



Rules and Regulations 2010-2011

The Administration of the Catholic Youth Organization encourages play of all children in every game.

CYO Prayer

Lord Jesus, let all gathered here today know that we do so in your name; allow us to understand the true meaning of our participation in this Catholic Youth Organization activity. Make us aware of our responsibility to all concerned so we may grow and develop in the full reality of Christian formation. Grant us a personal acceptance of the dignity of all individuals, above all, let us in all things, demonstrate a spirit of love and respect for all.



CYO Pledge of Sportsmanship

I pledge myself, upon my honor, to be loyal to my God, to my Church and to my Country. I pledge myself to live a clean and honest life and to fulfill all my duties as a Christian. I bind myself to promote by word and example clean and wholesome recreation. I shall work and pray to be in all things the best person that I can be.

The Catholic Youth Organization views sportsmanship and character development as integral to the mission of their athletic programs.





Athletic Code of Ethics

CYO athletic competition is a means of training young people to enjoy healthful sports. The goal is to help CYO players learn to respect opponents, officials and spectators.

It is important that all concerned with the CYO athletic program follow this code:

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play
- To ensure the safety of all participants
- To stress the values derived from being fair
- To show cordial courtesy to opponents and officials
- To establish a happy relationship between visitors and hosts
- To respect the integrity and judgment of officials
- To achieve a thorough understanding and acceptance of the rules and standards of eligibility
- To encourage leadership, use of initiative and good judgment by the players
- To recognize that the purpose of competitions is to promote the physical, mental, moral, social and emotional well-being of the players
- To remember that a contest is only an activity and not a matter of life or death for player, coach, school, parish, official and fan

Players should:

- Know and demonstrate the fundamentals of sportsmanship
- Discourage teammates whose behavior is unsportsmanlike
- Respect the property of hosts and the authority of officials
- Show respect for an injured player when removed from the contest
- Not applaud errors of opponents or penalties inflicted on them
- Not heckle, jeer or distract members of the opponents
- Never criticize or second guess the coach or fellow competitors

Coaches should:

- Attend the annual coaches clinic in their area for the benefit of the youth
- Always set a good example for others to follow
- Teach the values of honest effort in conforming to the spirit as well as the letter of the rules
- Make every effort to use all players in each game
- Instruct the players in their sportsmanship responsibilities
- Discipline those players who display unsportsmanlike behavior and remove players who flaunt disciplinary action

Professionals

Professionals are barred from all CYO activities. In the area of athletics, the CYO of the Archdiocese of New York has an agreement with the Amateur Athletic Union. Pursuant to this agreement, anyone signing a professional athletic contract to participate in a professional athletic program is not eligible for CYO Competition.

Rosters

Where team rosters are required, such rosters must be signed by a moderator, principal or designated authority. Proof of eligibility and fees established by the County Director must be submitted when the roster is due prior to the first scheduled game. Failure to comply with these regulations could result in a team's automatic forfeiture of all games until such time a roster is filed.

Roster Additions

Additions to team rosters must comply with Archdiocesan rules. Such additions must be made on an Official Roster Addition form and filed with the County Director. The deadline for basketball is December 1, 2010. The deadline for baseball is May 1, 2011. For all other scheduled programs, the County Director will determine the cutoff date.

Coaches, Players, Parents & Spectators

Any players, coaches or spectators who are not living up to the CYO Code of Ethics, will be subject to immediate suspension or expulsion from CYO competitions. The home team is responsible for the conduct of the game, which includes the spectators. Both teams should play the game respecting the rights of the opponent team. Spectators should likewise extend this respect to the opponent's spectators.

Officials

The assignment of game officials and game reports must conform to local county regulations. In the event of a team forfeiting a game for non-appearance such team will be responsible for paying the entire officials' fees for such game.

Equipment

It is the responsibility of the home team to supply the basic equipment for conducting the particular activity when a home team facility is used or an outside facility is used.

Protests

Eligibility - Protests must be submitted in writing along with a \$50.00 protest fee. Fee will be refunded if protest is upheld.

Game condition protest - As per section 4 article 2 of the National Federation of State High School Association Rules, there are no game condition protests.

Forfeitures

The team who forfeits a game receives a loss and the opposing team is given a win. The team who forfeits loses eligibility for playoffs. Use of an ineligible player in a game or games means forfeiture of the game for violating rules. Forfeiture is determined by the County Director and/or the CYO Sports Advisory Committee with extreme circumstances taken into consideration.

Exceptions to General Rules

- A. Non-Catholics who do not attend a Catholic School may participate with the Catholic parish program within the geographic boundaries in which they reside. A player who cannot secure placement on a team must contact the County Director.
- B. Every effort should be made to play on the resident parish team. However, a youngster who cannot secure a position on the roster of a resident parish team (or if the resident parish has no program at all) may participate on a team of an *adjoining parish* (within the county that the player resides) with authorization of the CYO County Director. An adjoining parish is one whose boundaries touch on the youngster's resident parish. As long as the resident parish offers a spot on one of its teams, the player is bound to play with his resident parish.
- C. Local County rules take precedence in all County play.

A parish roster is limited to 3 player exceptions in any combination of A & B.

A player placed on a team as an exception for the 2010-2011 season does NOT establish eligibility for future years. The CYO County Director has final say as to parish boundaries and what constitutes an adjoining parish. If no program exists in a parish, or the player cannot secure a position in the resident parish, the parish coordinator must contact the County Director for instructions.



- Help players in recognizing the dangers of drugs, alcohol and tobacco abuse
- Exert positive influence on spectators and parents and censure their unsportsmanlike conduct
- Participate in on-going education and be familiar with basic sports' First Aid practices
- Be a member of a coaches association in the area, if available

Administrators/Coordinators must:

- Reinforce all the responsibilities of the various coaches and take disciplinary action where a coach oversteps the bounds of decency
- Insure that coaches have attended the Safe Environment Program
- Promote the entire CYO program of the parish or school and not just the program in which the coach is involved
- Avoid profane language and obnoxious behavior
- Demonstrate appropriate behavior before and after contests

Safe Environment Program

All CYO coaches and volunteers are required to attend the Safe Environment Program.

The Gospels of Mark and Luke include the story where Jesus reprimands his disciples for not allowing little children to come to Him. Our Lord asserts that His Father's Kingdom belongs to little children.

Our Lord was emphasizing the openness, trust and sheer wide-eyed wonder with which children approach life. He wanted his followers to contemplate the possibilities of God's Kingdom for them with the same childlike wonder.

It is extremely sad, therefore, to contemplate the terrible effects that the crime of child abuse has on children and young people and their families, and sadder still to consider the role our Church has played in many cases of it. The mission of the Archdiocesan "Safe Environment Program" is to learn from this terrible tragedy and to insure the safety of children and young people in Church ministerial settings.

We try to accomplish this in three ways:

1. By thoroughly screening and supervising all Church ministers, employees and volunteers who work with children and young people as part of their ministry.
2. By providing appropriate training in recognizing and reporting child abuse to appropriate civil and Church authorities.
3. By holding all Church ministers, employees and volunteers who work with children and young people to Christ-centered and professional codes of conduct.

Contact your local County Office for details regarding the Safe Environment Program.

General Rules

CYO Basketball Age & Grade Divisions 2010 - 2011

Mandatory Eligibility Requirements

BOYS

BIDDY	Not born before 1/1/2002 ~ Grade 2
ROOKIE	Not born before 1/1/2001 ~ Grade 3
BANTAM	Not born before 1/1/2000 ~ Grade 4
SMALL FRY	Not born before 1/1/1999 ~ Grade 5
TYRO	Not born before 1/1/1998 ~ Grade 6
JR. VARSITY	Not born before 1/1/1997 ~ Grade 7
VARSITY	Not born before 1/1/1996 ~ Grade 8
H.S. JV	Must be in Grade 9 or Grade 10 and be a registered H.S. Student
H.S. Varsity	Must be in Grade 11 or Grade 12 and be a registered H.S. Student

NOTE: Players on any Boys H.S. Freshman, Jr. Varsity or Varsity team who have participated in any league or non-league game, are ineligible to participate in CYO leagues. Boys H.S. Competition will be played on county level only.

GIRLS

BIDDY	Not born before 1/1/2002 ~ Grade 2
NOVICE	Not born before 1/1/2001 ~ Grade 3
GIDGET	Not born before 1/1/2000 ~ Grade 4
CADETTES	Not born before 1/1/1999 ~ Grade 5
DEBS	Not born before 1/1/1998 ~ Grade 6
JR. VARSITY	Not born before 1/1/1997 ~ Grade 7
VARSITY	Not born before 1/1/1996 ~ Grade 8
H.S. GIRLS	Must be in grade 9, 10, 11 or 12 and be a registered H.S. Student

NOTE: Players on any Girls High School Varsity team who have participated in any league or non-league game, are ineligible to participate in CYO leagues. Exception: Once the Girls' High School Junior Varsity/Freshman season ends, players who are brought up to play in High School Varsity sectionals only are eligible to continue play on their CYO team.

- In determining cases of eligibility the CYO reserves the right to ask for all of the following documentation to determine residence:
 - lease or rental contract
 - letter from school principal verifying above address
 - utility bills
 - copy of cancelled rent checks or, in the case of cash payment, a statement from the landlord indicating the monthly payment and the amount he has received
- In determining player eligibility there exists no cases of grandfathering eligibility based on the previous year's participation. Each individual who chooses to participate in CYO activities must establish eligibility for a particular program every year. Participation in a parish CCD program does not establish residency in that parish.
- In any situations where the participation of a team or parish brings in to question the credibility of those individuals responsible for that team or program, and the actions of that team or program are detrimental to the integrity and credibility of the CYO, then the CYO Central Administration has the right to impose sanctions including removal, reassignment to a different division or the designation as a non-playoff eligible team. These actions will be taken after consultation with the pastor or principal of the offending party and the decision of CYO is final.
- In a situation where a parish/school program is found to have ineligible players, **ALL** of the teams in that program may be ruled ineligible for County and Archdiocesan playoffs by the CYO administration. We feel it is the responsibility of our adult volunteers to maintain the standards of our organization and to bring to our attention any cases of misconduct on the part of a coach or a parent.
- In cases where school is closed, the players are grandfathered eligible until they graduate 8th grade.

CYO Basketball Rules

All CYO Leagues, for boys and girls, follow the official High School Basketball (Boys) Rules of the National Federation of State High School Athletic Association for 2010-2011.

General Rules

Since participation in CYO programs is voluntary and not mandated or required by any source, we reserve the right to enforce the following guidelines:

1. Participants must be resident members of the sponsoring parish and they must live within the geographic boundaries of the parish they represent.
2. Any student of a Roman Catholic parish/Roman Catholic private school is eligible to represent that parish/school in a CYO activity.
3. Participants must meet the age and grade requirements of the particular program.
4. A Catholic player whose family chooses to make a non-resident parish the center of their religious life may only become eligible to participate on the non-resident parish's CYO team by obtaining the following:
 - A) A letter from the Pastor of their geographic parish stating they are not members of their geographic parish.
 - B) A letter from the Pastor of the non-resident parish stating they have been active members of such parish for at least one year prior to September 1, 2010. The date of registration with the parish must be included in the letter.

NOTE: A player who physically moves residence to a state other than New York is ineligible to compete within this Archdiocese. If the move occurs during the player's participation, the player may complete the season but is not eligible for future participation. Players must live in the county of the team on which they are a member.

5. Under **NO** circumstances will an individual be allowed to utilize two separate addresses for the purpose of establishing eligibility to participate in a specific program. The only exception to this rule will be the existence of a court-ordered Decree of Divorce that stipulates a joint custody arrangement between parents with specific terms of custody. It is the responsibility of the parish to provide a copy of the Decree of Divorce to the CYO.

- The 3 point play will be governed by county rules except at the Archdiocesan championships where it will be implemented in the Elementary Junior Varsity, Varsity and High School divisions.
- Time periods: All elementary leagues - 6 minutes
High School - 7 minutes
- In all girls' divisions, Rookie, Bantam, and Small Fry, the official smaller ball will be used.
- The foul line for Rookies, Novice, Bantam, Gidgets, Small Fry, Cadettes and Debs should be 12 feet from the backboard. However, the full key will be utilized to determine the three-second violation. In these divisions, the bottom boxes of the key will be filled when shooting free throws.
- In Rookie and Novice divisions the full court press will take effect only in the last one minute of the game. The defense must remain behind the offensive half court line for the first three quarters.
- A player may compete on only one CYO team and only in one division.
- When a parish or school has more than one team in CYO leagues, a player may move from one team to another in compliance with roster addition dates if eligible, only once in the course of a season, with the approval of the County Director. A player cannot jump back and forth.
- When a team is 15 points ahead in any game, it will be illegal to use a front court press. Failure to comply with this rule, after a warning, may lead to a technical foul.
- Four time outs are allowed during the game. There will be no penalty for illegal numbers on uniforms, or for contrasting colors on shirts worn under uniforms. Contrasting shirts must be uniform throughout the team.
- Dunking is NOT permitted in any CYO division, not during warm-ups nor during games.
- Team players and up to two coaches only may sit on the bench.
- No shot clocks will be utilized.
- All uniform shirts must have parish/school name printed on the front.
- Bonus situation begins with the 7th team foul. The "one and one" bonus is the only bonus that will be administered in CYO basketball.
- Players shall remove ALL jewelry and hair accessories prior to start of game. Players are NOT permitted to wear tape over any jewelry (including earrings.) Players either REMOVE ALL JEWELRY and HAIR ACCESSORIES or THEY DO NOT PARTICIPATE in the game.

- Players are not permitted to wear sneakers with lights, springs or wheels.
- A player or coach who is ejected from a game will be suspended one game for the first offense and will face possible expulsion from the league on the second offense.
- Players involved in a fight will be suspended **depending on the severity of the incident** and may face expulsion. A coach involved in a fight will face immediate expulsion upon consultation with the Pastor, County Director and the Advisory Board.
- It is the home team's responsibility to keep the time clock and scorebook, whether at their gym or at the CYO Center. Parishes, schools, etc. are responsible to train adults to run the clock.

Note: Children who are attending games must be supervised by their parent or guardian. It is not the responsibility of coordinators, coaches or the CYO staff to supervise children attending games as spectators. Lack of supervision can lead to possible injury to the child/children.

CYO Baseball & Softball Age & Grade Divisions 2010-2011 Mandatory Eligibility Requirements

BASEBALL

ROOKIE	Not born before 1/1/2002 ~ Grade 2
BANTAM	Not born before 1/1/2000 ~ Grade 4
SMALL FRY	Not born before 1/1/1998 ~ Grade 6
VARSIITY	Not born before 1/1/1996 ~ Grade 8

SOFTBALL

GIDGET	Not born before 1/1/2000 ~ Grade 4
DEBS	Not born before 1/1/1998 ~ Grade 6
VARSIITY	Not born before 1/1/1996 ~ Grade 8

NOTE: Players registered in a lower grade who meet the age eligibility are permitted to play in a higher grade division.

CYO Golf

Eligibility and criteria for County Golf Programs are set by each individual county.

CYO Track

Contact your local County Office for details

CYO Volleyball

Contact your local County Office for details

CYO Cheerleading Grade Divisions

CYO Competitions follow the official Spirit Rules of the National Federation of State High School Athletic Association for 2010-2011 except for Biddy and Novice Divisions as stated in this guide.

Biddy	4th grade and under [Exhibition Only]
Debs	up to and incl. 6 th graders
Elementary Varsity	up to and incl. 8 th graders
High School JV	1 st and 2 nd year
Varsity High School	4 th year and lower

Note: Debs and Elementary Varsity include the following subdivisions:

- Novice – no limit
- Small – up to 20 members
- Large – 21 members or more

Cheerleading is one of our fastest growing activities. However, the sport of cheerleading is undergoing constant change as teams experiment with different styles of presentation. Gymnastics, dance, acrobatics and music interpretation are just some of the areas now being explored. The CYO leads all other organizations in the adoption of strict safety guidelines to govern our cheerleading competitions.

Any team that attempts stunts, maneuvers or acrobatics that are deemed to be unsafe or for which it seems evident that the team members have not been adequately trained SHALL BE IMMEDIATELY DISQUALIFIED!

All gymnastic/acrobatic movements **MUST** be performed with adequate spotters. It is the **COACH'S** responsibility to see that the squad members do not attempt to perform **ANY** stunts or movements for which they have not been properly trained.

The ranking **CYO OFFICIAL** at a competition has the authority to disqualify any squad for the above violations and does not have to consult with the judging panel.