

CYO Cadet Girls Softball League
Rules and Regulations

Special Scheduling Notes

1. Play in the CYO softball league shall be governed by the rulebook issued by the National Federation of State High School Associations, with certain exceptions, which are listed in these rules. In cases where a rule listed here conflicts with the rules of federation softball, the CYO rule takes precedence.
2. The dates on the schedules are to be followed explicitly. Special school events such as picnics, outings, field trips, etc., should be scheduled away from game days, if at all possible.
3. Postponements caused by bad weather, of course, are allowed and unavoidable. Whenever a field is unplayable, the CYO Office must be notified. Unless a field is sloppy, and has no chance of drying by game time, we ask all coaches to avoid postponement of a game until later in the day.
4. In all cases, both coaches should take it upon themselves to be responsible for arrangements to make-up a postponed game. All postponed games must be played within 7 days of the originally scheduled game, weather permitting, of course. The CYO Office must be notified of all rescheduled games in order to secure an umpire.
5. Weekday games are scheduled from 5:00 PM on.. Be patient if a game cannot be started on time. The umpire and both teams should be present at least 15 minutes prior to the scheduled start of the game. If you have a time problem, be sure to contact the team you are playing to arrange for a delayed start.
6. If an umpire does not appear by 10 minutes after the scheduled starting time, or by 10 minutes after the diamond is clear and both teams are ready, the teams should play the game with a volunteer umpire if at all possible. Each coach has the right to refuse in such an instance, but we recommend that the game be played. If you play the game, you may use either one volunteer for the entire game, providing both coaches agree, or have each team provide an umpire, with the two umpires alternating innings calling balls and strikes and working the bases. The regular umpire must work behind the plate.
7. League standings are determined by the number of losses. See the CYO League Standings Clarification Letter for further explanation.

Rule Reminders

1. A coin-flip will determine which team will take the field first, or bat first, unless prior arrangements are made. The team traveling the farthest calls the flip.

Mandatory Equipment

1. Every batter must wear a protective helmet while at the plate, in the on deck circle, or on the bases. A head gear which protects the ears and temples is mandatory. **Face protectors are mandatory**. The protector must match the manufactured helmet and must meet Federation Rules and standards.
2. Metal cleats and metal toe plates are prohibited. Rubber molded cleats or tennis shoes may be worn.
We ask that you report your scores online immediately following your game.
3. The CYO logo is required on all uniforms. The logo should appear on the left shoulder of the uniform shirt, two inches below the shoulder seam on the outside of the arm. If you like, patches are available through the CYO Office.
4. A 12-inch ball shall be used. Each team should have several good balls, new or fairly new, ready for each game.

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5. ***The pitching distance shall be 43 feet*** measured from the rear tip of home plate to the front edge of the pitcher's plate. The distances between bases shall be 60 feet. In fast pitch, a circle 16 feet in diameter shall be drawn with its center at the midpoint of the front edge of the pitcher's plate.
6. In the event of bad weather, after both teams have arrived at the game site, the coaches, in consultation with the game umpire, shall decide whether the grounds and other conditions are suitable for starting a game.
7. A regulation game consists of seven innings unless extra innings are necessary because of a tie score, or unless shortened because the home team needs none of its half of the seventh or only a fraction of it; or because of weather, darkness or the 10 run rule. Each team must have at least **eight** players in its lineup to start a game and may not complete a game with fewer than **eight** players in its line-up. When playing with **eight** players, an out will be called each time the missing player's spot in the batting order comes to bat. A team playing with fewer than **nine** players may not return to **nine** players. A forfeit will be declared if a team is unable to field at least **eight** players in its line-up. Such a game is regulation, regardless of innings played.
8. After five innings or after 4 1/2 innings when a team is 10 or more runs behind and has completed its term at bat, the game is to be called. This rule is in effect for all regular season and postseason games.
9. If weather or darkness interferes with play so that the game is called by the umpire, it is a regulation game:
(a) if five full innings have been played, or if the home team has scored an equal or greater number of runs in four or four and a fraction terms at bat than the visiting team has scored in five terms at bat; or (b) if play has gone beyond five full innings. In (b), if the game is called when the teams have not had an equal number of completed terms at bat, the score shall be the same as it was at the end of the last completed inning, except that if the home team in its half of the incomplete inning, scores a run (or runs) which equals or exceeds the opponents' score, the final score shall be recorded when the game is called. This rule is in effect for all regular season and postseason games.
10. If a game is called before completion of the number of innings and conditions as specified in rule 10 of the CYO Cadet Softball Rule Reminders, the umpire shall declare the contest "suspended game".
11. A game called for any reason, where a winner cannot be determined will be treated as a suspended game. It will be continued from the point of suspension, with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension
12. **Substitution and Minimum Playing Time Rule:**
 - A. All players present for a game shall be in the batting order and must bat.
 - B. Defensive substitutions shall be unlimited, with the exception of the pitching position. A starting pitcher who has been removed as the starting pitcher may return to the game as the pitcher one time only as long as that player remains in the game to play another position. Remember, this situation involves only the starting pitcher and can be done one time only.
 - C. Players not on the field or in the dugout at the official start of the game will not be in the batting order. If a player arrives after the official start of the game, the player will be permitted to bat as long as the player arrives before the end of the 4th inning. The player must be placed last in the batting order. Any player arriving after the end of the 4th inning will not be permitted to enter the game.
 - D. All players present at the official start of the game will play at least 2 innings in a defensive position by the end of the fifth inning. Players not on the field or in the dugout at the official start time of the game are not guaranteed defensive position playing time.

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- E. Any player removed from the game for any reason, ***will not*** have his place in the batting order result in an automatic out. Each batter following him in the batting order will move up in the batting order.
 - F. **The team at bat may use a courtesy runner for the pitcher and/or the catcher at any time. Neither the pitcher nor the catcher will be required to leave the game under such circumstances. The courtesy runner must be the player who made the last batted out in the lineup.**
 - G. Pinch runners are only allowed when replacing a player who has left the field due to injury or illness. A player removed from the game due to injury may re-enter the game. A player removed from the game due to illness may re-enter the game based on the discretion of both managers.
 - H. Teams will be permitted to start a game with **eight** players. If a team plays with **eight** players, the **ninth** spot in the batting order will result in an automatic out each time the **ninth** spot in the batting order is up to bat.
 - I. If no umpire is present by 10 minutes past the start time of the game, it is the responsibility of each team to provide an umpire.
13. In addition to the general eligibility standards for participation in CYO sports and the specific eligibility rules for each sport, all student athletes are subject to the academic policies of the sponsoring parish. Scholastic eligibility is always the prerogative of the Catholic school administrator.
14. Eligibility - The General Cadet Age Group Eligibility Rules are as follows:
- a. **Age and Group** - 4th, 5th, 6th, 7th and 8th grade female students who have not reached the age of 16 before completion of the athletic season in which they are competing.
 - b. **Parish and School Affiliation** - All full-time female students of the parish school and all registered female members of the participating parish.
15. There may be individual cases involving youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor that particular activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.
16. Exceptions to any eligibility rule may be requested through the CYO Athletics Policy Committee, in writing, to the CYO Office.

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18. An eligibility blank for each player is to be filled out and signed by one parent and the priest, principal or parish athletic director unless one was completed earlier in the school year. These blanks have space for the girl's birthdate to be inserted and her grade in school, so that the CYO Office will have on file the current age and grade for every girl in the league.
 - a. Also, every girl who takes part in CYO Softball must have a physical examination before she plays in a game, recorded on the CYO Physician's Certificate.
 - b. All names of players on the team must be on the roster.
Note: See the CYO General Eligibility Standards for other considerations and requirements affecting the Cadet Level Age Group.
19. No protest, other than those concerning player eligibility violations, will be accepted by the CYO Athletics Policy Committee. Protests must be filed with the CYO Office, in writing, not more than 48 hours after the player eligibility violation was discovered.
20. **CYO Softball Speed Up Rules:**
 - a. Once the pitcher takes the mound for the beginning of any half-inning, she is restricted to five warm-up pitches, not to consume more than one minute, after which the umpire is to resume the game. There must be a catcher behind the plate when the pitcher takes the mound, either the regular catcher or a substitute while the regular catcher is putting on her equipment. A new pitcher in the game is allowed 8 warm-up pitches.
 - b. The rest of the team is allowed to throw the ball around the infield or outfield prior to the start of a half-inning only as long as the warm-up period lasts. If this means that there isn't time for any infield drill, then it is to be eliminated altogether for that half-inning.
 - c. Each team, when on offense, may be granted not more than one charged conference per inning to permit the coach or any of that team's personnel to confer with the base runners and/or the batter. No further conferences are to be permitted by the umpire to the offensive team in that inning. The coach, his representative, or a player may make the request.

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- e. Each team when on defense may be granted not more than three charged conferences during a game, without penalty, to permit a coach, his representative or a player to confer with his player or players. The request for this charged conference may be made by a coach, his representative or a player. The penalty for any charged conference in excess of three, the pitcher must be removed as pitcher for the duration of the game, although he may remain in the game at another position. Each team is allowed one charged conference in each extra inning. They are not accumulative.
Note: Changing players through the umpire is not a charged conference. Also, time-out for any injury is not a charged conference. The ruling of the umpire will determine whether or not time has been called in any other case.
- f. If the teams have not had an opportunity to take infield and/or outfield practice at the particular diamond by the scheduled time for the game, this practice is to be eliminated, and the umpire is to start the game as soon as the pregame conference has been held and line-ups exchanged. Starting pitchers are to warm-up away from the playing area while the teams are waiting for the diamond to be cleared.
- g. In all such cases, the umpire is to be responsible for moving the game along and he is to remind the team when necessary, so that his speeding up can be accomplished.

Equipment Information

- 21. The catcher must wear a helmet which covers the ears while catching and a mask with a throat protector. These can be obtained at sporting goods stores. Any player warming up a pitcher at home plate must wear a throat protector. **It is recommended that all batting helmets be equipped with face protectors that match the manufactured helmet. This is for the safety of all participants.**
- 22. A 2 hour time limit will be placed on games when there is a game scheduled on the same diamond immediately following. This will only occur on weekends when double or triple-headers are scheduled on the game diamond.
- 23. If your team's catcher is on base with two outs, a pinch runner may be put in to run for her so that she can put on her catching equipment and be ready when the inning is over. This is intended to help speed up the game when possible.
- 24. Be careful with your pitcher! While there is no limit to the number of innings pitchers can pitch per week, their arms should be watched closely in an effort to avoid injury.
- 25. The usual rules of sportsmanship for CYO athletics apply for the league. Coaches are to refrain from outbursts against umpires, opposing coaches, and players and the same restrictions apply to players and fans.
- 26. Bats shall be a smooth cylinder with a knob. Only bats that pass through 2 1/4 inch diameter ring are legal. Each bat shall be no more than 2 1/4 inches in diameter at its thickest part and no more than 34 inches in length. All bats shall meet the ASA bat performance standard and such bats shall be labeled with the permanent ASA approved certification mark.
- 27. In all division playoff games, the game must be played to its scheduled completion; at least seven innings.
- 28. Players in the game are prohibited from wearing jewelry such as rings, watches, earrings, bracelets, necklaces (including cloth or string types), barrettes or other cosmetic or decorative items that are hard.

CYO
GENERAL ELIGIBILITY STANDARDS

This document is designed to provide information for parishes and individuals participating in the CYO program at the Grade School (Cadet, 56 and 4th grade), and High School (Freshman-Sophomore and Junior-Senior) levels.

There may be rules accompanying each activity which may impose additional limitations or provide for participation by additional youth not specified in this general description. However, this document should enable the parish, coaches and parents to determine in the vast majority of cases whether or not a potential participant is eligible.

These standards have been approved by the Indianapolis CYO Board of Directors, working through its Athletics Policy Committee, and are in effect until further notice.

Applications for exceptions to these standards may be made to the Athletics Policy Committee of the CYO Board of Directors. If the exception requested concerns participation in a specific activity, application must be received by the Athletics Policy Committee no later than three weeks prior to the start of that particular activity's season. Any such application must be made in writing to the CYO Office. All particulars of school and residence circumstances, age, grade and any other factors, including but not limited to roster size, which are pertinent to the proposed exception must be included in the application.

If any uncertainty concerning the eligibility of a potential participant remains after reading these standards, the CYO Office should be contacted.

CADET AGE GROUP

1. **Age and Grade** - Fifth, sixth, seventh and eighth grade students who have not reached the age of 16 before the completion of the athletic season in which they are competing. Any student over this stated age limit who wishes to participate, must submit a written request to the CYO office for review at least three weeks prior to the start of an athletic season.
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish.

56 AGE GROUP

1. **Age and Grade** - Fifth and sixth grade students who have not reached the age of 14 before the completion of the athletic season in which they are competing. Any student over this stated age limit who wishes to participate, must submit a written request to the CYO office for review at least three weeks prior to the start of an athletic season. (Fourth graders are eligible for some 56 sports. Check with the parish athletic director or CYO Office).
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish.

4th Age Group

1. **Age and Grade** - 4th grade students who have not reached the age of 12 before the completion of the athletic season in which they are competing. Any student over the stated age limit who wishes to participate, must submit a written request to the CYO Office for review three weeks prior to the start of an athletic season. (Fourth graders are eligible for some 56 sports. Check with the parish athletic director or CYO office).
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish.

3rd Grade Age Group (34 Football only for boys and 4th Grade Spring Kickball only for girls)

1. **Age and Grade** - 3rd grade students who have not reached the age of 11 before the completion of the athletic season in which they are competing. Any student over the stated age limit who wishes to participate, must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish.

HIGH SCHOOL AGE GROUP

1. **Age and Grade** - Freshmen, Sophomores, Juniors and Seniors in high school who have not reached the age of 20 before the completion of the athletic season in which they are competing, which includes the following summer. A potential participant who is not presently attending regular high school also is eligible to participate during the school year and including the following summer as long as this person falls within the age rule outlined above and the class with which he or she completed grade school has not graduated from high school. Any student over this stated age limit who wishes to participate, must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.
2. **Parish Affiliation** - All registered members of the participating parish. There will be no exceptions.

SPECIAL REQUIREMENTS AND CONSIDERATIONS AFFECTING THE CYO ELIGIBILITY STANDARDS

1. The fact that a parish does not operate a grade school shall not make such a parish ineligible to conduct a Cadet or 56 age group program.
2. All participants in the Cadet and 56 age group athletic activities must have a physical examination before playing in any official league games. This examination is to be recorded on the CYO Physician's Certificate. The physician's certificate, once completed is to be kept on file at the parish or school and is in effect for the entire school year and no additional examination is required for an athletic activity which takes place later in that school year.
4. There may be individual cases involving youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor that particular activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.

SPECIAL NOTE: In addition to the general eligibility standards for participation in CYO sports and the specific eligibility rules for each sport, all student athletes are subject to the academic policies of the sponsoring school or parish. Scholastic eligibility is always the prerogative of the Catholic school administrator.

CYO Concussion Initiative And Policy

There has been no issue more important in athletics in recent years than concussions and head injuries. The CYO has adopted a concussion policy that will be in effect for all CYO sports. This policy was formulated in conjunction with the physicians, athletic trainers and administrators of St. Vincent Sports Performance and the Athlete's Concussion Alliance. The CYO wishes to thank everyone at St. Vincent Sports Performance who helped to develop this important concussion policy.

Concussions or mild traumatic head injuries are common injuries in sports resulting from a blow or bump to the head. Early recognition and appropriate treatment of concussions are vital for recovery, prevention of future concussions and the safe return to playing athletics.

With this in mind, the following policy pertaining to concussions will be followed in all CYO sports:

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game, match or team practice until the player has passed a sideline concussion evaluation and test. Some of the warning signs of a concussion are loss of consciousness, headache, dizziness, confusion or balance problems.

Each team will be given a sideline concussion evaluation and test that has been prepared by St. Vincent Sports Performance so that all coaches will be able to recognize a possible player concussion. This sideline concussion form will list the many symptoms of a concussion and will include several tests to administer to the player with a possible concussion. These include a memory function test, a concentration test and a balance test all designed to help coaches recognize the signs of a concussion.

If the athlete answers incorrectly to any of the questions, exhibits any single symptom of a concussion or cannot perform the balance test, he may not under any circumstances, return to play for that day. If a player fails the concussion test, the player may not return to play or practice until the athlete has been cleared by a licensed health care provider. Written approval must be received before the young athlete may participate again.

After the sideline concussion evaluation and tests have been completed, the person conducting the evaluation and tests, the head coach and the player's parents or legal guardians must sign the evaluation and test form attesting to the fact the concussion evaluation has been completed and whether the player has passed or failed the evaluation. A copy of the signed form must be mailed, faxed or emailed to the CYO Office with an additional copy given to the parish athletic director.

All pertinent information can be found on the CYO Website www.cyoarchindy.org under the Athletics Link.