

Roman Catholic Diocese of Rochester
MONROE COUNTY
CYO BASKETBALL RULES
3rd – 4th Grade
2013-2014 Season

1. Philosophy

- 1.1. 3rd and 4th grade (3/4) CYO Basketball is an instructional league. Its goal is to provide young athletes with an opportunity to have fun, learn the basic skills of basketball, and play the game in an environment that promotes Catholic values and sportsmanship. Many players who join this league will benefit from the opportunity to develop basic basketball skills and learn the basic rules of the game. Coaches and Assistant Coaches should always put the experience of the players first in their instruction and coaching.
- 1.2. In this league, games will be officiated by a diocesan paid referee. Ideally, one coach should be under each basket to provide for the safety of the players and for instruction. Game action can and should be stopped by the referee at any time to provide players with the opportunity to improve their skills or to understand better how to play the game.
- 1.3. Coaches and referees should have a conversation prior to the game to clarify understanding of these rules.

2. Equipment

- 2.1. A youth sized basketball (28.5) and a 10 foot rim should be used.

3. Officials

- 3.1. All games will be provided one referee assigned by the Diocese of Rochester CYO. Only one official is allowed on the court. Parishes and schools will not provide their own referee to assist.

4. Player Eligibility

- 4.1. CYO Athletics teams do not hold tryout nor do they cut players. As a ministry of the Church, CYO Athletics should be open to all age appropriate parishioners and students of Seton/Siena who wish to play. All team members will play in every scheduled game.
- 4.2. All players must be enrolled in either 3rd or 4th grade
- 4.3. Any player who is 11 years of age before July 1, 2013 is ineligible to play. Verification of birthdate is required using either a birth or baptismal certificate.
- 4.4. A player can be promoted to a 5/6 grade team in consultation with the Diocesan CYO Administrator and the Athletic Director and with the consent of both coaches. However, once promoted, a player may not return to the 3/4 grade team.

5. Team Makeup

- 5.1. Teams will have a minimum of 10 players and a maximum of 14 players. Diocesan CYO Administration reserves the right to question any roster submitted for registration.

6. Team Eligibility

- 6.1. Players must be registered members of sponsoring parish/Seton/Siena for at least one year unless the player has had a physical address change within the last year.
- 6.2. Teams must register players from their own parish/Seton/Siena first.
- 6.3. No player may be cut from a parish/Seton/Siena team to accommodate a Catholic non- parishioner/student.

- 6.4. A minimum of 66% (2/3) of each team roster must be composed of registered parishioners/students from the sponsoring parish/cluster/Seton/Siena. If a roster cannot be filled in this way, Catholic non-parishioners who live within the parish boundaries may be offered a chance to play. Rosters must include information about the "sending" parish.
- 6.5. Teams may not register players from another parish/Seton/Siena with a CYO team without the express consent of both Athletic Directors and the Diocesan CYO Administrator.

6.5.1. NOTE: Any violation of team or player eligibility rules may result in suspension of the player/coach/and/or team from further CYO play for part of the remaining season and/or into the next season.

7. Schedules

- 7.1. The CYO league schedules 10 games per team, usually divided into 5 home games and 5 away games.
- 7.2. Individual teams may choose to participate in tournaments hosted by outside schools, parishes or organizations. No team may participate in more than a total of 30 games each season.
- 7.3. Participation in CYO athletics must never interfere with players' academic responsibilities or with participation in parish religious education or youth ministry activities. Coaches are expected to be attentive to this standard.
- 7.4. All CYO Athletics games must start at or after 1:00 p.m. on Sundays.

8. Rules

- 8.1. Code of Conduct
 - 8.1.1. Coaches, players and parents are required to sign a Code of Conduct. Behavior contrary to the Code and/or unsportsmanlike conduct may result in Technical Fouls 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 CYO Administrator and the Director of the Department of Evangelization and Catechesis, in consultation with the CYO Advisory Committee, will make binding determinations of penalties/suspensions for repeated misconduct by players, coaches, teams or fans.
- 8.2. National High School Federal Basketball (NHSFB) rules
 - 8.2.1. In the Diocese of Rochester, CYO teams will follow the NHSFB rules with the following exceptions for this grade level:
 - 8.2.1.1. Teams must be dressed and ready for play at the scheduled start of the game. Any team who is not dressed and ready for play within 20 minutes of start time will forfeit the game. Forfeited games will not be made up. The opposing team will be awarded the win. The forfeiting team will incur a \$100 penalty.
 - 8.2.1.2. Each game consists of four (4) eight minute quarters.
 - 8.2.1.3. Each player **MUST** play four (4) consecutive minutes per half and sit out four (4) consecutive minutes per half.
 - 8.2.1.4. No player shall exceed 12 minutes of playing time per half.
 - 8.2.1.5. Each team has four (4) thirty second time outs per game.
 - 8.2.1.6. The scoreboard is to be reset to 00 after each quarter. No cumulative scores are to be kept.
 - 8.2.1.7. Foul shots are taken 3 feet closer than the regulation foul line. The foul line can be adjusted by the coach for special circumstances.

- 8.2.1.8. Each team will play man to man defense in the first half of the game and zone defense in the second half.
- 8.2.1.9. There are **no three point** shots in 3/4.

9. For zone defense:

- 9.1. 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. No pressing is allowed.
- 9.2. If a steal occurs outside the zone, play is stopped and ball is awarded back to the offense at the spot where the steal occurred.
- 9.3. Each of these infractions count as a foul for free throw purposes.

10. Advanced Competitive Basketball

- 10.1. Any 3/4 team that would like to play competitive basketball with a referee and following CYO rules for 5/6 grade teams, should register as an elite team.
 - 10.1.1. This elite division will be scheduled if at least six teams are registered for it by November 15, 2013.
 - 10.1.2. These teams will pay the ordinary 3/4 registration fee of \$300.00 per team.
- 10.2. Diocese of Rochester CYO reserves the right to reassign teams to a different division depending on ability.
- 10.3. Failure to abide by these rules may result in games forfeited or suspension from CYO.
- 10.4. These decisions are the sole responsibility of the Diocesan CYO Administrator and the Department of Evangelization and Catechesis. These decisions are binding. Teams that are suspended will not receive refunds for any part of the season.

11. Gym Time

- 11.1. All parishes/Seton/Siena are expected to offer enough gym time to schedule all home games on the home court. If a parish/Seton/Siena is unable to offer sufficient home time for each team, some teams may have all home games scheduled at another facility.

12. COACHES: Qualifications/Responsibilities/Supervision

- 12.1. Qualifications
 - 12.1.1. The registered coach of a team must be at least 21 years of age.
 - 12.1.2. All Coaches and Assistant Coaches must be credentialed by the Diocesan Department of Evangelization and Catechesis and wear their credentials for all games and practices. This includes having a current background check.
 - 12.1.3. Coaches must exemplify the behavior of a committed Christian adult and witness to the philosophy of Youth Ministry by:
 - 12.1.4. Recognizing the purpose of CYO Athletics is to promote the spiritual, emotional, intellectual, social and physical well-being of each player.
 - 12.1.5. Offering opportunities for players to live out their faith by participating in celebration of the Eucharist, prayer and service.
 - 12.1.6. Emphasizing the ideals of ethical conduct, sportsmanship and fair play.
 - 12.1.7. Encouraging leadership, initiative and good judgment by all players.
 - 12.1.8. Remembering that an athletic contest is only a game and that most school aged players play for fun.
 - 12.1.9. Encouraging friendly and respectful attitudes and behaviors between visitors and host.

12.2. Responsibilities

- 12.2.1. The conduct of his/her players at all times including games, practices and team travel.
- 12.2.2. Explaining the spirit, philosophy and rules of CYO basketball to all parents and fans.
- 12.2.3. Repeated poor behavior of fans.
- 12.2.4. The final score of the game.
- 12.2.5. If a team is ahead by a comfortable lead, CYO coaches are expected to substitute bench players, stop pressing, stop fast breaks, slow down defense, etc.
- 12.2.6. If a team runs up scores by a large margin, the Diocesan CYO Administrator may take action to penalize the team. This can include moving the team to a higher division or suspending the team for some or all of the season.
- 12.2.7. Timely submission of entry forms, fees, and complete and accurate team rosters.
- 12.2.8. Giving 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.
- 12.2.9. Submitting the score to the CYO office by 9:00 a.m. the morning after the game. Please include the coach's name, the team played, the division, what age/gender group and the score of both teams.
- 12.2.10. Adhering to the rule of no practices or games scheduled before 1:00 p.m. on Sundays.
- 12.2.11. 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.

12.3. Supervision

- 12.3.1. There must be two people age 21 or over present for all games and practices. If these adults are not Coaches or Assistant Coaches, they must be compliant with diocesan standards for volunteers working with school aged children.
- 12.3.2. The Coach or an adult as described above must be with the team at all times.

13. Transportation

- 13.1. 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.
- 13.2. 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.