

# **2009-10 CYO BASKETBALL**

## **GENERAL RULES FOR ALL LEAGUES**

### **I. INTRODUCTION**

There are nearly 600 teams playing CYO basketball in the Diocese of Toledo (Ohio) each season. This includes approximately 5,000 players and 1,000 volunteer coaches. The players **MUST** always remain the primary focus of what we all do in the CYO program.

### **II. FORMS AND FEES**

- A. A **TEAM ENTRY FORM** and **TEAM FEE (\$150/team in metro-Toledo & \$100/team for all other leagues)** for EACH TEAM must be turned in to the CYO office by the deadline listed in this handbook. All coaches' names, addresses, phone numbers, e-mail address, along with the parish and the team division must be listed on this form.
- B. Any requests regarding league assignment or scheduling information of which the CYO basketball staff should be aware must be listed on the team entry form and submitted to the CYO office prior to the deadline in order to be considered.
- C. Coaches must submit a completed team roster and the appropriate player fees prior to deadline stated in this handbook.
- D. A player must be listed on the CYO roster before the fifth (5th) game (in grade school) or before December 31st in the high school league in order to be eligible for any league or tournament games. Players may be added to the team roster up to that time. In order to add a player to the team roster the "Late Roster Addition Form" (found in the appendix) must be completed and submitted to the CYO office along with the proper player fee. NO additions will be accepted after the deadline. A player may not play on an OHSAA (high school or junior high) team and a CYO team during the same season. Any exceptions to this rule must be approved by the CYO Advisory Committee.
- E. Cadet & Junior player fees are \$30. High School player fees are \$35. (Player fees are only for the Metro-Toledo leagues).
- F. Please make all checks payable to the "Catholic Youth Organization" (CYO).
- G. All of the player fees and the team entry fees should be submitted to the CYO Office by one person from each parish in the form of a single check instead of a group of checks and/or cash from individual parents.
- H. There is no charge for participation in the local grade school tournaments.

### **III. CYO WEB SITE**

There will be no initial league or tournament schedules sent out in the mail. All schedules will be posted on the CYO website <[www.cyss.org/CYO/index.htm](http://www.cyss.org/CYO/index.htm)>. The only schedules which will be sent to head coaches will be revisions when necessary. League standings for all Junior & High School leagues will also be posted by the end of the day each Wednesday.

### **IV. PRE-GAME**

- A. Each team must have a roster with player's names and numbers ready to be entered in the scorebook.
- B. **ALL** coaches who are sitting on the bench must sign the scorebook prior to the start of each game.
- C. Each team **must** provide a scorekeeper to sit at the scorers' table. The first team listed on the schedule will be the home team and their scorebook will be considered official. The scorekeepers from each team must work together, which means that they should be sitting next to each other at the scorer's table. The scorekeeper is considered to be a part of the game administration. They may not leave the table during time-outs to help coach the team.
- D. No team shall go to the locker room (when facilities are available) until the end of the third quarter of the preceding game, and the team must be accompanied by an adult or coach.
- E. The warm up period prior to the game will differ in each area of the Diocese. In Metro-Toledo and Tri-Deanery leagues the pre-game warm-up shall be at least five minutes; In all other leagues the warm-up period will be determined by the home team, but it shall not be less than five minutes.
- F. After the warm up period, all players, coaches and officials must meet at mid-court (in front of the bleachers if possible, in order to include parents) to recite the "CYO TEAM PRAYER" together. The two teams will remain together and turn to the flag to recite the Pledge of Allegiance. This procedure is expected in all grade school and high school games.

## **V. EQUIPMENT**

- A. Every player must have a number on the front and the back of his/her jersey. All numbers must be legal jersey numbers (according to National Federation Rules). This means that all jersey numbers must only include 0, 1, 2, 3, 4 or 5 as an individual number or any combination of these numbers. **This became mandatory in the CYO high school program beginning in the 2006-07 season, and became mandatory for the grade school program in the 2007-08 season.**
- B. Players must be in matching basketball shorts at the games. Jams, cut-offs, etc. are not allowed. If there is a problem with this, please notify the CYO Office.
- C. Coaches may not wear shirts with alcohol or tobacco logos, or those with reference to the "co-ed naked" trend during games or practices.
- D. Absolutely no jewelry shall be worn by a player while playing in a game or practice. This includes all metal and plastic hair pieces, hair beads, as well as starter earrings and rubber bands worn on the wrist.
- E. The "Junior Size", "Intermediate" or "Women's" (28.5") ball will be used for all grade school leagues and the high school girls' league. The high school boys' leagues will use a regulation size basketball.
- F. Each team must have a leather (genuine or composite) game ball at their disposal. The home team for each game will be responsible for providing the leather game ball. In the Metro-Toledo leagues the home team will be the first team listed on the schedule for each game.

## **VI. GENERAL RULES**

- A. Games will be played under National Federation high school rules (unless otherwise noted in this handbook).
- B. Official scoresheets will be kept as permanent records of each game. Only the official scorekeeper's (home team in most cases) running record will be recognized as final. Carbon copies will be available at the end of the game. The running score shall be considered as the final score. Each team must send a scorer to the scorers' table during the game.
- C. Under no circumstances, whatsoever, shall a team leave the floor before game is legally over. If this is done, the game is forfeited. The team may be dropped from league and tournament play.
- D. Use of an ineligible player will result in a forfeit to the opposing team in all games in which said player played and the coach will be suspended.
- E. The CYO Advisory Committee reserves the right to change or amend these rules should it be deemed necessary. All parish athletic directors and coaches will be advised if any such changes or amendments are made with an effective date.

## **VII. "ALL PLAY" PARTICIPATION RULE**

- A. The CYO Advisory Committee developed an "all play" participation rule for each CYO sport during the 2001-02 year which was implemented during the 2002-03 CYO season. These rules were developed after a series of meetings, as well as input from parish athletic directors.
- B. In the Junior (7th & 8th grades) basketball leagues all healthy, uniformed players must play at least two (2) consecutive minutes in each half of each game. The cadet league playing requirement is that each player must play at least half of each game.
- C. If a player is being disciplined by the coach for a team violation (missing practice, fighting at practice,...) the player, as well as the player's parents, must be notified by the coach prior to the game.
- D. If it can be verified that a coach has violated the "all play" rule, the coach will be suspended and the team will forfeit the game. This rule is not meant to be a "witch hunt", but kids need to play and coaches need to follow the rule even if that means risking losing a game. If a player is hurt or suspended, the opposing coach should be notified prior to the start of the game and the player(s) must be listed on the bottom of the scoresheet in the proper category.

## **VIII. CADET DIVISION RULES**

- A. No final scores will be recorded in any 5th or 6th grade league games.
- B. The games will be scored as usual, but the score at the start of each quarter will be 0-0.
- C. There are no league standings kept for teams in the 5th & 6th grade.
- D. No pressing will be allowed at any time. This includes after a missed shot, jump ball or on a play in the back court. When a team on defense secures possession of the ball in the back court, the other team must fall back behind the half court line. Therefore, a team cannot lose the ball in their back court unless they throw it out of bounds or get called for a violation (traveling or double dribble).

## **VIII. CADET DIVISION RULES (cont'd.)**

- E. The team on offense must advance the ball directly across the half court line. They may not hold the ball in the back court to gain an advantage on the clock. If a team is in violation of this rule the referee shall blow the whistle, add time back on the clock and warn the coach. Any other violation will result in a technical foul and the ejection of the head coach.
- F. In 6th grade tournament games the clock will be turned off during the last minute of the game (and each overtime period) whenever a team gains control (in bounds) of the ball in the backcourt or a basket has been scored. The clock will re-start when the ball is advanced into the front court.
- G. The defensive team must give the offensive team the opportunity to get the ball over the time line.
- H. The foul line will be moved in three feet from the normal foul line to be twelve feet from the basket.
- I. The three point shot will not be used in the cadet leagues.
- J. Teams must play a man-to-man defense in the first half. There is no trapping allowed during the first half, but switching is allowed. Any type of half court defense may be played in the second half cadet 6th grade game. In the second half of a cadet 5th grade game you may play any type of half court defense, but you may not trap or double team unless the ball is below the foul-line extended.
- K. The CYO Cadet rules are used to promote the playing of all players at this level. An example is playing your first team in the first quarter and the second team the second quarter, depending on your roster size. You want to see players of the same ability playing against each other. All players must play at least a half during each league game unless the roster size exceeds 10 players, at which time the coach must divide playing time equally. This does not include players being disciplined for missing practices or other team infractions. Talk to the opposing coach prior to the game to make sure you will be playing players of the same ability as often as possible during the game. Also, for league games, the coaches should discuss the technical for a back court press. It is recommended that no technical free throws be awarded for a back court press in the league games. Emphasize to the players that they must retreat after their opponents gain control of the ball in the back court. Technical fouls for this will be called and shot in the 6th grade tournament games.

## **IX. JUNIOR DIVISION RULES**

- A. Teams must play man-to-man defense when the ball is in the front court during the first half. There is no trapping allowed after the ball crosses the timeline in the first half, but switching is allowed. The defense used in the third and fourth quarters or any subsequent overtime period is at the discretion of the coach.
- B. Any type of press may be employed during the entire game (this includes trapping), but a team must fall back into man-to-man defense during the first half as the ball is advanced over the time line.
- C. The three point shot will be used in the 7th & 8th grade leagues whenever the court has a 3 point line.

## **X. HIGH SCHOOL DIVISION RULES**

- A. All players must play for the parish in which their families are registered members. No combining of parishes is permitted without the approval of the CYO Director or CYO Assistant Director of Athletics. Players are allowed to play for a neighboring parish team if their parish does not have a team. The CYO staff will decide the neighboring parish. The request form must be submitted to the CYO office and approved before the athlete is eligible to play. If the proper procedures are not followed, the athletes from the other parishes may be ruled ineligible. **This is a parish league, not an intramural league.**
- B. The CYO "C" league for boys will be composed of boys in the freshman and sophomore class and under 17 years of age as of August 1, 2009. The CYO "B" league for boys will be composed of boys in the junior and senior class and under 19 years of age as of August 1, 2009. There is not a separate "C" and "B" division for high school girls. The high school girl's league will include freshman through seniors. Any parish which does not have enough boys to form a separate "C" and "B" team should combine all boys to create one team (freshman through seniors) and the same is true for high school girls. The fact that a parish does not have any seniors playing on the team does not give an interested senior a legitimate reason to play for a neighboring parish.
- C. No boy or girl may play in CYO whose class has graduated from high school. If any freshman or sophomore boys exceed the 17-year age limit, special written permission must be obtained from the CYO Director for him to play in the CYO "C" league.
- D. If a boy or girl who is over-age wishes to play, he/she must submit a written request to the Diocesan Director of CYO Athletics. This request will be submitted to some members of the CYO Advisory Committee who will then make a recommendation to the CYO Director of Athletics. After investigation and/or deliberation the CYO Director of Athletics will decide if such permission should be granted. Any and all exceptions must be approved by the CYO Director or CYO Assistant Director of Athletics.

## X. HIGH SCHOOL DIVISION RULES (cont'd.)

- E. Any player who is listed on his/her high school (OHSAA) freshman, junior varsity or varsity basketball roster may not participate in the CYO league unless the CYO office receives a written release from the high school athletic director and/or high school principal and the player has been approved to play by the parish pastor (in writing). The last day to add a player to a CYO high school roster is December 31st.
- F. The 3 point shot will be used in all high school league and tournament games.
- G. Any type of defense may be used during the entire game.
- H. Any high school team wishing to enter the post-season Diocesan tournament will be required to submit the **\$75** entry fee prior to the stated deadline. In addition to the entry fee each team will also be required to submit a **separate check** for \$100. The \$100 will be held as a deposit. If there are no behavior problems with the team in the tournament games the \$100 deposit will be returned; however if there are any behavior problems with any player, coach, or spectator connected to the team, the deposit will not be returned. This is an on-going concern with high school teams who feel that they can do anything at the end of the season and get away with it. This has sometimes served as an embarrassment to our entire program and the problem and will not be tolerated.
- I. Tournament information is as follows:
  - HIGH SCHOOL "C" BOYS - Diocesan-wide single elimination tournament beginning at the end of the regular season. Tournament fee required (*\$75.00 per team + deposit*).

HIGH SCHOOL "B" BOYS - Diocesan-wide single elimination tournament beginning the weekend of February 20, 2010. The four semi-finalist teams advance to the State Tournament to be held March 19th – 21st in Cincinnati. Tournament fee required (*\$75.00 per team + deposit*).

HIGH SCHOOL GIRLS - Single elimination tournament beginning on Sunday, February 21, 2010. The two finalists will advance to the State Tournament to be held March 20th & 21st in Cincinnati. Tournament fee required (*\$75.00 per team + deposit*).

NOTE: All high school teams must be prepared to play on both Saturday & Sunday once the tournament begins

## XI. MANDATORY MAN-TO MAN RULE

- A. This rule is in effect during the first half of all grade school games while the ball is in the front court. High school teams may play any type of defense during the entire game.
- B. All coaches must follow the intent of this rule. The greatest complaint on this rule is that a team will leave their center in the middle of the key while on defense regardless of where his/her man is. This is illegal, as is double-teaming the ball (in the front court) in the first half.
- C. If an offensive player beats his man, another player may help in defending him. There should be 10 players involved in the play - five people on offense passing the ball and working a play, and five people on defense, each covering a player and staying with that player. Offensive coaches also must follow the intent of the rule. Isolating one player against one defender is not in the spirit of the rule.
- D. As an adult coaching youth, you are expected to follow the intent of the rule whether on defense or offense. The CYO office should be notified of any coach who does not follow this rule.

## XII. "BLOW OUT" RULE

- A. Children have more fun when any contest is close so that either team has a chance to win the game. Running up the score on an opponent in the CYO program is forbidden and any coach found to be in violation should be reported to the CYO office and may be suspended for anywhere from one game to the remainder of the season. This is a serious violation of the "spirit" of the CYO program and only hurts the youth involved on both sides.
- B. When a team is ahead by 15 points in a grade school junior game or a cadet 6th grade tournament game (20 points in high school), they must substitute at least three (3) non-starters.
- C. In **the 4<sup>th</sup> quarter** of a grade school games (as stated in B), once the lead has exceeded the 15 points the trailing coach may indicate to the referee one player from the leading team which he/she would like to see removed from the game. This can only be done during a time-out *or between the 3<sup>rd</sup> & 4<sup>th</sup> quarters*. This player must then be removed from the game and may not return again until the lead has been reduced to 10 or less. If the lead goes back up to 15 *during the 4<sup>th</sup> quarter* the trailing coach may again pick the same player or choose a different one. This may only occur during a time-out.

## **XII. "BLOW OUT" RULE (cont'd.)**

- D. You may not full court press in this situation *at any time*.
- E. When ahead by this margin coaches are expected to not trap at half court; play a sagging man-to man defense (in the 1st half) or a tight zone which would allow the trailing team an opportunity to shoot. Coaches are also expected to employ offensive strategies such as not to fast break and slow down the tempo of the game.
- F. As the lead diminishes to 10 points (15 points in high school), you may substitute freely and press again if you choose.
- G. *When a Junior game (more than 15 points) or a high school game (more than 20 points) has a final score with a large gap(as stated) both coaches are required to submit a game report to the CYO office before they can coach in their next game.*
- H. In CYO sports there is no place to humiliate an opponent. Coaches must always remember that these are kids playing in a Catholic program. **The kids must always be put first.**

## **XIII. COACH & PLAYER CONDUCT**

- A. Each team must have its certified coach (wearing their CYO coaching lanyard) or a certified adult leader with them who is approved by the parish pastor. Coaches' eligibility is outlined in the CYO Athletic Policies and Procedures.
- B. If the coach is not present at the time of the game, an adult must be assigned to take over the responsibility of the team. A team may not start or finish a game without an adult present on the bench.
- C. Only the head coach is allowed to stand during the game (other than time-outs, in between quarters & injuries). If the coach is standing he/she must do so only in front of their bench. In the event that this rule is violated (two coaches are standing or the coach standing is beyond the bench area) the official shall be instructed to issue a bench technical foul. This technical foul shall be charged to the team foul total. After the first technical foul NO coach from that team may stand at all during the remainder of the game (other than the previously stated exceptions). If there is another violation after the technical foul then a second technical foul shall be called and the guilty coach shall be ejected from the game. A coach may be given a technical foul and ejected without any warning if the offense warrants.
- D. It is strongly recommended that all of the coaches sit together on the bench during a game.
- E. KEEP THE GAMES FAIR - Follow Good Sportsmanship!
- F. The gym supervisor & referee are in complete charge of the game, with the right to disqualify players or coaches from the particular game. All CYO coaches must respect the referee or person who is in charge of the gym. With this point in mind, disciplinary action for misconduct, unsportsmanlike conduct, etc. will be strict.
- G. A player or coach, guilty of unsportsmanlike misconduct, etc. will be penalized under the direction of the CYO Director of Athletics. The player and/or team may be suspended from one to ten weeks of play or permanently. This includes any damage to property or misconduct in the locker room. Coaches have the right and obligation to correct any team member for misconduct, foul language, smoking etc., while participating in CYO. There will be no loitering allowed in the locker rooms.

## **XIV. TECHNICAL FOUL POLICY**

- A. Any player or coach who receives a technical foul in a game will be ejected for the remainder of that game.
- B. Any coach who is ejected shall leave the gym before the game shall be resumed.
- C. Any player who is ejected shall sit on the bench with the supervision of the coach. If the player continues to be a disruption to the game in any way the game shall be stopped and the player must be removed from the gym. A player must never be allowed to leave the gym without the supervision of a coach and/or parent.
- D. A coach or player who is ejected shall not come back into the gym after the game to attempt to talk with the referee. Normally, this will only compound an already bad situation. The coach or player should file a written game report to the CYO office the next day.
- E. Any player or coach who receives a second technical foul during the season will be ejected for the remainder of that game. He/She will also be suspended indefinitely after their second technical of the season. The only way to appeal the indefinite suspension is with a written letter to the CYO Advisory Committee via the CYO office. There will be NO phone appeals accepted.
- F. If a player were to receive a second technical foul in a game (while leaving the court after the first one or while on the bench after the first one) the penalty of free throws and procession will be followed; this player will then be suspended for a minimum of two additional games.

#### **XIV. TECHNICAL FOUL POLICY (cont'd.)**

- G. It is the coach's responsibility to ensure that a player or coach does not take part in any games after their second technical foul. Any coach who is guilty of neglecting this responsibility will be suspended for the remainder of the season & the team will forfeit any games in which the illegal coach or player participated.
- H. If a coach is coaching more than one team the two technical policy is still enforced. He/She is not allowed a separate "tab" for each team.
- I. Any team which receives a "team total" of five technical fouls during the course of the season will be removed from the league.
- J. If a player or coach is re-instated after his/her written appeal (and/or hearing), the following will be the penalty for a third technical foul during the season:
  - ejection from that game;
  - suspended from any further CYO programs for at least 12 months.
- K. Normal game rules for technical fouls (2 shots and loss of possession) remain in effect. This policy is for unsportsmanlike technical fouls. Technicals for such occurrences as having the wrong number in the book or a player reaching over the line on a throw-in are not considered to be unsportsmanlike technicals

#### **XV. REMOVING A JERSEY**

Any player who removes his/her jersey within the visual confines of the playing area will be assessed a technical foul. If the player has already been removed from the game, the technical will be charged to the team. That player will also serve an additional one game suspension. If this occurs in a high school tournament game, that team will lose their \$100 deposit.

#### **XVI. DUNKING**

NO dunking, attempting to dunk or hanging on the rim will be allowed in the CYO league at any time. The penalty for dunking is as follows:

- 1) Ejection from the current game. Points scored on dunk are not counted.
- 2) First offense = One game suspension  
Second offense = Removed from the program
- 3) Above suspensions are in addition to the ejection from the current game.
- 4) Participation in post-season tournaments will also be affected.
- 5) This rule is in affect before, during or after any game.
- 6) *If this occurs in a high school tournament game, that team will lose their \$100 deposit.*

#### **XVII. GAME CHANGES**

- A. Once the schedule has been distributed to head coaches, the only games that will be changed and/or rescheduled by the CYO Office will be those that include circumstances deemed unforeseeable and unavoidable.
- B. If a coach attempts to change a game and the request is denied by the CYO Office, one of the following situations will result:
  - 1)The contest will be forfeited, or
  - 2)The coach may contact the coach of the opposing team to see if he/she would be open to rescheduling. If both coaches agree to reschedule, it is the responsibility of the coach initiating the schedule change to secure a site, date, time, and officials to which the opposing coach is agreeable. The coach initiating the game change will also be responsible for securing and paying the officials. No contact with other coaches should be made prior to a denial or acceptance of a request by the CYO Office. No games will be considered by the CYO Office if a star player is out of town or ill, or if a team's head coach is unable to attend the game.

#### **XVIII. BLOOD RULE**

A player who is bleeding, or has an open wound, or has an excessive amount of blood on his or her uniform, must leave the game and may not return prior to the first opportunity for such a player to re-enter.

#### **XIX. SCRIMMAGES & EXTRA GAMES**

There are no limitations on the number of scrimmages and/or games a CYO team may have during the season. Over the years, many CYO teams have played regular games against non-CYO teams or junior high teams. This is legal only if the junior high school team has received permission to play a CYO team from the Ohio High School Athletic Association. If the junior high team does not have proof of permission to play a CYO team in a "game" (time is kept, officials are used, regular rules are followed), then you should not play them.

## **XX. BRIEF BASKETBALL RULES GUIDE**

Substitution: During multiple free-throw personal fouls, substitutions may be made only before the final attempt in the sequence and after the final attempt has been converted.

Time-outs: A player or a coach may request a time-out. Teams are allowed three (3) full, and two twenty second time-outs a game in the high school leagues. Teams are allowed four (4) full time-outs in the grade school leagues. These may be called at any time throughout the game. In overtime each team is allowed one additional time-out plus any unused time-outs from regulation.

The offensive team may call a time out at any time during a throw-in or when advancing the ball into their front court. A time out may be granted *to the offensive team* at any time before the official reaches a five (5) count on a throw-in or ten (10) count in the back court.

Free Throw Lane: The number of players permitted on marked lane-spaces during free throws (not including the free thrower) is four defensive and two offensive players, with the two lane spaces closest to the end line remaining vacant *in both Junior & High School divisions, but shall be occupied during all Cadet games due to the shooters line being 3 feet closer*. No player in a marked lane space during a free throw may enter the lane until the ball hits the rim. This includes the shooter.

Technical Fouls: 1) All two shots.  
2) Coaches' technical fouls will be counted as part of the team fouls.  
3) A player is allowed 5 fouls before being disqualified from a contest. These 5 fouls can be made up of any combination of personal and/or technical fouls.

Bonus Free Throw: A bonus free throw is the 2nd free throw awarded for a common foul (except a player control foul)

Beginning with a team's 7th foul in each half and for the 8th and 9th foul, the bonus is awarded only if the 1st free throw is successful.

Beginning with the team's 10th foul in each half the bonus is awarded whether or not the 1st free throw is successful.

Player control and technical fouls are counted as team fouls to reach the bonus.

When a technical foul is charged indirectly to the head coach, it counts only as one team foul.

Throw-In: The throw- in count ends when the ball is released by the thrower in so the passed ball goes directly into the court.  
On a throw-in, allow an airborne player who jumped from front court to catch the ball to land in the back court without a violation.

## **XXI. SNOW PLAN**

- A. The CYO Hotline (419-243-4CYO) will be updated during questionable weather but the CYO web site will not always be updated.
- B. The CYO office will notify the local media (TV & radio) similar to a school closing if games are being canceled.
- C. If games are canceled due to weather, the CYO office will not make up the games. Coaches should work together to re-schedule the games.

## **XXII. CONCLUSION**

These rules have been adopted for the CYO Basketball League by the CYO Staff with input from the league coaches and athletic directors over the years. These rules are made and will be enforced with the health and well-being of the athletes as the number one concern.

If you have any comments or suggestions about these rules, they should be put in writing and submitted to the CYO Office.

10/2/2009