



Tryout/Practice Guidelines

Last Revised on August 08, 2022

Tryouts

- A parish/school may hold tryouts beginning 2 weeks prior to the date practices may officially start for a given sport.
 - Fall Sports Exception – parish/schools can choose to hold tryouts in May and August. In this case, athletes are still restricted to a maximum of three tryouts.
 - Spring Sports Exception - tryouts may begin on March 1st.
- Each tryout session is to be no more than 2 hours in duration.
- An athlete cannot attend more than 3 tryout sessions per sport.
- Tryouts are for the sole purpose of assignment to a division/team. In situations where a parish/school will only field one team in a given level/gender/sport, no tryout is permitted. Parishes/Schools that do field multiple teams may not use tryout sessions to begin team practice and training.
- Tryout means running drills or having scrimmages to determine the team on which an individual should be placed. While coaches can put in routine plays to gauge sport acumen they cannot be asking athletes to understand all plays.
- Athletes currently participating in an in-season sport are generally not permitted to try out for the sport in the next season. Exceptions are:
 - AAP/ADs are responsible for coordinating with coaches of ongoing seasons to ensure no athlete participating in a current sport misses any practices/games for a tryout.
 - Weekends where a reasonable amount of rest time between activities can exist.
- All athletes MUST be properly affiliated with the parish/school that they are planning to try out for BEFORE they are permitted to participate in any tryout.
 - It is the Sport coordinator and AAP/AD responsibility to ensure this rule is followed.
 - In the event a fall sport has tryouts in the previous Athletic Program year (in the spring), the AAP/AD must confirm proper eligibility (student, parish/religious ed member, etc)

Conditioning Drills - Football/Soccer

- Conditioning drills for football and soccer will be permitted from the 3rd Monday in June through the 1st Friday in August.
- Participation from all athletes must be voluntary.
- The parent/guardian must complete CYM Form A prior to the athlete participating in conditioning drills. Form A should be turned in to the head coach.
- Drills are to be no more than 2 nights per week and no more than 90 minutes in duration.

- Coaches are to monitor players for heat-related symptoms.
- Equipment: cones, bags or other items for agility drills and wind-resistant equipment are permitted. No footballs or soccer balls are permitted on the field, near the field or visible in the immediate area where conditioning drills are taking place.
- Coaches/teams may not run plays or demonstrate tackling/blocking drills or techniques.
- Coaches/volunteer adults are not permitted to discuss with players or parents any eligibility for participating with the parish/school conducting the conditioning drills. These questions must be immediately referred to the CYM Office.
- Athletes should be properly affiliated with their parish/school on the CYM website before participating in any conditioning drills. All athletes, parents and coaches should understand that participating in one parish/school's conditioning drills does not guarantee affiliation. Questions should be directed to the CYM Office.
- Violations of these provisions will result in both JV and Varsity teams of the parish being ruled ineligible for post season playoffs or tournaments for the upcoming season.
- If calls or complaints are received that call into question the parish/school's adherence to the letter or spirit of these rules, the CYM Office may terminate all conditioning drills.

Practices

Subject to any exceptions contained in sport-specific rules, each team is permitted a maximum of 3 practices/scrimmages per week. These sessions are to be a maximum of 2 hours in duration, inclusive of warmups, stretching, water breaks and cool down periods.

Coaches are to monitor players for heat-related ailments or symptoms and provide appropriate and frequent water breaks. For outdoor sports, and indoor sports where no form of climate control is available, only stretches, walk-throughs and blackboard sessions are permitted if:

1. the temperature is above 95 degrees, regardless of humidity;
2. the sum of the temperature and relative humidity equals or exceeds 170.

Parishes/schools are strongly encouraged to have at least one individual present who is certified in CPR and first aid.

Related Policies:

- 9.3** Team practices are not permitted until the first day of each sports season as determined by CYM and as stated below: Fall Sports: 3rd Monday prior to Labor Day; Winter Sports: November 1st; Spring Sports: March 1st ²¹⁸⁶

- 9.3.1** Athletes participating in two sports in the same season are restricted to two hours of practice time per weekday. Exceptions are on the weekends where rest can be sufficiently achieved. ¹⁹³⁰²

9.3.2 Any athlete who is on a roster in any sport may not attend any practices for another sport in a new season until he/she ceases to be a member of the prior season's team or that team's season schedule has been completed. This includes playoffs, but not post season tournaments. (Example - A player participating in soccer after November 1st may not attend a basketball practice until his/her soccer season has been completed.) The athlete can attend a tryout for the new sport provided that the current sport is not practicing on that weekday or that there is sufficient time for rest on a weekend. ²¹⁹⁰

9.3.3 No athlete is to be denied permission to tryout for an upcoming season's team because he/she is still actively participating in a current sport. ¹⁹³⁰³