



DIOCESE OF ROCHESTER CYO BASKETBALL RULES 2023-2024 Season

Philosophy

1. CYO basketball is intended to provide young athletes with an opportunity to develop, improve their basketball skills, have fun and play the game in an environment that promotes Catholic values and sportsmanship. It provides for the development of young people's spiritual, emotional, social, and physical potential.
2. Young athletes who play CYO basketball are playing for both the love of the game and to experience fair competition in a safe and trusting environment. Head Coaches and Assistant Coaches should always put the experience of the players first, in both their instruction and coaching. In this league, games are officiated by one or two Diocesan-paid Board 60 referees.
3. Coaches and referees should have a conversation prior to the game to clarify their understanding of these rules.
4. Participation in the Catholic Youth Organization must never interfere with the player's academic responsibilities, or with participation in parish religious education or youth ministry activities. School activities and responsibilities come first, and Coaches should not penalize players for absences due to these activities.

Equipment

1. Regulation equipment is used.
2. All Girls' and Boys' Teams 3rd – 6th grade will use 28.5" ball. The Older Boys' Team will use a 29.5" ball.
3. Sneakers are required to participate in a CYO Basketball practice or game. Crocs, open heel, and open toe footwear are not to be worn at practice or games.
4. No Jewelry is allowed at practices or games.

Game Officials

1. Officials must be certified by a Board, or correctly documented through the Diocese to be compensated & approved by the CYO Coordinator of Sports. Only the two officials are allowed on the court.
2. All 7/8, JV & High School games will have two referees assigned by the DOR CYO.
3. All 3rd – 6th grade games will have one official assigned.

Player Eligibility

CYO Athletics teams do not hold tryouts, nor do they cut players. As a ministry of the Church, CYO Athletics is open to all age-appropriate parishioners and Catholic School students who wish to play. All team members will play in every scheduled game.

For 7-8 Grade CYO Teams:

1. If a player elects to play for their school's modified team, they can also play for a CYO team. We changed this rule so parishes would have enough kids to field a team. Please know that CYO was created to give kids that didn't make a school team a place to play. So, don't let the school team kids dominate the playing time.
2. No player can play for more than one CYO team.
3. Any player enrolled in grades 9-12 is ineligible to play 7/8 CYO basketball.
4. 7th and 8th graders may only play CYO 7/8 ball for two years. EXCEPTION: If a boy/girl began playing 7/8 ball while in 6th grade, they may play for a third year.

For 9-12 Grade CYO Teams:

Eligibility rules for high school players will be governed by the Section V eligibility rules and NYS Public High School Athletic Association rules except for the following exceptions/additions:

- Players must be enrolled in grades 9-12 and enrolled in at least four academic subjects.
- No player may participate if he/she has reached his/her 19th birthday.
- If a player elects to play for their school's JV or Varsity team, they can also play CYO. We ask that you let your high school coach know that you are playing CYO. We changed this rule so parishes would have enough kids to field a team. Please know that CYO was created to give kids that didn't make a school team a place to play. So, don't let the school team kids dominate the playing time.

Team Eligibility

1. Players must be registered members of sponsoring parish.
2. Teams must register players from their own parish first, then register kids from other parishes, and/or players from the neighborhood within the parish.
3. No player may be cut from a parish team to accommodate a non-parishioner.
4. A minimum of 66% (two-thirds) of each team roster must be composed of registered parishioners from the sponsoring parish. If a roster cannot be filled in this way, non-parishioners who live within the parish boundaries may be offered a chance to play.
5. If your team includes any dual participation athletes who play both School ball (Modified, JV, or Varsity) they will be placed in the top division.

Game Schedules

1. The CYO league schedules a 10-game season. Four games will be scheduled in December to determine a team's skill rating. Adjustments will be made, and the next 6 games will be scheduled in January and February. Coaches must report scores to help determine team ratings.
2. Each head coach is responsible for submitting a team rating/roster form before the season starts.
3. The ranking of each team by the coach and approved by the Athletic Director. The coach must be direct and honest.
4. Coaches may NOT make changes to the schedule.
5. Coaches must follow the chain of command for any requests as follows: Coach contacts Athletic Director, the Athletic director contacts the Coordinator of CYO with any requests.
6. **All CYO Athletics games must start at or after 1:00pm on Sundays.**
7. **Any team that fails to show for league-scheduled games without proper communication to the CYO Coordinator of Sports will be fined \$100.00.**

Code of Conduct Rules

Coaches, players, and parents are required to sign a Code of Conduct Form. Behavior contrary to the Code and/or unsportsmanlike conduct may result in a technical foul or disciplinary action. Trash-talking and rough play on court may result in removal from the game and/or suspension of the game by officials. The Diocesan Coordinator of Sports, in consultation with the CYO Advisory Board, will make binding determinations of penalties/suspensions for repeated misconduct by players, coaches, teams or fans.

Rules for Grades

Grade 3-4 Boys, Girls & Co-Ed Teams:

1. Each game consists of two (2) 20-minute halves, with a running clock.
2. Clock stops on timeouts, injuries & during the last two (2) minutes of each half of the game.
3. If the point differential is 15 points or more, the last two (2) minutes remain a running clock.
4. Each player **MUST** play four to five (4-5) consecutive minutes per half and sit out four to five (4-5) consecutive minutes per half. The coach and officials will discuss this pre-game. The clock will stop for 20 seconds for substitutions and will start if players are ready or not.
5. Each team is awarded three (3) 1-minute timeouts to be used at any point during the game.
6. At the 3/4 level, coaches are awarded another 30-second timeout per half.
7. The scoreboard will **NOT** be reset each quarter, score will be kept throughout the game-unless the discrepancy is over 20 points.
8. The ball will be taken out of bounds on all fouls to keep the kids playing. At this level, too much time is wasted lining up the kids for free throws with a running clock. Free throws can be taken during the last 2 minutes of each half.
9. Personal fouls should be tracked by each team. After (5) personal fouls the player will be disqualified. Team fouls will not be tallied for 3/4 level.
10. Foul shots are taken 3 feet closer than the regulation foul line. The foul line can be adjusted by the coach for special circumstances.
11. Technical Fouls- If any player/coach receives one (1) technical foul, they are warned and sit out the rest of the game. If they receive two (2) technical fouls, then they are removed from the CYO program. If a player is given a technical in the last few minutes of the 2nd half, they would miss the next scheduled game. Technical fouls will be 2 foul shots awarded to the non-offending team and possession of the ball at mid court opposite the table.
12. All technical fouls will be reported by the officials to the official assignor who reports to the Diocesan Coordinator of Sports.
13. Overtime is two (2) minutes running clock. If it is still a tied game, another two (2)-minute period will be played until a team scores to win the game (sudden death).
14. Three-point shots in 3/4 basketball are **ALLOWED!**

Rules Regarding Defense 3-4 Level:

1. Defense is within the 3-point zone. Defense can be extended to half court only to stop a fast break. Once the fast break is stopped, the defense must return to within the 3-point zone. Defense must wait until the ball breaks the 3-point line (no reaching over) before attempting to steal the ball. No pressing is allowed.
2. If a steal occurs outside the zone, play is stopped, and the ball is awarded back to the offense at the spot where the steal occurred.
3. Defense can be extended to half court during the last two minutes of each half.

4. Each of these infractions is at the discretion of the official as to whether a warning is given.
5. This is an instructional & developmental level. At this level, we should be teaching the kids a man-to-man defense and later you can teach them a zone defense. You should have a discussion with the coach of the other team to see what defense the kids have learned and what will be used in the game. We encourage playing half the game with a man-to-man defense and the other half of the game with a zone defense.

Grades 5-6 Boys, Girls, & Co-Ed:

1. Each game consists of two (2) 20-minute halves, with a running clock.
2. The game clock stops on timeouts, injuries and at the last two (2) minutes of each half of the game.
3. If the point differential is 15 points or more, the last two (2) minutes remain a running clock.
4. Each player MUST play four to five (4-5) consecutive minutes per half and sit out four to five (4-5) consecutive minutes per half. The coaches and officials will discuss this pre-game.
5. Each team receives three (3) 1-minute timeouts per game.
6. Overtime is two (2) minutes running clock. If it is still a tied game, another two (2) minute period will be played until a team scores to win the game (sudden death).
7. All shooting fouls will be shot per regular NFHS rules.
8. Personal fouls should be tracked by each team. After five (5) they will be disqualified.
9. After seven (7) team fouls, the team is in the bonus and team will get 1 and 1 shots.
10. Half-court press is allowed until the last minute of the game and overtime, at which time a full-court press is allowed. Any team ahead by 10 or more points may not full-court press.
11. For foul shots, shooters will be allowed to go over the shooting line if necessary.
12. The shooter is the only player that needs to wait until the ball hits the rim before releasing.
13. Technical fouls- If any player/coach receives one (1) technical foul they are warned and sit out the rest of the game. If anyone receives two (2) technical fouls during the season, then they are removed from the CYO program. If a player is given a technical in the last few minutes of the 2nd half, they will miss the next scheduled game. Technical fouls will be 2 foul shots awarded to the non-offending team and possession of the ball opposite the scorekeeper's table.
14. All technical fouls will be reported by the officials to the official assignor who reports to the Diocesan Coordinator of Sports.

Grades 7th -12th Boys & Girls:

1. Each game consists of two (2) 20-minute halves, with a running clock.
2. Clock stops on timeouts and injuries. The clock will also stop at the last two (2) minutes of each half of the game.
3. If the point differential is 15 points or more, the last two minutes remain a running clock.
4. Each team receives three (3) 1-minute timeouts per game.
5. Overtime is two (2) minutes running clock. If it is still a tied game, another two (2) minute period will be played until a team scores to win the game (sudden death).
6. All shooting fouls be shot using regular NFHS rules.
7. Personal fouls should be tracked by each team. After five (5) the player is disqualified.
8. After seven (7) team fouls, the team is in the bonus and the player gets 1 and 1 shots.

9. After ten (10) team fouls, the team is in the double bonus and the player will get 2 shots.
10. Technical fouls- If any player/coach receives one (1) technical foul they are warned and sit out the rest of the game. If anyone receives two (2) technical fouls during the season, then they are removed from the CYO program. If a player is given a technical in the last few minutes of the 2nd half, they will miss the next scheduled game. Technical fouls will be 2 shots awarded to the non-offending team followed by possession of the ball opposite the scorekeeper's table.
11. All technical fouls will be reported by the officials to the official assignor who reports to the Diocesan Coordinator of Sports.

Protests

1. Teams may only protest eligibility and interpretation of rules. Judgement calls are not a reason for protest.
2. All protests must be signed by the Athletic Director and/or the Pastor/Pastoral Administrator or Parochial Vicar.
3. Game protests must be received at the Diocesan CYO office within two business days of the date of the game being protested. Any game that ended early under protest will NOT be rescheduled.
4. Game protests must be initiated at the time of the infraction by notifying the officials who will mark both scorebooks.
5. No eligibility protests can be submitted after January 1, 2024.
6. Protest letters must contain as much proof as possible pertaining to the alleged infraction of the rules. Protests should be submitted along with a money order in the amount of \$170.00, made payable to the Diocese of Rochester. This bond will be returned if the protest is sustainable.
7. Decisions regarding protests are made by the Diocesan Coordinator of Sports and with advice from the CYO Advisory Board.

Gym Time

1. All parishes are expected to offer enough gym time to schedule all home games on the home court.
2. Gym availability should be dictated by half the number of CYO teams participating at the home parish. (i.e., if you have 10 teams, you must submit 5 open gym slots each weekend)
3. Each slot is 1 hour & 15-minute intervals.
4. If a parish is unable to offer sufficient home time for each team, some teams may have all home games scheduled at another facility and charged \$100 per game.

Coach Qualifications and Responsibilities

Coaches Qualifications

1. The registered coach of a team must be at least 21 years of age.
2. **All Coaches and Assistant Coaches must be credentialed by the Diocesan Department of Catholic Schools and wear their credentials for all games. All coaches must be CASE-trained, have a current background check, and have completed a CPR/First Aid/AED Training Course.**

- 3. Coaches must exemplify the behavior of a committed Christian adult and witness to the philosophy of Youth Ministry by:**
- **Recognizing the purpose of CYO Athletics is to promote the spiritual, emotional, intellectual, social, and physical well-being of each player.**
 - **Offering opportunities for players to live out their faith by participating in celebration of the Eucharist, prayer, and service.**
 - **Emphasizing the ideals of ethical conduct, sportsmanship, and fair play.**
 - **Encouraging leadership, initiative, and good judgment by all players.**
 - **Remembering that an athletic contest is only a game and that most school age players play for fun.**
 - **Encouraging friendly and respectful attitudes and behaviors between visitors and hosts.**

Coaches Responsibilities

1. To maintain appropriate conduct of his/her players always including games, practices, and team travel.
2. Explaining the spirit, philosophy, and rules of CYO basketball to all parents and fans.
3. When a team is ahead by a comfortable lead (20 points), CYO coaches are expected to substitute bench players, stop pressing, stop fast breaks, slow down defense, etc.
4. If a team score is up by a large margin, and wins by more than 30 points, the Diocesan Coordinator of Sports may take action to investigate the game. This can include moving the team to a higher division or suspending the team for some or all the season.
5. Give all forms for the team to their Athletic Director before the start of the season and for keeping the material updated throughout the season, including permission slips, and signed Codes of Conduct.
6. Submit the game score to the Athletic Director and enter them into the score reporting system.
7. Adhering to the rule of no practices or games scheduled before 1:00 pm on Sundays.
8. Supervising pickup of players by the adults who are authorized to pick them up. Players can never be left alone to wait for "rides" or pickup at the end of games or practices.
9. All coaches are responsible for abiding by these CYO Basketball rules. A copy of these rules must be available at the scorekeeper's table for all games.
10. Review these rules with the officials prior to the start of the game.

Coach Supervision/Site Manager

- 1. Each gym must have a Site Manager present for each game. This person is responsible to assist in all game activities, welcome the officials and help with any conflicts involving spectators. If a Site Manager is not present, the head coach of the host team will be responsible for all game activities.**
2. There must be two people aged 21 or over, and two credentialed coaches present for all games and practices. If these adults are not Coaches or Assistant Coaches, they must be compliant with Diocesan standards for volunteers and approved by the CYO Coordinator of Sports.

3. The Coach or an adult as described above must always be with the team.
4. The Site Manager and coaches must wear CYO Credentials visible for all to see.
5. **The Site Manager is responsible for the fans, sportsmanship, reporting any incidents, and overall safety of the Parish Facility during a CYO event.**
6. **Contact CYO via email cyo@dor.org for any immediate concerns.**

Transportation

1. It is the policy and practice of the Diocese of Rochester that parents/guardians are responsible for arranging transportation for their children to and from parish/school sponsored events.
2. If a Coach does arrange and/or provide transportation to and from events for players on his/her team, he/she is bound by the Diocesan transportation policy and must have an annual DMV check and meet minimum standards for insurance and safety.