

**DIOCESE OF TOLEDO
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. MAJOR CHANGES FOR THE 2002-03 SEASON

There are two major changes in the CYO basketball this season. They are both explained below:

“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 will be 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 will remain the same - 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. *Any coach who is found to be in violation of the “all play” rule may be suspended for one game.*

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>. 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.

III. FORMS AND FEES

- A. A **TEAM ENTRY FORM** and **TEAM FEE (\$50/team)** 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 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 fifth (5) game of the schedule. A player may not play on a 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 \$20. High School player fees are \$25. *(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.

IV. PRE-GAME

- A. Each team must have a roster with players 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.
- 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 as well as starter earrings.
- E. The "Junior Size", "Intermediate" or "Women's" ball will be used for all grade school leagues and the high school girls' league. The high school boy's 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 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. 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, as no league champions are declared.
- 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).
- 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 of the ball in the backcourt. 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 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.
- 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 tournament games.

VIII. 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, 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.

IX. 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, 2002. 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, 2002. There is not a separate "C" and "B" division for high school girls. The high school girls 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.*

IX. HIGH SCHOOL DIVISION RULES (cont'd.)

- 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 permission must be obtained from the CYO Basketball Staff for him to play in the CYO "C" league. If a boy or girl who is over-age wishes to play, he/she may do so, only with the written permission of the CYO Basketball Staff before participating as a regular player. After investigation and deliberation by the CYO Basketball Staff, they 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.
- D. 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.
- E. The 3 point shot will be used in all high school league and tournament games.
- F. Any type of defense may be used during the entire game.
- G. *Any high school team wishing to enter the post-season Diocesan tournament will be required to submit the \$50 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 has been 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 needs to be addressed.*
- H. 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 (\$50.00 per team + deposit).

HIGH SCHOOL "B" BOYS - Diocesan-wide single elimination tournament beginning the weekend of February 15, 2003. The four semi-finalist teams advance to the State Tournament to be held March 14 - 16 in Canton. Tournament fee required (\$50.00 per team + deposit).

HIGH SCHOOL GIRLS - Single elimination tournament beginning on Sunday, February 16, 2003. The two finalists will advance to the State Tournament to be held March 15 & 16 in Canton. Tournament fee required (\$50.00 per team + deposit).

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

X. 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 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 youths, 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.

XI. "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 game (20 points in high school), it must substitute at least three (3) non-starters.
- C. You may not full court press in this situation.
- D. *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.*
- E. As the lead diminishes to 10 points (15 points in high school), you may substitute freely and press again if you choose.
- F. *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.*

XII. COACH & PLAYER CONDUCT

- A. Each team must have its *certified* coach 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. KEEP THE GAMES FAIR - Follow Good Sportsmanship!
- D. 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.
- E. 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.

XIII. DUNKING

NO dunking, attempting to dunk or hanging on the rim will be tolerated 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.

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. This will normally only compound an already bad situation. The coach or player should file a written game report to the CYO office the next day.*

XIV. TECHNICAL FOUL POLICY (cont'd.)

- 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. 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 and the team will forfeit any games in which the illegal coach or player participated.
- G. 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.
- H. Any team which receives a "team total" of five technical fouls during the course of the season will be removed from the league.
- I. 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.
- J. 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. 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.

XVI. 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.

XVII. 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. Scrimmages with junior high school teams are permissible at any time

XVIII. 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.

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 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: There are 8 marked spots in the free throw lane (4 on each side). No more than 4 players can be on either side of the lane during a free throw. 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. 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.

10/1/2002

2002 - 2003 CYO HIGH SCHOOL BASKETBALL “HEARTHSTONE LEAGUE”

I. HEARTHSTONE CYO BASKETBALL

The Hearthstone basketball league is offered to parishes in the Lima Deanery and Hancock County in the Tiffin Deanery. A parish high school league is offered for both boys and girls.

II. DATES FOR THE SEASON

- Monday, October 28th - Coaches' Meeting & re-certification @ Glandorf - 7:00 pm
- Saturday, November 9th - Coaches' Initial Certification session @ Tiffin, St. Joseph - 9:00am - 2:30pm
- Friday, November 15th - **Deadline** to enter a team in the league (submit \$50 team fee with entry)
- Saturday, November 16th - Coaches' Initial Certification session @ Toledo, OLPH - 9:00 am - 2:30 pm
- Saturday, November 23rd - Coaches' Initial Certification session @ Sylvania, St. Joseph - 9:00 am - 2:30
- Monday, November 25th - **Deadline** to submit team rosters
- Sunday, December 1st - League games begin
- Monday, January 27th - Boys league tournament draw meeting at Glandorf - 7:00 pm
If a team is not represented at this meeting they will not be entered into the league tournament
- Thursday, January 30th - Boys league tournament begins
- Friday, January 31st - **Deadline** to enter the boys & girls Diocesan tournament
(\$50 entry + \$100 deposit)
- Sunday, February 2nd - Boys league tournament quarter-finals
- Thursday, February 6th - Boys league tournament semi-finals
- Sunday, February 9th - Boys league tournament championship & consolation games
- Saturday, February 15th - Diocesan Tournament begins
- Sunday, March 9th - Diocesan Tournament Finals
- March 14th - 16th - CYO High School Tournament in Canton
- Thursday, April 10th - CYO Basketball Banquet at The Pinnacle in Toledo

III. ADMISSION FEES

There will be an admission fee charged for spectators at all Hearthstone games. The price will be agreed upon at the pre-season coaches meeting so that it will be the same at each gym throughout the season.

IV. SCHEDULE OF LEAGUE GAMES

- A. The league and tournament schedules will be posted on the CYO website <www.cyss.org>. There will be no schedules mailed to the head coaches. All of the boys teams will play each team in the league one time. The girls league will play a double round.
- B. Any game listed as TBA must be scheduled between the two coaches. These games on the boys schedule must be played by Sunday, January 26th.
- C. There will be a league tournament for the boys division.
- D. There will not be a league tournament for the girls division.

V. REFEREES

Each team is responsible for bringing an OHSAA licensed referee with them for each game. If the visiting team cannot supply a licensed referee they must notify the home team by Thursday so that they may attempt to secure a replacement. Each team is responsible for paying the referee which they hire (unless a different agreement is made at the pre-season coaches meeting).

VI. REPORTING SCORES

The winning coach must notify the CYO office the results of each game. This may be done by phone, fax or e-mail. No collect phone calls will be accepted. These scores should be reported within 24 hours of the game so that standings may be kept updated.

VII. CONCLUSION

- 1. GOOD SPORTSMANSHIP should be practiced in all games. If there is a violation in one of your games, PLEASE notify the CYO Office. This is your league! Please do your part as a coach to make sure that it remains a good league.
- 2. Good Luck to you and your team this season.

10/1/02