

CYO OFFICIAL BASKETBALL RULES

revised for 2010-11 season

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.
- 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:

- * Complete the On-line training provided by the American Sports Education Program.
- * 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, for players, Coaches, Encouraging 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

- 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 the new code of conduct form to be completed and given to your AD.
- 2.7 **Registered Coach of the team must be at least 21 years old.**
- 2.8 **Either Coach of the game played may 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)

2.9 ** NEW RULE:

New Rule: Coaches are responsible for the final score of the game, and will be held accountable for outrageous scores. If your team is much better than the opposing team, then it is your responsibility to make sure that you do not embarrass the other team. Once you have a comfortable lead, you can substitute bench players, stop pressing, stop the fast breaks, slow down your offense, etc., etc. Use this as an opportunity to teach your players about sportsmanship and how to run actual basketball plays through to completion. Any coach found guilty of running up the score on another team, will automatically be moved up to the highest division of their age group, or will forfeit games, or will face disciplinary action including suspension.

2.10 NEW RULE:**

All coaches, parents, and players are required to sign a “Code of Conduct”, and are expected to follow standards set forth in that document. Coaches, who violate these CYO standards or receive TECHNICAL FOULS, for unsportsmanlike conduct, will be subject to “Penalties and Disciplinary Actions” as outlined in section 8 below. Coaches are also responsible for the conduct of their players, and must take action during a game to diffuse situations before they escalate. Coaches must put a stop to “trash talking” or “rough play” on the court by removing players from the game. CYO and game officials will not tolerate

the bad behavior that has happened in the past. Players will be ejected from games, placed on probation, or removed from the league. CYO is adopting a “ZERO” tolerance policy on bad behavior and poor sportsmanship.

2.11 ** NEW RULE:

The coaches must have a team meeting with the players, parents prior to the season start to read these rules, and make sure they understand that the rules will be vigorously enforced. Each coach, player, and parent must sign a “Code of Conduct” form at that meeting, and submit those to the Parish Athletic Director. If called upon by the CYO Administrator, an AD must be able to produce this “Code of Conduct” document if asked.

PROGRAM STRUCTURE AND ORGANIZATION

- 3.1 The CYO Basketball program is divided into the following leagues:
- o 3/4th Grade Boys & Girls, and Co-ed, any player who is 11 years old by July 1, is ineligible
 - o 5/6th Grade Boys & Girls, any player who is 13 years old by July 1, is ineligible
 - o 7/8th Grade Boys & Girls any player who is 15 years old by July 1, is ineligible
 - o 9/10th Grade Boys refer to rule 5.3
 - o High School Boys & Girls refer to rule 5.3
- 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 12 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. No CYO team may participate in more than 30 games per season, this includes tournament games.
- 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. (Health Forms, Accident Report Form, Gym availability Form, Strength Form, “ASEP” 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 14 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, unless agreed upon by both Athletic Directors and CYO Administrator.**
 - 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 clustered parishes. In the event that a roster cannot be filled, players may be selected from within the parish boundaries and must be 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, Aquinas, Mercy, Hope Hall); You may only participate on **ONE** CYO team. In the event a girl is playing Freshman ball for Mercy, she is NO longer eligible to play CYO, on her parish's High School girls team.

PLAYER ELIGIBILITY

- 5.0 It is the duty of each participating parish to abide by the eligibility rules set forth by the CYO.
- 5.1 **EXCEPTION TO RULE 7/8 GIRLS and 7/8th BOYS, MODIFIED PLAYERS**
A boy/ 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 boy/girl is selected for Modified "A" he/she is then considered a High School competitor and as such is ineligible for CYO at the 7/8th grade level. A Player may choose to play for 1 CYO team only.
- 5.2 Age, school, grade, and duration of an individual player eligibility for each CYO League are as follows:
- 3rd / 4th Boys and Girls,
- * All Players must be enrolled in either 3rd or 4th grade.
 - * Any player who is 11 year of age before July 1st of the current year is ineligible.
 - * A player may be promoted to a 5/6th grade team, however, he/she cannot return to the 3/4th playing level.

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.

- 5.4 Verification of Birth date for all players is required. Coaches may verify birth dates at the school's office, or by securing a copy of a birth or baptismal certificate.

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 will use it. In gyms not marked for the 3 point shot, it will not be used.
- 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, forfeited games will not be made up. The opposing team will be awarded the win and the forfeited team will incur a \$100.00 fine.

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 4 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, Geri Pietrzak.
 - 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.
- **The coach can be dismissed and banned from ever coaching CYO again.**

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 a 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 barred from CYO sponsored tournaments
- Teams may be disqualified for the remainder of the season.

8.3 **NEW RULE:

Any player who receives a Technical foul, will sit out the next two quarters. For example a player is given a technical in the last minutes of the 4th quarter, he would miss the first ½ of his next scheduled game. All Technicals are being reported to the official assigner, who reports to me. Coaches will know this rule and have to uphold it. If a foul is committed on Saturday and you have a game on Sunday the foul in some cases carries over to the next scheduled game.

There is no room in CYO basketball for fighting, either on the court or going through the traditional hand shake line. CYO has a zero tolerance when it comes to fighting on or off the court.

ALL GAMES ARE TO BE PLAYED AS SCHEDULED. THE CYO ADMINISTRATOR IS THE ONLY PERSON ABLE TO CHANGE GAMES, AND GAME TIMES. GAMES WILL ONLY BE CHANGED FOR SCHOOL SPONSORED EVENTS OR FOR SOME CATASTROPHIC REASON.

If games are to be cancelled due to weather, Please listen to WHAM, or watch channel 9, announcements will read: ALL CYO GAMES CANCELLED TODAY.

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 7-8th)
- 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 All teams participating in CYO tournaments will be required to pay a fee to help finance the cost of the officials.

For explanation of any of the above rules you may contact: Geri Pietrzak, CYO Administrator at gpietrzak@dor.org or 585-328-3228 ext 1375