



C.S.A.L. Rules and Regulation Guidelines

Revised July 2026

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I. CSAL CONFERENCES

The Catholic School Athletic League is divided by region into four conferences: Northshore, WestBank, East Jefferson/City, and East Jefferson/River Parishes. The East Bank school teams will be divided in half by size of school and location to combine with the City and River Parishes schools in order to create 2 different conferences.

Each region (Northshore, City, Westbank, River Parishes, East Jefferson) will have a designated Regional Representative.

II. League Director

One of the 2 CSAL Co-Commissioners will be appointed as the League Director for each sport.

III. CSAL FEES

A. School Conference/Award Fees

Athletic conference and award fees are set by the Archdiocese Associate Director. In August, all Archdiocese schools are provided with an invoice for the fees owed. Fees are payable by November 1st of each year. No exceptions!

B. Security Fees

A security fee will be charged to cover a police detail at both boys and girls divisions of the Championship Tournaments. The total expense will be divided between the teams participating in the tournament. Teams must pay this fee at their first game.

Note: No team will be allowed to play unless their portion of the fee is paid.

IV. PARTICIPATION

All schools in the Archdiocese of New Orleans are strongly encouraged to participate in CSAL sports. Schools do have the option of participating in any other athletic league, however they **MUST** make CSAL competition a priority, committing to the CSAL league before any other leagues.

They **MUST** make CSAL competitions first whenever there is a conflict.

V. SUPERVISION

A. Principal

The principal of each school will be provided with copies of all CSAL Policies & Procedures. They will be kept up-to-date on all athletic correspondence throughout the school year.

B. Faculty Representative

It is strongly encouraged that a school/faculty representative (other than the head coach) be on site for all CSAL events. The representative is responsible for the conduct of the team players, coaches, and spectators. Noncompliant behavior must be reported to the school's Principal and Athletic Director. Complaints will be handled on a case-by-case basis between the school principal and the Co-Commissioners.

C. Athletic Director

Each school that participates in CSAL is responsible for appointing an Athletic Director.

The three main duties of the school level athletic director can be summarized as follows:

1. Serve as the lead coordinator for your school's athletic program, including filing commitment to play forms, submitting rosters, assisting with scheduling of games and practices, reporting scores and results, and being the point of contact for your school in all things related to CSAL.

Athletic Director cont'd....

2. Disperse important information to the school administration as well as any paid or volunteer coaches, players, and parents in a timely manner. Intentionally remind all involved that this is a CATHOLIC league, and sportsmanship and fair play are expected from ALL involved with the athletic program. Lack of implementing Catholic values on and off of the field and/or poor sportsmanship will not be tolerated and could result in disciplinary action as determined by the Associate Superintendent for CSAL and/or the PAC Athletic committee.
3. Oversee the day to day happenings of the athletic program of your school. Keep lines of communication open between your school, the co-commissioners, your coaches and other school's ADs. All communication about athletics for your school will be directed to you and you have the responsibility to pass this along to all those involved in your school's program.

Some specific examples of expectations for the athletic director are:

- Study and be well versed on the Rules and Regulations as they apply to CSAL (Catholic School Athletic League) sports.
- Abide by professional ethics standards established by the CSAL.
- Serve as the point of contact between the CSAL co-commissioners and your school and coaches for all CSAL activities.
- Troubleshoot the day to day operation of your school's athletic program.
- Respond to all parent concerns regarding athletics within 24 hours.
- Respond to all staff concerns and email messages within 24 hours.
- Serve as a liaison between the coaches and school administration.
- Attend athletic meetings including, but not limited to, the CSAL (Catholic School Athletic League).
- Stay up-to-date on the published dates for intended participation in the athletic leagues.
- Assist in assuring that the athletic program meets CSAL regulations.
- Assure that all players and coaches abide by the Code of Conduct as outlined in the CSAL Rules and Regulations guidelines.
- Collect and store the signed copies of the Codes of Conduct sheets for players, parents, and coaches for each CSAL sport.
- Supervise and/or provide supervision for all home competition.
- Be present at as many athletic competitions as possible OR assure that a faculty representative is in attendance.
- Be prepared to assist or assign someone to assist with score keeping or other duties necessary to successfully run the games.
- During the season, report game results to the League Coordinator of that sport.
- Coordinate the scheduling of athletic events in accordance with CSAL guidelines.
- Publish arrival/parking instructions so other ADs can just refer to the document.
- Assist in the selection of coaches for each athletic event.
- Attend try-outs in conjunction with the selection of teams.
- Provide adequate practice and playing facilities.
- Meet with the coaches pre-season and post season
 - Explain to all coaches the Archdiocese policies, procedures, and expectations, and ensure that all coaches comply with said policies, procedures, and expectations.
 - Assure that all coaches study and be well versed on the rules of each sport.
 - Supervise and assist coaches in the completion of rosters, and assure that all forms are signed in compliance with the CSAL Rules and Regulations guidelines.
 - Assure that the proper equipment is available to coaches for each sport.
- Verify player eligibility as outlined in the CSAL Rules and Regulations guidelines.
- Verify that all athletes are academically eligible to compete.
- Ensure that each coach maintains an accurate inventory of athletic uniforms and equipment, and file such inventory with the principal at the conclusion of each season.
- Perform other related duties as assigned by the principal.

D. Assistant Athletic Director

Schools are strongly encouraged to appoint an assistant Athletic Director, whose responsibilities are to assist the Athletic Director in their duties and responsibilities.

Any Athletic Director found to not performing their duties as outlined will be reported to the school principal by the Co-Commissioner. This will be handled on a case-by-case basis.

E. Coaches

The coach is the first point of contact for the school during the game or competition. He or she represents that school and should always act to uphold the mission of that school. Expectations for all CSAL coaches are set higher than most other leagues. CSAL games are much more than just athletics; they are a ministry of the Catholic Church and coaches serve as leaders in this ministry. Inappropriate behavior and language will not be tolerated.

The top priorities of those who coach in the Catholic School Athletic League include:

- Promoting Catholic values and Christian sportsmanship through friendly, athletic competition.
- Keeping all players safe and engaged during practices and games.
- Working with the athletic director to provide all student athletes an opportunity to grow in knowledge and love of the sport.

Coaches must be 21 years of age or older. Coaches who are not 21 years of age **MUST** have an adult (over 21 years of age) with them on the team bench. Absence of an adult supervisor will result in the team forfeiting.

Coaches must be safe environment certified through the Archdiocese of New Orleans in order to work with students at the Catholic schools. Coaches must work with the AD and school staff to ensure that this certification is complete before serving as a coach.

It is not necessary that a coach be a star athlete in his or her own right, but a coach should possess common sense, a basic knowledge of the sport, a grasp of values that sports can give a youngster, and knowledge of a commitment to the Christian values which are the “reason for being” of the program. It is his/her responsibility to use the sport activity to promote the Way, the Truth and the Life of our Lord Jesus Christ.

Some responsibilities of each Coach include:

- Assist the Athletic Director in assuring that the athletic program meets CSAL regulations.
- Study and be well versed on the Rules and Regulations as they apply to CSAL sports.
- Abide by professional ethics and standards as established by the CSAL.
- Assure that all players abide by the Code of Conduct as outlined in the CSAL Rules and Regulations guidelines. These sheets should be explained and signed at the beginning of each season.
- Stay up-to-date on the published dates for intended participation in athletic leagues.
- Attend athletic meetings including, but not limited to, CSAL (Catholic School Athletic League) as requested by the school AD.
- Serve as a liaison between the players, parents, and the Athletic Director.
- Attend try-outs in conjunction with the selection of teams.
- Meet with the Athletic Director and parents pre-season and post season.
- Perform other related duties as assigned by the Athletic Director and/or Principal.
- Assist Athletic Director by:
 - Coordinating the scheduling of athletic events in accordance with CSAL guidelines.
 - Providing availability dates **BEFORE** the scheduling meeting for that sport
 - Identify home site availability for competitions.
 - Identify any conflicting dates with the school calendar.
 - Verifying player eligibility as outlined in the CSAL Rules & Regulations guidelines.
 - Verify that all athletes are academically eligible to compete
 - Complete rosters, assuring all information is correct.
 - Assure that all forms are signed in compliance with the CSAL Rules & Regulations guidelines.
 - During the season, report game results to your Athletic Director.
 - Maintain an accurate inventory of athletic uniforms and equipment per sport, and file such inventory with the Athletic Director.
 - Assist in collecting athletic uniforms and equipment when the sport is completed.
- Coaches are responsible to bring with them to each athletic event:
 - Their team roster (a list of team players including jersey numbers)
 - A game line-up
 - A score book or score sheets
 - Someone to keep score

Coaches cont'd....

Any coach reported to not be performing his/her duties as outlined will be reported to the athletic director and school principal by the Co-Commissioner.

If problems persist with coaches following said duties, CSAL will implement a mandatory coach's meeting in order to "train" coaches on what is expected of them throughout the course of that sport. It will be mandatory for the athletic directors also.

VI. ELIGIBILITY

- A. Participation is open to elementary students up to seventh (7th) grade.
No one above 7th grade are eligible to participate in CSAL Athletics.
- B. Home Schooled and "Virtual" students are not eligible to participate in CSAL Athletics.
- C. Suspended Students
NO suspended student is allowed to play on the day he/she is suspended. It is highly recommended that a student be in school at least a half day to be eligible to participate in a game.
Exception: An extreme circumstance can be waived by the principal.
- D. Boys are not eligible to participate in a Girls' sanctioned sport including, but not limited to: Girls' Volleyball, Girls' Basketball, Girls' Flag Football, Girls' Cabbageball
- E. Girls are not eligible to participate in a Boys' sanctioned sport including, but not limited to: Boys' Basketball, Boys' Volleyball, Boys' Cabbageball
- F. Junior / Senior Teams
 - No player is allowed to participate on both the junior AND senior teams
 - Juniors are allowed to play on a senior team, but may not participate on both teams. Their name may not appear on both the junior and senior team rosters.
 - Schools are allowed to enter more than one junior and/or senior team.

Juniors – 4th, 5th, and 6th graders. Open to all students who have not reached their 12th birthday before or on September 30, 2026.

1. 6th graders may participate on EITHER the junior OR senior team, BUT not both.
2. It is strongly advised that 4th graders NOT participate on a senior team unless:
 - a. The school does not have a junior team
 - b. The 4th graders are necessary in order for the school to Enter a senior team.

Seniors - 6th and 7th graders. Open to all students who have not reached their 14th birthday before or on September 30, 2026.
6th graders may participate on EITHER the junior OR senior team, BUT not both.

- G. **Developmental** – 4th graders ONLY. Schools are encouraged to incorporate a team comprised of only 4th graders (non-competitive)
 - By sport, schools will report to the Co-Commissioner their intention of having a fourth grade developmental team.
 - The Co-Commissioner will put these schools in touch with other to organize their own "league"
 - The fourth grade developmental league will not participate in CSAL competition.

VII. INELIGIBLE PLAYER

An ineligible player is one not eligible to participation in competitions for reasons in violation of the CSAL Rules and Regulations.

- If the ineligible player is detected before participation,
No penalty. The error is corrected and the player is then eligible.
- If the ineligible player is detected once participated in regular season play,
 - The player is suspended from participation in any capacity for that league
 - The player may not be transferred to another team.

Ineligible player cont'd.....

- Any team using a player who is ineligible shall lose all contests in which the player participated.
- If he ineligible player is detected during playoffs,
 - The team shall lose the game in which the player is detected.
 - The game will be awarded to the team that originally lost the game and that team will automatically advance.

VIII. ROSTERS

- A. All teams must submit a completed roster to the League Representative (using the official CSAL Regional Sports Roster form, with a copy forwarded to their Regional League Representative. The roster must include the player's full name, birth date, grade, and jersey number.

B. Roster Additions

Teams may add players to their roster at **anytime during the regular season**.

The player's full name, birth date, grade, and jersey number must be received by the League Representative no later than 2:00 pm on the day of the scheduled game. Information may be sent via text or email, with a copy sent to their Regional League Representative.

Once league play has been completed, teams may NOT add players to their roster.

Reminder: A player may not be added to a team's roster if his/her name appeared on any other roster during the league.

Exception: If a student transfers to another school during the regular season, he may be added to the new school's team roster during the regular season

C. Play-Offs

The Conference Regional League Representative of the teams qualifying for play-offs is responsible for forwarding their qualifying teams' completed roster and code of ethics to the host championship tournament coordinator.

IX. FORMS

The following forms must be signed by all and forwarded to the League Director, with a copy to their Regional League Representative:

- A. CSAL Regional Sports Roster
To be completed by each coach/athletic director, signed by the principal, and forwarded to the League Representative
- B. Players' and Coaches' Code of Ethics
To be signed by all players and coaches and forwarded to the League Representative.
- C. Abuse of Officials Policy
To be signed by all coaches for each sport, and forwarded to the League Representative.
- D. Parents' Code of Ethics
To be signed by each parent and kept with the school's Athletic Director.

The Athletic Director should keep a copy of all forms.

X. UNIFORMS

- A. Uniform shirts of the same color and numbers are required.
In Basketball no number higher than 5 is valid
When reordering jerseys, schools are strongly encouraged to provide numbers on both the front and back of the jersey.
- B. All uniform numbers must be screened on. NO homemade, taped on, or numbers put on by a marks-a-lot will be allowed.

Uniforms cont'd.....

- C. In Flag Football the player's long sleeves must be a different color than the team's flags.
- D. Teams without uniform shirts, where required, will forfeit the game.
- E. Skorts, skirts, or "Lululemon" type shorts are not allowed.
- F. In Flag Football, shorts are to be of one solid color, no stripes and no design, with the exception of possibly a small school logo at the bottom of the shorts. Shorts may not have pockets.
- G. Shoes must be worn at all times.
- H. No jewelry.

NOTE: On the official score sheet the player's jersey number (not the name) identifies that player.

XI. EQUIPMENT

- A. The Athletic Director of each school is responsible for providing their coaches regulation equipment as designated by the specific sport rules and regulation guidelines.
- B. Each school must provide a responsible person who is knowledgeable of the rules, to serve as the official scorer and/or spotter.
- C. Each school should also train someone to operate the time clock and/or stop watch.
- D. Coaches are responsible to bring with them to each athletic event:
 - Their team roster (a list of team players including jersey numbers)
 - A game line-up
 - A copy of the rules for that specific sport.
 - A score book (or score sheets)
 - Someone to keep score

XII. ENTERING TEAMS INTO LEAGUE PLAY

- A. Team Commitment Form
 - The CSAL League Director will email a team commitment form to the school's Athletic Director 3-4 weeks before the due date established by CSAL.
 - The Athletic Director will discuss specifics with their principal, specifically checking the school's calendar for any conflicts.
 - The Athletic Director will discuss availability with the coaches.
 - The Athletic Director completes ALL information on the commitment form.
 - The Athletic Director emails completed form to the CSAL League Director by 5:00 pm on the due date.
- B. Districts Assigned
 - The League Director assigns districts according to Team Commitment Form information
 - The League Director emails team districts to the School Athletic Director within 72 hours
 - A list of Athletic Directors by district is included in the email.
- C. Scheduling Meeting
 - Attendance is MANDATORY for the school's Athletic Director.
 - Coaches are allowed to attend, but the Athletic Director must sign off on the schedule.
 - Schedules will be made with other district teams' Athletic Director and FINALIZED on the scheduling form provided.
 - Each game must designate the Playing Site
 - Each game must designate the Home Team, whose Athletic Director is responsible for the specifics of the game.

Scheduling meeting cont'd....

Failure to attend the scheduling meeting: A schedule will be made by the League Director on your behalf using the information included on the Team Commitment Form.

Final Schedules –

- Each team's Athletic Director must turn in their completed final schedule to the League Director before leaving the scheduling meeting.
- The League Director will consolidate the final master schedule and email it to the Conference Athletic Directors within 48 hours of the meeting.
- The League Director will email the final master schedule to the Officials' Association for game coverage.
NOTE: The League Director will handle all correspondence with the Official's Association.
- It is strongly advised that games not be changed once the master schedule is published.
- Should a team request a game change:
Only the Athletic Director may request a game change.
The Athletic Director emails the request to the League Director using the Game Cancellation Request form
 - The League Director will consider the request and communicate with all involved.
 - The League Director will communicate the decision with all teams and the Officials' Association.

NOTE: Schools will be monitored for repeated game change requests. Excessive requests will be reported to the Athletic Director and Principal by the Co-Commissioner and handled on a case-by-case basis.

D. Team Rosters

Completed team rosters must be emailed to the League Director no later than noon on the date assigned.

E. Host Play-Off Sites

School site availability for play-offs is verified by the school's Athletic Director and emailed to the League Director no later than noon on the date assigned. This information must be listed on the Commitment Form.

Attempts are made to secure a neutral host site for the CSAL play-offs, but are not always possible due to limited host site availability.

F. Home Team Representative Responsibilities

- Be on site for all games
- Report any game situations to the League Director
- Text League Director of game cancellation at least 2 hours prior to scheduled game time.
The Athletic Director contacts all team involved.
The League Director will notify the umpire association.
- Report game results via text to the League Director within 24 hours

All Conferences must report their participating teams to the CSAL Co-Commissioner within one week of their league's beginning date. Their qualifying teams for play-offs must report to the Co-Commissioner before the play-off bracket is published.

XIII. League Play

- #### A. All regular season games must be completed by the "end date" established before the league began.

PENALTY: Both teams are awarded a tied game on their standings.

League Play cont'd....

- B. Game results must be texted to the League Director within 24 hours of game completion.
- C. Team game results and standings are published on the official CSAL web site:
<https://csalsports.com/>
- D. Post-Ponements
 - The home team Athletic Director is responsible for notifying the League Director within the time frame set by the Rules & Regulations.
 - The League Director will notify all teams scheduled to play on that date – will their games also be postponed and/or rescheduled.
- E. Rescheduled Games
 - The League Director will coordinate the new game date, working with both team's Athletic Director
- F. Withdrawal from the League
 - Should a team withdraw from the league once the schedules are made, the Athletic Director is responsible to notify the League Director via email of the withdrawal and the reason. That team thus forfeits all remaining games.
 - The League Director will notify the Athletic Director of each remaining team in that district of the team's withdrawal.
 - The Athletic Director of each remaining team in that district will notify the League Director of their choice:
 - 1. To take the forfeit and not play an additional game.
 - 2. To replace that game with another team in the district in order to play the maximum number of games.

NOTE: If the team chooses to play another game, they are not awarded the win by forfeit -- the results of the game played is reflected in their standings
- G. The School's Athletic Director is responsible to report any coach/player ejection to League Representative within 24 hours of game completion. This information must be emailed, reporting the ejected person's name, jersey number, and reason for the ejection.

XIV. Play-Offs

- A. Organized by the CSAL League Director
- A. Play-Offs begin immediately after the regular season ends.
- B. The number of district teams qualifying for Conference Play-Offs is dependent upon the number of teams participating and the number of teams in each district.
- C. The number of teams qualifying for CSAL play-offs is dependent upon the number of teams participating in the league.

XV. GRACE PERIOD

There is NO grace period for CSAL games, whether regular season or championship play. Teams, players and coaches, should arrive at the game site least 15 minutes prior to their scheduled game time. The host league coordinator will make a decision for those situations with extenuating circumstances.

XVI. FORFEITS

- A. A team will forfeit their game when they:
- do not have uniform shirts as required.
 - do not provide a responsible representative to sit at the official scorer's table when necessary
 - do not provide an official scorekeeper for the game
 - are found to having played an ineligible player
 - do not have the required number of players to start the game
 - are not ready to take the court/playing field at their designated game time
- B. In all instances, the forfeiting team is responsible for payment of the official fees (both teams) for that game.
- C. A team forfeiting two games will not be eligible for play-offs. That team is strongly encouraged to play the remaining games on their schedule.
- D. The forfeiting team gives up the following defensive points:
- Volleyball = 25 points
 - Flag Football = 24 points
 - Soccer = 3 points
 - Basketball = 30 points
 - Cabbageball = 10 runs

XVII. TIE-BREAKING PROCEDURE

Tie-breaking procedure in qualifying for play-offs

1. Head to Head Competition between tied teams
For Volleyball, a team winning the match in 2 sets qualify before a team winning the match in 3 sets
2. Point Differential – the least amount of points allowed between the tied teams is the higher seed
3. Point Differential – the least amount of points allowed between all teams played
4. The most points scored
5. Coin toss for seeding
6. Play-Off game for elimination

XVIII. CONDUCT OF TEAM PLAYERS AND COACHES

- A. It is recommended that we instill Catholic Values by:
- Meeting before the games to pray and ask Our Lord for each other's safety and inspiration to be the best they can be.
 - Meeting after the game in thanksgiving and friendship for each other's efforts and fair play.
 - Thanking Our Lord for the opportunity of receiving the challenge and competition from their opponents.
- B. Code of Ethics
- No coach or player - shall at any time lay a hand upon, punch, shove, strike or threaten to strike an official
 - No coach or player - shall be guilty of physical attack as an aggressor upon any player, official or spectator.
 - No coach or player - shall refuse to abide by the official's decisions.
 - No coach or player - shall be guilty of heaping personal or verbal abuse upon any official for any real or imaginary wrong decision or judgment.
 - No coach or player - shall use profane, obscene or vulgar language or sign in any manner at any time.
 - No coach or player - shall possess or consume alcoholic beverages on church property before, during or after a CSAL game.
- PENALTY:** Violation of the above code may draw a minimum penalty of removal from a game or a maximum penalty of an indefinite suspension from all CSAL athletics.

Code of Ethics cont'd....

1. Should anyone, coach or player, be removed from a game for any of the above violations, they will automatically be suspended from the next scheduled game. Suspension will carry over to the next sport should a coach or player be removed on the last game of their schedule.
2. Should the one who would be suspended actually play, he/she would be ruled ineligible and consequently the game in which they played during the period of suspension will be forfeited to their opponent. Also, they will be subject to additional suspension.

XIX. PROTEST

- A. No protest shall ever be permitted on judgment decisions by the game official.
- B. A protest on interpretation of rules must be made at the time the play occurs.
 1. A statement of the facts of the play must be written on the official score sheet by the official before the play resumes.
 2. Do not engage in open arguments with the game official.
 3. The game has then been placed under protest and play will resume.
 4. A local level protest must be made within 24 hours by submitting a written protest, setting forth the facts of the play and official's ruling, to the League Representative, who will then forward it to the Co-Commissioner.
 5. A protest fee of \$50 must accompany the written protest.
 6. The protest will then be decided by the CSAL Protest Committee.
In order for the protest committee to consider, the game must be completed.
- C. A protest on eligibility must be made within 24 hours of the game in which the player participated.
 1. Written protest is made to the League Representative, identifying the alleged ineligible player. A copy is sent to the Regional League Representative.
 2. A protest fee of \$50.00 must accompany the written protest.
 3. The League Representative will then contact the school who must satisfactorily prove the player's eligibility.
No protest will be entertained unless signed by the principal or athletic director.
- D. In city or regional playoffs protests must be made on the spot during the game. The host committee and the Principal's Athletic Committee will determine the protest procedures and committees.
- E. Protest fees will be refunded if the protest is maintained.

XX. AWARDS

CSAL Championship and Runner-Up team trophies will be presented.

XXI. GENERAL APPEALS

General Appeals may be made in writing to your Regional Office, which will be forwarded to the Principal's Advisory Committee for final arbitration.