

**Upper Morris County CYO Coaches Association**  
*Leadership and Commitment*  
**Official Basketball and Cheerleading Rules**  
**Paterson Diocese**

These basketball and cheerleading leagues shall be known as the CYO Vicariate League Divisions and divided as follows:

**Junior Varsity, Varsity, High School**

(Note: All underlined sections apply to Upper Morris County CYO only.)

**I. Entry**

- A. Entry into any of all of these vicariate leagues shall be made on the official roster of the CYO and an entry fee, as determined by each vicariate, shall be paid by each team.
- B. Rosters must be signed by the parish pastor and filed in the office of the Vicariate AD on the dates as follows:
  - 1. JV and Varsity – by October 20
  - 2. High School – by December 15

All required documentation, for both basketball teams and cheerleading squads, must be emailed to Bob Carroll [bc1520@optonline.net](mailto:bc1520@optonline.net) by October 20 for player eligibility for the entire season.

- C. As proof of age, a baptismal record must be submitted to the Vicariate AD for each Player on the roster, except in the case of a Non-Catholic, where a birth certificate is accepted.
- D. The number of registered players on each basketball team and cheerleading squad is at the discretion of the individual parishes. A minimum of nine (9) players is required to enter a team into the league. However any team having 3 or more games with 8 players will automatically forfeit their spot in the playoffs. The number of participants on each team cannot exceed nineteen (19) and a minimum of two (2) coaches per roster with a maximum of four (4). Awards presented by the league or diocesan office will not exceed 15. Mascots are not allowed in cheerleading.
- E. To ensure that all parishes have the opportunity to participate in CYO athletics, the Diocesan AD reserves the right to place teams in neighboring leagues if their own Vicariates do not have sufficient teams to operate a league at that level.
- F. A parish who intends to field a team and subsequently drops that team after October 20 will be assessed a \$100.00 fine.
- G. In order to FIELD A TEAM, parishes are required to provide a minimum of four (4) home games per team. However, if a parish does not provide a minimum of six (6) home games per team, a surcharge of \$75 per game per team will be assessed.
- H. The LAB requires that your CYO registration and tryouts be announced in the body of your Church bulletin (not an insert) for three (3) consecutive weeks not more than six weeks prior to the first registration/tryout date. Copies of these bulletins must be included with your documentation.

- II. ELIGIBILITY – CYO basketball is open to all members of the parish. To be eligible for participation in the CYO, a competitor must:**
- A. Be a resident and/or registered member of the parish or he/she represents and be approved by the parish pastor.**
  - B. Non – Catholics**
    - 1. Non-Catholics, not attending the Parish Catholic grammar or high school will be allowed to participate on each separate team. He/She must, however, live within the geographical boundaries of the Parish that he/she represents.
    - 2. Non-Catholics attending the Parish Catholic grammar schools will be considered Catholic for that Parish.
    - 3. All Non-Catholics must be approved by the League’s Advisory Board.
    - 4. The ultimate decision for rostering Non-Catholics who reside within the geographical boundaries of the parish lie with each individual parish.
    - 5. The combined number of Catholic non-parishioners and/or non-Catholics will be limited to a total of two per roster.
  - C. Conform to the age and grade classification as follows:**
    - 1. JV Basketball and Cheerleading – must be in grammar school (minimum 4<sup>th</sup> grade and maximum 6<sup>th</sup> grade) and not have reached his/her 13<sup>th</sup> birthday before September 1<sup>st</sup>.
    - 2. Varsity Basketball and Cheerleading – must be in grammar school, preferably 7<sup>th</sup> or 8<sup>th</sup> grades (but not lower than 6<sup>th</sup> grade) and not have reached his/her 15<sup>th</sup> birthday before September 1<sup>st</sup>.
  - D. Be a registered member of the parish he/she represents up to and including the date of his/her team’s first game. Then, if he/she moves, he/she may continue to play for the original parish for the remainder of the season. Players cannot transfer from one parish to another parish after July 1<sup>st</sup> unless a move in physical location is made. If a player transfers from one parish to another (prior to July 1<sup>st</sup>) without physically moving that player is ineligible for thirty days from the start of the season.**
  - E. Play for only one parish team.**
  - F. Team rosters must be submitted to Vicariate AD by October 20. Additions to the roster are not permitted.**
  - G. Conform to the rules of registration stated above.**
  - H. In fielding a parish team, first preference must be given to residents/registered members of the Parish. If after this, the team’s roster is not filled, Catholics from other parishes within the vicariate (which are immediately contiguous to the participating Parish) may fill out the roster providing their home parish does not intend to field a team. They must receive permission from both pastors should they wish to play. These permissions must be attached to the entry form when filed. (PASTOR RELEASE FORM)**

### III. Managers and Coaches.

- A. No One under the age of 21 can be a head coach. Anyone between 18-21 years old can be an assistant coach to a team if one (1) other certified coach is present.
- B. All coaches and assistant coaches are required to have completed a Volunteer Coaches' Safety Orientation and Training Skills Workshop as outlined by the NJ Governor's Council on Physical Fitness and Sports. In addition they must attend the November general meeting.
- C. All coaches must be in compliance with VIRTUS - Protecting God's Children Program and have completed a criminal history background check. In addition, all coaches must sign the Code of Pastoral Conduct of the Diocese of Paterson.
- D. All coaches must provide for the safety of their players before, during and after games. All coaches are required to be present with their athletes at all times. All programs involving league teams must be supervised. The CYO and the diocese assume no responsibility for injuries or accidents, which may occur during competition, at practice or in transit thereto or therefrom.

### IV. League Advisory Board

- A. Together with the Vicariate AD, the LAB retains the authority to accept or reject excuses for cancellation or change of scheduled games.
- B. The LAB has the right to assess teams or players for damages to any facility used.
- C. Together with the Vicariate AD, the LAB has the right to penalize or dismiss from the league any AD, coach, spectator, player or team for unsportsmanlike conduct; use of indecent language; destroying property; or willful and repeated violation of rules.

Any player, coach or spectator ejected from a game shall be penalized as follows:

- 1<sup>st</sup> offense – Three (3) game suspension minimum
- 2<sup>nd</sup> offense – Suspension for remainder of season

During the period of suspension, the player, coach or spectator may not play/coach/attend any game, nor be in the facility for their team's games. In the event that the suspension is longer than the number of games remaining in the season, the suspension will carryover to the next season. The right of appeal applies.

- D. The Upper Morris County LAB shall consist of an executive council and a parish representative council appointed by the Vicariate AD, and the Vicariate AD shall assign the representative council with individual duties.
- E. There will be three general meetings every calendar year to be assigned by the Vicariate AD. Each Parish will have one vote at these meetings. A simple majority must be present to conduct business and rule on motions. All meetings are open to all unless sanctions are to be discussed. In that event, only applicable parties shall be present.

### V. Team and Game Regulations

- A. Games must be played at the specified gymnasium and be officiated by league sanctioned officials taken from a list provided by the head official. Any games played without sanctioned officials shall not be considered in the league standings. Any game moved from a scheduled gym must have approval of the LAB. Parishes who cancel any

neutral site games are subject to a \$150.00 fine.

- B. Teams must be properly uniformed. Gym shorts, numbered shirts and rubber-soled shoes are necessary. Shirts must be numbered.
- C. A team failing to appear within twenty minutes of the scheduled start time of game, forfeits the game unless mutual agreement allows the delay.
- D. Basketball teams failing to appear for one game are subject to dismissal from the league.
- E. Teams must play all games according to the schedule, unless approval to switch is granted by the LAB. Any games played without approval will not be counted in the league standings.
- F. Postponements will be granted at the discretion of the Vicariate AD. Such requests for the first four games shall be made by a minimum of 8 days prior to the scheduled game. For the remainder of the season, all games, should they need to be rescheduled, must be done no later than December 22<sup>nd</sup>.
- G. Replay of postponed games must be arranged with the Vicariate AD. All postponed games must be made up before the last playing date on the schedule in order to be included in the standings. Any games made up after that date shall not be counted in the league standings.

- H. The home team is responsible for equipment necessary for the playing of the game. This includes pinnies when both teams have uniforms which are similar in color.
- I. All games will be played under the National High School Federation rules with the times of the quarters as follows:

JV Boys and Girls – 7 Minutes

Varsity Boys and Girls – 8 Minutes

Overtime periods shall be 3 minutes in length for both Varsity and JV – Halftime is 5 minutes long. There shall be 8 minutes between games for warm-ups.

- J. In all JV and Varsity competition, coaches must provide playing opportunity for at least ten members of the team. The first quarter shall be divided into equal halves. Five different players shall play in each half of the first quarter. In the event of a team having less than ten players, the coach must use all the players, five in the first segment, the rest in the second segment. In such a second segment, the opposing coach may use a new five man unit or only as many new players as the other coach is using. More than 5 different players can be used in either segment. If a team has only 6 - 9 players, every player will be required to sit one segment of the split quarters. When the timekeeper blows the whistle at the halfway mark, the team in possession will retain control at half – court. If there is no team control, the second segment will start under the alternating possession rule. These substitution requirements also apply during the 3<sup>rd</sup> quarter of all Varsity & JV.
- K. The full court press is banned on both the JV Boys and Girls level except for the last three minutes of each half. JV & Varsity must play man – to – man defense the first half of every league game including when pressing. If a team is found using a zone defense in the first half, a warning will be issued. Thereafter one (1) free throw and possession of the ball will be awarded for each additional violation . In games between upper tier JV teams, pressing is extended to the entire last quarter and all of any overtime periods.
- L. On all JV levels a team is not permitted to press if they are ahead by 15 or more points. On all Varsity levels a team is not permitted to press if they are ahead by 20 or more points.

M. For a particular game, two 6<sup>th</sup> grade JV players only may move to a Varsity parish team up to a maximum of ten (10) players on the Varsity team. The player is restricted to play in only five (5) quarters on that day. Players may move only from a JV team to a Varsity Team.

N. The JV Boys Middle and Lower Tier will play with the 28.5 size ball.

## VI. Protests and Appeals

- A. Only coaches are allowed to file protest or appeals. This must be done in writing to the Vicariate AD for a decision by the LAB. All protests and appeals must be filed by the Parish AD within 48 hours of the game.
- B. A fee of \$50.00 must accompany each protest or appeal. It is returned if the protest or appeal is upheld.
- C. No protest will be honored unless both officials and the opposing coach have been notified of the intention to protest the game.
- D. The committee to hear protests or appeals shall consist of two coaches and LAB member who shall not be connected with the level in which the protest or appeal is made or the parishes involved. They shall rule only on the validity of the protest or appeal. The LAB shall impose sanctions when necessary.
- E. Judgement calls of league officials cannot be protested and will not be recognized.
- F. Sanctions shall be limited to the following:
  - i. Suspension of team, player, coach, AD or spectator
  - ii. Order game replayed
  - iii. Assess damages where property has been destroyed
  - iv. Forfeiture of game.
  - v. Any and all fines prescribed within these rules

## VII. League Playoffs

- A. The tournament shall begin no earlier than the first Tuesday following the end of the season and shall end no later than the 2<sup>nd</sup> Sunday following the end of the season. All teams must be ready to play at any time or site as determined by the LAB or forfeiture will occur.
- B. Any team who agrees to participate in either the NCAA's or the MSIT and who later withdraws or fails to show will be assessed the cost of the officials for their game and any other costs which were incurred.
- C. A player must actually play in at least 50% of the regular season games to be eligible for playoffs.

## VIII. Divisional Setup

- A. Intent – Splitting a level into 2 or more divisions will be done to foster more equitable competition and to provide the opportunity for all teams to play more teams of comparable ability. All disputes regarding divisional setups must be resolved with this being the foremost consideration.

- B. When the number of teams in a level reaches 25, four divisions will be created. Two divisions will be upper tier and two will be lower tier. Each tier will be divided geographically. Everyone will be scheduled to play everyone else in his or her own division. Additional games needed to complete your schedule will be played against teams from the other division in the same tier. There will be no games between teams from different tiers.
- C. Playoffs – number of team in the playoffs will depend upon sites available for playoffs. LAB will decide number of teams that participate in late January. An email will be sent to all Ads at that time.
- D. MSIT – All games will be played by middle tier rules.

**IX. Snow Policy**

A. In the event the LAB has to cancel an entire weekend of games due to snow or inclement weather, the snow outs that occur in the months of Nov – early Jan must be made up within 30 days of original date scheduled. Snow outs that occur after mid-Jan. may not be made up and any snow outs that occur after Feb.1 will not be made up.