count, etc.
8. Players on offense will be allowed 4 seconds in the lane.
9. No clear outs or isolation plays allowed.
10. Players will shoot from the standard free throw line. They will be allowed to cross the line as part of their shooting motion. A player crossing the line to gain a rebound advantage will be called for a violation.

11. No 3 point shots.
12. Two girls must be on the floor at all times. NOTE: If a team has only one girl, then the opposing team may match up the number of boys on the floor.
13. The League Tournament Entry fee is \$100 per team.

TRACK RULES

There are 3 schools that currently sponsor track meets in this league. Each meet is run differently to give the athletes the exposure of different types of meets. General guidelines of all meets are listed below:

1. Only coaches, timers, officials should be on the track or in the infield during the meet unless an athlete is competing in an event that necessitate being on the field.
2. No person, including coaches, athletes, fans, or parents, are to run with (pace) an athlete during a race. Runners being paced will be disqualified.
3. All students should listen for their events to be called and report to the official after first call.
4. Host institutions shall exercise good judgment in deciding whether to cancel a meet because of inclement weather. A reasonable guide can be found in the policy of many youth sports organizations that (a) require a stop to all competition if officials see lightning or hear thunder, and (b) do not permit the resumption of competition until 20 minutes after officials see lightning or hear thunder.
5. Procedures for announcing the cancellation of a meet prior to its scheduled start are at the discretion of the host institution, as are the arrangements for rescheduling a meet.
6. Concessions will be available for sale at each meet. Carry-ins are not appreciated.
7. Track meet entry fees are \$100 per school.
8. No spikes are allowed.
9. All boys and girls will use an 8 pound shot put.
10. The placing of the hurdles are as follows: The first hurdle is 42' 7" from the starting line. The next 5 hurdles are 55' 7" apart. At Monterey Stadium, place the first hurdle on the first yellow line, and the remaining hurdles every other yellow line.
11. During the high jump, jumpers must take off on 1 foot. Jumpers may not touch the mat while jumping.
12. The discus is 7.25" in diameter.

General guidelines of individual meets are listed below:

St. John Vianney Invitational

1. Fourth, Fifth and sixth graders will compete at the B level and seventh and eighth graders will participate at the A level.
2. Students may move up a level if they are needed to fill the roster.

3. Ribbons will be awarded for 1st through 6th places and there are team trophies for both A and B girls and boys' teams.
4. Events offered include

Shot put	Discus	Long Jump	High Jump
100 m low hurdles	100 m dash	800 m run	200 m dash
800 m relay	400 m dash	400 m relay	1600 m run
5. Last minute roster changes are discouraged. All coaches should attend the coaches' meeting prior to the start of the meet to make any final changes necessary.

St. Patrick's Irish Invitational

1. This meet is open to all boys and girls in fourth, fifth, sixth, seventh and eighth grade.
2. Limit 3 events and a relay per student (Max of 3 individual events per students – 2 events and 2 relays is okay).
3. All events will be called three times.
4. If a runner is not present at start of his or her event, it will be run without them.
5. Athletes competing in two or more field events will need to check in and out of those events to complete three jumps/throws before last call is made.
6. Only one relay team per school will receive points and ribbons per relay event.
7. Only three athletes per school may receive points or ribbons per event.
8. Ribbons will be awarded to 6 places in all events and points are awarded from first to sixth place as 10-8-6-4-2-1. There will be 3 team trophies for girls and boys, and a traveling team trophy for the boys and girls combined.
9. Events offered include:

Long jump	Shot put	Discus	High jump
100 m low hurdles	100 m dash	1600 m run	100 m dash
200 m dash	800 m relay	400 m run	400 m relay
800 m run	1600 m relay		

St. William's Crusader Relays

1. This meet is open to all boys and girls in fourth, fifth, sixth, seventh and eighth grades.
2. Each school may enter 6 individuals in each of the team events and up to 2 relay teams in each of the relay events. Only the top 3 scores in each team event will be combined for that school's team score for placement. Only 1 relay team from each school may place for total school team points.
3. Individuals from each school may participate in up to four events or relays.
4. Events will be run with girls competing against girls and boys competing against boys.
5. Ribbons will be awarded to each of the three-team members for the top three teams in all girls and boys events.
6. Each of the 4 members on the top three relay teams will earn ribbons. A girls' team trophy, a boys' team trophy and an overall school team trophy will be awarded.
7. Any last minute changes must be reported at the coaches meeting just prior to the beginning of the field events.
8. Field events will be run concurrently with other field events and running events. Students may check in and check out of their field events to compete in another field event or running event. It is the responsibility of each field participant to verify that they have 3 recorded jumps/throws.
9. A first and final call will be given for all field events.
10. A first, second and final call will be given for each running event.

11. Events offered include:

Long jump team	Shot put team	Discus team
100 m hurdles team	1600 m team	4 th -6 th 400 m relay team
7 th /8 th 400 m relay team	4 th -6 th 800 m relay team	7 th /8 th 800 m relay team
4 th -6 th 1600 m relay team	7 th /8 th 1600 m relay team	4 th -6 th 3200 m relay
7 th /8 th 3200 m relay team	Medley relay team (100 m, 200 m, 300 m, 600 m)	
Throwers 400 m relay		

LEAGUE DIRECTOR ROTATION SCHEDULE

2009-2010 St. Patrick

2010-2012 St. William

2012-2014 Brother Dutton

2014-2016 Our Lady of Assumption

2016-2018 St. Peter

2018-2020 St. John Vianney

2020-2022 St. Mary

REFEREES

This form is given to ALL REFEREES at the beginning of the season. It is the responsibility of the Athletic Director of each school to give out this information.

We want you to know that we appreciate your professionalism and respect your efforts by officiating games in our league.

As a league, we support you 100% and ask that these following rules be enforced immediately:

- Any coach leaving the bench is an automatic technical.
- Any coach yelling at an official for any reason is an automatic technical and game ejection.
- Any player using foul language is an automatic technical and game ejection.
- Any player “talking trash” or showing unsportsmanlike conduct is an automatic technical and game ejection.

We as a league feel we need to emphasize the positive aspects of sport and we solicit your help in accomplishing these goals through these rules.

Appendix B

The dates for the 2010-11 Athletic Season are:

Cross Country: August 16-October 15, 2010
Meets begin August 30, 2010

Volleyball and 4th Grade Basketball: October 18-December 12, 2010
Meets begin November 1, 2010

Basketball (5th-8th): January 3-April 17, 2011
Games begin January 16, 2011

**League Tournaments April 8-10—A Boys-St. Patrick
B Boys-St. Mary

April 15-17—A Girls-SJV
B Girls-St. William

Track & Field: April 18-May 27, 2011
Meets start May 2, 2011

STATEMENT OF AGREEMENT

By signing this statement, I acknowledge that I have received the document *Southern Wisconsin Catholic Grade School League Athletic Handbook* adopted at the beginning of the 2010-11 school year. I have been given the opportunity to read and understand the policy set forth in this handbook.

Further, by signing this statement, I agree to abide by all the provisions contained in the document. I understand that this agreement is required for me to participate in any capacity.

I understand that failure to comply with the policy subjects me to the procedures outlined therein.

I hereby acknowledge receipt of the *Southern Wisconsin Catholic Grade School League Athletic Handbook* and I agree to abide by the provisions within.

Name of Parent	Signature of Parent
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Name of Parent	Signature of Parent
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Name of Student	Signature of Student
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Name of Student	Signature of Student
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Date

Please return this page to the school office to be kept on file. Thank you.