

## **Instruction**

### ***Extra-Curricular Activities***

The principal has the ultimate responsibility for all extra-curricular school activities. The immediate supervision of an activity may be delegated to qualified staff members or competent adults. A job description shall be written to provide the parameters of this delegation. Parents and other adults who serve as coaches, moderators, and chaperones are accountable to the principal in all activities that are school based.

The pastor has the ultimate responsibility for all extra-curricular activities in parish-based programs. The immediate supervision of an activity may be delegated by the pastor to a qualified staff member or other adult; A job description shall be written to provide the parameters of this delegation. Parents and other adults who serve as coaches, moderators and chaperones are accountable to the pastor or his delegate in all activities that are parish-based.

It is suggested that pastors confirm/approve all candidates to the local athletic boards before elections/appointments take place.

## Instruction

### *Extra-Curricular Activities*

The activity offerings shall be of sufficient variety and number to meet the wide range of interests and needs of the students.

Extra-Curricular activities include but are not limited to:

Academic clubs	Debate
Athletics	Forensics
Band	Hobby Clubs
Cheerleading	Social events
Chorus	Educational trips
Computer Club	School Newspaper
Student Council	

The schools shall use the many available community facilities in planning extra-curricular programs that meet home and community needs.

The goal for each student shall be a balanced program of appropriate academic studies and activities to be determined by the school, the parents and the student.

To prevent the enthusiastic from over-emphasizing activities at the cost of their academic performance a proper balance shall be maintained. Guidance is necessary to encourage the nonparticipants who need activities.

The principals, or their delegated representatives, should plan extra-curricular activities best suited to the needs of the students. Parents and other staff members should be consulted in determining the type and range of activities offered.

Student participation in extra-curricular activities shall be encouraged with the welfare of the individual child being the final determinant

Eligibility requirements for participation in extra-curricular activities shall be determined by school administration after consultation with staff members and appropriate committees. Established eligibility requirements shall apply equally to all extra-curricular activities.

## **Instruction**

### *Athletics*

Interscholastic athletics can be of value as a supportive element to the total education process. This process concerns the total person, the person's growth as an individual - spiritually, mentally, emotionally, physically, and socially.

Athletics should provide:

1. A learning experience.
2. A positive base for Christian development.
3. An understanding of competition, emphasizing sportsmanship and teamwork.
4. An opportunity for all participants to develop and share knowledge and skills appropriate to their level.
5. The interscholastic athletic program should be looked upon as the pinnacle and not the foundation of a school's physical education endeavors. A school should provide, first a program of physical education for all children, second an intramural sports program for all who desire some participation in competitive sports, and finally an athletic program of competition in the skill sports.

## **Instruction**

### *Athletics*

#### **Philosophy**

A school/parish athletic program must take into account the ever changing society we live in today. Athletics have taken on a glamorized existence of their own. Our elementary student athletes are being trained at earlier ages than ever before. They are often pushed beyond the capabilities of their maturing bodies. Beyond the physical demands, one must also look at the increasing mental strain being placed upon them. A new flood of research documenting the damage being done to our children and youth is being published daily, not to mention a whole new field of law which is dedicated to sports, its injuries and their prevention.

The Catholic Schools and Parishes recognize the broader focus of sports programs which have gotten out of control. Catholic Schools and Parishes strongly believe the primary purpose of a school is to offer instruction in basic knowledge. Wisconsin statute 118.165 states a private school "provides a sequentially progressive curriculum of fundamental instruction in reading, language arts, mathematics, social studies, science and health." In a Catholic school and parish program religious education has a prime instructional role. Additionally, supplementing the education process is a program of extracurricular activities. Such activities play an important but secondary role in the education of our children and youth. Among such activities are athletics, drama, and forensics. These activities hopefully utilize and develop further the skills being taught in the classrooms. In addition, the development of physical skills exceed those which can be learned in the classroom. Therefore, while extracurricular activities play a very significant role, they can not be a substitute for primary skills.

The Catholic school and parish athletic programs offer an opportunity for young people to associate with dedicated adults who not only foster the development of athletic skills but also serve as role models of Christian living. The true goals of athletic competition are sportsmanship, leadership, and team play which develop physical skills. The Church is working diligently to protect our children and youth against exploitation by overzealous adults who wish to transform an activity of "enjoyment" into an area of "professionalism." The "win at all cost" philosophy will not be tolerated. Over-working the participants in practice not only lends itself to physical strain and a higher probability of injury but to mental exhaustion as well.

The Catholic schools and parish sports programs call for responsible control and limitation of the time and energy expended on extracurricular activities. This purpose imposes on the administrators and directors of Catholic schools and parishes the obligation to select and prepare adults who will fit the needs as role models for our youth

## Instruction

### *Athletics*

#### **General Regulations: Elementary Schools and Parish Based Programs**

1. No elementary school student may participate in any phase of a formal high school (grades 9-12) athletic program. This includes practice sessions.
2. The following 7 sports are regulated by the Archdiocese in their own season only:

Baseball  
Basketball  
Football  
Soccer  
Softball  
Track  
Volleyball

The sport seasons are defined as follows:

- |                    |  |
|--------------------|--|
| a. Fall season =   | Football: August 15 - October 31<br>Soccer: August 15 - October 31<br>Volleyball: August 15 - November 7 |
| b. Winter season = | Basketball: November 1 - March 31<br>Volleyball: November 16 - March 31                                  |
| c. Spring season = | April 1 - End of School Year<br>Soccer, Baseball, Softball, Track  |

All practices and games (independent, league and tournament) must take place during the defined sport season. This prohibits all schools and parishes from providing coaches, equipment, school/parish names, liability insurance, and practice and/or game facilities to their school/parish based teams to continue play during the summer in leagues or tournaments in any sport regulated by the Archdiocese. This includes any organized activity such as practices, drills, scrimmages, games, etc.

A game is defined as competitive play between two teams of different schools during which time and score are kept. A scrimmage is defined as play between two teams of different schools during which no time or score is kept and during which coaches may interrupt action to give coaching advice. To compete/play is defined as participation in any practice, tryout, game or scrimmage under the supervision of a coach.

**Tryouts and Scrimmages are considered a practice.**

3. A student-athlete may compete concurrently in only one sport, on only one team in the same sport, and in only one league during the sport season. **No dual participation in the same sport is permitted.** For example, a student-athlete on a parish-based basketball team who attends a public school may not play on the parish basketball team and the public school basketball team concurrently. For another example, a student-athlete may not play on a school/parish volleyball team and another volleyball team such as a select, all-star, club, tournament, AAU or recreation league team at the same time during the season. Participation in sports not governed by the Archdiocese, such as swimming, gymnastics, hockey, etc., are not subject to this regulation.

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Archdiocese of Milwaukee

Rules approved: 5-14-82  
5/6/1997  
5/8/1998      5/7/2002  
5/4/1999  
5/1/2001

## **Instruction**

### *Athletics*

#### **General Regulations: Elementary Schools and Parish Based Programs**

4. Combining teams from 2 or more schools/parishes is allowed only if there is a shortage of players at a specific grade, and only after all internal options have been exhausted.

Written authorization from each pastor/principal of the respective parishes/schools, which are in reasonably close geographical proximity to one another, is needed to field a combined team. Merged teams must have league approval to compete in their respective league. Form 6145.2g should be used to request approval of the combined teams.

5. Only teams comprised of players representing a single school/parish or an authorized combined school/parish and in existence as a team during the entire sport season are eligible to participate in school or parish sponsored tournaments. Select all-star, club or AAU type teams should not be allowed to participate in these tournaments.
6. Official player rosters with a place for the verification signatures of the pastor and/or principal, athletic coordinator and coach are to be utilized for all league and tournament play.
7. A parish-based team is a team composed of children enrolled in the Catholic school or the religious education program. Participation on a parish-based team requires:
  - a. The parent(s)/guardian must be registered members of the parish/school;
  - b. The student must:
    - 1) attend the parish school; or
    - 2) attend the parish religious education classes regularly.
8. A school-based team is a team composed of only students attending a Catholic school. Participation on a school-based team requires:
  - a. The parent(s)/guardian must be registered members of the parish/school;
  - b. The student must attend the parish school.
9. Requirements for participation apply equally to students in the parish school and in the religious education program. Eligibility to compete will be determined by the students' academic record, effort, attendance and conduct in school (whether Catholic or public), and in religious education classes. Determination of such eligibility criteria will be made by parish and school administration after consultation with staff members and appropriate committees. Written criteria and process shall be published in the parent/student handbook and other forms of communication.
10. Local administrators and athletic associations shall create policies that provide for participation by all team members in each game.

## **Instruction**

### *Athletics*

#### **General Regulations: Elementary Schools and Parish Based Programs**

11. A team's entire competitive season must be completed before any member of that team may begin participation in another sport. This restriction applies to practices as well as games or matches.

EXAMPLE: A player participating with the football or soccer team must complete the entire football or soccer season before participating in any practices, games, matches, scrimmages, etc. for another sport ... such as basketball or volleyball.

12. Competitive athletic programs are to be limited to grades 5, 6, 7, and 8. A student is eligible only to compete for four years, one year at each of his/her grade level of school. Students must play at their own grade level, unless classes are combined to form one team.
13. There is to be no practice nor competition without competent adult supervision. An adult is a person who is 21 years of age.
14. There is to be no practice nor competition during the hours the involved student's school or religious education classes are in session.
15. Travel to games must be kept to a reasonable distance especially on days preceding a school day. Therefore, games scheduled at later evening hours are discouraged on days preceding school days. The player's health and education must be safeguarded by the school.
16. No student may participate in any phase of a school/parish sponsored interscholastic athletic program without a physical examination by a licensed physician every two years.
17. Players must have health insurance; parishes, schools and the archdiocese do not provide such insurance.
18. Schools, parishes and leagues are responsible to insure that appropriate first aid supplies, other medical equipment and an accessible telephone are available at all practices and games.
19. Title IX of the Civil Rights Act requires that equal opportunity be provided to both sexes to participate in athletics. It requires that all physical education classes be coeducational, however, it allows separation during the participation in contact sports and explicitly permits grouping of students by ability.
20. Leagues or conferences provide a structure that helps to make athletic programs more effective. It is recommended that all teams belong to a league or conference. If possible, the league or conference should be organized on an area-wide or geographical basis.
21. Each league or conference should have a Board of Control to establish game rules, procedures, and discipline within the league or conference which are in compliance with Archdiocesan policy and regulations.

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Archdiocese of Milwaukee

Rules approved: 5-14-82

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5/8/1998      5/7/2002

5/4/1999

5/1/2001

## **Instruction**

### *Athletics*

#### **General Regulations: Elementary Schools and Parish Based Programs**

- a. Board membership can and should consist of principals, athletic directors, coaches and/or other qualified persons.
  - b. The Board of Control shall establish specific regulations for each sport in conformity with the policies and regulations of the Archdiocese. It is strongly recommended each league develop, with its members, a code of conduct for players, coaches and fans.
  - c. The Chairperson of the Board of Control shall act as the executive officer of the league or conference.
  - d. The Board of Control shall establish schedules for each sport at the beginning of the sport season. Such schedules shall include the time of the events.
  - d. The chairperson of each league's Board of Control shall communicate all schedules, rules, changes, etc. to the appropriate parish and/or school administrators, and to the Associate Director for Student Services.
  - e. League members are entitled to one vote per school/parish.
22. Coaches provide a very worthy service to a school. They must remember that they play an important part in the development of the student-athletes under their charge. Coaches must conduct themselves as Christians at all times. They must not interfere with or impede, and must cooperate with the school's educational program. Imprudent actions on the part of the coaches are subject to disciplinary action by the principal/pastor and the league Board of Control.
23. All coaches shall be certified.
- a. The training programs for certification shall include:
    1. A basic or core preparation in the Catholic/Christian philosophy of coaching, risk management, and the prevention and treatment of injuries. Two clock hours (minimum).
    2. Training in the specific sport to include rules, practice organization, skill development and coaching behavior. Three clock hours (minimum).
  - b. The basic or core preparation is required prior to assuming coaching duties. Completion of remaining requirements shall be accomplished within two years of the inception of coaching duties.
  - c. Certification extends for five years upon completion of the five hours minimum requirement. Renewal of certification is dependent upon completion of a minimum training of three clock hours.

## **Instruction**

### *Athletics*

#### **General Regulations: Elementary Schools and Parish Based Programs**

- d. The local pastor/principal shall be accountable for monitoring coaches and maintaining certification records. The record keeping may be delegated by the pastor/principal.
  - e. Initially, an active coach may include training sessions from July 1, 1992 to June 30, 1995.
  - f. Annually all employees and volunteers shall receive training in the treatment of Bloodborne Pathogens.
  - g. Archdiocesan policies related to criminal background checks are the responsibility of the pastor/principals. Starting July 1, 1999, in compliance with a new state law, all coaches and athletic personnel must have an initial criminal background check and a subsequent review every four years
24. The official playing rules used for each sport shall be those published by the National Federation of State High School Associations. Adaptations and/or exceptions to these rules may be granted -- upon request of a league or conference -- by the Archdiocesan School Office.
25. Appropriate sanctions shall be applied toward teams and/or individuals not in compliance with Archdiocesan policies and regulations relating to athletics.

Sanctions to be considered include, but are not limited to:

- a. Non-participation in leagues.
- b. Forfeiture of games.
- c. Removal of parish/school endorsement, use of parish/school name, logo, insignia, team name, and use of physical facilities and equipment.
- d. Loss of funds raised in the name of parish/school athletics.
- e. Loss of liability coverage under the Archdiocesan insurance.
- f. Removal from positions of responsibility within the parish/school athletic structure.
- g. Declaration of player ineligibility in league games and parish, school or diocesan-wide tournaments.
- h. Declaration of team ineligibility in league games and parish, school, or diocesan-wide tournaments.

## **Instruction**

### *Athletics*

#### **General Regulations: Elementary Schools and Parish Based Programs**

26. In keeping with the Archdiocesan Code of Conduct for priests, deacons and lay ministers, the presence and/or consumption of alcoholic beverages is forbidden at an athletic event where children or youth are present.
27. A student who participates in a parish or school (either parochial, private or public) interscholastic athletic program is ineligible to participate in the interscholastic athletic program of another parish/school for one (1) calendar year from the date of registration with the new parish unless there is a change in the primary place of residence of that student's parents or guardian.

A student participates in an interscholastic athletic program when he or she plays, practices, tries out or submits written permission to compete.

During the one (1) year period of ineligibility, the student must attend the new parish school or religious education classes. The Archdiocesan Youth Athletic Advisory Board may waive this rule if it is clearly demonstrated that a transfer was not athletically motivated. Whenever possible, a recommendation will be sought from the appropriate league board of control regarding the final decision.

28. No sanctioned or organized athletic activities, including league or tournament games, practices, tryouts and scrimmages, involving elementary school and parish teams, may take place on Sundays before 12:00 noon.
29. All teams from non-Catholic institutions that participate in Catholic leagues must abide by the policies and regulations for Athletics of the Archdiocese of Milwaukee. Non-Catholic teams playing in Catholic sponsored leagues or tournaments, must also provide a certificate of insurance guaranteeing adequate, comparable liability coverage for their team for the dates of participation in league and/or tournament play. It is the responsibility of the individual leagues and the parish/school sponsoring a tournament to inform the non-Catholic institutions of this requirement..

**ARCHDIOCESE OF MILWAUKEE**  
**Medical Information & Emergency Consent Form**

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Parent / Legal Guardian \_\_\_\_\_

Address \_\_\_\_\_

Employer \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

**MEDICAL INFORMATION:**

Family Physician: \_\_\_\_\_ Phone \_\_\_\_\_

Group / Address \_\_\_\_\_

Hospital of preference: \_\_\_\_\_

Insurance Info: Subscriber: \_\_\_\_\_ Group #: \_\_\_\_\_

Policy #: \_\_\_\_\_ Company: \_\_\_\_\_

Medical problems: \_\_\_\_\_

Allergies: \_\_\_\_\_

In the event of an injury or illness I/we grant permission to any and all health care providers designated by \_\_\_\_\_ to provide my/our child \_\_\_\_\_

any and all necessary medical care related to the injury or illness. I/we further understand I/we will be contacted as soon as practical as to the medical emergency and be provided with all necessary information related to the medical emergency.

Signed this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_\_

\_\_\_\_\_  
Parent / Legal Guardian

\_\_\_\_\_  
Parent / Legal Guardian

**ARCHDIOCESE OF MILWAUKEE**

**Parent's and/or Legal Guardians**

**Risk Acknowledgement and Consent to Participate Form**

Participant \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Grade \_\_\_\_\_

Name(s) and Address(s) for Parent/Guardian

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My/our child wishes to participate in the sport of \_\_\_\_\_

during the \_\_\_\_\_ (season) of \_\_\_\_\_ (year).

I/We realize that there are numerous risks involved in participating in the sport of \_\_\_\_\_ . These risks could involve (but are not limited to): sprains, contusions, broken bones, lacerations, concussions, permanent disability, internal injuries, paralysis and possibly death. These risks could impair my/our child's future abilities to earn a living, engage in business, social, and recreational activities and to generally enjoy life. We have been informed about the various risks associated with our child's participation in \_\_\_\_\_ and the potential injuries that may occur.

I/We assume all responsibility and certify my/our child is in good physical condition and has undergone a sports physical in the past two years. Further, I/we are unaware of any medical condition that would inhibit my/our child's participation.

As a condition of our child's voluntary participation in \_\_\_\_\_, I/we agree to accept all the previously mentioned risks as a condition of my/our child's participation.

Date: \_\_\_\_\_

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Parent/Legal Guardian

**ARCHDIOCESE OF MILWAUKEE - PHYSICAL EXAMINATION**  
**FORM - ELEMENTARY SCHOOL INTERSCHOLASTIC**  
**ATHLETICS - BOYS AND GIRLS**

\*Approval for two years of competition. Examination cannot be taken before May 1st.

Student's Name: \_\_\_\_\_  
Last Middle Initial First

Place of Birth (City, St.) \_\_\_\_\_ Age: \_\_\_\_\_ Sex \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Grade \_\_\_\_\_ School: \_\_\_\_\_ City: \_\_\_\_\_

The above named student has been examined and there are no apparent restrictions to participating in interscholastic athletic activities except as follows:

Sports or school activities in which this student cannot participate are (if none - write NONE):

\_\_\_\_\_  
\_\_\_\_\_

\*If approved for only one year of competition, check here. \_\_\_\_\_

Signature of Licensed Physician or Surgeon: \_\_\_\_\_  
(print or type)

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date of Examination: \_\_\_\_\_

ALL BOYS AND GIRLS PARTICIPATING IN INTERSCHOLASTIC ATHLETICS MUST HAVE THIS FORM ON FILE AT THEIR SCHOOL/PARISH, PRIOR TO PRACTICE OR PARTICIPATION.

**ARCHDIOCESE OF MILWAUKEE**  
**COACHES AGREEMENT**

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

\_\_\_\_\_ Social Sec. Number \_\_\_\_\_

Employer: \_\_\_\_\_ Work phone: \_\_\_\_\_

Coaching Experience:	Sport(s):	Dates:
	_____	_____
	_____	_____
	_____	_____

Have you been certified as a coach or referee in any sport? \_\_\_\_\_  
if yes, what? \_\_\_\_\_  
when? \_\_\_\_\_ Is certification current? \_\_\_\_\_

Have you undertaken a "coaching" seminar or course? \_\_\_\_\_  
if yes, where & when: \_\_\_\_\_  
\_\_\_\_\_

Do you have medical training or have you taken a course in sports-related injuries? \_\_\_\_\_  
certification(s): \_\_\_\_\_

Do you maintain a valid Wis. Drivers license? \_\_\_\_\_  
license #: \_\_\_\_\_

Have you incurred any traffic citations in the last three years? \_\_\_\_\_  
if yes, what & when: \_\_\_\_\_  
\_\_\_\_\_

Have you ever been convicted of, or pled guilty, or nolo contendere to, an offense, (including felony, misdemeanor or municipal ordinance) or are you now subject to a pending criminal charge?  
\_\_\_ Yes \_\_\_ No If yes, describe in detail on a separate piece of paper.

I \_\_\_\_\_ wish to participate in the sport of \_\_\_\_\_  
\_\_\_\_\_ as a coach or coaches' assistant. I have reviewed the Archdiocesan rules and regulations for the previously mentioned sport and agree to abide by them. I further acknowledge that participation in sports is secondary to classroom work and that the primary goal of sporting activities is to educate the participants on the rules of the game, good sportsmanship, team work, and most importantly, that winning isn't "everything".

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**ARCHDIOCESE OF MILWAUKEE**  
**Athletic Regulation Complaint Form**  
**Policies & Regulations 6145-6145.28**

Complaints regarding non-compliance of athletic regulations must be made in writing within 10 business days of knowledge of the incident. Complaints must be on the standard Archdiocesan form, made to the local school/parish or league level first. All responses to complaints must be finalized and written within 10 business days upon receipt of complaint.

At the local level the school/parish addresses the issue and takes action/imposes sanction as appropriate.

At the league level, the League/Conference addresses complaints referred to it and imparts appropriate sanction. Local school/parish, league members, the Archdiocesan office, and the complainant will be notified upon resolution.

Only when resolution of a complaint cannot be reached at the school/parish level or the league level will the complaint be accepted by the Archdiocese. Archdiocesan officials, upon consultation with the Sanctions Committee of the Youth Athletic Advisory Board, will review the complaint issue and apply appropriate sanctions. School/parish officials, league officials, and the complainant will be notified upon resolution.

Policy/Regulation Number (If Known) \_\_\_\_\_

Complaint/Violation (Please Describe)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Person/Team Involved \_\_\_\_\_

Grade \_\_\_\_\_ Sport \_\_\_\_\_ League \_\_\_\_\_

School/Parish \_\_\_\_\_ City/Town \_\_\_\_\_

Address \_\_\_\_\_

Place of Violation \_\_\_\_\_ Time/Date \_\_\_\_\_

Date of Filing \_\_\_\_\_

**ARCHDIOCESE OF MILWAUKEE**  
**Athletic Regulation Complaint Form**  
**Policies & Regulations 6145-6145.28**

Submitted by:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Position \_\_\_\_\_

School/Parish \_\_\_\_\_

Address \_\_\_\_\_ City/Town \_\_\_\_\_ Zip \_\_\_\_\_

Resolution of Complaint

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\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

Copies Sent to:

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### Team Merger Request

Date \_\_\_\_\_

This letter is to confirm our request to have an official merger of our teams because of a shortage of players, in order to participate in the \_\_\_\_\_ league. We have completed the checklist locally and have secured the necessary approvals for this merger.

Sport \_\_\_\_\_ Season/Year \_\_\_\_\_

Grade Level \_\_\_\_\_ Boys \_\_\_\_\_ Girls \_\_\_\_\_

Schools/Parishes Involved:

\_\_\_\_\_  
\_\_\_\_\_

Check List	Yes	No	Not Applicable
The principals of all schools are in agreement			
The pastors of all parishes are in agreement			
The athletic directors/coordinators are in agreement			
The parishes are geographically compatible.			
All children in the affected grade(s) have been and will be allowed to			

\* Any Special Circumstances? Please Explain: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Pastor Parish

\_\_\_\_\_  
Pastor Parish

\_\_\_\_\_  
Principal School

\_\_\_\_\_  
Principal School

\_\_\_\_\_  
League Approval Date

This form is to be sent to the appropriate contact person of the athletic league with which the schools/parishes are affiliated. A copy of the form should also be sent to:  
W. Scott Weyda, Archdiocese of Milwaukee, Office for Schools, 3501 S. Lake Dr., Milwaukee WI 53207

**Instruction**

*Interscholastic Athletics*

**Secondary Schools**

The secondary schools shall abide by the regulations of the Conference of which they are a member.

**Instruction*****Interscholastic Athletics: Elementary Schools*****Baseball**

## Specific Regulations

1. Teams are limited to playing in only one league during the season. (see R6145.2,#3)
2. There must be a minimum of four practice sessions on separate days before the opening game of the season. No inter-school scrimmages or practice games are allowed during this period.
3. No team shall be scheduled for more than 18 games (student as well as school) during the season.
4. A player shall be required to take two calendar days of rest (as pitcher) after pitching a total of seven innings over any three day period unless the additional innings provision applies. The latter provision allows a player to pitch three additional consecutive innings, or total of ten over a three day period, but only if these additional innings occur during the extra inning period of a game and if they directly follow the pitcher's personal seventh inning. Pitching only one ball to one batter or issuing an intentional walk shall constitute one inning on the pitcher's record. This rule shall apply even though a game is called (ended) by the umpire because of darkness, rain, or some other factor before it has become an official contest. Violation of this rule, which applies to season play, shall result in automatic forfeiture of the game in which it took place.

## **Instruction**

### ***Interscholastic Athletics: Elementary Schools***

#### **Basketball**

##### Specific Regulations

1. Teams are limited to playing in only one league during the season (see R6145.2#3)
2. There must be a minimum of four practice sessions on separate days before the opening game of the season.
3. Basketball leagues may not begin play until after Thanksgiving.
4. There must be at least three practice sessions on separate days before the first scrimmage with no more than two inter-school scrimmages allowed before the first game.
5. Fifth and sixth grade teams may be scheduled for a maximum of 2 practices per week, each being no more than 1-1/2 hours in length. Seventh and eighth grade teams may be scheduled for a maximum of 2 practices per week, each being no more than 2 hours in length.
6. Fifth and Sixth grade team may play a maximum of 12 games and participate in three tournaments.
7. Seventh and Eighth grade team may play a maximum of 14 games and participate in four tournaments. (Not counting the Padre Sierra basketball Tournament.)
8. Teams may participate in pre-season, mid-season (holiday), or post-season tournaments. No tournament may schedule a team for, nor may any team participate in, more than five games per tournament.
9. The maximum length of the quarters of any game shall be six minutes.
10. A team may not play more than three games in any one week (exception: the weeks of the midseason or postseason tournaments). A team may not play more than two games in one day; a minimum of two hours of rest must be provided between games.

## **Instruction**

### ***Interscholastic Athletics: Elementary Schools***

#### **Football**

##### Specific Regulations

1. Teams are limited to playing in only one league during the season (see R6145.2, #3).
2. There shall be at least ten individual practice sessions on separate days before the first regularly scheduled game and the first three days of practice shall be conducted without protective equipment for conditioning purposes.
3. From August 15th until the official first day of school, 5th and 6th grade teams may have a maximum of four practices per week, each one not to exceed 1½ hours in length. After school begins, 5th and 6th grade teams may have a maximum of three practices per week, each one not to exceed 1½ hours in length.
4. From August 15th until the official first day of school, 7th and 8th grade teams may have a maximum of four practices per week, each one not to exceed 2 hours in length. After school begins, 7th and 8th grade teams may have a maximum of the practices three practices per week, each one not to exceed 2 hours in length.
5. Not more than one inter-school scrimmage is permitted prior to the first regularly scheduled game; seven separate days of practice must precede the first scrimmage. The scrimmage and the first regularly scheduled game must be conducted at least three days (72 hours) apart.
6. No team may be scheduled for more than nine games and no game may be scheduled until at least the fourth day following the previously scheduled game (Example: Friday to Tuesday or Saturday to Wednesday.)
7. The maximum length of the quarters of any game shall be eight minutes.
8. It is recommended that a physician, EMT or certified athletic trainer be present during all games.

## **Instruction**

### ***Interscholastic Athletics: Elementary Schools***

#### **Soccer**

##### Specific Regulations

1. Teams are limited to playing in only one league during the season (see R6145.2, #3).
2. There must be a minimum of four practice sessions on separate days before the opening game of the season.
3. There must be at least three practice sessions on separate days before the first scrimmage with no more than two scrimmages allowed before the first game.
4. Fifth and sixth grade teams may be scheduled for a maximum of 2 practices per week, each being no more than 1-1/2 hours in length. Seventh and eighth grade teams may be scheduled for a maximum of 2 practices per week, each being no more than 2 hours in length.
5. No team shall be scheduled for more than 12 games during the season -- exclusive of tournament participation.
6. Teams may participate in preseason, midseason, or postseason tournaments subject to the following limitations:
  - 5th grade teams - limited to participation in two tournaments
  - 6th grade teams - limited to participation in two tournaments
  - 7th grade teams - limited to participation in three tournaments
  - 8th grade teams - limited to participation in three tournaments

## **Instruction**

### ***Interscholastic Athletics: Elementary Schools***

#### **Softball**

##### Specific Regulations

1. Teams are limited to playing in only ONE league during the season (see R6145.2#3)
2. There must be at least three practice sessions on separate days before the opening game of the season.
3. There must be at least three practice sessions on separate days before the first scrimmage with no more than two scrimmages allowed before the first game.
4. Fifth and sixth grade teams may be scheduled for a maximum of 2 practices per week, each being no more than 1-1/2 hours in length. Seventh and eighth grade teams may be scheduled for a maximum of 2 practices per week, each being no more than 2 hours in length.
5. No team shall be scheduled for more than 16 games during the season.

## **Instruction**

### ***Interscholastic Athletics: Elementary Schools***

#### **Track**

##### Specific Regulations

1. There shall be at least four individual practice sessions on separate days before the first regularly scheduled meet.
2. There must be at least three practice sessions on separate days before the first practice meet with no more than one practice meet allowed before the first scheduled inter-school meet.
3. Teams may be scheduled for a maximum of 2 practices per week, each being no more than 2 hours in length.
4. No team may be scheduled for more than 10 meets.

## **Instruction**

### ***Interscholastic Athletics: Elementary Schools***

#### **Volleyball**

##### Specific Regulations

1. Teams are limited to playing in only one league during the season (see R6145.2,#3).
2. There must be a minimum of four practice sessions on separate days before the opening match of the season.
3. Fifth and sixth grade teams may be scheduled for a maximum of 2 practices per week, each being no more than 1-1/2 hours in length. Seventh and eighth grade teams may be scheduled for a maximum of 2 practices per week, each being no more than 2 hours in length.
4. No team shall be scheduled for more than 18 matches during the season -- exclusive of tournament participation.
5. Teams may participate in preseason, midseason, or postseason tournaments subject to the following limitations:
  - 5th grade team - limited to participation in two tournaments
  - 6th grade team - limited to participation in two tournaments
  - 7th grade team - limited to participation in three tournaments
  - 8th grade team - limited to participation in three tournaments
6. A "match" shall consist of three "games" or the "best two out of three games."

## **Instruction**

### ***Elementary Schools***

#### **Cheerleading**

##### Specific Regulations

1. Pupils in grades 5, 6, 7, and 8 shall be eligible to participate in cheerleading.
2. Cheerleading is classified as an activity, and as such is subject to the authority and supervision of the school principal. Where a pupil chooses to play a competitive sport and be a cheerleader, close communication should be maintained between teachers, parents, coaches and cheerleader advisors as to the appropriate amount of time that should be spent at practices, games, competition, etc. so that sufficient time can be given to homework and family responsibilities.
3. No cheerleading team may use pyramids in any routine. According to the WIAA, a pyramid is defined as "any formation in which a person(s) is supported in whole or in part by another person(s) who is not in contact with the floor". In addition, standing shoulder mounts are not permitted; sitting shoulder mounts are permitted. Basket tosses and similar high-risk maneuvers also are not allowed. The insurance carrier has been advised of these rules, and coverage may not be in effect if these rules are violated.
4. Provision may be made by the school to provide an alternative activity, such as a pom-pom team, for those pupils who are not participating in cheerleading.
5. Cheerleaders must abide by the following specific rules as found in General Regulation 6145.2: #1,7,8,9,12,13,14 and 16.