

## **CYO BASKETBALL GIRLS FRESHMEN LEAGUE**

**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 Girls Freshman Basketball League.**

### **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 felt 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.

### **Player Eligibility:**

1. The CYO Girls Freshmen League is open to girls in 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> grade
2. Girls in 5<sup>th</sup> grade are ineligible to participate in the league.
3. Girls participating in the Freshmen League are eligible to participate in the CYO Girls Junior Varsity League the same season.
4. Eligibility rules from the "Diocese of Trenton – Mercer County Athletic Guidelines" will be in effect.

### **NJSIAA Rules apply except for the following:**

1. Games will consist of four 6 minute quarters. Overtime periods will be 3 minutes in length.
2. The clock will stop on all official whistles.
3. Teams will be allowed 4 timeouts per game. Teams will receive 1 additional timeout for each overtime period.

4. Junior sized basketballs will be used.
5. Coaches are allowed to pace the sidelines to instruct players. However, a coach will not be permitted to step on the court during play. If in the opinion of the official, a coach disrupts play or becomes abusive, the coach will be restricted to the bench.

**In the interest of fair and balanced play, the following rules will apply:**

1. A shorter foul line (12 foot) will be used.
2. Both zone and man-to-man defenses will be permitted.
3. The defense must stay within the 3-point arc for the first three quarters.
4. Teams may employ a full court press in the final minute of the 4<sup>th</sup> quarter. However, if the defense is leading by 10 points or more, then they must stay within the 3-point arc.
5. A player is expected to play a minimum of 2 quarters (approximately 12 minutes) a game with the exception of injury or illness.

#### **Rosters:**

1. 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.
2. 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 along with the roster.
3. 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.
4. All roster changes / additions must be made before December 31<sup>st</sup> of the year the season begins. Completed roster addendum forms must be submitted for any player not on the original roster.
5. 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 number) to all games.

#### **Uniforms:**

1. Shall be of the same basic color.
2. Shall have a number -- All teams should make an effort to obtain uniforms with "legal" numbers and lettering.
3. 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 uniform.

# 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 and 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