



R O M A N C A T H O L I C
DIOCESE OF ROCHESTER
CATHOLIC YOUTH ORGANIZATION

DIOCESE OF ROCHESTER CYO BASKETBALL HANDBOOK 2025-2026

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Philosophy

1. CYO basketball is intended to provide young athletes with an opportunity to develop, improve their basketball skills, have fun, and play the game in an environment that promotes Catholic values and sportsmanship. It provides for the development of young people's spiritual, emotional, social, and physical potential.
2. Young athletes who play CYO basketball are playing for both the love of the game and to experience fair competition in a safe and trusting environment. Coaches should always put the experience of the players first, in both their instruction and coaching.
3. Participation in the Catholic Youth Organization must never interfere with the player's academic responsibilities or with participation in parish religious education or youth ministry activities.

Code of Conduct

Coaches, players, and parents are required to sign a Code of Conduct Form (see attachment A) prior to the first game. Behavior contrary to the Code and/or unsportsmanlike conduct may result in a technical foul or disciplinary action. Trash-talking and rough play on the court may result in removal from the game and/or suspension of the game by officials. The Diocesan Coordinator of Sports, in consultation with the CYO Advisory Board, will make binding determinations of penalties/suspensions for repeated misconduct by players, coaches, teams, or spectators.

Game Officials

1. In this league, games are officiated by one or two Diocesan-paid Board 60 referees.
2. Only these referees are allowed on the court.
3. All 7-12th grade games will have two referees assigned.
4. All 3rd – 6th grade games will have one referee assigned.
5. Coaches and referees should have a conversation prior to each game to clarify their understanding of the rules.

Player Eligibility

CYO Athletics teams do not hold tryouts, nor do they cut players. As a ministry of the Church, CYO Athletics is open to all age-appropriate parishioners and Catholic School students who wish to play. All team members will play in every scheduled game.

For All Teams:

1. At least 66% of each team's players must be registered members of the sponsoring parish or a neighboring parish.
2. Players must be in or below the grades for the division as of **December 1** of the current year. (For example, a 4th grader can play on a 5/6th grade team, but a 9th grader cannot play on a 7/8th grade team.)

For 7-8 Grade Teams:

1. If a player elects to play for their school's modified team, they can also play for a CYO team.
2. No player can be on the roster for more than one CYO team.

For 9-12 Grade Teams:

1. A player may play for both a school team and a CYO team.
2. If any player on a team is also on a school team, the CYO team is automatically placed in the highest division for their age group.

Gym Time

1. All parishes are expected to offer enough game slots to schedule all home games on a home court (5 games per team/enough slots each weekend for half the number of total teams).
2. Each game slot is 1 hour and 15 minutes.
3. If a parish is unable to offer sufficient home time for each team, teams may play home games at another facility and will have to pay rental fees for doing so.
4. Individual sites may charge a small admission fee for spectators at the parish-hosted competitions in order to cover general expenses. Players and coaches should never be required to pay admission.

Equipment

1. All 3rd – 6th grade teams and girl's 7th-12th grade teams will use a size 28.5" ball. 7th-12th grade boys teams will use a size 29.5" ball.
2. Sneakers are required to participate in a CYO Basketball practice or game. Crocs, open heel, and open toe footwear are not to be worn at practice or games.
3. No jewelry may be worn during practices or games.
4. Uniforms should consist of a jersey and/or t-shirt and shorts. Home teams are responsible for making sure their players are wearing a color that is easily distinguishable from the away team.
5. Uniform shirts should each have a unique number with one or two digits, each no higher than 5.

Transportation

1. It is the policy and practice of the Diocese of Rochester that parents/guardians are responsible for arranging transportation for their own children to and from parish/school sponsored events.

Coaches Qualifications

1. Both registered coaches of a team must be at least 21 years of age.
2. All Coaches and Assistant Coaches must be CASE- trained, have a current background check, and have completed a CPR/First Aid/AED Training Course prior to the first practice.

3. Coaches must exemplify the behavior of a committed Christian adult and witness to the philosophy of Youth Ministry by:
 - **Recognizing the purpose of CYO Athletics is to promote the spiritual, emotional, intellectual, social, and physical well-being of each player.**
 - **Offering opportunities for players to live out their faith by participating in celebration of the Eucharist, prayer, and service.**
 - **Encouraging leadership, initiative, and good judgment by all players.**
 - **Encouraging friendly and respectful attitudes and behaviors between visitors and hosts.**
 - **Guiding each player to be a better Christian and a better citizen.**
 - **Demonstrating good sportsmanship in coaching conduct towards all athletes, officials, spectators, and coaches.**
 - **Motivating each athlete to always compete according to the rules.**
 - **Teaching each athlete, especially through their own example, to be humble and generous in victory and proud and courteous in defeat.**

Coaches Responsibilities:

1. Maintain appropriate conduct of players during games and practices
2. Explain the spirit, philosophy, and rules of CYO basketball to all parents and spectators
3. Give all signed Codes of Conduct for the team to their Athletic Director before the start of the season
4. Submit the game score to the Athletic Director or enter it into the score reporting system within 24 hours of the game
5. Adhere to the rules as stated in this document
6. Supervise the pickup of players by the adults who are authorized to pick them up; players can never be left alone to wait for rides or pickup at the end of games or practices
7. Review the rules with the referees prior to the start of each game and keep a copy of the rules on the score table

Game Schedules

1. Ten regular season games are scheduled for each team.
2. Four games will be scheduled in December, with divisions based on team ratings submitted by coaches.
3. After the first four games, division adjustments may be made before the rest of the schedule is completed. Coaches must report scores to help determine any division adjustments.
4. Each head coach is responsible for submitting a team rating before the season starts. Rankings are approved by the Athletic Director.
5. **Coaches may NOT make changes to the schedule.**
6. All CYO games may not start until after 1:00pm on Sundays.
7. Any team that fails to show for league-scheduled games or does not communicate a cancellation to the CYO Coordinator of Sports within 24 hours before the game will be fined \$100.00.
8. Weather cancellation:

If the DOR Coordinator of Sports has determined weather is not an issue for games to be played, and both the home and visiting teams' parishes are open, the game is to be played at the time scheduled.

However, if a coach deems the weather conditions unsafe for their players to commute to a game, that is a unilateral / personal decision. In these circumstances:

- If the Diocese CYO Coordinator is not given 24 hours' notice of this cancellation, a \$100 fine will be imposed as well as a forfeit for the cancelling team.
- 24 Hours' notice is required to allow proper communication to the opposing team and referees. Be aware referees are scheduled for these games a week in advance and may have lost the opportunity to officiate another game.
- For those situations where the CYO Coordinator receives 24-hour advance notice, they will make every effort to reschedule said game, but are under no obligation to do so.
- Any rescheduled game will need to occur prior to the last weekend of the season on 2/9/26.

Gym Supervision/Site Manager

1. Each gym must have a Site Manager present for each game. This person is responsible for assisting in all game activities, welcoming the referees, and helping with any conflicts involving spectators. If a Site Manager is not present, the head coach of the host team will be responsible for this role.
2. There must be two people aged 21 or over with completed CASE certification present for all games and practices.
3. The Coach or an adult as described above must always be with the team.
4. The Site Manager and coaches must be known as the site coordinators for the game when it comes to site supervision and safety.
5. The Site Manager is responsible for the fans, sportsmanship, reporting any incidents, and overall safety of the Parish Facility during a CYO event.
6. Contact CYO via email cyo@dor.org for any immediate concerns.

Athletic Director Responsibilities

1. Submit a gym availability form to the Coordinator of Sports by deadline date
2. Check that all coaches have completed CASE, a background check, and First Aid/CPR training.
3. Register teams to TeamSideline by team registration date, that way schedules can be formed for enough time to present the schedules to Board 60.
4. Add coaches to rosters when you are registering the teams, that way they can be the ones inputting players to their team's roster.
5. Ensure that all rosters are submitted by 11/28. First games are on 11/30.
6. Hold a coach meeting to review this document and gym-specific policies
7. Ensure that site managers have been assigned to all scheduled games at home

2025-2026 CYO Basketball rules

Grades 3/4:

1. Each game consists of two 20-minutes halves, with a running clock.
2. Clock stops on substitutions, timeouts, injuries, & during the last two minutes of each half of the game.
3. Each player **MUST** play four to five consecutive minutes per half and sit out four to five consecutive minutes per half.
4. Each team is awarded three 1-minute timeouts per game and one 30-second timeout per half.
5. The ball will be taken out of bounds on all fouls. Foul shots can be taken during the last 2 minutes of each half.
6. Personal fouls should be tracked by each team. After five personal fouls, the player will sit the rest of the game. Total team fouls will not be tracked.
7. Foul shots are taken 3 feet closer than the regulation foul line.
8. If the score is tied at the end of the second half, overtime is two minutes running clock. If it is still a tied game, another two-minute period will be played until a team scores to win the game (sudden death).
9. Three-point shots are allowed.
10. Defense is within the 3-point zone. Defense can be extended to half court only to stop a fast break. Once the fast break is stopped, the defense must return to within the 3-point zone. Defense must wait until the ball breaks the 3-point line (no reaching over) before attempting to steal the ball. If a steal occurs outside the 3-point zone, play is stopped, and the ball is awarded back to the offense at the spot where the steal occurred.
11. Defense can be extended to half court during the last two minutes of each half.
12. **All rules not covered within the specific exceptions made for CYO basketball will fall under NFHS rules and guidelines.**

Grades 5/6:

1. Each game consists of two 20-minutes halves, with a running clock.
2. The game clock stops on timeouts, injuries, and usual for the last two minutes of each half of the game.
3. Foul shots will stop the clock for the line-up of players taking the positioning for foul shots. The clock will begin running once the first shot becomes active, meaning the shooter has the ball after the line-up has occurred.
4. Each player **MUST** play four to five consecutive minutes per half and sit out four to five consecutive minutes per half.
5. Each team receives three 1-minute timeouts per game, additional to one 30-second timeout.

6. Overtime is two minutes running clock. If it is still a tied game, another two-minute period will be played until a team scores to win the game (sudden death).
7. Personal fouls should be tracked by each team. After five, the player sits out the rest of the game.
8. After seven team fouls, the team is in the bonus and team will get 1 and 1 shots.
9. For foul shots, shooters will be allowed to go over the shooting line if necessary.
10. The shooter is the only player that needs to wait until the ball hits the rim before releasing.
11. Half-court press is allowed. During the last minute of the game and overtime, full-court press is allowed. Any team ahead by 10 or more points may not full-court press.
12. **All rules not covered within the specific exceptions made for CYO basketball will fall under NFHS rules and guidelines.**

Grades 7-12:

1. Each game consists of two 20-minute halves, with a running clock.
2. The game clock stops on timeouts, injuries, and as usual for the last two minutes of each half of the game.
3. Foul shots will stop the clock for the line-up of players taking the positioning for foul shots. The clock will begin running once the first shot becomes active, meaning the shooter has the ball after the line-up has occurred.
4. Each team receives three 1-minute timeouts per game. Additional to one 30-second timeout.
5. Overtime is two minutes running clock. If it is still a tied game, another two minute period will be played until a team scores to win the game (sudden death).
6. Personal fouls should be tracked by each team. After five, the player sits out the rest of the game.
7. After seven team fouls, the team is in the bonus and the player gets 1 and 1 shots.
8. After ten team fouls, the team is in the double bonus and the player will get 2 shots.
9. **All rules not covered within the specific exceptions made for CYO basketball will fall under NFHS rules and guidelines.**
10. It is pivotal that all coaches teach their team how to properly compete when they are up by a big margin. **When a team is ahead by 25 points or more**, CYO coaches are expected to take any or all of the following measures to keep the score difference from getting any bigger:
 - stop pressing
 - stop fast breaks
 - have offense make at least 5 passes before taking a shot
 - change up players' positions
 - try new plays
 - Put in players who don't play as much

DIOCESE OF ROCHESTER CYO CODE OF CONDUCT

Coach:

I will remember that I am a role model as a Christian and a good citizen for my participants, and as such I will always conduct myself in a mature manner, exercise good sportsmanship, and always play by the rules in spirit and in word.

I will foster an environment where all children will be given the ability to play and develop skills.

I will reinforce and encourage a Christian environment and experience not only by my conduct, but by instructing parents and spectators about proper conduct when needed, and to support all official actions against disruptive and/or inappropriate behavior.

Players:

I will always participate in a positive manner, reflecting Christian values.

I will always treat teammates, opponents, coaches, officials, and parents with respect and will expect to be treated accordingly.

Parents:

I will provide positive support, care and encouragement for my child and all participants at CYO events.

All: We understand that we represent the Catholic community through playing CYO Athletics.

We will emphasize the proper ideals of ethical conduct, sportsmanship, and fair play.

We will encourage leadership and good judgment by all participants.

We will use positive language.

We will respect the integrity and judgment of the officials.

We will create an environment that is free from all drugs and alcohol.

We hereby pledge to live up to these standards for all Coaches, Parents and Players and understand that there will be consequences for not doing so.

Player Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

Coach Signature: _____ **Date:** _____

Parish: _____ **Team Name:** _____