

Mercer County CYO Grammar School Basketball Rules and Regulations

The "Diocese of Trenton – Mercer County Athletic Guidelines" will serve as the primary rules and regulations for all CYO Athletic Leagues. The following are basketball specific rules for the Mercer County CYO Basketball Leagues.

Philosophy

The purpose of CYO Basketball is to provide each participant an opportunity to capitalize on the many benefits of organized team sports including sportsmanship, knowledge, teamwork, friendship, health, recreation, competitiveness, physical fitness, life skills, learning to win and lose and to have fun. If one or more of these benefits are accomplished, we have achieved some success.

In addition to this, we strive to work with Pastors, Principals, Parish Athletic Directors and Volunteer Coaches to instill the values that are being taught to our young people on a daily basis through school, CCD, and weekly Mass. We feel that if we work with the schools and parishes as they teach the Christian lifestyle, and we encourage and reinforce the Christian lifestyle through our basketball league, then we have accomplished our goal.

We also feel it is important to maintain high standards with the coaches of our participants as well as the spectators at our events to see that all aspects are positive and appropriate. These Rules and Regulations have been established based on this philosophy. Working together with all parties, The CYO feels we can consistently maintain the integrity of a youth basketball league that has been viewed as the premier program of its type during its 50 plus history in Mercer County.

Code of Conduct

- A. All teams entering the Mercer County CYO Basketball League are strongly encouraged to have some representative participation in Opening Day Mass (ideally, at least one coach/adult and one player). This spiritual activity will signify the official opening of this phase of the Athletic Program and all teams' members, coaches, cheerleaders and adult advisors are encouraged to attend.
- B. Coaches are strongly encourage to lead their teams in a pre-game prayer.

Conduct

All incidents involving players, coaches and/or spectators will be reported by the league officials and/or site supervisors to the CYO Athletic Director immediately upon completion of the game. The CYO Athletic Director will be responsible for notifying coaches, athletic directors, pastors and principals and CYO moderators of the suspension. The CYO Athletic Director's decision is final and there will be no appeal process when disciplinary measures need to be taken. The CYO Athletic Director will provide a copy of the CYO Basketball Rules to the assigning official. These rules will also be posted at all playing sites.

Eligibility

- A. Any player who reaches their 13th birthday prior to September 1st of the current school year or is in 7th or 8th grade is ineligible to participate in the Junior Varsity Division.

- B. Any player registered in any grade past 8th grade is ineligible to participate in the CYO Basketball Leagues or tournaments.
- C. Any player who reaches their 15th birthday prior to September 1st of the current school year is ineligible to compete in the Varsity Division.
- D. The use of ineligible player(s) automatically forfeits games in which that player(s) participated. Such forfeiture shall be considered wins for the opposing team.

Rosters

- A. All rosters must be filled out in their entirety. The roster must be signed by the Head Coach, Parish Athletic Director, Principal, Pastor and Director of Religious Education, thus attesting to the proper eligibility of all players.
- B. A copy of a birth certificate, baptismal certificate or some other acceptable proof of age document for each player must be submitted to the League Director with the roster
- C. Fully signed rosters, proof of age documents and waivers must be submitted before the team's first scheduled game. Failure to do so will result in a forfeit.
- D. The CYO Athletic Director will be responsible for the approval of all rosters.
- E. All roster changes / additions must be made before December 31st of the year the season begins. Completed roster addendum forms must be submitted for any player not on the original roster.
- F. Rosters submitted to the League Director will serve as the official team line-up for every scheduled game. Coaches must bring rosters (players name and jersey numbers) to all games.

Uniforms:

- A. Shall all be of the same basic color
- B. Shall have a number – All teams should make an effort to obtain uniforms with “legal numbers” and lettering.
- C. Teams are strongly encouraged to sew CYO patches on their uniforms. These patches are available at no cost to teams upon request. As an option, teams may just add CYO lettering to their uniforms.

Supervision

Every team must be accompanied to all competitions by a coach or other adult advisor who will be responsible for the conduct of the team on the floor. Any team not complying with the foregoing will forfeit the game. No team will be allowed on the gym floor without a coach or adult supervisor. Also, all CYO classrooms are off limits to all teams for pre and post game meetings and halftime. The CYO or host parish assumes no responsibility for any articles or personal property lost, stolen or damaged while using the facilities.

Protests

- A. All protests must be made in writing and be filed with the CYO office within 48 hours of the game being protested and be accompanied with a deposit of \$50.00. In the event the protest is overruled, the team forfeits the deposit; if the protest is upheld, the deposit shall be returned. NOTE: Coaches protesting MUST make such an announcement to the appointed referee and scorekeeper (who must record it in the scorebook) before or upon the completion of the game. Failure to make this announcement will void any possible protest.
- B. On points of fact connected with the play in progress, the decision of the referee shall be final. On questions of interpretation of rules or laws of the game, a protest may be filed to the CYO office, but the official's decision must be accepted while the game is in progress. IF A PROTEST CONCERNING THE INTERPRETATION OF RULES is upheld, and the Protest Committee decides that the infraction had a bearing on the final outcome of the game, the game may be declared void and the entire game may be replayed or continued from the point of the infraction.
- C. A Protest Committee may be selected before the league season begins or may be appointed by the League Director from among the unaffected coaches at the time of the protest. The Protest Committee shall consist of a minimum of 3 but not to exceed 5 coaches.
- D. Protest Meetings
 1. The burden of the protest is on the PROTESTING team. A clear and convincing argument must be made to affect a change.
 2. Coaches of all teams affected by the protest or outcome of the game may be present at the meeting
 3. The referees shall also be present.
 4. Notice of the ruling shall be given to all of the teams affected as soon as possible.

Team Fees

- A. The proper entry fee must be submitted with the application at or before the coaches meeting for that specific league. If a parish wishes to send one check to cover the fees for their teams in our various leagues, the check must be received by the date of the first coaches meeting. Any team not paid as of 10 days after the meeting date will not be included in the league. Any team that does not make full payment at the coaches meeting will have 10 days to make the payment with a \$50.00 late fee. If a team drops out of the league after the schedule has been made and before any games start, a \$50.00 penalty will be imposed.
- B. Any team needing to change a game due to extraordinary circumstances after the schedule is completed will have to put a request in writing to the CYO Athletic Director. The request will be reviewed, if approved the team requesting the schedule change will be charged a \$25 schedule change fee.

Rules

- A. Official NJSIAA playing rules will be followed, except when official ground rules are established, or League Rules which are in conflict thereof. The League Director reserves the right to interpret all rules and act upon in such a manner as to uphold the highest standards of the league.
- B. Blood Rule: See attached handout
- C. Jump Balls: Alternate out of bounds procedure on all jump ball situations, except at the beginning of the game and each extra period. The team which does not control the opening jump ball will start the alternating procedure.
- D. Timeouts: Each team will be allotted four (4) timeouts per game. One (1) timeout will be given to each team for each extra period. All timeouts carry over. Successive timeouts are permitted except at the end of playing time for the 4th quarter or any overtime period.
- E. 20 Point Press Rule: Any Team winning by 20 or more points is not allowed to apply full or half court pressure defense. The winning team is only allowed to apply defensive pressure at or behind the top of the key of the defensive basket.

Upon the first violation, the team will receive a warning from the official.

NOTE: The warning must be given clearly by the official to both players and coaches. For the second violation, and any subsequent violations by the same team in that game, the winning team will be issued a technical foul.

Meetings

The pre-season coaches meetings that the CYO organizes to cover all pertinent information about the upcoming season is MANDATORY. The head coach or representative from the team, school or parish must attend. THE PENALTY FOR NOT HAVING A REPRESENTATIVE AT THE MEETING IS A FORFEIT OF THE FIRST GAME OF THE SEASON.

GOOD SPORTSMANSHIP....MORE IMPORTANT THAN WINNING

Sportsmanship has become the focus of CYO Athletics over the last several years, and will remain the most important aspect of our leagues. We want to encourage all teams, players, coaches and spectators to make sportsmanship their primary focus as well. We are dedicated to making Good Sportsmanship....More Important Than Winning, and will continue to stress the importance of this. Each year we acknowledge a team in each of our four divisions that is the model of Good Sportsmanship as well. We consider these to be the top honors of all. In closing, we ask all teams, players, coaches and spectators to think hard about sportsmanship and how you can help make a difference.

COMMUNICABLE DISEASE PROCEDURES



While risk of one athlete infecting another with HIV/AIDS during competition is close to nonexistent, there is a remote risk that other blood-borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood, as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

- ① The bleeding must be stopped, the open wound covered, and, if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
- ② Caregivers should routinely use gloves or take other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
- ③ Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- ④ Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
- ⑤ Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
- ⑥ Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags or other ventilation devices should be available for use.
- ⑦ Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
- ⑧ Contaminated towels should be properly disposed of/disinfected.
- ⑨ Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouthguards and other articles containing body fluids.

Additional information is available from your state high school association and from the NFHS.

Revised January 2004

CODE OF



CONDUCT

DIOCESE OF TRENTON

Preamble:

Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self control.

I therefore pledge to be responsible for my words and actions while attending, coaching, officiating or participating in a youth sports event and shall conform my behavior to the following code of conduct:

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. I will learn the rules and policies of the league
3. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice or other sporting event.
4. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
5. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
6. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
7. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition
8. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win
9. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game or on the field and will take time to speak with coaches at an agreed upon time and place
10. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and I will refrain from their use at all sports events.
11. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organizations involved
- Game forfeit through official or coach
- Parental season suspension