

CYO Boys Freshmen Basketball League Rules

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 CYO Boys Freshmen 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:

The league is open to all boys who are in 4th grade or under and must meet at least one of the following requirements:

1. A player attends a Catholic School that has a team in the league. He must play for the school even if they belong to another parish.
2. A player's family must be a member in good standing of the sponsoring parish. The player must actively attend their CCD Program and meet all their CCD educational requirements.

3. If a player's family belongs to multiple parishes, he must play for the parish that he meets the eligibility requirement of #2 above.
4. If a player's family belongs to a parish that has no school but attends a Catholic School of another parish, he has the option to play for one or the other. Once the choice is made, the player must sit out of the first half of the schedule if he switches back.

Rosters:

Rosters must be submitted prior to your first game. Teams have until the end of the calendar year (December 31, 2008) to add players to their team. Rosters will be verified with the school principal and DRE to make sure all players meet the eligibility requirements. Coaches must have attended the Rutgers Safety Clinic and attach a copy of their certification card to their team's roster.

NJSIAA High School Rules Apply except as follows:

- Six minute quarters (2 minute overtime period)
- Clock will stop on all official whistles
- Four timeouts per game & 1 additional timeout in overtime (There will be no 20 second timeouts)
- Regulation woman's basketball will be used
- Only one coach will be allowed to pace the sidelines to instruct the 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 because or becomes abusive, he/she will be restricted to the bench.
- Prior to each game, coaches must pencil in roster, which includes player's last name & uniform number and identify the starting players. Coaches now have the option substitute at the 3 minute mark of the 1st and 2nd quarter or use the previous substitution rule that is in place, using a minimum of 5 different players in the 1st and 2nd quarter

Exception: When a player is injured during the 2nd quarter, the substitute should be a player who did not play in the 1st quarter. If no player is available, then a player who played in the 1st quarter can enter the game. The opposing coach will choose players who cannot play.

- 8 players must show up to each game or the game is forfeited, but the game is played (unless the coaches agree prior to the game that the game will not be a forfeit). Each team is allowed two games with less than eight players without being charged a forfeit. Teams have until the start of the 2nd quarter to have their 8th player arrive. If a team has less than 5 players, a 15 minute grace period is in effect. In the playoffs, the 8 player rule is in effect with no exceptions.
- Any coach or player is ejected from a game will be suspended for the next two games (no exceptions!). Suspension is defined as not present in the gym on the day of the game.

In the interest of fair & balanced play, the following rules apply:

1. A shorter foul line will be used
2. Both zone & man-to-man defenses are permitted
3. At all times, a team leading by more than 10 points must fall back and play behind the 3-point arc.
4. A team leading by more than 15 points must fall back and play defense in the foul line area.
5. Teams must penetrate the 3-point arc within 15 seconds once crossing ½ court. The first offense is a warning. Once the warning is issued, the team has only 10 seconds to penetrate the ball beyond the 3-point arc or the ball will be awarded to the opposing team on the side line.
6. *Red & White Division Defense*
 - Must pick up from behind the 3 point arc in 1st & 2nd quarters
 - May extend the defense to half court in the 3rd quarter
 - May extend defense to full court in the 4th quarter and in overtime
7. *Blue Division Defense*
 - Must pick up from behind the 3-point arc in the 1st, 2nd and 3rd quarters
 - May extend defense to half court in the 4th quarter or in overtime
 - If one of the teams trails by 4 points or less, full court defense is allowed the last 30 seconds of the 4th quarter or the last 30 seconds of all overtime periods

No player is allowed in any given game to play more than three quarters if a team has a minimum number of 8 players. Players who play in the first two quarters must sit out in the third quarter.

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 at halftime. The CYO or host parish assumes no responsibility for any articles or personal property lost, stolen or damaged while using the facilities.

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 those in our basketball leagues who are models of Good Sportsmanship. 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 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