

Catholic Youth Organization
Archdiocese of Indianapolis

Boys' Grade School Basketball Leagues Rules & Regulations
Boys' and Girls' High School Leagues Rules & Regulations

Section A - Conduct Policy

The developmental and 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.

Grade School league Technical Foul Rule

A technical foul assessed to a player or coach from team A will result in 2 free throws for team B plus the ball awarded to team B for a division line throw-in. The foul is charged to the offender and, if against a player on the bench, to the head coach, also. If illegal act is flagrant, the offender is disqualified. Team members so disqualified are banished from the vicinity of the bench but do not have to leave the gymnasium. Adult bench personnel so disqualified shall leave the gymnasium. A second technical foul on any player or coach is considered flagrant misconduct resulting in disqualification. The third technical against any team is considered repeatedly committing acts which make a travesty of the game and the game shall be considered a forfeit.

High School Leagues Technical Foul Rule

In the CYO girls and boys high school leagues, a player or coach receiving a technical foul for an unsportsmanlike act or language is disqualified from the game and may not re-enter the game. Additionally, the player or coach may be suspended for the next scheduled game, or for the remainder of the season if deemed appropriate by the CYO Office. If a high school level team receives two technical fouls in a game, on either a player or coach, the game will be forfeited to its opponent. In CYO, a second technical foul cannot be assessed against the same player or coach as they are already ejected from the game after the first technical foul. This is a severe penalty, therefore, a game will not be forfeited due to an unsportsmanlike act or poor behavior by one player or coach. For a high school level game to be terminated, a second technical foul must be assessed to a different player or coach from the same team.

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.
 - F. If a technical foul is assessed to the head coach or an assistant coach, these coaches lose the coaching box privileges and must remain seated on the bench at all times while the clock is running or is stopped except to:
 - a. Confer with bench personnel and players within the confines of the bench area during a charged time-out or the intermission between quarters and extra periods.
 - b. Rise and stand in front of their seat to signal players to request a time-out.
 - c. Confer with personnel at the scorers' table to request a time-out for a correctable error.

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- d. Confer with personnel at the scorers' table to request a time-out to prevent or rectify a timing or scoring mistake or an alternating possession mistake.
 - e. Attend an injured player when beckoned onto the court by an official. Replace or remove a disqualified or injured player, or player directed to leave the game, from within the confines of his bench.
 - f. Coaches may rise in front of their seats to spontaneously react to an outstanding play by a member of their team or to acknowledge a replaced player, but must always return to their seat.
2. 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,

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 fans 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. **Uniforms may have the players last name placed On the back of the team jersey, however, no nicknames of any kind may be placed on the team jersey.**
6. 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. Also, under no circumstances shall a player be allowed to place tape or a covering of any type over a piercing.
7. 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.

Section B - Eligibility

The General Eligibility Standards Rules are as follows:

Cadet Age Group

1. **Age and Grade** - 5th, 6th, 7th and 8th grade male 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 male students of the parish school and all registered male parishioners of the participating parish.

56 Age Group

1. **Age and Grade** - 5th and 6th grade male 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.
2. **Parish and School Affiliation** - All full-time male students of the parish school and all registered male parishioners of the participating parish.

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4th Grade Age Group

1. Age and grade - 4th grade male students who have not reached the age of 12 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 male students of the parish school and all registered male parishioners of the participating parish

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 and School Affiliation -All registered members of the participating parish. **Participants are only eligible for the parish in which they are registered unless their parish does not field a team in a particular league.**

Special Requirements & Considerations Affecting The CYO Eligibility Standards

1. Any public school student in the grade school program must obtain written permission from the principal of his school on the official CYO Principal Athletic Release Form in order to participate.
2. The fact that a parish does not operate a grade school shall not make such a parish ineligible to conduct a Cadet, 56 or 4th grade age group program.
3. CYO participants and coaches are required to register for CYO athletic programs through the CYO website, 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.

4. 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.

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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 first Monday of January, after which time 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 first Monday of January, after which all rosters are frozen. After the final roster deadline, no switching of players between the parish teams is allowed.
 - B. For CYO holiday tournaments, parish teams from the same league may combine to form a team to compete together. This will allow parish teams that are missing players due to holiday travel the opportunity to participate in the holiday tournaments. The teams must combine prior to the start of the tournament. Once the holiday tournament has begun no additional players from another parish team from the same league may be added to a team for the tournament. Following the holiday tournaments players must return to their original teams for the remainder of the regular season and postseason tournaments.
 - C. If the parish Cadet A team wins one of the regular Cadet A Deanery Tournaments it will be allowed to merge with the parish's Cadet B and C teams for the Archdiocesan Tournament even if that other team(s) has participated in a B or C tournament within the Indianapolis deaneries.
2. Names may not be added to any team roster after the first Monday of January. Any exceptions to this rule must be approved by the CYO Office.
3. All participation by Grade School Level CYO parish teams is to be completed at the conclusion of the Archdiocesan Tournament. No parish CYO team can play in any competition past the above date without special permission from the CYO Athletics Policy Committee.

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 of the first Monday in January. 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.
4. A player's name may appear on only one CYO team roster.

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Section E - League and Participant's Registration Fees

Each parish is assessed an entry fee as designated for every team entered in the CYO Basketball Program. In addition, each player on every team in all leagues is to pay a Participant's Registration fee in order to participate in CYO basketball.

Section F - Protests

No protest, other than those concerning players' eligibility violations, will be accepted by the CYO Athletic Policies Committee. Protests must be filed with the CYO Office in writing not more than 48 hours after the eligibility violation is discovered.

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 H - Outside Participation

1. High School Level teams may play in other leagues, as long as there are no date conflicts and as long as permission is obtained from the CYO Office in each case. This rule also implies that an individual player may play in a league sponsored by another organization.
2. Grade school level - See section C - Playing Rules.

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. Quarters shall be six (6) minutes in length for the CYO Grade School Program.

Games in the CYO girls and boys high school leagues only will be played using a running clock with two (2) twenty minute halves. ***The clock will stop for time-outs and during the final two (2) minutes of the 1st and 2nd halves only. If at the two (2) minute mark of the 2nd half, one team is ahead by 15 or more points, the game will conclude using a running clock. This will apply even if the losing team cuts the lead below 15 points in the final two (2) minutes. The score at the two (2) minute mark of the 2nd half will determine if the clock continues to run using a running clock or if the clock will be stopped at all dead ball situations. This will curtail unnecessary or excessive fouling at the end of the games which cause tempers to flair. Overtime is an extension of the 2nd half, therefore, the clock will stop according to federation rules during overtime.***

2. 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.

3. 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.

4. In all CYO boys grade school basketball leagues free throws will be shot from the regulation 15 ft. free throw line. At no time will a 12 ft. free throw line be allowed. When shooting free throws in the 4th grade league, players may not step on or across the free throw line during the free throw attempt.

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5. Time-Outs

Each team will be permitted to take three full and two 30 second timeouts during regulation play. Should a game go in to overtime, each team will be allowed one additional full-length (1 minute) time-out for each overtime session. Any timeouts not used during regulation play carry over to the overtime periods.

6. **In the 4th grade and 56C leagues**, teams will not be allowed to use a full-court press, except in the last (2) two minutes of the second and fourth quarters. Should a game go into overtime, the overtime period is an extension of the fourth quarter, and teams may press throughout the overtime period. This press rule will be in effect for all regular season and tournament competition. All other CYO basketball leagues may employ a full court press throughout each game.

In the 4th grade and 56 C leagues, if a team is pushing the ball up the court in a fast break, the defending team is allowed to defend their action in the backcourt in an attempt to slow their opponents progression to the frontcourt. However, if a team is not pushing the ball up the court, they must be allowed to set up their offense with no pressure in the backcourt. This means that the offense must be able to bring the ball across the division line and clearly establish themselves in the frontcourt. The defense cannot trap the offensive player from sideline to sideline until the offensive player has moved six feet (which is about two full steps) into the front court.

If a team wishes to benefit from the defense not guarding its players until they advance six feet into the frontcourt, the team must bring the ball up the floor slowly and the game officials are to instruct the defense not to defend in the backcourt. If an offensive player in the back court runs with the dribble or advances the ball by throwing it up the floor toward the division line in fast break mode the team on defense may defend in the back court.

7. The Alternating Possession Arrow is required and must be placed on the scorer's table.
8. Both teams are to provide a scorebook and a competent scorer for each game. 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). Additionally, each gym is to make arrangements for a time keeping system and a competent timer.
9. 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.
10. The game ball for the Cadet and boys high school leagues is to be a regulation men's-size basketball, composition or leather cover, properly inflated. The circumference of the ball is 29 1/2 to 30 inches and the weight is 20 to 22 ounces. The game ball for the girls high school league, 56 and 4th grade leagues is the regulation women's size basketball 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. Each team is to take a regulation ball in good condition to every game. The referees will select one of the team balls as the "game ball".
11. If a game is tied at the end of regulation, play shall continue for one or more extra periods until a winner is determined. Each overtime period for all CYO leagues shall be three minutes in length.

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MINIMUM PLAYING TIME RULE CHANGE FOR 2015-16 CYO BASKETBALL SEASONS

The rule below will be in effect for both the girls' and boys'/high 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 Grade School Basketball Season and then for the 2015-16 Boys and High School Basketball Season.

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. In the high school leagues, a regulation game consists of two twenty minute halves.
- D. **All players dressed and entered into the scorebook must play a minimum of 10 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 10 minutes during the game. It is up to the scorekeepers and coaches to oversee and record this information in the scorebook.**
- E. 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.
- F. 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.

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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. *We urge you to not request a schedule change. Game changes may be allowed when a parish or school event is scheduled at the same time.* The CYO Office must always give permission
2. 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.
3. 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 unless previous arrangements have been made. Every effort must be made to play a game before a forfeit is declared.
4. Parishes are allowed to enter more than one team in the respective leagues. The CYO Office recommends that "A" teams consist of the better players.
5. All teams must compete in their respective postseason tournaments. A parish may participate in the CYO sponsored postseason tournament only if it had a team in the respective league for that age group unless a special request has been made and granted by the CYO Office.

Section K - 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 early but no earlier than 10 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. Reports of such incidents will also be filed by the game officials.
9. Filming, telecasting or video taping for scouting purposes of any season contest by any party other than the two participating schools shall be prohibited.

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Section L - 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. No player may receive from their parish team (or parent's group within the parish) in any CYO sport an award that exceeds \$8.00 to \$10.00 in price. Individual and team recognition must be kept in proper perspective.

Section M - Tournaments

1. Grade School Level - In addition to the regular season, practice games and deanery and Archdiocesan tournaments, the CYO sanctions for Grade School Level teams certain invitational tournaments during the Christmas Holidays. Teams are not allowed to participate in tournaments sponsored by high schools, due to the extended length of the basketball season.
2. High School Level - All invitational tournaments other than those sponsored or co-sponsored by the CYO Office must be sanctioned or approved by the CYO Office before any CYO teams are allowed to take part. Teams playing in an unsanctioned tournament are subject to disqualification from the CYO program.

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 under the Athletics Link.