

**Youth & Young Adult Ministry
and CYO Office**

**2009 -2010 BASKETBALL
COACHES HANDBOOK**



Nicos Brooks , James Czechanski, St. Mel Gr 6

CYO Athletics
***Endeavoring to help young people be more
Christ-like in the way they live.***

*Catholic Charities/Parish & Community Ministries
Catholic Health and Human Services*





Mission Statement

The Catholic Youth Organization endeavors to help young people be more Christ-like in the way they live. The CYO promotes participation and sportsmanship to foster the total development of participants and influence the formation of Christian values. The CYO serves the youth of the Diocese of Cleveland with the leadership necessary for the coordination and administration of athletic activities between members, which will provide equitable opportunities for participation, reduce the risks of participation and enhance the experiences of the young athlete.





Youth & Young Adult Ministry and CYO Office

Dear Coach,

As a coach, you need to be aware of the impact you will have on your players -- not just in their athletic endeavors, but in life, long after their organized sports playing days are over.

Being a Coach is a tremendous challenge and responsibility, but it's also very rewarding. As players grow and develop from the inexperienced athlete that you may first see at practice to the young person that they will become as a leader of the team, school, or community, you know that your positive support and guidance had an impact in their life. When you see a player sacrificing personal accomplishments for the good of the team and giving the best effort they can with a smile on their face, you will know that your direction had a positive effect not just in the game but also at home, at church and in school.

In CYO Athletics the role of the coach is that of youth minister, leader, teacher and parent. You need to reflect on each of these roles as you prepare for the upcoming season. Remember to take the time to develop your relationship with God and to always be an example of Christ-like behavior to your players, opponents, officials, parents and fans. As you do this the growth that will take place in you and the athletes through this shared experience will make both of you better people.

The information in this Coach's Handbook is designed to help you with all aspects of coaching from understanding the CYO Philosophy and Mission, planning for the season, and working with parents to understanding the rules of the game. Use the Coach's Handbook as the starting point for your plan to create a positive and rewarding experience for your players. If you do, they will never forget you.

Remember, Keep the Spirit Alive!

The CYO Athletic Staff

CYO Athletics – Endeavoring to help young people be more Christ-like in the way they live.

www.clevelandcyo.org

TABLE OF CONTENTS

PREPARING TO COACH

The CYO Story	4
The CYO Philosophy	5
The CYO Emblem	6
The Organization of CYO Athletics	7
You are now a CYO Coach	9
Parents at Games	10

RULES OF THE GAME

CYO Sport Offerings	11
The Athlete Preparticipation Form and Medical Expenses	12
Athlete Participation	12
Coach and Athlete Code of Conduct	12
Protests & Grievances	15
Governing Bodies	15
CYO Coach's Code of Ethics	16

SPORT SPECIFIC RULES - BASKETBALL

Grade School Division	
Official Team	17
Equipment	17
Uniforms	17
Pre-Contest Coaches Responsibilities	18
Court Protocol	18
Team Benches	19
Participation	19
Competition Rules	24
High School Division	
Official Team	31
Equipment	32
Uniforms	33
Participation	34
Competition Rules	35

THE CYO STORY

In the Depression Years of the 1930's a ray of light burst forth illuminating a need for the development of leisure time activities for our youth. The sounds of cheering crowds, the singing of camp songs, the music from a parish hall announcing a hi-club dance and the celebration of the Eucharist among a youth group began to touch the lives of young people through the start of the Catholic Youth Organization.

Pope Pius XI, in his encyclical on the Christian Education of Youth stressed that recreational and social activities were an important part of the overall education of young people. He called for us to rise and share our values and faith experiences with wisdom and love to the young people. After two years of study, In December, 1937 Archbishop Joseph Schrembs appointed Reverend James O'Brien as Diocesan Director of the Catholic Youth Organization. The CYO was designed as a youth serving agency to organize and coordinate all youth activities. Archbishop Schrembs stated that spiritual development is the primary objective of CYO. We are to lead youth to a better understanding and appreciation of our faith, to practice virtue and to encourage the youth to receive the Sacraments.

In the early 1940's the four-fold program of CYO, Social – Spiritual – Cultural – Physical, began to fully develop through the development of the Knights of the Alter, Cayomaw Club, Hi-Club, and CYO Camp and Athletic programs. In the 1950's, under the direction of Msg. Thomas C. Corrigan the CYO grew to include young adult programs for those that lost contact with the Church during World War II and the Korean War. During this time there were over 5,000 boys and girls involved in CYO athletics and over 1,500 CYO summer campers. Committees of lay volunteers also began to organize programs in Boy Scouts, Girls Scouts, a National Catholic Youth Week, a One Act Play Festival and the Knights of the Alter Holy Hour.

In the 1960's and 1970's Reverend James P. O'Donnell fostered the development of the "Youth Happening", the AMEN Program, the Walk for Hunger in Greater Cleveland, SEARCH Program, and the Coaches Certification Program. In 1976, with Dan Ferrazza as Diocesan Director, A Vision of Youth Ministry was published. In this document the United States Catholic Conference stated that "No one aspect of youth ministry is independent of others; they are all interdependent elements of a unified total vision...the total personal and spiritual growth of each young person. We are still guided by this vision today.

In the 1980's and 1990's Bishop Anthony Pilla invited us to join with him in accepting not only the challenge but also the HOPE who is Jesus. He has been a guiding hand along the journey of developing Church in the Youth and Young Adults of Cleveland. During this time there has been a re-commitment to the early dreams of CYO, to enable young people to know Jesus. In May 1997 the CYO Philosophy and rules were organized into the present Charter & By-laws that are reaffirmed by member parishes each time they resubmit their Membership Agreement. Our philosophy captures the heart of our athletic programs – Christ – Participation – Team – Teaching!

The tradition of CYO continues today. In 2002, over 15,000 young people participated in our Youth and Young Adult Ministry programs, over 29,000 participated in our Cleveland CYO Athletic programs, over 7,400 campers attended our CYO Camp Programs. Our constant challenge remains the building of community and shared philosophy among the many volunteers that give the CYO the energy to grow. Today, volunteers in CYO programs give their time and energy with the same enthusiasm as those in the 1930's. Working together we will continue to help young people be more Christ-like in the way they live and promote participation and sportsmanship among all those involved in CYO.

THE CYO PHILOSOPHY

CYO Athletics endeavors to help young people be more Christ-like in the way they live. Our programs focus on the total development of participants in order to influence the formation of Christian values. For this reason, CYO sports are an important part of the Catholic Church's comprehensive ministry to, with, by, and for youth.

CYO Athletics foster the development of physical skills, emotional growth, affirmation of gifts and spiritual strength. The young person, not the athletic activity, is our primary focus. Therefore we believe that:

- All CYO Athletic programs should be well organized and maintain standards of high quality.
- All who have the opportunity to be on a team should also have the right to participate in the game.
- Participants should have the opportunity to be involved in athletics at an appropriate age/grade level.

CYO Athletics believes that the Coach's role is critical. The coach's primary role is that of youth ministry leader, therefore striving to act at all times as a model of Christ-like values & behaviors.

CYO Athletics believes that success is not measured by the final score. Success is measured by the effort of individuals striving to achieve team goals while respecting themselves, their teammates, and their opponents and at the same time having fun.

CYO Athletic should be viewed as part of the faith building efforts of the participating members. The interrelationship of CYO Athletics with family life, parish life, and school life is essential.

CYO Athletics is committed to the acceptance of and love for people of all nationalities and races. Through our CYO Athletic programs, we work to build a community and a bond of unity that leads to caring for one another in the ways Jesus taught.

THE CYO EMBLEM



The CYO Emblem was designed and approved for the Catholic Youth Organization of the Diocese of Cleveland. To wear this emblem is to bear witness to the fundamental doctrines of one's Catholic faith in the Holy Trinity, the Incarnation, and in our salvation by Christ. For this reason the CYO Emblem is to be a visible part of all CYO Team uniforms.

- *The background of the Emblem is blue and the cross, circle and letters are white.*
- *The whole circle symbolizes God*
- *The three-fold division within the circle symbolizes the Holy Trinity of God - the Father, Jesus Christ - the Son and the Holy Spirit. This division represents the Unity we share in the Holy Trinity.*
- *The Greek Cross, which forms the divisions of the circle, is the sign of our salvation by Jesus Christ our Savior.*

The Catholic Youth Organization endeavors to help young people be more Christ-like in the way they live.

THE ORGANIZATION OF CYO ATHLETICS

CYO Athletics relies upon the leaders at parishes to fulfill vital roles in the Youth Athletic Program. Parish leaders must organize sign-ups and entry materials as well as eligibility rosters, preparticipation forms, supervision of coaches as well as the financial issues associated with operating an athletic program. Established leadership roles within the CYO at the member and diocesan levels can help create stability and consistency throughout the athletic program. All members of the Cleveland CYO agree to follow the CYO Charter & By-laws which may be found at www.clevelandcyo.org.

MEMBER LEADERSHIP

All members (parishes or schools) participating in the Cleveland CYO athletic program must have a Pastoral Designee. The Pastoral Designee is appointed by the Pastor/Principal of the parish and is the parish's official recipient of all diocesan CYO athletic information and is responsible for promulgating this information within their parish. The Pastoral Designee also serves as the official contact for the parish with the diocesan CYO Office for issues related to finance, inquiry, eligibility, discipline, and program administration.

The Member Administrator (Pastor/Principal) is responsible for the direction and supervision of the CYO Athletic program at the Member Level. The Pastoral Designee is the official member liaison with the CYO Athletic Administration. The Pastoral Designee is responsible for the day-to-day operation of the member's CYO Athletic program. The Pastoral Designee is ultimately accountable to the Member Administrator.

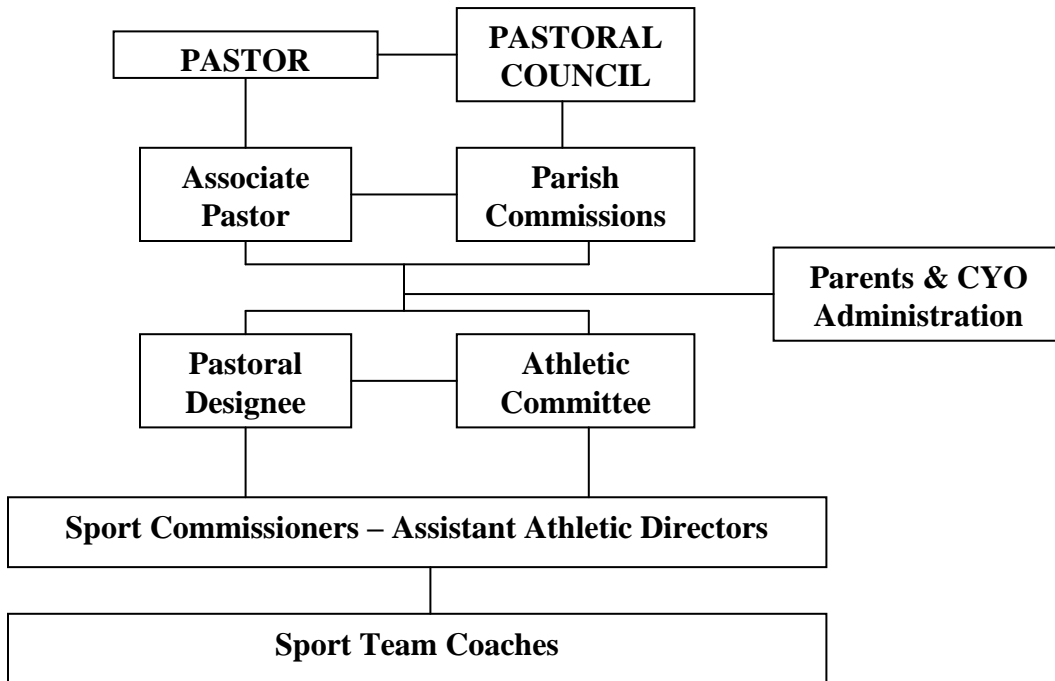
CYO OFFICE LEADERSHIP

The CYO Office is led by the CYO Athletic Administrator, CYO Area Athletic Directors, CYO Sport Commissioners and the Cleveland CYO Athletic Advisory Committee. The CYO Office staff is here to help pastoral designees and coaches plan and prepare for the upcoming sport seasons. The CYO Sport Commissioners are the first points of contact for coaches of a sport. Coaches should familiarize themselves with the names and telephone numbers of their sport commissioners. Coaches should call their CYO Athletic Director for answers to questions related to eligibility, protest or grievance, to review a decision made by a sport commissioner or to comment on the success and virtue of the CYO program.

The Cleveland CYO Athletic Advisory Committee meets on a quarterly basis to review, evaluate, plan and integrate the path of CYO Athletics in Cleveland with the overall mission of the Church. The committee is composed of 14 individuals from parishes participating in the CYO Athletic Program, who also may serve of sub-committees or ad-hoc committees that advise and give direction to the CYO Staff.

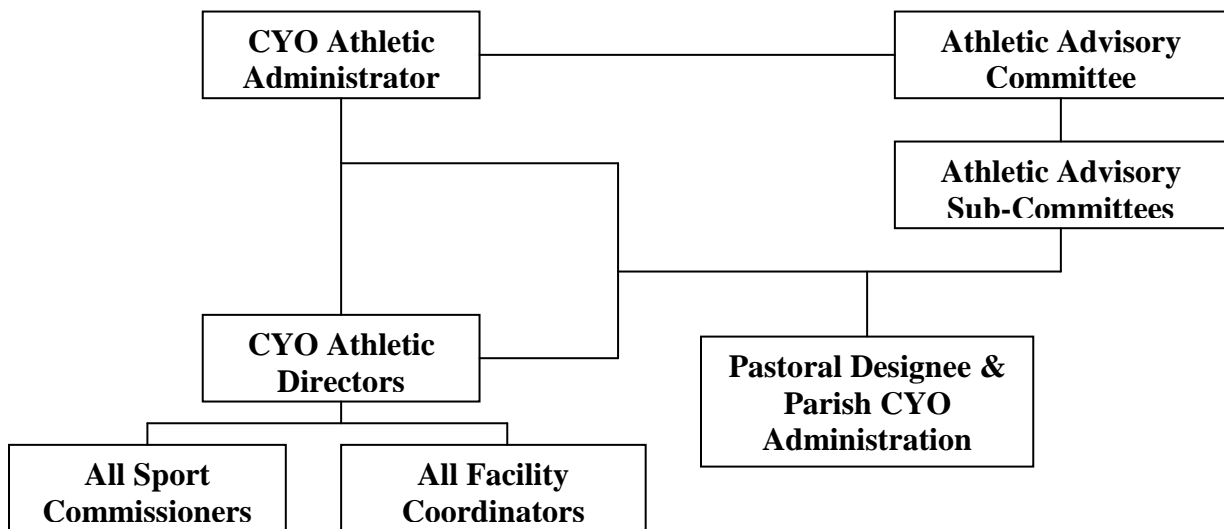
Member Organization of CYO Athletics

The CYO Charter and By-laws are the governing documents under-which the following operates.



Diocesan Organization of CYO Athletics

The CYO Charter and By-laws are the governing documents under-which the following operates.



YOU ARE NOW A CYO COACH

Congratulations on joining one of the most rewarding professions known to any man or woman. As a coach of a youth sport team you have the opportunity to shape the outlook young people have towards athletics and the development of their faith. By taking a few moments to plan and prepare for the upcoming season you can minimize issues that you may come across later on in the season. The goal of this section is to inform you of the requirements to coach in CYO Athletics and steps to take to plan for a successful season.

Your main goal as a CYO coach is not to win matches or games, but to organize the children for fun and learning. Coaching youth teams has nothing to do with winning, it's objective is developing players and helping them to play well. The young player wants to enjoy themselves and winning matches or games is not their main goal, so whatever you do don't let your self-esteem and self-confidence be governed by whether the team wins or loses.

CYO Coaches often list many specific goals they hope to achieve when coaching their athletes; usually their goals fall under these objectives:

- To help young people have fun.
- To help young people develop skills
- To help young people demonstrate Christ-like behaviors

As a coach you want an athlete to develop physically, by learning the sport skills, improving physical conditioning, developing good health habits, and avoiding injuries; psychologically, by learning to control their emotions and developing feelings of self worth; and socially by learning cooperation in a competitive context and appropriate standards of behavior.

REQUIREMENTS TO BE A CYO COACH

Each parish must assure that a person who has been engaged to coach complete the following before they begin coaching;

- Read and acknowledge the Diocese of Cleveland, "Policy for the Safety of Children in Matters of Sexual Abuse"
- Read and acknowledge the Diocese of Cleveland, "Standards of Conduct for Ministry".
- complete a parish application,
- attend an approved abuse prevention program,
- attend a CYO Coaches Development Program session,
- complete the required fingerprinting process.
- Wear CYO credentials while coaching at all CYO events.
- Failure to do so will result in the coach's ineligibility until the requirements have been completed.

- For grade school teams, any man or woman 18 years of age or older may serve as a head coach, or at least 16 years of age may serve as an assistant coach if they are approved by the Pastor, Pastoral Designee and member athletic committee.
- For high school teams, any man or woman 25 years of age or older may serve as a head coach, or at least 18 years of age may serve as an assistant coach if they are approved by the Pastor, Pastoral Designee and member athletic committee.
- When a girl's team is coached by men, it is required that a women 18 years of age or must be associated with the team as an athletic aide and in attendance at all practices. When a female coaches a boy's team a male athletic aide must be associated with the team is also required.

COACHES TRAINING SESSIONS

- All coaches must attend a CYO approved coaches orientation program before they begin coaching.
- All coaches are to attend coaches meetings and other session required to maintain CYO certification.

PARENTS AT GAMES

As the coach of the team during a game you are responsible for the actions of yourself, assistant coaches, players, parents and fans. It may not be fair to put that much responsibility on you, but as a coach your actions usually set the tone for the other individuals listed. Unfortunately problems with poor sportsmanship from parents exist. In the CYO we hope that our philosophy and atmosphere at the games would minimize unsportsmanlike behavior.

As a coach you thought you were there solely for the kids, but you may have to step in if a parent is becoming too involved by verbally abusing officials, taunting players, and coaching players from the stand or stepping onto the court. Your actions may need to be a calm reminder of the purpose of youth sports to suggesting that the parent leave the facility or helping the official gain control of the crowd. Always take the time to remind your parents and assistant coaches that the little eyes of the players are always watching them and learning from their behavior.

RULES OF THE GAME

CYO SPORT OFFERINGS

The Cleveland CYO offers competition in the following sports during the noted season:

FALL

Football
Girls Soccer
Boys Cross Country
Girls Cross Country
Girls Volleyball
Cheer
Boys Soccer

WINTER

Wrestling
Boys Grade School Basketball
Girls Grade School Basketball
Boys High School Basketball
Girls High School Basketball
Cheer

SPRING

Baseball
Fast-pitch Softball
Boys Track & Field
Girls Track & Field
Boys Volleyball
Girls High School Volleyball

ATHLETIC ELIGIBILITY

Participation on CYO Teams is open to those that meet the criteria outlined in By-law 4 of the CYO Charter & By-laws. To be eligible to compete in CYO the athlete must meet either the Parish, School, Parish School of Religion or adjoining member requirement outlined on By-law 4. Some athletes may not be able to participate in practices, scrimmages or games without the approval of the CYO Office, consult the by-law for details. By-laws are available at www.clevelandcyo.org

AGE LIMITATIONS & DIVISIONS

The CYO will, whenever possible, offer leagues by age/grades divisions. However all divisions of play may not be offered in all sports or service area. A team must enter in the division of the oldest member of that team. In each case, the athlete must meet the age requirement on October 1 of the current school year. Third grade students are not eligible for CYO participation. Many parishes offer intramurals for such children. Divisions are of competition are as follows:

CYO HIGH SCHOOL	9 th - 12 th grades	
Varsity	12 th and down	ages 18 and under
Junior Varsity	9 th and 10 th grade only	ages 16 and under
CYO GRADE SCHOOL	4 th – 8 th grades	
Varsity	8 th grade & down	ages 10-14
Junior Varsity	7 th grade & down	ages 9-13
Cadet	6 th grade & down	ages 9-12
Developmental	5 th and 4 th grade only	ages 8-11
Elemental	4 th grade only	ages 8-11

NOTE: All divisions may not be offered in all sports or areas. *More restrictive limitations on age may be in place for certain sports. Consult the sports rules for details.*

ATHLETE PREPARTICIPATION FORM

Each Athlete must have a complete and valid Preparticipation Form on file with the CYO member before the athlete may participate in any practice, competition or scrimmage.

ATHLETE PARTICIPATION

It is the philosophy of the CYO to have all players participate in games and competitions. All children eligible and healthy are expected to play. For reasons of discipline, grades, etc., a child may lose eligibility as determined and established by the coach, school, principal, parish pastor, administrator or Pastoral Designee. In situations of ineligibility the coach is to inform the scorer and opposing coach of the ineligibility as well as insure it is marked on the game scoresheet or roster. The rules of each specific sport define the implementation and requirements for the participation rule.

All athletes that meet registration and medical criteria are to participate in CYO athletes. Teams are not permitted to cut players from a team. It is an underlying principle of CYO to allow all to play and participate, and for us to foster the development of physical and social skills, as well as spiritual strength in each CYO Athlete on our team. Therefore tryouts are not to be held for the purpose of limiting participation.

COACH AND ATHLETE CODE OF CONDUCT

It is expected that all players, coaches, parents, officials, commissioners, site personnel or other persons involved with a CYO team, will conduct themselves as an example of Christian behavior. They do this through Christian leadership, good sportsmanship and providing an atmosphere for healthy athletic programs. Christian behavior is essential and expected as a witness to the philosophy and values of CYO athletics. The violations listed below will not be tolerated in CYO programs:

- Failure of the Pastoral Designee to assume direct responsibility for the individual program.
- Refusal to abide by the rules and decisions of the CYO.
- Violation of the Influence Rules (recruiting).
- Knowingly using an ineligible player.
- Taking a team off the field, floor, or out of a tournament because of dissatisfaction with the officials or other unsatisfactory reasons.
- Failure to control the spectators and/or players bench.
- Failure to adequately protect officials and/or the visiting team.
- Violation of the practice and playing season dates.
- Use of profane, vulgar or abusive language.
- Inappropriate conduct or disrespect toward officials, site personnel and others involved in CYO Athletics.
- Vandalism or the destruction of property.

- Verbal or physical abuse of players, coaches, opponents, officials or anyone affiliated with the CYO program.
- Use of alcohol or illicit drugs or tobacco before, during, or after any CYO activity.
- Representing ideals that are contrary to the philosophy of the CYO program.
- Escalating behaviors that incite others to act in ways that are in direct conflict with the values of the CYO program.

COACH AND PLAYER SUSPENSION POLICY

A coach or player ejected from a game for any reason must leave the premises and shall be suspended for the next scheduled game (two games in the high school division). An ejected player must be supervised by an adult. The person ejected may not associate with the team during the duration of the suspension, this includes practices and scrimmages.

- If a head coach is ejected from a game and does not leave quietly or there is no registered assistant coach, the team must forfeit that game.
- The penalty for any coach or player who is suspended for a second time during a season will be removal from the program for the remainder of the season.
- Any flagrant or unsportsmanlike conduct is just cause for suspension. Good sportsmanship is expected at all times by all parents, coaches and players. Inappropriate behavior at any time during the CYO function is just cause for penalty.

INAPPROPRIATE LANGUAGE

Sportsmanship is a primary focus of CYO sports and players and coaches are expected to respect their opponents. It is inappropriate for players and coaches to use insulting or demeaning language (“Trash Talk”) or unacceptable language to one another before, during or after games. This rule will be strictly enforced by CYO game officials.

RECRUITING

- In the Cleveland CYO, the use of influence by any person connected or not connected with a CYO Member to secure or retain a prospective athlete from another member is not permitted and shall cause the student to be ineligible upon transfer and shall jeopardize the standing of the member in future CYO athletic programs.
- High Schools that are members of the Ohio High School Athletic Association must follow their Bylaw 4, Section 9 which outlines the following limitations on recruitment by an OHSAA member high school:
 - A student is considered a prospective athlete upon enrolling in the seventh grade.
 - Prior to enrollment a prospective athlete may visit a member school within the district of residence of parents, provided the arrangements for the visit are cleared through the principal of the school to be visited.
 - High Schools cannot provide financial aid or scholarships to a student on the basis of athletic ability.

- A prospective athlete shall not be offered or accept any inducement, such as free tuition, employment, books, complimentary tickets, sweatshirts, uniforms and
- supplies, other than that which is provided to all students. High Schools can invite an 8th grade class to attend a game for free. However the invitation must be made to the whole group and not particular students.
- High School Coaches are not to initiate contact with prospective students outside of the high school's building until the student has applied to the school and acceptance letters have been distributed. No (OHSAA) member representative shall initiate any communication with a prospective athlete, parents or an athlete, guardian or family member, in person or through a third party prior to enrollment.
- The Cleveland Area Catholic High Schools have an agreed upon "No Contact" period that runs during the application review process from early-January to mid-February. During this time representatives from high schools are not to have contact with prospective students.
- High School coaches can talk to a parish group as long as they talk about the general educational values of athletics and not the attributes of a particular school.
- High Schools cannot provide financial aid or scholarships to a student on the basis of athletic ability.
- If a parent or athlete wishes to talk to coach, they need to make a request through the admissions office of the school and a meeting will be held on school grounds.

DIOCESAN RULE ON ALCOHOL, TOBACCO AND FIREARM USE

Coaches, players, managers, statisticians, scorekeeper, cheerleaders, spectators, site personnel, commissioners and contest officials in the CYO athletic program are prohibited from using any form of alcohol, illicit drugs, tobacco products or carry a firearm or deadly weapon at CYO athletic competitions or practice sessions. CYO contest sites are drug, alcohol, tobacco and firearm free zones.

Alcohol, illicit drugs, tobacco products or firearms and deadly weapons are not permitted anywhere on the premises of a CYO athletic event. Penalty for violation by the parish representatives, officials, coaches, spectators or participants is disqualification from that contest as well as possible legal action. The CYO Member is responsible to enforce this policy.

PENALTIES FOR VIOLATION OF RULES

The penalties that are imposed by the CYO Athletic Administration or their Pastoral Designee for violation of rules include, but are not limited to:

- Warning.
- Probation.
- Forfeiture of playoff or tournament rights.

- Forfeiture of game or games.
- Temporary or permanent suspension or removal of a player, coach, parent or spectator.
- Suspension of current/future event sanctions.
- Suspension of the team.
- Suspension of athletic contests when the relationship between two or more teams has become as quarrelsome and unsportsmanlike as to jeopardize the parish and public welfare.
- Suspension of the member.

PROTESTS AND GRIEVANCES

The CYO Office will review a protest or grievance that is received with three (3) business days after an incident. The initiator of the complaint must submit a grievance or protest in writing that is signed by the Pastoral Designee and Member Administrator.

A Formal Grievance is any concern or disagreement with the administration of the Catholic Youth Organization athletic program. A formal grievance does not require a protest fee to accompany that complaint.

A Formal Protest is a written objection directly associated with the rules and/or athletic contest. A formal protest, in order to be considered by the Area CYO Athletic Director or grievance committee must be accompanied with a protest fee of \$25.00. If the protest is upheld, the fee will be returned.

Protests or grievances involving disputed calls by game officials are not considered for appeal.

An appeal of the decision of the Area CYO Athletic Director may be filed with the CYO Athletic Administrator within five (5) business days following the release of the written decision of the CYO Athletic Director. A written decision from the CYO Athletic Administration shall be issued three (3) days after the review.

GOVERNING BODIES

- The CYO Sport Specific rules are supplemented by the National Federation of State High School Associations (NFHS) rules. Copies of the NFHS rulebooks may be obtained through the Ohio High School Athletic Association or by visiting www.NFHS.org.
- The CYO Sport Specific rules are supplemented by the Ohio High School Athletic Association (OHSAA) rules. Copies of the OHSAA rules may be obtained through the Ohio High School Athletic Association, www.OHSAA.org.

CYO Coach's Code of Ethics

CYO Coaches are contributors toward the development of the young athlete. As such, they need to exercise a high level of self-discipline and responsibility. The purpose of this Code is to establish guidelines for standards of conduct by CYO Coaches.

The CYO Coach shall teach and encourage good sportsmanship by demonstrating positive support and respect for all athletes, officials, site workers, fellow coaches, and CYO administrators at all times.

The CYO Coach shall be a positive force in the formation of the youth as a total person. Through the coach's counseling and encouragement, all athletes should learn their value and responsibility to the Team, Church and Community.

The CYO Coach shall master and follow the rules of the sport, CYO modification, divisional rules as well as the general policies of the CYO Charter & By-laws.

The CYO Coach shall help their players master the skills of the sport. They shall use practices, competitions and games as opportunities to develop the fundamental skills in each athlete.

The CYO Coach shall be punctual and responsible in the fulfillment of their obligations by arriving at the competition and practice sites early, by making introductions to officials, scorers/timers/supervisors and other coaches.

The CYO Coach shall remain mindful that their conduct during each event has a tremendous impact on the conduct parents and fans exhibit. The coach should always demonstrate good sportsmanship, patience, manners and an attitude indicative of the spirit of CYO.

The CYO Coach shall remain mindful that their conduct has a tremendous impact on the love of the sport a child may have, the view parents and fans have of youth sports, the reputation of the youth coaching profession and the quality of the CYO Athletic Program.

Sportsmanship is the Name of the Game!

Name Signature: _____

Date: _____

Name Printed: _____

Parish: _____

CYO GRADE SCHOOL BASKETBALL RULES

The National Federation of State High School Associations (NFHS) Basketball Rules apply in this league with the exceptions contained within. CYO game contest rules may not be altered by mutual consent of the coaches. Only the CYO office may issue authorized changes.

OFFICIAL TEAM

- Defined as an individual or group of children from one or more parishes listed on the team roster who meet the eligibility rules and are approved by the Parish Designee, Pastor and CYO office. Eligibility Rules, as defined in Bylaw 4 of the Charter & Bylaws, shall be followed to determine all questions regarding eligibility.
- In all divisions five (5) players must start the game. Once a game begins, a team must forfeit the game when the team is reduced to one (1) eligible player.
- Rosters/Team cannot be split to form two (2) team at any time
- A partial roster or combined roster cannot be entered into any tournament.
- A CYO Team refusing to continue playing a scheduled contest for any reason without the consent of the referee or CYO representative may be subject to a suspension for one calendar year. This also applies to CYO Sanctioned Events.

OFFICIALS

- Officials have the power to warn, declare fouls or disqualify from the game anyone who commits acts which intend to influence their decisions.
- Official fees shall be paid before the team takes the floor to play the game. Payment shall be made to the scorekeeper, in cash.

EQUIPMENT

- BALL - CYO will provide a regulation game ball to each game site for use in season games. The boys & girls grade school teams will use at 28.5” ball.
- COURT – The playing court shall be no greater than 94 feet in length by 50 feet in width. There shall be at least three (3) feet of unobstructed space outside the court boundaries. The three-point shot radius is 19’9”. The free throw lane is 12 feet wide measured to the outside of the lane boundaries. The ceiling should be at least 25 feet.
- BASKET - The basket shall be 18 inches inside diameter. The height of the basket is measured from the top of the basket ring and must be ten (10) feet above the floor.

UNIFORMS

- Home teams are NOT required to wear white uniforms
- Players must wear matching uniforms this includes shirts and shorts.
- All uniforms are to meet National Federation Rules related to numbering. Permitted uniform numbers are; 0, 1, 2, 3, 4, 5, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55, 00. A team may not have both the number 0 and 00. Numbers are to be on the front and back of the uniform.

- Numbers on the back on the jersey are to be at least 6 inches in height, and at least 4 inches in height on the front of the jersey.
- All players must have the CYO emblem either sewn or stenciled on their uniform.
- If undergarments such as T-shirts and/or compression shorts are worn under the uniform they must be the same color for all team members. (Example: Legal-If players wear a white t-shirt, all athletes that wear t-shirts under the uniforms must wear white. Illegal-If one player wears a white t-shirt, one player wears a blue t-shirt, one player wears a gray t-shirt under the uniform, is not permitted.)
- A team jersey designed to be worn inside the shorts shall be tucked inside the shorts. The shorts are to be worn above the hip.
- Players are not allowed on the playing floor unless he/she is wearing appropriate shoes. Players are not to wear game shoes into the gym. Players should carry their game shoes to the game sites.
- Jewelry, earrings, metal hair-clips, hair tie-backs with metal parts are not permitted. Rubber/cloth (elastic) bands may be used to control hair. Chains, earrings, other jewelry, glitter, face paint or other inappropriate items may not be worn during the game. Band-aids/Tape over earrings is not permitted.
- Headbands and wristbands may be of any color but must be worn in accordance to NFHS Rules.
- Mouth pieces for players are recommended.
- The referee shall not permit any player to wear items or equipment, which, in his/her judgment, is dangerous, confusing to other players, or is not appropriate.
- Guards, casts, braces, and compression sleeves must be worn for medical reasons.
- An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the player's number.
- If a player wearing an illegal uniform or equipment attempts to enter the game or is discovered in the game, the head coach will be assessed a technical foul and the player shall be removed from or not permitted to enter the game until the illegal equipment is removed or made legal.

PRE-CONTEST COACHES RESPONSIBILITIES

- Coaches are responsible for the supervision of their team before the contest.
- At each contest and practice, coaches are to have in their possessions; an official team roster, a copy of each player's Preparticipation Form and Emergency Medical Authorization Form, and a first aid kit.
- CYO Credentials are to be worn and visible at all times.
- Coaches must be CYO Certified

COURT PROTOCOL

- The team listed first on the team schedule will be the *visiting* team. If a toss needs to be made, the *home* team shall call the toss.

TEAM BENCHES

- Bench personnel are limited to players listed on the eligibility roster, and three (3) non-players. Non-players 16 years of age or older must be CYO certified.
- CYO Credentials are to be worn and visible at all times.
- When facing the scorer's table or bench areas, the home team shall sit at the bench on the right and the visiting team will sit at the bench on the left of the scorer's table.
- Team scorers, statisticians, or other volunteers are not permitted on the team bench, nor in the area occupied by the official scorer and timer. Interpretation: Such auxiliary personnel are not permitted within the team bench area at any time during the game, between quarters and during time-outs.
- The coaches are to remain in front of the team bench area and within the designated coaches' box. The Coaches box is an area bounded by a line 28 feet from the end line, the sideline, the team bench and a line no more than 14 feet from the 28-foot line measured back toward the end line.

PARTICIPATION

- Each player must be treated with dignity regardless of their ability.
 - A player on a CYO team may not participate on any other basketball team during the CYO season. For purposes of defining eligibility, a player may not be on another team from the published CYO roster due date and the completion of the team's final game.
 - Participants may only play and be rostered on one CYO team in the same sport in the same school year.
 - **Participation Rule for Developmental and Elemental Divisions**
 - The game will last four (4) quarters of six minutes. Each quarter will be divided into two - three minute segments.
 - Free substitutions are not allowed at anytime during regulation game time. Free substitution will only be allowed during overtime.
 - **For a team with 8 or fewer players dressed for the game**
 - Each member of the team must play a minimum of four (4) complete 3-minute segments during each game.
 - Each member of the team (with more than 6 athletes) must sit-out at least two (2) complete segments.
 - Each member of the team with 6 athletes dressed for the game must sit-out at least one (1) complete segment.
 - Athletes may be substituted with-in/during a segment of play;
 - as a result the athlete being injured,
 - as a result of the athlete being assessed with a technical foul,
 - as a result of the athlete being assessed with an intentional foul,
 - as a result of the athlete being disqualified from the game.
- The athlete removed from the game will be credited with full participation of the segment. The replacement athlete will not be marked on the score sheet and will not receive credit for playing in that segment.

- **For a team with 9 or 10 players dressed for the game**

- Each member of the team must play a minimum of three (3) complete 3-minute segments during each game.
- Each member of the team must sit-out at least two (2) complete segments.
- Athletes may be substituted with-in/during a segment of play;
 - as a result the athlete being injured,
 - as a result of the athlete being assessed with a technical foul,
 - as a result of the athlete being assessed with an intentional foul,
 - as a result of the athlete being disqualified from the game.

The athlete removed from the game will be credited with full participation of the segment. The replacement athlete will not be marked on the score sheet and will not receive credit for playing in that segment.

- **For a team with 11 or more players dressed for the game**

- Each member of the team must play a minimum of two (2) complete 3-minute segments during each game.
- Each member of the team must sit-out at least two (2) complete segments.
- Athletes may only be substituted with-in/during a segment of play;
 - as a result the athlete being injured,
 - as a result of the athlete being assessed with a technical foul,
 - as a result of the athlete being assessed with an intentional foul,
 - as a result of the athlete being disqualified from the game.

The athlete removed from the game will be credited with full participation of the segment. The replacement athlete will not be marked on the score sheet and will not receive credit for playing in that segment.

- **Participation Rule for Cadet Division**

- The game will last four (4) quarters of six minutes. Each quarter will be divided into two - three minute segments.

- **For a team with 8 or fewer players dressed for the game**

- Each member of the team must play a minimum of four (4) complete 3-minute segments during each game.
- Each member of the team (with more than 6 athletes) must sit-out at least two (2) complete segments.
- Each member of the team with 6 athletes dressed for the game must sit-out at least one (1) complete segment.
- Athletes may be substituted with-in/during a segment of play;
 - as a result the athlete being injured,
 - as a result of the athlete being assessed with a technical foul,
 - as a result of the athlete being assessed with an intentional foul,
 - as a result of the athlete being disqualified from the game.

The athlete removed from the game will be credited with full participation of the segment. The replacement athlete will not be marked on the score sheet and will not receive credit for playing in that segment.

- During the last 3-minutes of the fourth quarter and overtime, once ALL of the players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions
- **For a team with 9 or 10 players dressed for the game**
 - Each member of the team must play a minimum of three (3) complete 3-minute segments during each game
 - Each member of the team must sit-out at least two (2) complete segments.
 - Athletes may be substituted with-in/during a segment of play;
 - as a result the athlete being injured,
 - as a result of the athlete being assessed with a technical foul,
 - as a result of the athlete being assessed with an intentional foul,
 - as a result of the athlete being disqualified from the game.

The athlete removed from the game will be credited with full participation of the segment. The replacement athlete will not be marked on the score sheet and will not receive credit for playing in that segment.
 - During the last 3-minutes of the fourth quarter and overtime, once ALL of the players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions
- **For a team with 11 or more players dressed for the game**
 - Each member of the team must play a minimum of two (2) complete 3-minute segments during each game.
 - Each member of the team must sit-out at least two (2) complete segments.
 - Athletes may only be substituted with-in/during a segment of play;
 - as a result the athlete being injured,
 - as a result of the athlete being assessed with a technical foul,
 - as a result of the athlete being assessed with an intentional foul,
 - as a result of the athlete being disqualified from the game.

The athlete removed from the game will be credited with full participation of the segment. The replacement athlete will not be marked on the score sheet and will not receive credit for playing in that segment.
 - During the last 3-minutes of the fourth quarter and overtime, once ALL of the players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions
- **Late arriving Player**
 - If a player arrives late to a game during the first half and is permitted to play by the coach, the player is to meet the full participation requirement.
- If a player arrives at the game during halftime or later and is permitted to play by the coach, the player is to meet one half of the participation requirement.
- **Game Procedure**
 - Coaches are to have their substitutes at the scorer's table by the 3:20 point in each quarter.
 - If there are no substitutes present at the scorer's table by the 3:10 point, the game may continue without a stop in play.
 - All substitutions are to occur between the 3:10 and 2:50 mark of the quarter.

- Both teams are required to make their substitutions, *if any*, during the same break in play.
 - During substitutions the clock will be stopped long enough for the official scorer to record the participants of the segment on the score sheet.
 - If at the 2:50 mark the referees have not halted play for substitutions the timer will sound the buzzer and stop the clock in order for substitutions to occur.
 - The break for substitutions should occur without interrupting a play in progress.
 - A delay in team substitutions may result in the team being charged with a timeout.
 - Discipline – If a coach feels that an athlete is to be disciplined during the game for actions at practice or other bona fide situation, then the coach is to report this on the score sheet prior to the start of the game. The athlete would then not play during the game and should not be dressed in full team uniform.
 - Penalties – A team in violation of the rule at the end of the game will forfeit the game and face possible suspension of the coach.
 - Explanation –
 - During the game, the officials will stop the game between the 3:10 and 2:50 mark, (there does not need to be an infraction for substitution to occur.) and the substitutes will enter the game. This will not be a time-out only a short break to allow entry into the game. Coaches are to have their substitutes at the scorer's table by the 3:20 point in each quarter. If there are no substitutes present the game may continue without a stop in play.
 - Interpretation – A coach does not have to make substitutions each segment, but must insure that each athlete plays the requirement amount of time. A coach may develop a substitution plan by quarters or other combinations of the 3-minute segments so as to insure each athletes plays the required time.
 - **Participation Rule for Junior Varsity & Varsity Divisions**
 - Game Length:
 - Junior Varsity (7th grade) - Quarters: 6 Minutes (2 - 3minute segments)
 - Varsity (8th grade) - Quarters: 7 Minutes (2 - 3minute - 30 second segments)
 - **For a team with 10 or fewer players dressed for the game**
 - Each member of the team must play a minimum of two (2) complete/uninterrupted segments by the end of the third quarter of each game.
 - Athletes may only be substituted with-in/during a segment of play;
 - as a result the athlete being injured,
 - as a result of the athlete being assessed with a technical foul,
 - as a result of the athlete being assessed with an intentional foul,
 - as a result of the athlete being disqualified from the game.
- The athlete removed from the game will be credited with full participation of the segment. The replacement athlete will not be marked on the score sheet and will not receive credit for playing in that segment.

- During the second half of the game, once ALL of the players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions for the remainder of the game.
- Teams are permitted free substitutions in overtime periods.
- **For a team with 11 or more players dressed for the game**
 - Each member of the team must play a minimum of one (1) complete/uninterrupted segment by the end of the third quarter of each game.
 - Athletes may only be substituted with-in/during a segment of play;
 - as a result the athlete being injured,
 - as a result of the athlete being assessed with a technical foul,
 - as a result of the athlete being assessed with an intentional foul,
 - as a result of the athlete being disqualified from the game.

The athlete removed from the game will be credited with full participation of the segment. The replacement athlete will not be marked on the score sheet and will not receive credit for playing in that segment.
 - During the second half of the game, once ALL of the players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions for the remainder of the game.
 - Teams are permitted free substitutions in overtime periods.
- **Late arriving Player**
 - If a player arrives late to a game during the first half and is permitted to play by the coach, the player is to meet the full participation requirement by the end of the third quarter.
 - If a player arrives at the game during halftime or later and is permitted to play by the coach, the player is to meet one half of the participation requirement by the end of the third quarter.
- **Game Procedure**
 - Coaches are to have their substitutes at the scorer's table by the 3:20 point in the quarter for Junior Varsity or the 3:50 point in the quarter for Varsity games.
 - If there are no substitutes present at the scorer's table by the 3:10 point in the quarter for Junior Varsity or the 3:40 point in the quarter for Varsity games, the game may continue without a stop in play.
 - All Substitutions are to occur between the 3:10 and 2:50 mark of the quarter for Junior Varsity games and the 3:40 and 3:20 mark of the quarter in Varsity games.
 - Both teams are required to make their substitutions, *if any*, during the same break in play.
 - During substitutions the clock will be stopped long enough for the official scorer to record the participants of the segment on the score sheet.
 - If at the 2:50 mark (Junior Varsity game) or 3:20 mark (Varsity game) the referees have not halted play for substitutions the timer will sound the buzzer and stop the clock in order for substitutions to occur.
 - The break for substitutions should occur without interrupting a play in progress.
 - A delay in team substitutions may result in the team being charged with a timeout.

- During the fourth quarter and overtime periods, coaches may substitute freely at any stop in play or timeout.
- Discipline - If a coach feels that an athlete is to be disciplined during the game for actions at practice or another bona fide situation, then the coach is to report this on the score sheet prior to the start of the game. The athlete would then not play during the game and should not be dressed in full team uniform.
- Penalties - A team in violation of the rule at the end of the third period will forfeit the game and face possible suspension of the coach.
- Explanation
 - During the game, the officials will stop action between the 3:10 and 2:50 mark (JV) and 3:40 and 3:20 mark (Varsity), (there does not need to be an infraction for substitution to occur.) and the substitutes will enter the game. (Officials should hold their whistle if there is a play in progress such as a fast break). This will not be a time-out, only a short break to allow entry into the game as in any other substitution situation. Coaches are to have their substitutes at the scorer's table by the stated point in each quarter. If there are no substitutes present, the game may continue without a stop in play.
- Interpretation – A coach does not have to make substitutions each segment, but must insure that each athlete plays the requirement amount of time. A coach may develop a substitution plan by quarters or other combinations of the segments so as to insure each athletes plays the required time.

GAME & TIME LIMITATION

- No team or player is permitted to play more than 20 games in one season.
 - Violations for the first three games over the limit will result in a 1 for 1 suspension for the head coach. The member will also be placed on Administrative Watch.
 - Violation of this rule for a fourth game will result in the head coach being suspended for one (1) year. The member will also be placed on Probation.
 - The following games count toward the 20 game limit:
 - Regular scheduled league games
 - Sanctioned Event games (parish tournament etc.)
 - Games forfeited (both Sanctioned Event or league)
 - The following games do not count toward the 20 game limit:
 - League play-off games
 - CYO Regional Qualifier/CYO Tournament Games
 - Diocesan Tournament and High School State Tournament Games
- On Sunday through Friday, No team or player may play more than one (1) game per day. On Saturday, A team is allowed to play a maximum of two (2) games during the day. There must be a minimum of four (4) hours between the end of game 1 and the start of game 2 (i.e. game 1 scheduled at 12:00noon game 2 cannot begin before 5:00pm).

- Violation of this rule will result in the offending coach being suspended for the next two (2) games following the discovery of the violation. The member will also be placed on Administrative Watch.
- Upon a further violation the offending coach will be suspended for two (2) games, and may be suspended for one (1) year. The member will be placed on Probation.
- If a violation occurs involving a CYO league, play-off or tournament game, that game will be forfeited.
- No team may play more than three (3) games in a week (Sunday through Saturday).
- No game will start after 8:00 PM, and all games must stop at 9:00 PM. An exception is made during the Christmas & Easter break; no competition may start after 9:00PM during this time period.
- Practice session must be completed by 9:00 PM.

TIME-OUTS

- Each team is limited to three (3) full (60 second) time-outs and two (2) 30-second time-outs per game. An additional full time-out shall be awarded to each team at the beginning of the overtime period.
- The timer should sound a warning signal 15 seconds before the end of a full time-out, and 10 seconds before the end of a 30 second time-out.
- In case of injury, an official's time out will be held.
- A player that is injured or has blood on the uniform will not be forced to automatically leave the game, but may re-enter the game if the team calls a time-out and rectifies the situation by the end of the time-out.

GAME CLOCK

- During the last one (1) minute of the first three quarters and the last two (2) minutes of the 4th quarter and all overtime periods the clock is stopped for all stops in play. The clock will be started when the officials drops his arm on the inbound / play of the ball.
- During all other portions of the game, the clock will be stopped for time-outs, foul shots, injuries and other times indicated by the official.
- Developmental and Elemental Clock Rule - During the last one (1) minute of the game and all overtimes, when inbounding the ball in the back court due to an infraction or timeout, the clock does not start until the ball crosses the mid-court division line. The clock will not stop on made baskets.
- The Varsity Division plays four quarters of seven (7) minutes each. Half-time is five (5) minutes, and each team has one minute between quarters.
- The Junior Varsity, Cadet, Developmental and Elemental Divisions play four quarters lasting six (6) minutes each. Half-time is five (5) minutes, and each team has one minute between quarters.
- Teams will complete two (2) minute over-time periods until a winner is determined.

FOULS AND FOUL SHOTS

- Player Fouls – Once an individual has received five (5) fouls he/she must leave the game.
- Team Fouls – Once a team has reached seven (7) fouls for the half “one and one” foul shots are awarded. Once a team has reached ten (10) fouls for the half the “double bonus” foul shots will be awarded.
- Cadet, Junior Varsity and Varsity Division teams will use the official 15-foot foul line.
- Developmental and Elemental Division teams will use a foul line that shall be 12' from the basket. (Regulation distance from the basket is 15' - move the line 3' into the key.) For determination of three-second violations, the full regulation key will be used.
- Cadet, Junior Varsity, and Varsity Division Foul Shot alignment – The number of players permitted on the free throw lane will be limited to six plus the shooter. Four are to be from the defensive team and two plus the shooter from the offensive team. The spot on both sides of the lane, closest to the baseline will be vacant. Players may move for the rebound once the ball comes in contact with the rim or backboard.
- Elemental and Developmental Division Foul Shot alignment – The number of players permitted on the free throw lane will be limited to six plus the shooter. Four are to be from the defensive team and two plus the shooter from the offensive team. The spot on both sides of the lane, closest to the shooter will be vacant. Players may move for the rebound once the ball comes in contact with the rim or backboard.

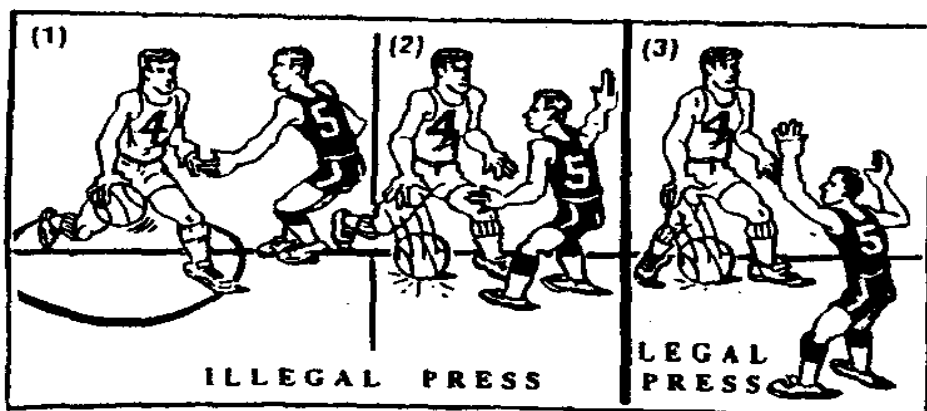
THREE POINT SHOTS

- The three-point shot will be in effect for all divisions as court markings permit.

FULL COURT PRESSURE

- In all Divisions of play a full court press is not permitted by a team with a fifteen (15) point lead. The defense has to allow the offense to progress the ball beyond the mid-court division line. The dribbler must have frontcourt status before pressure on the ball is permissible. (Reference illustration) Interpretation: This means that the defense cannot position any players along the mid-court division line so as to impede the offense from crossing over the division line.
- Penalty for Violation of the Press Rules
 - First Offense - warning
 - Second Offense - technical foul on coach
 - Third Offense - technical foul on coach
 - Fourth Offense - forfeit loss
- Developmental and Elemental Division
 - A full court press is not permitted at any time during the game. The defense has to allow the offense to progress the ball beyond the mid-court division line. The dribbler must have frontcourt status before pressure on the ball is permissible
 - (reference illustration). Interpretation: This means that the defense cannot position any players along the mid-court division line so as to impede the offense from crossing over the division line.

- On an inadvertent contact of the ball by the defense in the backcourt, the offensive team will take the ball out of bounds at a point closest to that contact.
- Cadet Division
 - During the first three (3) quarters of the game and the first 4 minutes of the fourth quarter, a full court press is not permitted on an inbound pass in the backcourt. The defense has to allow the offense to progress the ball beyond the mid-court division line. The dribbler must have frontcourt status before pressure on the ball is permissible (reference illustration). Interpretation: This means that the defense cannot position any players along the mid-court division line so as to impede to offense from crossing over the division line.
 - On a pass from the backcourt, the ball becomes live as it crosses the mid-court division line.
 - A full court press is also permissible:
 - During any live ball situation in the backcourt during the entire game. A live ball situation is anything other than an inbound pass from and into the backcourt (i.e. rebounds, turnovers, etc.).
 - At any time during the last two (2) minutes of the fourth quarter.
 - At any time during any overtime period
 - At any time when a team is losing by 15 points or more.
- Varsity and Junior Varsity Division
 - Teams may apply a full court press at any point in the game as long as they do not have a 15-point lead.



ROUGH PLAY

There are many rules in place to assist in eliminating, or at least minimizing rough play. Of specific concern is the displacement of a player, or controlling/impeding the movement of a defensive or offensive player. Below are some problem areas that need to be addressed by coaches and officials.

- Hands off
 - Defenders are not permitted to have hands on the dribbler
 - No displacement of a cutter.
 - The measuring up of an opponent (tagging) is hand-checking, is not permitted, and is a FOUL.
 - Use of a forearm, regardless of the duration of the contact is a FOUL.
 - Hand checking is not incidental contact; it gives a tremendous advantage to the person illegally using their hands.
 - This applies to both offensive and defensive players.
- Post-play
 - The key word is DISPLACEMENT! If a player is displaced, it is a foul.
 - This applies to both offensive and defensive players, whether or not it is a knee or the “swim” maneuver.
 - When the offensive player uses a swim move, elbows, and pins or forearms the opponent it is a foul on the offensive player.
 - When the defensive player holds, undercuts, displaces by a knee or a forearm in the back, it is a foul.
 - Displacement applies to both offensive and defensive players.
- Screens
 - The screener must be stationary upon contact.
 - It is not a moving screen unless there is contact.
 - The screened player is expected to stop or attempt to stop on contact and move around the screen.
 - Excessive contact or “pushing through” the screen is illegal.
- Protecting the Shooter
 - Officials must “stay with the shooter,” until he/she returns to the floor, to ensure no illegal activity has occurred.
 - Contact that does not permit the shooter to return to the floor in their entitled vertical space is illegal.
- Block/Charge
 - Two factors are used to determine the responsibility of contact – “Who was at the spot first?” and “Was the guard facing the player with the ball with two feet on the playing floor?”
 - Contact in front, upper torso, initiated by the offensive player should be a “charge”.
 - Contact initiated by the defense (on or off the ball) that involves lower body, non-vertical contact and defending a perimeter player or an airborne player should be a “block”.

- Excess Swinging of Arm(s)/Elbow(s)
 - When there is no contact with an opponent is now a violation.
 - If contact is made, the official must judge the severity of the act and possibly even determine intent.
 - A player control foul, an intentional foul or a flagrant foul may be called.

THROW IN SPOTS

- The throw-in spot is the nearest spot out of bounds from where the violation, out of bounds or non-shooting foul occurred. Rule 7-5-2 indicates, “When the ball is out of bounds after any violation the official shall place the ball at the disposal of an opponent of the player who committed the violation for a throw-in from the designated out-of-bounds spot nearest the violation. If ... the throw-in spot is behind a backboard, the throw-in shall be made from the nearer free-throw lane line extended.”

TRAVELING

Officials and coaches are having difficulty determining the difference between a legal and illegal move. The key to making this determination properly is first finding the pivot foot. Then, if the player moves a foot or the feet in any direction in excess of prescribed limits while holding the ball, a traveling violation has occurred. The limits follow:

- A player who catches the ball with both feet on the floor may pivot, using either foot. When one foot is lifted, the other is the pivot foot.
- A player who catches the ball while moving or dribbling may stop and establish a pivot foot as follows:
 - If both feet are off the floor and the player lands;
 - Simultaneously on both feet, either foot may be the pivot.
 - On one foot followed by the other, the first foot to touch is the pivot.
 - On one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
 - If one foot is on the floor;
 - It is the pivot when the other foot touches in a step.
 - The player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
 - After coming to a stop and establishing a pivot foot:
 - The pivot foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for goal;
 - If the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal;
 - The pivot foot may not be lifted, before the ball is released, to start a dribble.
- After coming to a stop when neither foot can be a pivot:
 - One or both feet may be lifted, but may not be returned to the floor, before the ball is released on a pass or try for goal;

- Neither foot may be lifted, before the ball is released, to start a dribble.
- A player holding the ball:
 - May not touch the floor with a knee or any other part of the body other than hand or foot;
 - After gaining possession while on the floor and touching the floor with other than a hand or foot, may not stand or attempt to get up.

(Revised September, 2009)

CYO HIGH SCHOOL BASKETBALL RULES

The National Federation of State High School Associations (NFHS) Basketball Rules apply in this league with the exceptions contained within. CYO game contest rules may not be altered by mutual consent of the coaches. Only the CYO office may issue authorized changes.

OFFICIAL TEAM

- Defined as an individual or group of children from one or more parishes listed on the team roster who meet the eligibility rules and are approved by the Parish Designee, Pastor and CYO office. Eligibility Rules, as defined in Bylaw 4 of the Charter & Bylaws, shall be followed to determine all questions regarding eligibility.
- In all divisions five (5) players must start the game. Once a game begins, a team must forfeit the game when the team is reduced to one (1) eligible player.
- Rosters/Team cannot be split to form two (2) team at any time
- A partial roster or combined roster cannot be entered into any tournament.
- A CYO Team refusing to continue playing a scheduled contest for any reason without the consent of the referee or CYO representative may be subject to a suspension for one calendar year. This also applies to CYO Sanctioned Events.
- High School is defined as 9th through 12th grades only. No college students are permitted regardless of age. Players who have dropped out of high school and their class has not graduated may participate if they meet the age requirement.
 - Players in grades 9-12 who do not reach their 19th birthday until after October 1st are eligible for play in the Varsity Division.
 - Players in grades 9-10 who do not reach their 17th birthday until after October 1st are eligible for play in the Junior Varsity Division

OFFICIALS

- Officials have the power to warn, declare fouls or disqualify from the game anyone who commits acts which intend to influence their decisions.
- Officials shall be paid before the team takes the floor to play the game. Payment shall be made to the scorekeeper, in cash.

PLAYER ELIGIBILITY

- To play on a Parish sponsored team in the High School Division
 - The player and/or the athlete's parents/legal guardians are registered members of the member parish sponsoring the team. Or,
 - The player attends a Catholic High School and lives with-in the boundaries of the Parish sponsoring the team.
 - A parish may restrict participation to registered members of the parish.
- To play on a School sponsored team in the High School Division
 - The player must be enrolled in the member high school sponsoring a team.

- The players must receive written authorization (entry form) from the high school acknowledging the formation of the team.
- Athletes that do not attend the sponsoring school are not eligible to participate on a school-sponsored team.
- If an athlete's parish or school does not sponsor a team in the High School Division, the athlete must;
 - Be a registered member of a Catholic Parish.
 - The first request for participation must be made to the Pastoral Designee of the CYO Member that is closest to the child's residence as measured by the process below.
 - If the closest CYO Member does not accept the child, the child has permission to approach the Pastoral Designee of the second closest CYO Member as measured by the process below.
 - If the second closest CYO Member does not accept the child, the child has permission to approach the Pastoral Designee of the third closest CYO Member or contact the CYO Athletic Administration for placement (according to By-law 4-2-6).
 - Process for determining the appropriate CYO Member to participate:
 - Distance consideration for determining the CYO Member must radiate out in ALL directions from the child's official residence toward surrounding CYO Members.
 - The distance between the child's official residence and the official location of the CYO Member offering a team shall be determined by using Mapquest.com or other such navigational system approved by the CYO
 - Submit an Eligibility Request Form by the published Team Entry deadline.
- Athletes that are members of a parish that sponsors a high school team wishing to play for a team from another parish, must receive a written release from their parish pastor, high school coach and pastoral designee (CYO Eligibility Request Form) and follow the procedures outlined in the above point to determine eligibility.
- If a player from a member parish that sponsors a team attends a member high school that sponsors a team, the player may play on either team.
- Questions related to other situations should be directed to the Area CYO Athletic Director/Office before the team entry deadline.

EQUIPMENT

- BALL - CYO will provide a regulation game ball to each game site for use in season games. The boys' teams will use 29.5" ball and the girls teams will use at 28.5" ball.
- COURT – The playing court shall be no greater than 94 feet in length by 50 feet in width. There shall be at least three (3) feet of unobstructed space outside the court boundaries. The three-point shot radius is 19'9". The free throw lane is 12 feet wide measured to the outside of the lane boundaries. The ceiling should be at least 25 feet.

- BASKET - The basket shall be 18 inches inside diameter. The height of the basket is measured from the top of the basket ring and must be ten (10) feet above the floor.

UNIFORMS

- Home teams are NOT required to wear white uniforms.
- Players must wear matching shirts (numbered) and shorts.
- High School Division uniforms must meet National Federation Rules. Permitted uniform numbers are; 0, 1, 2, 3, 4, 5, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55, 00. A team may not have both the number 0 and 00. Numbers are to be at least 6 inches in height on the back and at least 4 inches in height on the front of the jersey.
- All players must have the CYO emblem either sewn or stenciled on their uniform.
- Players are not allowed on the playing floor unless he/she is wearing appropriate shoes. Players are not to wear game shoes into the gym. Players should carry their game shoes to the game sites.
- Teams must have matching uniforms. If undergarments such as T-shirts and/or compression shorts are worn under the uniform they must be the same for all team members and must be the same color as the uniforms predominant color.
- A team jersey designed to be worn inside the shorts shall be tucked inside the shorts. The shorts are to be worn above the hip.
- Jewelry, earrings, metal hair-clips, hair tie-backs with metal parts are not permitted. Rubber/cloth (elastic) bands may be used to control hair. Chains, earrings, other jewelry, glitter, face paint or other inappropriate items may not be worn during the game. Band-aids/tape over earrings is not permitted.
- Headbands and wristbands may be of any color but must be worn in accordance to NFHS Rules.
- Mouth pieces for players are recommended.
- The referee shall not permit any player to wear items or equipment, which, in his/her judgment, is dangerous, confusing to other players, or is not appropriate.
- Guards, casts, braces, and compression sleeves must be worn for medical reasons
- An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the player's number.
- If a player wearing an illegal uniform or equipment attempts to enter the game or is discovered in the game, the head coach will be assessed a technical foul and the player shall be removed from or not permitted to enter the game until the illegal equipment is removed or made legal.

PRE-CONTEST COACHES RESPONSIBILITIES

- Coaches must be CYO Certified
- Coaches are responsible for the supervision of their team before the contest.
- At each contest and practice, coaches are to have in their possessions; an official team roster, a copy of each player's Preparticipation Form and Emergency Medical Authorization Form, and a first aid kit.
- CYO Credentials are to be worn and visible at all times.

CONDUCT, CHARACTER & DISCIPLINE

- Reference Bylaw 7 – Code of Conduct.
- Penalties for Ejections:
 - All team personnel who are ejected from a game or who use profanity or unsportsmanlike conduct will be suspended for the next two (2) games.
 - A player or coach ejected or suspended by an official may not be in attendance at any of their team's games.
 - Note: This penalty is intentionally more severe than the one (1) game suspension which applies to grade school play.

COURT PROTOCOL

- The team listed first on the team schedule will be the *visiting* team. If a toss needs to be made, the *home* team shall call the toss.

TEAM BENCHES

- Bench personnel are limited to players listed on the eligibility roster, and three (3) non-players. Non-players 18 years of age or older must be CYO certified.
- CYO Credentials are to be worn and visible at all times.
- When facing the scorer's table or bench areas, the home team shall sit at the bench on the right and the visiting team will sit at the bench on the left of the scorer's table.
- Team scorers, statisticians, or other volunteers are not permitted on the team bench, nor in the area occupied by the official scorer and timer. Interpretation: Such auxiliary personnel are not permitted within the team bench area at any time during the game, between quarters and during time-outs.
- The coaches are to remain in front of the team bench area and within the designated coaches' box. The Coaches box is an area bounded by a line 28 feet from the end line, the sideline, the team bench and a line no more than 14 feet from the 28-foot line measured back toward the end line.

PARTICIPATION

- Each player must be treated with dignity regardless of his or her ability.
- A player on a CYO team may not participate on any other basketball team during the CYO season. For purposes of defining eligibility, a player may not be on another team from the published CYO roster due date and the completion of the team's final game.

- Participants may only play and be rostered on one CYO team in the same sport in the same school year.
- By the end of the game all players on the team's eligibility roster must have played. The clock must be running to make a player's participation valid. (Reference Bylaw 8 - "Mandatory Participation Rule")
- Violation of these rules will result in an immediate forfeit called by the scorer and referee, with possible disciplinary action toward the coach.
- If a coach will not play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must inform the official scorekeeper before the game begins and mark the player as not participating.

GAME & TIME LIMITATION

- No team or player is permitted to play more than 20 games in one season.
 - Violations for the first three games over the limit will result in a 1 for 1 suspension for the head coach. The member will also be placed on Administrative Watch.
 - Violation of this rule for a fourth game will result in the head coach being suspended for one (1) year. The member will also be placed on Probation.
 - The following games count toward the 20 game limit:
 - Regular scheduled league games
 - Sanctioned Event games (parish tournament etc.)
 - Games forfeited (both Sanctioned Event or league)
 - The following games do not count toward the 20 game limit:
 - League play-off games
 - CYO Regional Qualifier/CYO Tournament Games
 - Diocesan Tournament and High School State Tournament Games
- On Sunday through Friday, No team or player may play more than one (1) game per day. On Saturday, A team is allowed to play a maximum of two (2) games during the day. There must be a minimum of four (4) hours between the end of game 1 and the start of game 2 (i.e. game 1 scheduled at 12:00noon game 2 cannot begin before 5:00pm).
 - Violation of this rule will result in the offending coach being suspended for the next two (2) games following the discovery of the violation. The member will also be placed on Administrative Watch.
 - Upon a further violation the offending coach will be suspended for two (2) games, and may be suspended for one (1) year. The member will be placed on Probation.
 - If a violation occurs involving a CYO league, play-off or tournament game, that game will be forfeited.
- No game will start after 8:00 PM, and all games must stop at 9:00 PM.

- During the Christmas & Easter break; teams are permitted to play two (2) games in one day. There must be a minimum of four (4) hours between the games. No competition may start after 9:00 PM during this time period.
- *Practice session must be completed by 10:00 PM.*

FULL COURT PRESSURE

- In all Divisions of play a full court press is not permitted by a team with a twenty (20) point lead. The defense has to allow the offense to progress the ball beyond the mid-court division line. The dribbler must have frontcourt status before pressure on the ball is permissible. (Reference illustration on page 27) Interpretation: This means that the defense cannot position any players along the mid-court division line so as to impede the offense from crossing over the division line.
- Penalty for Violation of the Press Rules
 - First Offense - warning
 - Second Offense - technical foul on coach
 - Third Offense - technical foul on coach
 - Fourth Offense - forfeit loss

TIME-OUTS

- Each team is limited to three (3) full (60 second) time-outs and two (2) 30-second time-outs per game. An additional full time-out shall be awarded to each team at the beginning of the overtime period.
- The timer should sound a warning signal 15 seconds before the end of a full time-out, and 10 seconds before the end of a 30 second time-out.
- In case of injury, an official's time out will be held.
- A player that is injured or has blood on the uniform will not be forced to automatically leave the game, but may re-enter the game if the team calls a time-out and rectifies the situation by the end of the time-out.

GAME CLOCK

- All High School Division Regular Season and Sanctioned Event games will play two (2) halves of twenty (20) minutes each. Half time is five (5) minutes.
- The clock will run at all times with the exception of:
 - all time outs
 - all stops in playing during the last two (2) minutes of the game.
 - all stops in play during the entire overtime period(s).
- Teams will complete three (3) minute over-time periods until a winner is determined.
- All CYO Varsity Playoff Games will follow the National Federation Rules. Four (4) quarters of eight (8) minutes each. Clock will stop on every whistle. Half time is ten (10) minutes.

- Mercy Rule: When a team is up by twenty (20) or more points at the two (2) minute mark of the second half, the clock will not be stopped for the remainder of regulation time.

FOULS AND FOUL SHOTS

- Player Fouls – Once an individual has received five (5) fouls he/she must leave the game.
- Team Fouls – Once a team has reached seven (7) fouls for the half “one and one” foul shots are awarded. Once a team has reached ten (10) fouls for the half the “double bonus” foul shots will be awarded.
- All Division teams will use the official 15-foot foul line.
- Foul shot alignment – The number of players permitted on the free throw lane will be limited to six plus the shooter. Four are to be from the defensive team and two plus the shooter from the offensive team. The spot on both sides of the lane, closest to the *baseline* will be vacant. Players may move for the rebound once the ball comes in contact with the rim or backboard.

THREE POINT SHOTS

- The three-point shot will be in effect for all divisions as court markings permit.

ROUGH PLAY

There are many rules in place to assist in eliminating, or at least minimizing rough play. Of specific concern is the displacement of a player, or controlling/ impeding the movement of a defensive or offensive player. Below are some problem areas that need to be addressed by coaches and officials.

- Hands off
 - Defenders are not permitted to have hands on the dribbler
 - No displacement of a cutter.
 - The measuring up of an opponent (tagging) is hand-checking, is not permitted, and is a FOUL.
 - Use of a forearm, regardless of the duration of the contact is a FOUL.
 - Hand checking is not incidental contact; it gives a tremendous advantage to the person illegally using their hands.
 - This applies to both offensive and defensive players.
- Post-play
 - The key word is DISPLACEMENT! If a player is displaced, it is a foul.
 - This applies to both offensive and defensive players, whether or not it is a knee or the “swim” maneuver.
 - When the offensive player uses a swim move, elbows, and pins or forearms the opponent it is a foul on the offensive player.
 - When the defensive player holds, undercuts, displaces by a knee or a forearm in the back, it is a foul.
 - Displacement applies to both offensive and defensive players.

- Screens
 - The screener must be stationary upon contact.
 - It is not a moving screen unless there is contact.
 - The screened player is expected to stop or attempt to stop on contact and move around the screen.
 - Excessive contact or “pushing through” the screen is illegal.
- Protecting the Shooter
 - Officials must “stay with the shooter,” until he/she returns to the floor, to ensure no illegal activity has occurred.
 - Contact that does not permit the shooter to return to the floor in their entitled vertical space is illegal.
- Block/Charge
 - Two factors are used to determine the responsibility of contact – “Who was at the spot first?” and “Was the guard facing the player with the ball with two feet on the playing floor?”
 - Contact in front, upper torso, initiated by the offensive player should be a “charge”.
 - Contact initiated by the defense (on or off the ball) that involves lower body, non-vertical contact and defending a perimeter player or an airborne player should be a “block”.
- Excess Swinging of Arm(s)/Elbow(s)
 - When there is no contact with an opponent is now a violation.
 - If contact is made, the official must judge the severity of the act and possibly even determine intent.
 - A player control foul, an intentional foul or a flagrant foul may be called.

THROW IN SPOTS

- The throw-in spot is the nearest spot out of bounds from where the violation, out of bounds or non-shooting foul occurred. Rule 7-5-2 indicates, “When the ball is out of bounds after any violation the official shall place the ball at the disposal of an opponent of the player who committed the violation for a throw-in from the designated out-of-bounds spot nearest the violation. If ... the throw-in spot is behind a backboard, the throw-in shall be made from the nearer free-throw lane line extended.”

TRAVELING

Officials and coaches are having difficulty determining the difference between a legal and illegal move. The key to making this determination properly is first finding the pivot foot. Then, if the player moves a foot or the feet in any direction in excess of prescribed limits while holding the ball, a traveling violation has occurred. The limits follow:

- A player who catches the ball with both feet on the floor may pivot, using either foot. When one foot is lifted, the other is the pivot foot.

- A player who catches the ball while moving or dribbling may stop and establish a pivot foot as follows:
 - If both feet are off the floor and the player lands;
 - Simultaneously on both feet, either foot may be the pivot.
 - On one foot followed by the other, the first foot to touch is the pivot.
 - On one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
 - If one foot is on the floor;
 - It is the pivot when the other foot touches in a step.
 - The player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
- After coming to a stop and establishing a pivot foot:
 - The pivot foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for goal;
 - If the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal;
 - The pivot foot may not be lifted, before the ball is released, to start a dribble.
- After coming to a stop when neither foot can be a pivot:
 - One or both feet may be lifted, but may not be returned to the floor, before the ball is released on a pass or try for goal;
 - Neither foot may be lifted, before the ball is released, to start a dribble.
- A player holding the ball:
 - May not touch the floor with a knee or any other part of the body other than hand or foot;
 - After gaining possession while on the floor and touching the floor with other than a hand or foot, may not stand or attempt to get up.

(Revised September, 2009)