

CYO OFFICIAL BASKETBALL RULES

INTRODUCTION AND PURPOSE

- 1.1 The CYO provides for the development of young people's spiritual, emotional, social and physical potential. Based on Catholic Values, CYO offers guidance to assist young people as they assume responsibility for themselves and for their relationship with their faith, peers, and community. CYO strives to meet the diverse needs of all youth, through sportsmanship and fair play.
- 1.2 Every CYO activity provides opportunities that encourage and assist youth in their growth and development towards Christian adulthood.
- 1.3 The specific purpose of the CYO athletic program is to develop in youth a sense of self-esteem, self-discipline, cooperation and fair play by providing a competitive team sport activity through which they will practice the teaching of their faith.
- 1.4 This is accomplished through the efforts of the volunteer Coach. The CYO Coach is to serve the team with a Youth Ministry philosophy; more than being a sports technician, he/she is an important role model for young people. In that capacity and above everything else, a Coach in the CYO Basketball program strives to exemplify behavior of a committed Christian Adult. He/She lives by the letter, but more importantly by the spirit of these rules.
- 1.5 The CYO Basketball program was originally developed to serve Catholic school students who had few other opportunities to participate in a school based Physical Education program or to play basketball in a structured setting, currently CYO is a parish sponsored ministry.
- 1.6 In keeping with the purpose provisions of these rules and in order to provide as much parity among the teams, the following rules and regulations shall control admission of teams into the CYO Leagues.
- 1.7 All rosters for the team shall include the players and coaches involved with the team.

These rules have been reviewed and revised and approved by the CYO Athletic Administrator and the Department of Evangelization and Catechesis. Comments and suggestion about the program and its operation are invited. CYO reserves the right to grant exception to these rules when it is deemed in the best interest of the youth concerned.

COACHING REQUIREMENTS

2.1 All CYO Coaches MUST BE CERTIFIED ANNUALLY. CYO Certified means:

Coaches MUST attend:

- “Creating A Safe Environment” program by sponsoring parish:
- * sign a code of conduct * have a background check
- “Play Like A Champion” training clinic offered by the Department of Evangelization and Catechesis.
- * Mandatory Coaches meeting, sponsored by CYO pre-season meeting
- one time event, once you’ve taken this you need not renew annually
- * must attend annually

NOTE: If you do not fulfill the above requirements, CYO reserves the right not allow you to coach until all requirements are met.

2.2 COACHING EXPECTATIONS:

In striving to exemplify the behavior of a committed Christian Adult, the CYO Coach agrees to enhance a Youth Ministry philosophy by:

- * recognizing that the purpose of athletics is to promote the spiritual, emotional, intellectual, social and physical well being of the individual player
- * offering opportunities for players to live out the teaching of their faith
- * emphasizing the proper ideals of ethical conduct, sportsmanship and fair play
- * achieving a thorough understanding and acceptance of the spirit and the letter of the rules of the program and the standards of eligibility
- * encouraging leadership, use of initiative, and good judgment by all players
- * remembering that an athletic contest is only a game, not a matter of life and death for players, Coaches, officials, fans, community
- * stressing the values derived from playing the game fairly, thru Justice & Prudence
- * showing courtesy to visiting Coaches, officials and players
- * encouraging a friendly relationship between visitors and host
- * respecting the integrity and judgment of sports officials

2.3 The Coach is responsible for the conduct of his/her players at all games and practice times, including group travel to and from games and practices.

2.4 **The coach is responsible for interpreting the spirit and the letter of those rules to the team members, parents and other appropriate personnel of the sponsoring organization.**

2.5 It is expected that the Coach will insure that participation in CYO athletics does not intrude upon the team’s players academic responsibilities.

- 2.6 The Coach is responsible for the timely submission of entry forms and fees, complete and accurate team rosters. CYO permission slips, changes and additions to the roster, and any other forms, which CYO may require.
- 2.7 **Registered Coach of the team must be at least 21 years old.**
- 2.8 **The Coach of the winning team must report the score to the CYO office (e-mail to gpietrzak@dor.org or by leaving a message at 585-328-3228 x 1375). When calling, please give the following information:** Your name and the team you played.
- (1) Division
 - (2) Age group (5th & 6th, 7th & 8th, JV, High School – girls or boys)
 - (3) Score (both teams)

PROGRAM STRUCTURE AND ORGANIZATION

- 3.1 **The CYO Basketball program is divided into the following leagues:**
- o 3/4th Grade Boys & Girls
 - o 5/6th Grade Boys & Girls
 - o 7/8th Grade Boys & Girls
 - o 9/10th Grade Boys
 - o High School Boys & Girls
- 3.2 The program activities are under the supervision of the CYO Athletic administrator, who reports to the Coordinator of Youth Ministry. The CYO Athletic Committee in collaboration with the Department of Evangelization and Catechesis establishes and maintains all CYO athletic program activities and related rules, procedures and fees.
- 3.3 The CYO basketball league consists of 10 league games. At the end of the season, CYO sponsors two tournaments, the Monroe County and the Bishop's Tournaments are open to 7/8 grade teams and High School teams.
- 3.4 **Rosters must be received at the CYO office one week before the opening game in order for a team to play. After week one of the regular season, additional players may be added to the roster only with the approval of the Athletic Coordinator. No addition after January 1.**
- 3.5 All registrations are done on-line now. Go to our website www.dor.org and click on CYO athletics. There you will find everything need for registration and important information about the program we offer. (Coach information sheet, Health Forms, Accident Report Form, Gym availability Form, Strength Form, "Play Like a Champion" sign in form), Only Athletic Directors, complete the on-line registrations.

TEAM COMPOSITION

- 4.1 Teams may be entered with a minimum of 10 and a maximum of 20 players. Minimum team rosters may be questioned.
- 4.2 Parishes may enter teams that are composed as follows:
- Players must be registered members of that parish for at least one year. (exception to 1 year rule: Unless a physical address change occurs or student changes a diocesan school)
 - **Teams may not use players from parishes that have a CYO team.**
 - No player may be cut from a parish team to accommodate a neighboring parish
 - The players' names and parishes must be submitted to the Athletic Director for confirmation.
 - **A minimum of 2/3 of the players must be registered members of the parish. In the event that a roster cannot be filled, players may be selected from within the parish boundaries and must noted on the roster, or two people may be taken from a contiguous neighboring parish that does not have a team.**
- 4.3 Basketball players at the 7/8th Grade level may elect to play for their parish team or Diocesan School team (Siena, Nazareth).

PLAYER ELIGIBILITY

- 5.1.1 It is the duty of each participating parish to abide by the eligibility rules set forth by the CYO.
- 5.2 **Any player who, during the current Basketball season, has played or is playing on any public or private school team is ineligible to play CYO Basketball. Boys playing Modified Basketball are also ineligible.**

EXCEPTION TO RULE 5.2 7/8 GIRLS

A girl who is currently playing for a CATHOLIC PARISH TEAM and is a bonafide PARISHIONER may play Modified "B" Basketball at school and retain her eligibility for CYO Basketball. NOTE: If a girl is selected for Modified "A" she is then considered a High School competitor and as such is ineligible for CYO at the 7/8th grade level.

- 5.2.1 Age, school, grade, and duration of an individual player eligibility for each CYO League are as follows:

5th / 6th Boys & Girls

- All players must be enrolled in the 5th or 6th Grade.
- Any player who is 13 years of age before July 1st of the current year is ineligible.
- A player may be promoted during the season to a Junior High team, however, he/she cannot return to the 5th/6th Grade League.

Junior High Boys and Girls

- * All players must be enrolled in 7th & 8th Grade. Only in the event that a minimum roster cannot be filled may a 6th Grade student may be added.
- Any player who is **15** years of age before July 1st of the current year is ineligible.

- Any player attending High School (9th -12th Grades) is ineligible to participate in the Junior High League, regardless of his or her age.

EXCEPTION:

A boy or girl may only play (2) years on a Junior High (7th-8th) teams, with one exception: three years of eligibility is allowed if the boy or girl played on the Junior High team while a member of the 6th Grade.

High School League

- **Eligibility rules for high school players will be governed by the Section V eligibility rules and New York State Public High School Athletic Association except where superseded by CYO eligibility rules.**
- Team players must be currently attending High School (9th – 12th Grades) and must be carrying at least four academic subjects. The date of the student is enrolled for three or more 9th Grade units is, for the purpose of determining athletic eligibility, the date of entry in to the 9th Grade. Enrollment for any part of the semester counts as a full semester’s attendance for the purpose of athletic eligibility.
- * No player may participate if he/she has reached her 19th birthday before July 1st of the current basketball season.
- A student shall only be eligible for only 4 seasons of CYO High School Basketball.

- 5.2.2 Verification of Birth date for all players at the Junior High and High School League is required. Coaches may verify birth dates at the school’s office, or by securing a copy of a birth or baptismal certificate.
- 5.2.3 Individuals are not permitted to change parish registration for the sole purpose of “ELECTING” to play for a team of their choosing.

SUPERVISION:

- 6.1 There must be at least two people aged 21 or over with each team for all games and practices.
- 6.2 The Coach or an adult supervisor must be with the team at all times until all the players are picked up by their parents or authorized adults.
- 6.3 Each parish should have 3 adults including parents, to act as supervisors at each game.

RULES GOVERNING PLAY:

- 7.0 The three point play will work as follows: In gyms marked for 3 point shooting the High School and 7th and 8th grade teams would use it. In gyms not marked for the three point shot, it will not be used. **5th and 6th** teams will not use the three point shot at all.
- 7.1 The National Federal Basketball Rules will be the official rules except where inconsistent with CYO Rules. These rules will be used for boys and girls.**
- 7.2 5/6th Grade teams will play 8 minute quarters, with an official 15 second time out halfway through each quarter for substitution only. 7/8th Grade teams will play 8 minute quarters. Overtime is 4 minutes, with multiple overtimes if the 4 minute period ends in a tie.

- 7.3 5/6th Grade Games – No full court press allowed. Only half court press until the last minute of the 4th quarter unless they are ahead by 10 points or more and in the last minute of overtime.
- 7.4 Any team which is not on the floor dressed and ready for play after 20 minutes of the scheduled starting time will forfeit the game.

PLAYING TIME

- 7.5 5/6TH Grade players must play a minimum of 4 consecutive minutes upon entering the game in each half of the game, and must sit out 4 consecutive minutes in each half.**
- 7.6 For 7/8th Grade teams it is required that the Coach will play all members of the team at each game. They must play a minimum of 2 minutes per half.**

PROTESTS

- 7.7 Teams may only protest eligibility and interpretation of rules. **“Judgment Calls”** cannot be reason for protest.
- 7.8 All protests must carry the signature of the parish Pastor or Athletic Director and must be submitted in writing to the CYO Athletic Administrator as follows:
Game protests must be initiated at the time of the infraction by notifying the referee, who will mark both scorebooks.
Game protests must be received at the CYO office within **two** business days of the game being protested.
No eligibility protests may be submitted after January 1.
- 7.9 The protest letter must contain as much proof as possible pertaining to the alleged infraction of the rules. Score sheets, newspaper clippings or any other pertinent information to clarify the protest should be included. A money order of \$25.00 must accompany every protest. The bond will be returned only if the protest is sustained. All protests will be reviewed and ruled upon by the CYO Athletic Administrator and the Coordinator of Youth Ministry.

PENALTIES AND DISCIPLINARY ACTIONS

- 8.1 It is expected that all Coaches and players in the CYO program will adhere to CYO regulations and will be guided by both the letter, and the spirit of these rules.
- 8.2 Any conduct which violates the purpose, rules, and regulations of the CYO League will incur disciplinary action as follows:
- Notice of the alleged violation of the rules will be sent in writing to the sponsoring organization and the Coach by Administrator CYO Sports.
 - The Sponsoring Organization and/or coach will respond to the notice identifying, cause of notice in writing, within 10 days after receipt of notice.
 - * The CYO Administrator and the Department of Evangelization and Catechesis shall hold a hearing with the Sponsoring Organization and its representatives shall present their respective

positions.

- * If after the hearing the matter, it is found that there is a violation of the rules, the following penalties may be imposed:

For use of an illegal player—

- The player will be dropped, and/or
- All games which he/she played will be forfeited, and/or
- The team will be barred from CYO tournaments, and/or
- Games may be forfeited, and/or
- Teams might be barred from tournaments, and/or
- Teams may be disqualified for the remainder of the season.

For all other violations including improper conduct on the part of Coaches or Players:

If a player or Coach is ejected from a game, that player or Coach will sit out the next scheduled CYO game. If the player or Coach is ejected from a second game, he/she will no longer be allowed to participate in CYO scheduled games.

- The Coach may be placed on probation, and/or
- The Coach may be dropped from the league, and/or
- Players may be dropped from the league, and/or
- Games may be forfeited, and/or
- Teams may be barred from tournaments
- Teams may be disqualified for the remainder of the season.

***** **All games are to be played as scheduled. The CYO Administrator is the only one able to change games and games will only be changed for school-sponsored events that are mandatory or for some catastrophic reason.**

EQUIPMENT

- 9.1 All teams are responsible for providing their own:
time clock Basketballs
horn or whistle adult timer
scorebook adult scorekeeper
First Aide-Kit – including ice packs and rubber gloves, The EMERGENCY REFERENCE GUIDE (SHOULD BE POSTED IN EVERY GYM)
- 9.2 Team practice balls must be kept in a ball bag until a team is ready to practice on the court.
- 9.3 The sponsoring parish is responsible for damage of equipment at the games sites caused by its players or spectators.

- 9.4 The Coach should safeguard his/her own team's valuables.

MEDICAL COVERAGE

- 10.1 **CYO DOES NOT PROVIDE ACCIDENT INSURANCE.** All team members are responsible for their own medical coverage.

- 10.2 CYO strongly encourages that each team have present a person trained in First Aide or CPR.
- 10.3 If an individual team member has not been able to participate due to a serious injury or an extended illness, it is advised that a Doctor's written permission slip be obtained before allowing that individual to resume participation.

TOURNAMENTS

- 11.1 CYO offers the following tournaments for the 7/8th Grade and High School levels at the conclusion of the regular season:
- * Monroe County (both boys and girls)
 - * Bishops Tournament (boys)
- 11.2 All players must have played in 4 regularly scheduled games in order to participate in any of the CYO tournaments. (Played meaning reported to a game official)
- 11.3 All tournament games play 8 minute quarters.
- 11.4 An eligibility protest during tournament play must be made to the CYO on-site official immediately following the game. It may be made verbally but, must be followed up in writing to the Athletic Director.
- 11.5 Any player who is playing on a junior high, modified, private, Varsity, Junior Varsity, freshman or semi-pro team is ineligible to play in CYO.
- 11.6 All teams participating in CYO tournaments will be required to pay a fee to help finance the cost of the officials.

3rd and 4th Grade Basketball Philosophy and Rules

Addendum to CYO Basketball Rules dated 2008

PHILOSOPHY:

To teach the fundamentals of Basketball
To offer instructional practices and games
To teach sportsmanship and Catholic Values

PLEASE MAKE IT FUN

Rules:

One coach needs to be under each basket to help in safety and instruction

A youth sized basketball (28.5) and 10 ft. rim should be used.

A player can play a maximum of 12 minutes per half, minimum of 4 minutes / half

Man to man defense is to be played during the first half, and zone defense in the second half.

The game consists of four 8 minute quarters.

There are four full timeouts per game and two 30 second timeouts (one each half)

The scoreboard is to be reset to 00 after each quarter, because scores are not kept by CYO. The score will only be kept for each quarter. If a team needs to be moved to another division, it will be at the discretion of the CYO.

No pressing allowed. Defense starts at the top of the key. Defense can be played in the 3 point zone. However, defense is allowed to start before the top of the key to defend against a fast break. If a steal occurs before the top of the key and it is not a fast break, the ball is awarded to the offense at half court. Each of these “infractions” are counted as a foul for free throw purposes.

Foul shots are taken 3 feet closer than the regulation foul line.

One on one free throws are on the 7th foul per half. Two shots occur after 10 fouls per half.

EACH TEAM IS REQUIRED TO SUPPLY THEIR OWN REFEREES.