

# Catholic Youth Organization Archdiocese of Indianapolis

## Girls' Basketball Leagues Rules & Regulations

### Section A - Conduct Policy

The developmental and enjoyable recreational values of CYO Athletics cannot be fully attained without proper sportsmanship and conduct at all games. All players, coaches and spectators will be subject to the following Conduct Policy while involved in any CYO game.

#### Players and Coaches Shall Not:

1. Disrespectfully address or contact an official or gesture in such a manner as to indicate resentment;
2. Attempt to influence an officials' decision;
3. Use profane or inappropriate language or obscene gestures;
4. Bait or taunt an opponent;
5. Intentionally or flagrantly contact an opponent when the ball is dead and such contact is not a personal foul;
6. Disrespectfully address an opponent or;
7. Incite undesirable crowd reactions.

**Penalty:** (Technical Foul) - 2 free throws plus ball awarded for division line throw-in. The foul is charged to the offender and, if against player on the bench, to the head coach, also. If illegal act is flagrant, the offender is disqualified. Squad members so disqualified are banished from the vicinity of the bench. Adult bench personnel so disqualified shall leave the gymnasium. **THE SECOND TECHNICAL ON ANY PLAYER OR COACH IS CONSIDERED FLAGRANT MISCONDUCT RESULTING IN DISQUALIFICATION. THE THIRD TECHNICAL AGAINST ANY TEAM IS CONSIDERED REPEATEDLY COMMITTING ACTS THAT MAKE A TRAVESTY OF THE GAME AND THE GAME SHALL BE CONSIDERED A FORFEIT.**

#### Coaches Shall:

1. Adhere to the following bench decorum rule:
  - a. A six-foot area in front of the team bench will be designated where a coach may stand or kneel during a live or dead ball.
  - b. Only one coach from each team may stand or kneel in the six-foot area at any one time.
  - c. All coaches may stand during a charged time-out or intermission period.
  - d. The coach, when standing or kneeling in the designated six-foot area, shall not have dialogue with the officials.
  - e. The coach may leave the designated six-foot area to confer with personnel at the scorer's table or attend to an injured player only after beckoned onto the court by an official.
2. **REMOVE FROM THE GAME ANY PLAYER RECEIVING A TECHNICAL FOUL FOR UNSPORTSMANLIKE CONDUCT. PLAYER MAY NOT RETURN TO THE GAME UNTIL THE NEXT DEAD BALL SITUATION.**
3. See that their team members conduct themselves properly at all times. This includes while in the gym, locker room and parking lot. Parishes will be liable for the damage to gym property by actions of their players, coaches or spectators.

#### Spectators Shall:

1. Demonstrate courtesy and respect to opponents and officials;
2. Show by example the proper ideals of sportsmanship, ethical conduct and fair play; and,
3. Be discouraged from stomping their feet, screaming, whistling, etc., while opposing team is shooting free throws.

**Question:** Who is responsible for the behavior of spectators?

**Answer:** The management of each team is responsible insofar as it can reasonably be expected to control the spectators. The officials may assess technical fouls on either team if its supporters act in such a way as to *interfere with the proper conduct* of the game. Discretion must be used in calling such fouls, however, lest a team be unjustly penalized.

**Uniforms:**

1. Team jerseys shall be of the same solid color front and back. Undershirts must be similar color to the jerseys.
2. Shorts designed for gym activities, only, are permitted. It is recommended that the shorts be a solid color and match the jersey. Obviously, a contrasting trim color is permitted. Absolutely no torn, ripped or cut-off pants are permitted. Also, no pants with exposed buttons are allowed.
3. Compression shorts which are unadorned and of a single color similar to the predominate color as the pants may be worn.
4. All uniforms must have a visible CYO emblem on them.
5. The officials or gym manager shall not permit any player to wear equipment, which, in his or her judgment, is dangerous or confusing to other players or is not appropriate.
  - A. **Be advised that the wearing of jewelry by players on your team is prohibited. This includes, but is not limited to items such as hair or head accessories, earrings or jewelry of any kind.**
6. It is recommended that teams have reversible jerseys or two sets of contrasting color jerseys. Otherwise, teams must have a set of white t-shirts at each game

**Special Requirements & Considerations Affecting The CYO Eligibility Standards**

1. CYO participants and coaches are required to register for CYO athletic programs through the CYO website, [www.cyoarchindy.org](http://www.cyoarchindy.org), once each school year to be eligible for participation. After logging on to the website parents click on the Register Child link and coaches click on the Coach Registration link to register. If coaches and participants do not register through the CYO website they cannot be added to a team as a coach or to a roster as a participant.

After a parent has registered the child through the CYO website they must download and print a physician's examination form from the site. These mandatory physical forms, once completed by the physician, will then be turned into the parish athletic director and are to be kept on file at the parish or school and are valid for the entire school year.

There may be individual cases involving Catholic youth affiliated with another parish or school who want to participate because their own parish or consolidated Catholic school does not sponsor that particular activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.

## **Section C - Playing Rules**

### **Grade School Level**

1. It should be understood that players on any Cadet team may never move down to a 56 team. However, a 56 player may be moved up to the Cadet category after the opening of the season until the date announced in which all rosters are frozen.
  - A. Within the Grade School Level, if a parish has two or more teams, a player may begin the season with one parish Cadet or 56 team and be switched from one parish team to another one time only after participating in a regular season game. All such changes must be announced to the CYO Office before the player participates in a regular season game for the new team and any such change must be accomplished with the understanding that the player may not participate for both teams during the same playing date. This must take place before the roster deadline date, which is Friday, October 23rd.
  - B. After the final roster deadline, no switching of players between the parish teams is allowed. They must participate in all postseason play as separate teams.
2.
  - A. Names may not be added to the roster after the roster freeze date.
  - B. The only exception to 2a would involve a potential participant who has recently moved into the parish.
  - C. The CYO Office will grant special permission in the above cases.
3. **In all CYO basketball leagues, a legal game may start with four players.** With many teams carrying only seven or eight on its roster, this will make it possible for a game to be played rather than forfeited if a team is short players due to illness, injury or absenteeism.

### **High School Level**

1. High School level participants retain their CYO eligibility even if they play on an independent or intramural team, or a team sponsored by another church program.
2. Participants playing on a high school Freshman, Reserve or Varsity team are eligible for CYO competition any time they are dropped from or quit the school team provided this occurs before the roster freeze date announced earlier. They may not play CYO basketball until after they have left the high school team.
3. If a parish has two or more teams, a player may begin the season with one parish team and be switched from one parish team to another one time only after participating in a regular season game. All such changes must be announced to the CYO Office before the player participates in a regular season game for the new team, and any such change must be accomplished with the understanding that the player may not participate for both teams during the same playing date. This must take place before the roster freeze date which is **Monday, October 19th** for girls basketball.
4. **A player's name may appear on only one roster.**

### **Section E – League Fees**

Each parish is assessed a team entry fee as designated for every team entered in the CYO Basketball Program.

### **Section F - Protests**

The CYO Athletic Policies Committee will accept no protest, other than those concerning players' eligibility violations. Protests must be filed with the CYO Office in writing not more than 48 hours after the incident.

### **Section G - Penalties**

A team guilty of a violation of any of these eligibility rules is penalized as follows: the player is removed from the squad, the team forfeits all games in which this player has participated; the parish is put on probation for six months; and the parish is suspended from the respective CYO program for one year if a second violation occurs during the probation period. Such violations shall be subject to review by the Athletic Policies of the CYO Board of Directors.

### **Section I - Game Playing Rules**

Games are to be played and time kept according to the official IHSAA Rule Book with the following exceptions:

1. Only five (5) minutes will be allowed for intermission at half time. This is to be enforced strictly by officials and gym managers so that games can stay within a one-hour period as much as possible.
2. **3 Point Field Goal**  
A successful try from the field by a player who is located behind the 19-foot, 9-inch line counts 3 points. Any other goal from the field counts 2 points for the offensive team. The 3-point shot will only be used at gyms where the 3-point line is marked on the playing floor. Additionally, due to the varying width of some gym floors, the 3 point arch may not fully extend from baseline to baseline on smaller floors and may actually intersect the sideline at some point on the floor. On these smaller floors though, the 3-point line can be marked and used on as much of the floor as possible.
3. The Alternating Possession Arrow is required and must be placed on the scorer's table.
4. **Time-Outs**  
**Three full and two 30-second timeouts are permitted for regulation play. Should a game go in to overtime, each team will be allowed one additional full-length (1 minute) time-out. No 30-second time-outs will be allowed in an overtime period.**
5. Both teams are to provide a scorebook and a competent scorekeeper. Game officials are to designate one of these books as the official book for the game (coaches should check to make sure that this is done). Also, one official should sign the official book at the half and at the end of the game. Remember, you must have your own book and scorekeeper.
6. Players' benches are required to be placed on the side of the court on which the scorers' and timers' table is located, if possible. (See National Federation Rules)
7. The regulation women's size basketball will be used for all leagues in accordance with the National Federation Rules. The circumference of the ball is 28 1/2 to 29 inches and the weight is 18 to 20 ounces. An example of this ball is the Tachikar SGB6R. Each team is to take a regulation ball in good condition to every game. The referees will select one of the balls as the "game ball"

### **Section I - General Scheduling Notes**

1. No parish has the right to postpone a game. The schedule is to be strictly followed, except when extremely bad travel conditions prevail. The CYO Office must always give permission. *We urge you to not request a schedule change!*
2. Teams are expected to be on time for games. If teams are running late, coaches should phone ahead and make arrangements to delay the game. Fifteen minutes of grace is to be given the offending team before a forfeit is claimed. **If a gym is running ahead of schedule, the gym personnel will be allowed to begin a game no more than 5 minutes prior to the regular scheduled time.**
3. Parishes are allowed to enter more than one team in the respective leagues. Generally, the CYO Office recommends that "A" teams consist of the better players.
  - A. Parishes are allowed to set up their teams strictly by grade rather than talent with the older players on the parish's "A" team and the younger ones on the "B" and or "C" teams.
  - B. Fifth and sixth graders also are eligible for the Cadet League games, if the parish does not have a 56 program and if it wishes to have the younger participants play.

**MINIMUM PLAYING TIME RULE- PLEASE READ CAREFULLY**

The rule below will be in effect for both the girls' and boys' grade school basketball seasons and postseason tournaments. After some discussion the CYO has decided to implement the minimum playing time rule as indicated below. This is being done on a trial basis for the upcoming seasons. After the 2015-16 seasons we will revisit the rule. This will give our coaches more opportunities for substitutions. This will be in effect for the 2015 Girls Basketball Season and then for the 2015-16 Boys Basketball Season.

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The following rule is intended to insure that all participants, regardless of their skill level, are given the opportunity to play a reasonable amount of time in every game. When a child signs up for the CYO program they expect, and have the right, to play in all the games. **Coaches need to respect all the young athletes if they are to have a rewarding experience in sports.**

- A. In the grade school leagues, a regulation game consists of four 6 minute quarters.
  - B. **All players dressed and entered into the scorebook must play a minimum of 6 minutes throughout the entire game, rather than in the first half. This will give coaches flexibility with substitutions and all players must play a minimum of 6 minutes during the game. It is up to the scorekeepers and coaches to oversee and record this information in the scorebook.**
  - C. It is within the coaches' discretion to play only the number of players equal to the number of players on the opposing team. Although the coach is granted the freedom to choose to exclude players from the minimum playing time rule for this reason, it is strongly suggested that the rule be applied to all players regardless of the number of players on the opposing team. The feelings of the athletes must be considered above all else.
  - D. Any coach who willingly violates the minimum playing time rule may be subject to probation or suspension for a portion or all of the season. In addition, serious violations may be referred to the CYO athletic policies committee for appropriate action.
4. **All teams must compete in their respective postseason tournaments.**
- A. **A parish may participate in the CYO sponsored postseason tournament only if it had a team in the respective league for that age group.**

**20 Point lead and full-court press (Please read very carefully)**

The CYO strongly advocates good sportsmanship in all games and encourages all coaches to show good judgment when involved in a game where one team is far superior over the other. If a team has a 20 point lead over its opponent, that team should not employ a full-court press or a fast break offense. Additionally, if a team finds itself behind by 30 or more points, the coach of the trailing team can request that the game score no longer be kept on the scoreboard. The clock operator should keep the game time but reset the score for both teams back to zero. The score of the game will continue to be kept in the scorebooks of both teams.

### **Conduct & Gym Procedures**

1. Games are to be played according to the schedule. Teams will be given a maximum of five minutes warm-up between games and during the half-time intermission. If games are running ahead of schedule, the gym manager may require a game to start no earlier than 5 minutes prior to the scheduled time. In all cases, good discretion should be used.
2. No team will be allowed access to a gym earlier than 30 minutes before the first game of the day at the gym.
3. Each gym has the right to charge admission to spectators, except that players, coaches and cheerleaders will be admitted free of charge. The admission prices are not to exceed those set by the CYO Board of Directors.
4. Each gym is to make arrangements for a time keeping system and a competent timer.
5. With the safety of players and spectators in mind, gym managers should see that adequate and safe provisions are provided. Please take precaution to inspect bleachers and pad all obstacles in the vicinity of the playing surface. Any posts, walls, stages, etc. at the end of the floor should be padded for example.
6. An adult must be with the players at all times when they are inside the gym or the lockerroom. This rule is to be strictly followed to prevent abuse of the facilities and personal properties. Parishes will be liable for damages to gym property by actions of their players, coaches or spectators.
7. The gym manager has the authority to stop a game if, in the opinion of the gym manager, a situation is developing that could be harmful to the CYO program. Prior to this action, it is recommended the gym manager consult with the officials and the two head coaches.
8. Gym managers will report all unsportsmanlike acts, unethical behavior, ejections from games or violations of the rules to the CYO Office. The game officials will also file reports of such incidents.
9. Filming, telecasting or videotaping for scouting purposes of any season contest by any party other than the two participating schools shall be prohibited.

### **Awards**

We must always remember that this is a youth sports development program and that individual awards presented by the parishes at the end of the season should be in keeping with that idea.

### **Tournaments**

The CYO sanctions postseason tournaments in all leagues following the conclusion of the regular season.

### **Jewelry Rule**

Be advised that the wearing of jewelry by the girls on your team is prohibited. The official shall not permit any player to wear items such as head decorations, head wear or any type of equipment or appliance, which in his or her judgment is dangerous to others. **Also, under no circumstances shall a player be allowed to place tape or a covering of any type over a piercing.**

# CYO

## GENERAL ELIGIBILITY STANDARDS

This document is designed to provide information for parishes and individuals participating in the CYO program at the Grade School (Cadet, 56 and 4th grade), and High School (Freshman-Sophomore and Junior-Senior) levels.

There may be rules accompanying each activity, which may impose additional limitations or provide for participation by additional youth not specified in this general description. However, this document should enable the parish, coaches and parents to determine in the vast majority of cases whether or not a potential participant is eligible.

These standards have been approved by the Indianapolis CYO Board of Directors, working through its Athletics Policy Committee, and are in effect until further notice.

Applications for exceptions to these standards may be made to the Athletics Policy Committee of the CYO Board of Directors. If the exception requested concerns participation in a specific activity, application must be received by the Athletics Policy Committee no later than three weeks prior to the start of that particular activity's season. Any such application must be made in writing to the CYO Office. All particulars of school and residence circumstances, age, grade and any other factors, including but not limited to roster size, which are pertinent to the proposed exception must be included in the application.

If any uncertainty concerning the eligibility of a potential participant remains after reading these standards, the CYO Office should be contacted.

### CADET AGE GROUP

1. **Age and Grade** - Fifth, sixth, seventh and eighth grade students who have not reached the age of 16 before the completion of the athletic season in which they are competing. Any student over this stated age limit who wishes to participate, must submit a written request to the CYO office for review at least three weeks prior to the start of an athletic season.
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish.

### 56 AGE GROUP

1. **Age and Grade** - Fifth and sixth grade students who have not reached the age of 14 before the completion of the athletic season in which they are competing. Any student over this stated age limit who wishes to participate, must submit a written request to the CYO office for review at least three weeks prior to the start of an athletic season. (Fourth graders are eligible for some 56 sports. Check with the parish athletic director or CYO Office).
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish.

### 4<sup>th</sup> GRADE AGE GROUP

1. **Age and Grade** - 4th grade students who have not reached the age of 12 before the completion of the athletic season in which they are competing. Any student over the stated age limit, who wishes to participate, must submit a written request to the CYO Office for review three weeks prior to the start of an athletic season. (Fourth graders are eligible for some 56 sports). Check with the parish athletic director or CYO office).
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish.

### 3<sup>rd</sup> Grade Age Group ( 34 Football only for boys and 4<sup>th</sup> Grade Spring Kickball only for girls)

1. **Age and Grade** - 3rd grade students who have not reached the age of 11 before the completion of the athletic season in which they are competing. Any student over the stated age limit who wishes to participate, must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish.

**3. Please note that at no time may a player float between teams during the season or tournament. A player may only play for one team on which her name appears on the roster. There are no exceptions to this rule.**

### **HIGH SCHOOL AGE GROUP**

1. **Age and Grade** - Freshmen, Sophomores, Juniors and Seniors in high school who have not reached the age of 20 before the completion of the athletic season in which they are competing, which includes the following summer. A potential participant who is not presently attending regular high school also is eligible to participate during the school year and including the following summer as long as this person falls within the age rule outlined above and the class with which he or she completed grade school has not graduated from high school. Any student over this stated age limit who wishes to participate, must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.
2. **Parish Affiliation** - All registered members of the participating parish. Registration in the parish must have occurred at least one year prior to the start of a sport season. If it is determined that parish registration has taken place in order for a student to become eligible to play sports at that parish, the student may be declared ineligible.

### **SPECIAL REQUIREMENTS AND CONSIDERATIONS AFFECTING THE CYO ELIGIBILITY STANDARDS**

1. The fact that a parish does not operate a grade school shall not make such a parish ineligible to conduct a Cadet or 56 age group program.
  - A. There may be individual cases involving youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor that particular activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.
  - B. CYO participants and coaches are required to register for CYO athletic programs through the CYO website, [www.cyoarchindy.org](http://www.cyoarchindy.org) once each school year to be eligible for participation. After logging on to the website parents click on the Register Child link and coaches click on the Coach Registration link to register. If coaches and participants do not register through the CYO website they cannot be added to a team as a coach or to a roster as a participant.
  - C. After a parent has registered the child through the CYO website they must download and print a physician's examination form from the site. These mandatory physical forms, once completed by the physician, will then be turned into the parish athletic director and are to be kept on file at the parish or school and are valid for the entire school year.
  - D. In all leagues no protest other than those concerning player's eligibility violations will be accepted by the CYO Athletics Policy Committee. Protests must be filed with the CYO Office in writing not more than 48 hours after the eligibility violation is discovered.
  - E. In all leagues a team involved in a violation of any of these eligibility rules may be penalized as follows: the player is removed from the squad; the team forfeits all games in which this player has participated; the school is put on probation for six months; and the head coach is subjected to suspension. All such violations shall be subject to review by the Athletics Policy Committee of the CYO Board of Directors.

**SPECIAL NOTE:** In addition to the general eligibility standards for participation in CYO sports and the specific eligibility rules for each sport, all student athletes are subject to the academic policies of the sponsoring school or parish. Scholastic eligibility is always the prerogative of the Catholic school administrator.

## **SPECIAL LEAGUE RULES FOR CYO GIRLS BASKETBALL**

Please keep the following information in mind when officiating

1. In 56B, 56C and 4<sup>th</sup> grade leagues, teams ***will not*** be allowed to use the full-court press, except in the last two minutes of the second and fourth quarters. This rule applies to all regular season and tournament games.
  - a. The game official is to stop the game at the first "dead ball" situation occurring as close as possible to the two-minute mark, at which time the official is to announce to both teams that the full-court press is allowed for the rest of that period.
  - b. The team on offense, under this restriction, is to be given the opportunity of bringing the ball past the ten-second line without interference. Beyond the ten-second line, there are no restrictions on defense.
2. In the Cadet A, B, C and 56A leagues, a team may employ the full-court press at any time during the game.
3. In the 56B, 56C and 4<sup>th</sup> grade leagues only, the free throws will be shot from a line marked 12' from the basket. All gyms must mark this line with a piece of tape (if it is not painted) for the benefit of players and officials.

## CYO Concussion Initiative And Policy

There has been no issue more important in athletics in recent years than concussions and head injuries. The CYO has adopted a concussion policy that will be in effect for all CYO sports. This policy was formulated in conjunction with the physicians, athletic trainers and administrators of St. Vincent Sports Performance and the Athlete's Concussion Alliance. The CYO wishes to thank everyone at St. Vincent Sports Performance who helped to develop this important concussion policy.

Concussions or mild traumatic head injuries are common injuries in sports resulting from a blow or bump to the head. Early recognition and appropriate treatment of concussions are vital for recovery, prevention of future concussions and the safe return to playing athletics.

With this in mind, the following policy pertaining to concussions will be followed in all CYO sports:

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game, match or team practice until the player has passed a sideline concussion evaluation and test. Some of the warning signs of a concussion are loss of consciousness, headache, dizziness, confusion or balance problems.

Each team will be given a sideline concussion evaluation and test that has been prepared by St. Vincent Sports Performance so that all coaches will be able to recognize a possible player concussion. This sideline concussion form will list the many symptoms of a concussion and will include several tests to administer to the player with a possible concussion. These include a memory function test, a concentration test and a balance test all designed to help coaches recognize the signs of a concussion.

If the athlete answers incorrectly to any of the questions, exhibits any single symptom of a concussion or cannot perform the balance test, he may not under any circumstances, return to play for that day. If a player fails the concussion test, the player may not return to play or practice until the athlete has been cleared by a licensed health care provider. Written approval must be received before the young athlete may participate again.

After the sideline concussion evaluation and tests have been completed, the person conducting the evaluation and tests, the head coach and the player's parents or legal guardians must sign the evaluation and test form attesting to the fact the concussion evaluation has been completed and whether the player has passed or failed the evaluation. A copy of the signed form must be mailed, faxed or emailed to the CYO Office with an additional copy given to the parish athletic director.

All pertinent information can be found on the CYO Website [www.cyoarchindy.org](http://www.cyoarchindy.org) under the Athletics Link.