

Administrative Information For All Levels Of Play

I. Purpose Of Our Program

The objectives of our program are to unite the youth of our parishes and to help promote their spiritual, physical and social welfare by bringing Catholic truths, principles and ideas into their everyday life. The programs are intended to be character builders, reflecting the ideals of good sportsmanship and Christianity. Once an individual accepts the position as coach in the Diocesan Recreation Association program, he or she accepts the responsibility to implement the philosophy of the Association.

II. Prayer

After warm-ups, both teams will join on the court or on the field for a prayer. A prayer may be selected by the home team from the official prayer list, or another source, and the "Our Father". All players, coaches, parents, and spectators are encouraged to participate.

III. League Fees

The league fees will be \$50.00 per team plus \$12.00 per player per sport. Once eligibility rosters are turned in and accepted by the association, there can be no refunds. Fees that are not paid by the deadline will mean forfeiture of games until the fees are paid. The association will **NOT** accept personal checks from parents or guardians of the players participating in our programs. The **ONLY** forms of payment that are acceptable to the association are: **PARISH CHECKS, PARISH ATHLETIC ASSOCIATION CHECKS, SCHOOL CHECKS, MONEY ORDERS, and CASH.**

Once rosters are turned in, there are no refunds. If someone is added to the roster, an additional participation fee must accompany the parent consent form prior to the child's participation in a contest.

A forfeit fee of \$200 will be collected from each parish. If a team must forfeit a game or match, the officials will be paid from these fees. Once the fees are depleted, the parish will be asked to replenish their forfeit funds. Unused funds will carry over from sport to sport and year to year.

IV. Grade and Age Eligibility

League	Maximum Grade	Maximum Age as of July 31st of current school year	Eligible Grades
Varsity	Eighth	Fourteen Years of Age	Eighth, Seventh and Sixth
Jr. Varsity	Seventh	Thirteen Years of Age	Seventh, Sixth and Fifth
Sr. Reserve	Sixth	Twelve Years of Age	Sixth, Fifth and Fourth
Reserve	Fifth	Eleven Years of Age	Fifth and Fourth
Jr. Reserve	Fourth	Ten Years of Age	Fourth

The above levels may vary from sport to sport.

v. Eligibility

Effective July 1, 2016, all participants in the Diocesan Recreation Association program must be registered members of the parish church for at least three (3) months, prior to participation in the sports program. Transferring from one parish to another will be accepted as long as the participant has been a registered parish member for at least three (3) months. Students registered and attending the parish school are eligible to participate.

All players must be members of the parish and/or attend the parish school in order to play on the parish team.

No player should play in another league or tournament while playing for a parish team. **Do not ask to move a game because of club or travel ball. The answer will be no.**

The Diocesan Recreation Association(DRA) runs a program for parish teams that intends to be developmental at early age levels, but also can incorporate a competitive dimension at the junior high level and beyond. We also believe that every participant should have the opportunity to play in each event, and that having fun in participation is fostered. We are not a training camp for AAU or club sports. Coaches will teach their players the fundamentals of the sport while also teaching the athletes the basics of good sportsmanship and responsible decision-making. The rules and regulations of the DRA are meant to support these beliefs.

We recognize that parents sign up and commit their children for many activities. The nature of Diocesan sports has been trending to parishes having very lean rosters so that children can participate and enjoy having the maximum playing exposure to the sport. If your child is involved in other sports or activities, please work diligently with your team's head coach to insure no forfeitures for your team.

If an athlete is participating in another sport or activity during the same season, his or her commitment to the parish team is expected and his or her priority must be given to the DRA program over all other programs. The DRA expects the athletes to participate in the DRA games first, in all fairness to the other athletes on the team. The non-parish team coach and activities coordinators must be informed of the participation on both, as well as the expectations of the DRA. **DRA games cannot and will not be changed to accommodate club sports, AAU contests, or other non-parish or school related activities. Parents are advised to balance their children's time among activities.**

vi. Player Eligibility Rosters

- A. Effective July 1, 2016, all participants in the Diocesan Recreation Association program must be registered members of the parish church for at least three (3) months, prior to participation in the sports program. Transferring from one parish to another will be accepted as long as the participant has been a registered parish member for at least three (3) months. Students registered and attending the parish school are eligible to participate. Parishes may have additional requirements for participation. i.e. Attendance at PSR classes.

B. PARISH MERGERS

All players must be members of the parish and/or parish school in order to play on the parish team. Parish mergers **MUST** be approved by the Diocesan Recreation Association **BEFORE** the mergers are made. The original parish sign-up sheets **MUST** be made available upon request.

1. All individuals must participate with their own parish/school in any sport in which their own parish/school enters a team.
2. If an individual belongs to one parish and attends school at another parish, the individual may select the parish in which he/she would like to participate.
 - A. The individual must continue to participate with the selected parish for the entire school year unless the selected parish does not enter a team.
3. Anytime a player from one parish plays for a different parish, this situation shall constitute a merger and therefore, prior DRA approval must be secured.
4. If at all possible, parishes should merge with neighboring parishes or with fellow high school feeder schools.
5. **All mergers must be arranged through the parish athletic directors. Parents are not to go out on their own and arrange for a merger.**
6. Parish mergers must be approved by the DRA before the mergers are made.
7. Pastors need to sign off on all mergers. This is done on the parent consent forms.
8. Whenever possible, all athletes at the same grade level looking to join another team must merge with the same team. Exceptions need to be approved by the DRA.
9. All mergers must be fair and equitable and make sense.
10. Examples of past and present mergers include
 - a. Northern Stallions: St. Matthias, St. Anthony and St. James
 - b. IC-OLP: Immaculate Conception, Our Lady of Peace and sometimes St. Timothy
 - c. Western Irish: St. Mary Magdalene, Trinity, St. Cecilia, Our Lady of Perpetual Help, and Columbus St. Mary
 - d. Western Knights: Trinity, St. Mary Magdalene, OLPH and St. Cecilia
 - e. Eastern Green Wave: St. Catharine, All Saints, Holy Spirit, Cols. St. Mary
 - f. Northwest Saints: St. Agatha, St. Timothy, St. Andrew
 - g. Cols. St. Mary includes students from St. Joseph Montessori School
- C. All players must have a signed Parent Consent form on file in the DRA office prior to participating in an athletic contest. If a parent consent form is missing or incomplete at the time of team turn-ins, all missing or incomplete forms will need to be turned in by the designated date in order for the student athlete to participate. Dates will be set for each sport.
- D. A fully completed roster, including head coach and assistant coaches, must be turned into the Association office before a team is eligible to play
- E. Eligibility rosters **MUST** be signed by the proper authority.
 1. For teams having students not attending the parish school, the form **MUST be signed by the PASTOR.**
 2. For teams having only students of the school on the team, the form may be signed by **either the PASTOR or the school PRINCIPAL.**

3. For teams having students from multiple schools, **each PASTOR must sign the form.**
- F. Players may be added to a team roster until midpoint of the season
1. The association office must be notified of any roster additions **BEFORE** the athlete is eligible to participate.
 2. All added players must complete a parent consent card, and get the **PASTOR'S** signature, and deliver all necessary **forms and fees** to the association office **BEFORE** the athlete is eligible to participate.
 3. These rules also apply to Intra-Diocesan transfers.
 4. A non-Catholic student who withdraws from a Catholic school and enrolls in a Non-Diocesan school (or home school) becomes immediately ineligible upon withdrawal.
- G. It is strongly recommended that All sports rosters have a minimum of 2 extra players above minimum required player number for that sport. Basketball requires 5 so the roster size should be 7 or more. Volleyball requires 6 so the roster size should be 8 or more. Football requires 11 so the roster size should be 13 or more. Baseball requires 9 so the roster size should be 11. Softball requires 9, so the roster size should be 11. Soccer for 4th, 5th and 6th requires 8 so the roster size should be 10. Soccer for 7th and 8th requires 11, so the roster size would be 13. Teams that feel they may fall short of these numbers should combine grades, merge with other parishes, or contact the Diocesan Office for assistance on mergers.
- H. All teams must be comprised of all boys or all girls. There are no co-ed teams at any level. No girls can be brought up to play for a boys team, and vice versa.

VII. Roster Changes

- A. A player may be permanently moved up to a higher level at any time after gaining approval of the league commissioner. To complete this procedure you must contact the Diocesan Recreation Office or league commissioner by phone or email. (i.e. JV to Varsity, Jr. Reserve to Reserve.) If the move is designated as permanent the player may not return to the lower level at anytime during the season.
- B. Temporary, lateral permanent moves are permitted only at the Jr. Reserve and Reserve levels only, with the approval of the league commissioner or the diocesan office. A completed form must be sent to the diocesan office.
- C. Players may be temporarily moved up in extreme cases, in order to prevent **forfeiture** of the contest or to bring the number of players to the **optimal number** in a particular sport. (i.e. to meet the 5 players needed in basketball, a 9-person team in softball, etc.) **A Roster Amendment Form must be completed each time a temporary or permanent move is made.**
 1. All temporary moves must be reported to the league commissioner prior to the game or no later than 24 hours after the game. Failure of the coach to report the temporary movement of players within the 24 hour window, may result in a forfeit of the game and a suspension for the coach. This applies to every game, including the championship game.
 2. The league commissioner reserves the right to limit the amount of times a particular player may be temporarily moved up. If a team needs to move up a player more

than two times, a permanent move must be made.

3. **Lateral temporary moves are permitted only at the Jr. Reserve and Reserve level with the approval of the league commissioner.**

4. In some sports, players moved up may be restricted in positions they are able to play. (i.e. baseball not used as a pitcher)

5. In some sports players may be restricted as to how many contests they may participate in one day.

6. League commissioners may approve an additional player—no more than 1 more than the maximum needed to play—on a case by case basis. Said player is not required to meet the minimum playing time requirements. The majority of the playing time must go to the original players on the roster.

7. No permanent moves may be made for tournaments.

D. **NEVER** will a player be permitted to drop down to a lower level.

VIII. **Games**

All games, regardless of sport, are expected to begin on time. However, if a team is not able to field the league minimum number of players at the start time, but knows that it will be able to do so shortly thereafter, it is to inform the gym supervisor, officials, and opponents of this fact immediately.

In this situation, the Christian obligation and DRA expectation for each party is as follows:

Opponent—Other team has players arrive a few minutes late...Play a legal game based on the gym supervisor's decision (see below). Other team has remaining players arrive considerably late, or not at all...accept a forfeit and play a practice game.

Gym Supervisor—Allow the court to be used for a real or practice game depending on the results of the situation outlined above. In the event of a real game, the gym supervisor may reduce the game time so as to accommodate the gym's schedule. It is not fair to place all other games behind schedule due to no fault of their own.

Officials—Officials are required to officiate any game that is to be considered a legal game. Officials may stay to officiate scrimmage games at their own discretion.

League Commissioners—Commissioners reserve the right to reschedule the game at a later date on a case by case basis.

Admission to games

Admission to games may be \$2 for adults, \$1 for seniors (55 and older) and children in grades K-12. A family in the same household will be charged a maximum of \$6. If there is hardship, families may receive passes from their parish ADs

IX. Protests

The only protests that will be accepted must involve the eligibility of players. Our state certified officials are in complete charge of all games. The **OFFICIALS DECISION IS FINAL**. All discrepancies involving rules' interpretations must be settled during the game. If necessary, a coach will need to take a "time out" to clarify any rule. Use of an ineligible player will result in forfeiture and possible additional penalties.

X. Information Sheets and Conflict Forms

- A. The association has experienced **SERIOUS** difficulties with Athletic Directors submitting inaccurate information sheets and incomplete conflict dates.
- B. The practice of turning in an information sheet with a given number of teams and then changing that number of teams has reached epidemic proportions. In addition, the incomplete listing of conflicts dates has caused many reschedules and missed games.
- C. Hours of schedule preparation, the rescheduling of officials and a general hardship to many people are the result.
- D. Therefore, the association is enforcing the rule of **CHARGING THOSE PARISHES** that make changes to their information sheets after the sheets have been submitted to the Diocese or dropping a team after the league has started, **INCLUDING** tournaments.
 1. A flat fee of \$100.00 will be charged to the parish. If money is available in the parish forfeit fund, this fee may be taken from that account.
 2. Any team that forfeits a game must pay the officials for **BOTH** teams. For double elimination tournaments the fees for TWO games must be paid.
 3. Only Pastors, Athletic Directors and Principals may request rescheduling. (with the exception of weather cancellations.) All church and school conflicts should be researched and submitted prior to the beginning of the scheduling process. This will ensure that these conflicts are avoided during the season. League games may be requested for rescheduling for church and school related functions.
 4. These fees must be paid **BEFORE** the parish will be permitted to enter a team in another league or another sport.
 5. Each reschedule will be considered individually. Common requests for re-schedule which are typically denied involve conflicts with outside leagues and social events.

XI. Missed meeting fee

1. It is expected that each parish AD or a representative from that parish attend the AD/Commissioners meeting held prior to each sport season. If no one is present a missed meeting fee of \$25 will be assessed to your parish.
2. It is expected that **each** parish team have a coach or representative from that parish team attend the coaches meeting held prior to each sport season. If no one is present a missed meeting fee of \$25/team will be assessed to your parish. We have had a large number of coaches skip the meetings where new information is given and then they are uninformed and are questioning rules that we went over.
3. Dates for all meetings are located on the DRA Website under calendar.

XI. Coaches And Spectator Conduct And Responsibilities

Coaches must be in complete control of their players, assistant coaches and spectators at all times and are expected to conduct themselves as Christian ladies and gentlemen. Use of profanity will NOT be tolerated. The penalty for use of profanity by any coach or spectator will be ejection from the game with the possibility of suspension from the Diocesan League. Any coach or spectator guilty of un - sportsman like conduct will be penalized under the direction of the Diocesan Athletic Director. This includes damage to property, misconduct before a game, misconduct during a game or misconduct after a game. A suspension or permanent expulsion from the league may result after a review of the incident.

XII. Coaches Conduct Towards Player

In accordance with Diocesan Policy, the head coach must be at least 21 years of age. All coaches must have Protecting God's Children training and a BCI report on file with the parish office. In accordance with Diocesan Policy, parishes must follow a strategy of "two- deep" ministry with adolescents, where at least two adults are present at all athletic activities and situations wherever possible. Where a one-to-one activity is required, such activities should take place in an open environment. Special attention should be given to provide a safe and confidential forum while following standards of prudence. Physical, sexual, or romantic relationships between a coach and an adolescent are unethical and are prohibited.

The coaching staff shall not make derogatory or humiliating remarks toward their own players or opponents. Constructive criticism can be made without embarrassing players. When addressing players who have made mistakes, coaches should maintain their composure and use it as a positive learning experience. Coaches who do not follow this policy are subject to the suspension rule.

XIII. Player Conduct

Any player guilty of un - sportsmanlike conduct will be penalized under the direction of the league commissioner. This includes any damage to property, misconduct before a game, misconduct during a game or misconduct after a game. Any player participating in any form of fighting including pushing, shoving, kicking, etc. will be ejected immediately. Players will also automatically be suspended for one additional game. A greater penalty may be assessed following a review of the incident.

XIV. Sportsmanship

No player, coach, spectator or cheerleader may in any way distract an opponent during play. This includes, but is not limited to, free throws in basketball, a pitch in baseball or softball, a serve in volleyball, a penalty kick in soccer, or a snap in football. These are merely common instances, distraction are **PROHIBITED AT ALL TIMES**. Distractions include, but are not limited to, waving arms (primarily on free throws), kicking of bleachers, booing, doing cheers

(during actions listed above), intentionally coughing/sneezing, talking to an opponent, making loud noises (including bells, horns, etc.) and any other act that the official deems to be distracting for a player. Violation of this rule will result in an ejection (suspension rule applies). The official may opt for a warning prior to ejection, but the warning is **NOT** required.

xv. Conduct Towards Officials

No player, coach, spectator or cheerleader may make a derogatory comment directed at an official. This rule applies to ALL levels of play; however, **NO** leniency should be expected at the Reserve or Jr. Reserve levels. A key objective of our program is an emphasis on good sportsmanship. Comments to officials should be limited to **COACHES** asking for a call clarification to facilitate the coaching of a player. Violations of this rule shall result in a warning against the offender. In sports where penalties may be assessed (technical fouls in basketball, yellow cards in soccer, or penalties in football) these penalties will be assessed and considered to be the warning. A second violation shall result in ejection (suspension rule applies). An individual guilty of a flagrant violation may be ejected without warning.

xvi. OFFICIALS CONDUCT TOWARDS PLAYERS, PARENTS AND SPECTATORS

Officials shall uphold the honor and dignity of the profession in all interactions with student-athletes, coaches, colleagues, and the public. (from the NFHS Officials Code of Ethics)
Officials must be shown respect at all times. Officials can set the standard for respect through the pre-game meeting, preventative officiating and communications with coaches. By getting emotionally involved with a player an official easily loses respect.

xvii. Code of Conduct

All coaches, parents and players must sign a code of conduct, which is to be kept on file at the parish level.

xviii. Suspension Rule

Any player, coach, or cheerleader ejected from a game/facility will automatically be suspended for at least the next game. Spectators will be suspended for at least the next two games. The suspension shall apply to players, coaches, spectators and cheerleaders guilty of misconduct **AFTER** a game has concluded that would have resulted in an ejection had the incident occurred during play. The suspended individual is **NOT** permitted to attend/view a game from which he or she is suspended. In addition to the suspension, a letter will be sent to the pastor of the parish notifying him of the suspension of the parishioner. Additional penalties may be assessed following a review of the incident by the league commissioner. Non-compliance will cause forfeiture of the game as well as possible additional penalties. Ejection of a coach, player or spectator, must be reported by the coach of the offending team.

XIX. Any, player, coach or spectator who is ejected from a Diocesan Recreation sponsored game, match or meet cannot attend any other Diocesan Recreation games, matches, or meets until the suspensions for such ejection is served at the level in which the ejection occurred. (I.E. if spectator is ejected from their 5th grade

son's basketball game, they may **NOT** attend their 7th grade daughter's games until the suspension is served at the 5th grade boys' level). Penalty also applies to those who are ejected and also officiate in the Diocesan Recreation Association program. They may not officiate Diocesan Recreation Association contests until the suspension is served. If the ejection occurs in the final contest of the season the Diocesan Recreation Association Associate Director will determine the terms of the carry-over suspension.

xx. Damage At Playing Site

Coaches are responsible for their teams at all times. The coach or a responsible adult **MUST** accompany a team to a locker room. Damage to any building or field will be invoiced to the athletic association of the team or teams found responsible for such damage. If the guilty party is not found, then all teams present at the site will be charged equally for the damage.

xxi. Sunday Games and Practice; Calamity Days

No athletic related activities are to begin before 2:00pm on Sunday. Under NO circumstances are games, scrimmages or practice to start before 2:00pm on Sunday. See the football rules for special exemption.

Teams should not arrive at the game site more than 30 minutes prior to the game time and facilities should not be opened until 30 minutes prior to game time. Coaches can be suspended if this rule is broken.

DRA athletic contests held on Holy Days of Obligation must be scheduled around Mass times. For example, if the Holy Day falls on a Saturday, games will not begin until 1:00pm. If the Holy Day falls during the week, weeknight games on the Holy Day will not be held. Please check with your pastor regarding practices.

When schools are closed due to a calamity day, whether or not a parish postpones practices or games is a decision left up to the individual parish. The Diocesan Recreation Association does not weigh in on matters pertaining to school closings during the regular season. If it's a practice, it's the parish's decision. If one parish's policy states that they cannot play, or if they feel it is unsafe to travel, then the game will be postponed. It is very possible for parishes to still hold practices and games despite school being closed, particularly when issues like fog or freezing rain can keep schools closed, but dissipate in time to allow regular after-school activities. The only circumstance under which the DRA interferes is during postseason tournaments.

xxii. Alcohol, Tobacco & Drug Policy

- A. No athletic director, coach, player, spectator, cheerleader, contest official, scorekeeper, timer, gym supervisor, league coordinator, etc., may engage in any form of alcohol, drug or tobacco use at a Diocesan sponsored contest.
- B. The Diocesan Recreation Association strongly urges that this policy be enforced during practices and scrimmages.

- C. The facility supervisor and contest officials shall ensure enforcement during contests.
- D. The penalty for violation of this rule during a contest shall be immediate ejection (see suspension rule) with possible additional penalties (see penalties for rules violations) pending a review by the League Commissioner.

xxiii. Evenly Divided Teams

At the sr. reserve, reserve and jr. reserve levels multiple teams from a parish must be as evenly divided as possible. This does not apply to split grade teams. (i.e. a 5-6 team does not have to be equal to an all 6 team) The League commissioner reserves the right to review team breakdowns and resolve the situation if the need arises.

xxiv. Competitive and Recreation Divisions (some sports)

It is expected that parishes entering only One Jr. Varsity and/ or One Varsity Team will play in leagues using Competitive rules. **However, at the discretion of the league commissioner, teams could be placed in the recreational division.** If a parish enters 2 or more teams at the JV Level or 2 or more teams at the Varsity Level, the additional teams can be placed in Recreation or Competitive leagues.

Recreation leagues are designed for parishes with multiple teams, or with teams comprised of players with lesser developed skills. The league is primarily for less advanced players who can continue to develop their skills in a less competitive atmosphere. Though participation is required in both levels more playing time is mandated in recreation leagues.

xxv. Tournaments

- A. Post season tournaments will only be conducted in Varsity, Jr. Varsity and Sr. Reserve and Reserve levels.
- B. No post season tournaments will be conducted for the Jr. Reserve level. Extra games will be added to the regular season schedule for these levels.
- C. No teams from the same parish are permitted to meet in the finals of the post season tournament and a co-championship will be declared by directive of the Diocesan Recreation Board of Control, June 22, 2009.
- D. If the teams are scheduled to meet in an earlier round, the games will be played as scheduled.

xxvi. Parents/Guardians

- A. Parents/guardians must attend the mandatory Parent Meeting held at each parish prior to the start of the season. Attendance will be taken and kept on file at the parish.
- B. Both parents/guardians must sign a Parent Code of Conduct. The signed copy will be kept on file at the Parish.
- C. Beginning with the 2014-2015 season, at least one parent of 4th graders must attend a Parent Like A Champion Today training session prior to their child's participation in the DRA sporting activities. This requirement affects 4th and 5th grade parents for the 2015-16 seasons, the 4th, 5th and 6th grade parents for the 2016-17 seasons, the 4th, 5th 6th and 7th grade parents for the 2017-18 seasons and all grades need to be compliant by

the 2018-19 season. If a parent has taken PLACT for coaches, they have met this requirement and do not have to take this training.

xxvii. Physicals and Concussion Policy

- A. Preseason physicals are strongly recommended.
- B. Concussions, which cause short and long term negative health issues, remain at the top of our concerns for our young athletes. Adolescent athletes are particularly vulnerable to the effects of concussion. A concussion is a brain injury that disrupts normal brain function.
Most concussed athletes do not lose consciousness. Common symptoms include headache, fogginess, difficulty concentrating, confusion, nausea, poor balance, mood changes and thought/thinking difficulty.
- C. In accordance with OHSAA rules, "Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared **with written authorization** by an appropriate health care professional. (Players may not return on the same day.) In Ohio, an "appropriate health care professional" shall be a **physician**, (MD or DO) and an **athletic trainer, licensed.**"
- D. "No parish shall permit a student to practice for or compete in interscholastic athletics until the student has submitted, to a parish official designated to the board or governing authority, a form signed by the parent, guardian, or other person stating that the student and the parent, guardian, or the person having care or charge of the student have received the concussion and head injury information sheet required by section 3707.52 of the Revised Code. A completed form shall be submitted each school year, as defined in section 3313.62 of the Revised Code, for each sport or other category of interscholastic athletics for or in which the student practices or competes." 3313.530 of the Revised Code (effective 4-26-2013)
- E. Prior to the first practice of the season, all coaches must complete the online training course on concussions offered by the NFHS, or the CDC, free of charge. Access the course at www.nfhslearn.com. Or the CDC course at www.cdc.gov/concussion. Once you have completed the course, please be sure to print the certificate and give a copy to your Athletic Director to be kept on file at the parish level.

xxviii. Coaching Requirements

To be a coach in our program. All Coaches must:

1. Complete the Protecting God's Children (PGC) Workshop
2. Have a qualifying BCI/ fingerprints report on file with the Diocesan Save Environment

Program.

3. To be a head coach in the program you must be 21 years of age and have attended a Play Like A Champion Today (PLACT) workshop as well as completing the above requirements (1 and 2).
4. Complete the NFHS online course on Concussions, and present the certificate to the parish AD. The free course can be found at www.nfhslearn.com
5. Sign the Coach's Code of Conduct.
6. No one can be the head coach of more than 2 teams. Schedulers will only try to accommodate requests from the head coach in scheduling around games.

xxix. Play Like A Champion Today

- A. Play Like A Champion Today, Youth Sports Coaches, Coaching as Ministry Training. The DRA embraces the Play Like A Champion Today (PLACT) approach to Coaching. The PLACT approach to coaching as ministry focuses on three key components: coaching as a ministerial role; making spiritual and character development a priority; and building local leadership. The PLACT coach workshop, **required of all head coaches**, combines reflection on the implications of being a youth minister with the GROW approach to coaching for character development.
- B. Play Like A Champion Today, Parent Like A Champion supports parents as the Primary educators of their children. This is accomplished by providing parents with a sports workshop which teaches them strategies to be champion sport parents in their attitude and behaviors and enables them to positively partner with their children's coaches. The PLACT workshop, **required for parents of 4th, 5th and 6th grade athletes, but open to all parents**, explains to parents how they can support the GROW approach to athlete whole development which is being implemented by youth coaches. The workshop also focuses on specific ways in which parents can promote their children's moral, spiritual, and athletic development.

xxx. Policies and guidelines

In addition to these Administrative Rules, all Athletic Directors, commissioners and coaches should be familiar with and follow the policies and guidelines set forth in each of the following:

1. The policies and guidelines of the Office of Youth and Young Adult Ministry.
2. The 500 section of the Policies of the Office and Youth and Young Adult Ministry.
3. Diocesan Rules for each sport.
4. NFHS rules for each sport.

xxxi. Evaluation of officials and coaches

- A. After each game, each head coach is required to complete a Game Official

Evaluation Form, which are located on the DRA website.

- B. After each game, each official may complete a Coach Evaluation form.
 - 1. These forms are found on the DRA website.
 - 2. This information will be used to evaluate and help schedule officials.
 - 3. This information can also be used to resolve possible coaching problems before a serious incident occurs.
 - 4. This information can be used to help determine the annual Joe Sestito/Kathryn Buckerfield Sportsmanship Award.

XXV. VIDEOTAPING OF GAME

- A. It is permissible for a parish team or its team representative to videotape or film a game which said team is participating for instructional use.
- B. It is not permissible for a team or parish team representative to videotape or film games of other teams without written consent of the participating teams.
- C. Spectators can film games for family or private use.
- D. Parish teams and coaches may exchange game videos and films for coaching and scouting purposes.
- E. Violators will be subject to the suspension rule and or other penalties deemed by the commissioner.
- F. The Diocesan Social Media Policy is in effect for the DRA programs.
- G. Video recordings of events by parents and/or coaches will not be viewed to overturn officials decisions. All decisions made at the sporting event by the officials are final. (See special exemption for Track Flash Timing in track rules)

The Diocesan Recreation Association Website is found at:
www.cdeducation.org/DiocesanRecreation

ABOUT THE PROGRAM

The objectives of our program are to unite the youth of our parishes and to help promote their spiritual, physical and social welfare by bringing Catholic truths, principles and ideas into their everyday life. The programs are intended to be character builders, reflecting the ideals of good sportsmanship and Christianity. Once an individual accepts the position as coach in the Diocesan Recreation Association program, he or she accepts the responsibility to implement the philosophy of the Association.

SCHEDULE

1. The season will consist of 3 Qualifying Meets, 1 Relay Meet and 1 Championship Meet. The schedule is usually complete for the following season by the Summer Coach's Meeting held at the end of each season. The schedule is posted on the DRA website.
2. A "rain" date will be established at the beginning of the season. If a meet is canceled due to weather the schedule will shift ahead so that the Meets will stay in order and Championship Meet will be contested on the rain date.
3. The dates of the Track Meets will not change. A qualifier that is called because of weather will be pushed to the next scheduled date. The subsequent meets will be held on the subsequent published dates.
4. In the event a second meet is canceled the relay meet will be sacrificed to insure 3 qualifiers are contested.

CANCELING A MEET

1. Track & Field is an outdoor sport. Canceling a meet is a difficult decision and is usually done due to inclement weather.
2. The decision to cancel a meet can be done as early as the day before or as late as 2 hours prior to the start of a meet.
3. Notification will be made via email to the track coaches and Athletic Directors.
4. Canceling simply means that meet will be contested on the next scheduled date pushing each subsequent meet forward.

ELIGIBILITY FORMS & FEES

1. All eligibility lists, parent consent cards and fees are due in the Diocesan Recreation Office by **Thursday, March 23, 2017 between 3:30 and 6:30pm.**
2. The league fee is \$50.00 for boys and \$50.00 for girls, **for a total of \$100.**
3. The participation fee is **\$12.00** per individual sport.
4. The administrative fee is **\$125.00** per parish.
5. Additions to the rosters must be in the office by 12:00 noon the Friday before the second weekend of qualifiers.

With the exceptions noted above and below, all OHSAA and NFHS Track Rules will be utilized.

IMPORTANT RULES FOR A SUCCESSFUL TRACK PROGRAM

1. All Spectators must stay in the stands and approved viewing areas. Parents and spectators must stay off the track, football field, High Jump and Long Jump areas of the track. Spectators must stay BEHIND the safety areas designated in the Shot Put and Discus areas.
2. Athletes NOT participating or lining up for an event are considered spectators and must follow the same restrictions to the participation areas.
3. Athletes are not permitted on to the track until given direction to do so.
4. Failure by any team to observe track access restriction may result in disqualification.
5. Each school is responsible for their own equipment.
6. Only uniformed athletes may hold starting blocks for participating athletes.
7. Electronic devices that may interfere with the public address system are prohibited. (boom boxes, Bluetooth speakers)
8. Spectators in the front rows of the stadium must observe the handicapped areas and be considerate of those behind them and must remain seated.
9. Standing by the front fence of the stadium seating is prohibited.
10. An athlete, who is disqualified from an event for un-sportsmanlike conduct, will be disqualified for the balance of the day.
11. Coaches should prepare and train their athletes for the events the athletes participate in. Adequate training and practice for skill events such as the Hurdles, High Jump, Shot Put and Discus are essential for the safety and development of the athlete in that event. Extra time should be spent with each athlete participating in these events to insure proper technique, the prevention of injuries and ridicule by other athletes.
12. If an athlete is to participate in the Hurdle Relay in the Relay Meet, they should participate in a Hurdle event during one of the Qualifiers prior to the Relay Meet.
13. Each School should provide at least 3 parent volunteers to work each Track Meet. All volunteers must have a BCI report on file in their parish office and must have attended a Protecting God's Children session. All volunteers must sign in for each meet they volunteer. **Coaches are expected to help run the Track Meet.**
14. The Track & Field participant must wear their uniform top so that it is visible to the officials on the track. Clothing can be worn underneath the uniform top if permitted by the coach of the team.
15. Everyone on the team must have the same color shorts. By 2017 all track uniform tops should prominently display parish name or nickname in order to quickly identify participants.
16. Video Taping:
 - a. It is permissible for a parish team or its team representative to videotape or film a race in which said team is participating. Such a videotape or film may not be used for coaching purposes until the meet is completed.
 - b. It is not permissible for a team or parish team representative to videotape or film a race or event of other teams without the written consent of the participating teams.

- c. Spectators can film meets/games for family or private use.
 - d. Parish teams and coaches may exchange game videos and films for coaching and scouting purposes.
 - e. Violators will be subject to the suspension rule and or other penalties deemed by the commissioner.
 - f. The only official video is from the flash timing system.
17. Track participants, who are also playing baseball or softball, must attend baseball or softball games scheduled during the week. Participants who miss a scheduled baseball or softball game because of another track meet or track practice will be suspended from our weekend track meet.
 18. Individual participants in the DRA sponsored baseball or softball programs are eligible to participate in the DRA Track Program. Coaches are asked to cooperate with each other for practice time. Participants must attend scheduled dates.
 19. Hats are prohibited unless the cold weather warrants them. All hats must be approved by the event official.
 20. Official times are recorded and kept on the track by the scorekeeper. Official times by the scorekeeper are final.
 21. It is an unfair act when a competitor receives any assistance from any other person. Assistance includes:
 - a. Interference with another competitor.
 - b. Pacing by a teammate or other persons not participating in the race.
 - c. Competitors joining or grasping hands with each other during a race.
 - d. Competitors using an aid during the event.
 - e. Communicating with a competitor through the use of any device.
 - f. Coaching a competitor from a restricted area*.
 - g. A competitor receives communication electronically during a race or trial.
 22. A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area. For DRA Track purposes, a restricted area is defined as within the fenced-in area of the track, within a 10' area surrounding the competition area i.e., the Shot put area behind the fence, the Discus area behind the ring, the Softball area behind the athlete staging section, the Long Jump runway and pit, the High Jump run up area and pit. Our main concern regarding this rule is the "spirit" of the rule. That is, giving an unfair advantage to one competitor over another.
 23. The DRA has a rule that states no jewelry is to be worn during athletic contests. This includes earrings and they cannot be taped. No fitbits

TRACK & FIELD TEAMS

1. If a parish has at least 12 boys, they must have their own boy's team.
2. If a parish has at least 12 girls, they must have their own girl's team.
3. Boys and girls teams with less than 12 participants each are eligible to combine under another parish team.

DIVISIONS

1. Boys Divisions-
 - a. Varsity Level- Open to 6th, 7th and 8th grade boys meeting the age limit of 15 before September 1st. 5th graders may participate in a relay, only.
 - b. Reserve Level- 5th, 6th and 7th grade boys only.
 - c. Fourth & Fifth Grade Level- Open to all Fourth and Fifth grade boys only.
2. Girls Divisions-
 - a. Varsity Level- Open to, 6th, 7th and 8th grade girls meeting the age limit of 15 before September 1st. 5th graders may participate in a relay, only.
 - b. Reserve Level- 5th, 6th and 7th grade girls only.
 - c. Fourth & Fifth Grade Level- Open to all Fourth and Fifth grade girls only.

INDIVIDUAL PARTICIPATION LIMITS

1. There is no restriction on distance of events run.
2. In any one Track & Field Meet, a participant may compete in a maximum of 3 events. The 3 events maybe any combination of track, field or relay events.
3. If a competitor exceeds participation limitations, all individual points, team points and places earned by the competitor in the meet shall be forfeited and the competitor disqualified from further competition in that meet. If the competitor participated in a relay event, the relay points and places earned by the team shall be forfeited.

TEAM PARTICIPATION LIMITS & RULES BY DIVISION

1. Fourth & Fifth Grade Division-
 - a. A maximum of 8 participants per parish team per individual track or field event.
 - b. A maximum of 2 relay teams per parish team per relay event.
 - c. All 4th Grade entrants may participate in the 4th & 5th Grade division only.
 - d. A 5th Grade entrant may participate in any Reserve and Jr. Varsity event. They may only participate in a Varsity Relay event.
2. Varsity & Reserve Divisions-
 - a. A maximum of 6 participants per parish team per individual track or field event.
 - b. A maximum of 1 relay team per parish team per relay event.

- c. All 6th and 7th Grade entrants may participate in the Reserve and Varsity Divisions only.
 - d. All 8th Grade entrants must participate in the Varsity Division only.
3. Competing in multiple divisions-
- a. An entrant may not compete in the same event across multiple divisions.
 - b. An entrant may not compete in the same relay event across multiple divisions.

EXAMPLE: 6th GRADE GIRL
 100-Meter Dash (Reserve)
 Long Jump (Reserve)
 400-Meter Relay (Varsity)

EXAMPLE: 7th GRADE BOY
 Shot Put (Varsity)
 Discus (Varsity)
 200 Meter Dash (Reserve)

EXAMPLE: 5th GRADE BOY
 100-Meter Dash (4th & 5th)
 200-Meter Dash (Reserve)
 400- Meter Relay (Varsity)

EXAMPLE 8TH GRADE GIRL
 100-Meter Dash (Varsity)
 Long Jump (Varsity)
 800-Meter Run (Varsity)

QUALIFYING MEETS

1. The purpose of the 3 Qualifying meets is to give each athlete the opportunity to meet or exceed the qualifying standard in each event they compete in, thus "qualifying" for these events in the DRA Championship meet at the end of the season.
2. Once qualified in an event the athlete may run in that event in subsequent Qualifier Meets. The athlete will be placed in the Championship Meet based on their best qualifying performance.
3. Track ribbons will be awarded to the 1st through 4th place finishers in each heat and flight for each of the three qualifying track meets.
4. Team points are not awarded or recorded for Qualifying Track Meets.

KATHERINE BUCKERFIELD RELAY TRACK MEET

1. All running relay events will consist of four athletes.
2. All field event relay events will consist of two athletes. The best effort of each athlete will be added together to come up with their team result.
 - a. It is permissible to have only one athlete compete in a field event. However, only their single best effort will be counted.
3. The 4th & 5th Grade Division may enter a maximum of two relay teams per running and field event.

4. The Varsity & Reserve Division may only enter one relay team per running and field event.
5. The three-event limit is still enforced in the Relay Meet.
6. A first place medal will be awarded to the overall event winner in each division.
7. Special commemorative ribbons will be awarded to second through 5th place overall finishers in Varsity and Reserve. Second through 8th place ribbons will be awarded in the 4th and 5th grade division..
8. Team points will be awarded for the top eight over all places in each event for each division. (10, 8, 6, 5, 4, 3, 2, 1) If ties cannot be broken, like ribbons will be awarded and the points will be split.
9. Team scores for each division will be tallied and announced at the end of the meet. Team awards are not distributed for the Relay Meet.
10. Beginning in 2014, individual records set in the field events at the Relay Meet will be included in the DRA record book.

CHAMPIONSHIP TRACK MEET

1. The team Championship Meet will be the last meet of the season.
2. Participants will qualify for championship events in the three qualifier track meets leading up to the Championship Meet. A Relay Meet individual result that meets or exceeds the "qualifying standard" for the Championship Meet will not be considered for entry into the Championship Meet.
3. If an athlete or a team qualifies in more than three events, the coach must decide which three events the athletes will compete in the Championship Meet. The three-event limit per athlete is strictly enforced.
4. A coach may elect to enter an athlete who did not qualify in any events during the qualifiers into **one individual event and can be a filler in one relay** for the championship. One relay team, per school per relay event, of all non-qualifiers may be entered. These additions will occur during the online entry process for the championship meet.. The intent is to let a child, unable to qualify in an event, to participate in the championship meet in up to two events. An athlete who has qualified in one event for the championship meet can only be added to an existing qualified relay team to get to 2 events. An athlete must participate in at least one qualifier to compete in the championship meet.
5. There is no limit to the number of athletes a team may enter into a single event as long as each athlete meets or exceeds the qualifying standard for that event.
6. There is no limit to the number of relay teams a team may enter into a relay event as long as each relay team meets or exceeds the qualifying standard for that relay event. Each qualified relay team entered, must consist of two of the original team members that qualified at that specific qualifying time and specific qualifying meet.
7. **An athlete can only compete in a skilled event or the 1600M in the championship meet if he/she has participated in that event in a qualifying meet.**
8. A first place medal will be awarded to the overall event winner in each division.
9. Championship Meet ribbons will be awarded to second through 8th place overall finishers for each event in each division.

10. Team points will be awarded for the top eight over all places in each event for each division. (10, 8, 6, 5, 4, 3, 2, 1) If ties cannot be broken, like ribbons will be awarded and the points will be split.
11. Team scores for each division will be tallied and announced at the end of the meet. Team awards for the first two places in each division will be awarded at the end of the Championship Track Meet.
12. TrackMate will be utilized to enter athletes for the Championship Meet. Deadline to submit entries is 7:00PM the Wednesday prior to the Championship Meet.

ONLINE ENTRIES

1. All meets will utilize TrackMate, an online computer entry program.
2. Invitations will be emailed to each team the Sunday before each track meet.
3. It is critical you follow the instructions in the TrackMate Coach's Handbook to accurately enter your athletes into their events. Failure to be thorough may result in errors on your part. Consequently, those errors could mean that your athletes do not compete in the meet they prepared so hard for. Don't be THAT coach.
4. Entries must be complete and submitted by 7:00PM the day before the track meet. The program will be locked at that time and additions or changes will not be accepted.
5. No changes or additions will be permitted the day of the track meet. Relay team changes are permitted. Changes will be made with the event official at the time of check in. However, each relay must keep two of the original entrants.
6. Incorrect only entries do occur. In most cases the coach neglects to enter a number to help in heating the athletes. If this happens one time, a warning will be issued. If it happens again, athletes will be Disqualified.

QUALIFIER AND CHAMPIONSHIP MEET EVENTS

Boys Varsity & Reserve Division*

1. High Jump
2. Long Jump
3. Shot Put (4 Kilo)
4. Discus (1 Kilo)
5. 100 M Hurdles 30" (Reserve)
6. 110 M Hurdles 33"(Varsity)
7. 100 M Dash
8. 800 M Relay (4x200)
9. 1600 M Run***
10. 400 M Relay (4x100)
11. 400 M Dash
12. 200 M Hurdles 30"
13. 800 M Run***
14. 200 M Dash
15. 1600M Relay (4 x 400)

Boys 4th & 5th Grade Division**

1. Long Jump
2. Shot Put (6#)
3. Softball Throw (11")
4. 800 M Relay (4x200)
5. 400 M Dash
6. 400 M Relay (4x100)
7. 50 M Dash
8. 200 M Dash
9. 200 M Shuttle Relay
10. 800 M Run***
11. 100 M Dash

*One False Start

**Two False Starts

*** Heats May Be Combined

Girls Varsity & Reserve Division*

1. High Jump
2. Long Jump
3. Shot Put (6#)
4. Discus (1 Kilo)
5. 55 M Hurdles 30" (Reserve)
6. 100 M Hurdles (Varsity)
7. 100 M Dash
8. 800 M Relay (4x200)
9. 1600 M Run***
10. 400 M Relay (4x100)
11. 400 M Dash
12. 200 M Hurdles 30"
13. 800 M Run***
14. 200 M Dash
15. 1600M Relay (4 x 400)

Girls 4th & 5th Grade Divisions**

1. Long Jump
2. Shot Put (6#)
3. Softball Throw (11")
4. 800 M Relay (4x200)
5. 400 M Dash
6. 400 M Relay (4x100)
7. 50 M Dash
8. 200 M Dash
9. 200 M Shuttle Relay
10. 800 M Run***
11. 100 M Dash

One False Start

**Two False Starts

*** Heats May Be Combined

KATHERINE BUCKERFIELD RELAY MEET EVENTS

Boys Varsity & Reserve Division

1. Shuttle Hurdle Relay
(R-Boys 4X100 V-Boys 4X110)
2. Sprint Medley Relay (100-100-200-400)
3. 800-Meter Relay (4X200)
4. Distance Medley Relay (200-200-400-800)
5. 400-Meter Relay (4X100)
6. 1600-Meter Relay (4X400)
7. Shot Put Relay (2 Athletes)
8. Discus Relay (2 Athletes)
9. Long Jump Relay (2 Athletes)
10. High Jump Relay (2 Athletes)
11. Thrower's Relay (2 Athletes)

Boys 4th & 5th Grade Division

1. 800-Meter Relay (4X200)
2. 400-Meter Relay (4X100)
3. 200-Meter Shuttle Relay (4X50)
4. Sprint Medley Relay (100-100-200-400)
5. Distance Medley Relay (200-200-400-800)
6. Shot Put Relay (2 Athletes)
7. Softball Relay (2 Athletes)
8. Long Jump Relay (2 Athletes)

Girls Varsity & Reserve

1. Shuttle Hurdle Relay
(R-Girls 4X55 V-Girls 4X100)
2. Sprint Medley Relay
3. 800-Meter Relay
4. Distance Medley Relay
5. 400-Meter Relay
6. 1600-Meter Relay
7. Shot Put Relay (2 Athletes)
8. Discus Relay (2 Athletes)
9. Long Jump Relay (2 Athletes)
10. High Jump Relay (2 Athletes)
11. Thrower's Relay (2 Athletes)

Girls 4th & 5th Grade Division

1. 800-Meter Relay
2. 400-Meter Relay
3. 200-Meter Shuttle Relay
4. Sprint Medley Relay
5. Distance Medley Relay
6. Shot Put Relay (2 Athletes)
7. Softball Relay (2 Athletes)
8. Long Jump Relay (2 Athletes)

EVENTS- NOTES & CLARIFICATION

1. The meet announcer shall be responsible for giving proper announcements to assist competitors in reporting to the clerk of the course on time. It is recommended the first call be given 15 minutes before the event; the second call 10 minutes before the event and the final call five minutes before the event. Participants must be checked in by the third call in all events. The meet official has the discretion to disqualify an athlete who is late for the heating of the event. Once the heat sheets are turned in at the finish line, changes are NOT permitted.
2. Running events take precedence over field events, but unnecessary delays in getting to the field event will result in disqualification from the field event. Participants in the field events must be checked in by the third call. If a participant is entered in a running event, he/she must report to the field event within 10 minutes of the conclusion of the running event. The Event Official can close the event at their discretion once there has been sufficient time given to those competitors who were excused to compete in a running event, to return and complete their allowed trials.
3. **HIGH JUMP**- The competition in the high jump event must take off from one foot. Varsity boys will start at 4', every one else will start at 3'6".
RULING: National Federation Rule 7, section 3. Art. 16 . . . It shall count as an unsuccessful trial: (a) when the crossbar is displaced in a attempt to clear it; (b) when a jumper touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar; (c) when after clearing the bar and landing in the pit, a competitor stumbles against the upright and displaces the crossbar, or steadies the bar.
Art. 5 . . . The base of the high jump standards may not be moved during the competition.
4. **SHOT PUT:**
The **eight pound 13 oz. steel shot** will be used for the varsity boys shot put event. The six pound steel shot will be used for all other boys and girls shot put events.
RULING: National Federation Rule 6, section 4. Art. 8 . . . At the time a competitor takes a stance in the ring to commence a put, the shot does not drop behind or below the shoulder. No harness or mechanical device attached to the hand or arm shall be used. Taping the wrist, palm or back of the hand is permissible. It is also permissible to tape only two fingers provided they are adjoining and taped tightly together. There shall be no connecting tape device or covering between the fingers and palm or back of the hand; between the wrist and palm or back of the hand; or between the fingers and the wrist.

Art. 9 . . . The put must be made from the circle. It is a foul if the competitor, after stepping into the circle fails to pause before starting the put, or touches the circle (not including the inner face of the stop board or the band, if one is used) or the ground outside of the circle, or the top of the stop board with any portion of the contestant's body or apparel before the put is marked. It is also a foul if the shot falls outside the sector, or if the competitor, after having completed the put, does not leave through the back half of the circle. A foul put is not measured but is counted as a trial. Measurement is from the nearest edge of the first mark made

by the shot to the point on the inside edge of the stop board nearest such a mark in line with the center of the circle

5. **DISCUS:** The junior high discus will be used for the discus event.

RULING: National Federation Policy Statement.

Art. 1 . . . The discus shall be thrown so that it falls within a 60 degree sector marked on the ground and drawn from the center of the circle. The lines which mark the 60 degree throwing sector are outside the limits of the sector. A throw must be made from the circle. It is a foul throw if the competitor, after stepping into the circle, fails to pause before starting the throw, or touches the circle or the ground outside the circle before the throw is marked. It is a foul throw if the competitor, after having completed the throw, does not leave through the back half of the circle.

Art. 2 . . . A foul throw is not measured but counts as a trial. Measurement is from the nearest edge of the first mark made by the discus to the point of the circle's circumference (inside the marks band) nearest such mark.

6. **800-METER RUN-** The 800 Meter Run will start in lanes and continue in lanes for a two-turn stagger. Runners will break to the inside lane at a designated line at the end of the second turn. Athletes will be heated putting only 2 runners assigned per lane. Adding additional runners per lane, per heat is at the discretion of the starter and the Track Commissioner.
7. **1600-Meter Run-** The 1600 Meter Run will be started utilizing a Waterfall start. Athletes will be heated putting only 2 runners assigned per lane. Adding additional runners per lane, per heat is at the discretion of the starter and the Track Commissioner.
8. **Relay Baton-** The Relay Baton shall be a smooth tube, made in one piece of wood, metal or other rigid materials. The use of tape in wrapping the baton is prohibited.
9. If a participant finishes his/her race in the wrong heat or wrong lane, the participant will be disqualified.

2017 Diocesan Recreation Association Track & Field Meet- Order of Events

4th & 5th Grade Field Events 8:45 AM Saturdays- 12:00 Sundays

Event	Call	1	2	3
1. Boys Long Jump				
2. Girls Softball Throw				
3. Boys Shot Put (6#)				

Event	Call	1	2	3
4. Girls Long Jump				
5. Boys Softball Throw				
6. Girls Shot Put (6#)				

4th & 5th Grade Running Events 9:15 AM Saturdays- 12:30PM Sundays

Event	Call	1	2	3
7. Girls 800 M Relay				
8. Boys 800 M Relay				
9. Girls 400 M Dash				
10. Boys 400 M Dash				
11. Girls 400 M Relay				
12. Boys 400 M Relay				
13. Girls 50 M Dash				
14. Boys 50 M Dash				

Event	Call	1	2	3
15. Girls 200 M Dash				
16. Boys 200 M Dash				
17. Girls 200 M Shuttle Relay				
18. Boys 200 M Shuttle Relay				
19. Girls 800 M Run**				
20. Boys 800 M Run**				
21. Girls 100 M Dash				
22. Boys 100 M Dash				

Varsity & Reserve Field Events 11:00 AM Saturdays -2:00PM Sundays * = Start at 10:00AM Saturdays- 1:00PM Sundays

Group I	Event	Call	1	2	3
23.&24.	Reserve & Varsity Girls High Jump	10AM Start			
25.	Varsity Boys Discus* (1kilo)	10AM Start			
26.	Varsity Girls Shot Put (6#)				
27.	Varsity Girls Long Jump				

Group III	Event	Call	1	2	3
31.&32.	Reserve & Varsity Boys High Jump				
33.	Varsity Girls Discus (1kilo)				
34.	Varsity Boys Shot Put (4kilo)				
35.	Varsity Boys Long Jump				

Group II	Event	Call	1	2	3
28.	Reserve Girls Shot Put (6#)				
29.	Reserve Boys Discus (1kilo)				
30.	Reserve Boys Long Jump				

Group IV	Event	Call	1	2	3
36.	Reserve Boys Shot Put (6#)				
37.	Reserve Girls Discus (1kilo)				
38.	Reserve Girls Long Jump				

Varsity & Reserve Running Events 12:00 Noon Saturdays-3:00PM Sundays

Event	Call	1	2	3
39. Reserve Girls 55 M Hurdles				
40. Varsity Girls 100 M Hurdles				
41. Reserve Boys 100 M Hurdles				
42. Varsity Boys 110 M Hurdles				
43. Reserve Girls 100 M Dash				
44. Varsity Girls 100 M Dash				
45. Reserve Boys 100 M Dash				
46. Varsity Boys 100 M Dash				
47. Reserve Girls 800 M Relay				
48. Varsity Girls 800 M Relay				
49. Reserve Boys 800 M Relay				
50. Varsity Boys 800 M Relay				
51. Reserve Girls 1600 M Run**				
52. Varsity Girls 1600 M Run**				
53. Reserve Boys 1600 M Run**				
54. Varsity Boys 1600 M Run**				
55. Reserve Girls 400 M Relay				
56. Varsity Girls 400 M Relay				

Event	Call	1	2	3
57. Reserve Boys 400 M Relay				
58. Varsity Boys 400 M Relay				
59. Reserve Girls 400 M Dash				
60. Varsity Girls 400 M Dash				
61. Reserve Boys 400 M Dash				
62. Varsity Boys 400 M Dash				
63. Reserve Girls 200 M Hurdles				
64. Varsity Girls 200 M Hurdles				
65. Reserve Boys 200 M Hurdles				
66. Varsity Boys 200 M Hurdles				
67. Reserve Girls 800 M Run**				
68. Varsity Girls 800 M Run**				
69. Reserve Boys 800 M Run**				
70. Varsity Boys 800 M Run**				
71. Reserve Girls 200 M Dash				
72. Varsity Girls 200 M Dash				
73. Reserve Boys 200 M Dash				
74. Varsity Boys 200 M Dash				
75. Reserve Girls 1600 M Relay				
76. Varsity Girls 1600 M Relay				
77. Reserve Boys 1600 M Relay				
78. Varsity Boys 1600 M Relay				

2017 Diocesan Recreation Association Track & Field Meet- Order of Events

RELAY MEET

4th & 5th Grade Field Events 8:45 AM Saturdays- 12:00PM Sundays

Event	Call	1	2	3
1. Boys Long Jump Relay				
2. Girls Softball Throw Relay				
3. Boys Shot Put Relay				

Event	Call	1	2	3
4. Girls Long Jump Relay				
5. Boys Softball Throw Relay				
6. Girls Shot Put Relay				

4th & 5th Grade Running Events 9:15 AM Saturdays- 12:30PM Sundays

Event	Call	1	2	3
7. Girls 800 M Relay				
8. Boys 800 M Relay				
9. Girls 400 M Relay				
10. Boys 400 M Relay				
11. Girls 200 M Shuttle Relay				

Event	Call	1	2	3
12. Boys 200 M Shuttle Relay				
13. Girls 800 M Sprint Medly Relay				
14. Girls 800 M Sprint Medly Relay				
15. Girls 1600 M Distance Medly Relay				
16. Boys 1600 M Distance Medly Relay				

Varsity & Reserve Field Events 11:00 AM Saturdays - 2:00PM Sundays * = Start at 10:00AM Saturdays- 1:00PM Sundays

Group I	Event	Call	1	2	3
17.&18.	Reserve & Varsity Girls High Jump Relay*	10AM start			
19.	Varsity Boys Discus Relay*	10AM start			
20.	Varsity Boys Thrower's Relay				
21.	Varsity Girls Shot Put Relay				
22.	Varsity Girls Long Jump Relay				

Group III	Event	Call	1	2	3
27.&28.	Reserve & Varsity Boys High Jump Relay				
29.	Varsity Girls Discus Relay				
30.	Varsity Girls Thrower's Relay				
31.	Varsity Boys Shot Put Relay				
32.	Varsity Boys Long Jump Relay				

Group II

23.	Reserve Girls Shot Put Relay				
24.	Reserve Girls Thrower's Relay				
25.	Reserve Boys Discus Relay				
26.	Reserve Boys Long Jump Relay				

Group IV

33.	Reserve Boys Shot Put Relay				
34.	Reserve Boys Thrower's Relay				
35.	Reserve Girls Discus Relay				
36.	Reserve Girls Long Jump Relay				

Varsity & Reserve Running Events 12:00 Noon Saturdays-3:00PM Sundays

Event	Call	1	2	3
37. Reserve Girls Shuttle Hurdle Relay				
38. Varsity Girls Shuttle Hurdle Relay				
39. Reserve Boys Shuttle Hurdle Relay				
40. Varsity Boys Shuttle Hurdle Relay				
41. Reserve Girls Sprint Medley Relay				
42. Varsity Girls Sprint Medley Relay				
43. Reserve Boys Sprint Medley Relay				
44. Varsity Boys Sprint Medley Relay				
45. Reserve Girls 800 M Relay				
46. Varsity Girls 800 M Relay				
47. Reserve Boys 800 M Relay				
48. Varsity Boys 800 M Relay				

Event	Call	1	2	3
49. Reserve Girls Distance Medley Relay				
50. Varsity Girls Distance Medley Relay				
51. Reserve Boys Distance Medley Relay				
52. Varsity Boys Distance Medley Relay				
53. Reserve Girls 400 M Relay				
54. Varsity Girls 400 M Relay				
55. Reserve Boys 400 M Relay				
56. Varsity Boys 400 M Relay				
57. Reserve Girls 1600 M Relay				
58. Varsity Girls 1600 M Relay				
59. Reserve Boys 1600 M Relay				
60. Varsity Boys 1600 M Relay				

800 M SPRINT MEDLEY- 100-100-200-400

1600 M DISTANCE MEDLEY- 200-200-400-800

1600 METER RELAY 400-400-400-400

400 METER RELAY 100-100-100-100

800 METER RELAY 200-200-200-200

RESERVE GIRLS SHUTTLE HURDLES 4X55

VARSITY GIRLS & RESERVE BOYS SHUTTLE HURDLES 4X100

VARSITY BOYS SHUTTLE HURDLES 4X110