



# Diocese of Metuchen

## Office of Youth & Young Adult Ministry

### CYM Sports - Guidelines & Rules 2023-2024

**Our league focus is on ministry to the total development of each child including the formation of Catholic values in all participants. CYM sports are different from secular athletic programs.**

### **Purpose and Philosophy:**

We believe that Catholic Youth Ministry programs can assist in bringing our youth to a Christ-centered and Christ-like lifestyle within our parishes and schools. Our league focus is on ministry to the total development of each child including the formation of Catholic values in all participants. CYM sports are different from secular athletic programs.

CYM is different than non-church related athletic programs that promote appropriate behavior and build character but primarily emphasize winning or losing. CYM Athletics provides an atmosphere of care, growth and enjoyment for each child with the emphasis on a Christ-centered life.

CYM Basketball programs must provide not only for the development of particular physical skills but also for social interaction, emotional stability, affirmation and spiritual growth. Consciously, we work with our young people as whole persons. The young person, not the athletic activity, is our key focus.

We believe that all CYM programs should be well organized and maintain standards of high quality. We believe that all parishioners have the opportunity to be on a team at the level of their abilities and should also have the right to participate in each game.

We believe that all CYM programs should be viewed as a part of and in support of the life of the parish. These programs can be effective tools that will invite, welcome and involve a young person into the total life of the parish. The inter-relationship with family life, parish life and school life is essential.

### **Playing in a Catholic League:**

In keeping with our Catholic mission to keep the Sabbath day holy, Bishop Bootkoski signed a letter in August 2004 prohibiting athletic practices or games from being conducted prior to 1 pm on any Sunday. This policy applies to ALL Catholic sports and parish team participation within the Diocese of Metuchen and is not limited to the Diocesan CYM Basketball League. It pertains to parish tournaments and other sports as well. Regardless of the availability of Saturday Vigil Masses, the Diocese of Metuchen is committed to maintaining Sunday mornings as a sacred time. Catholic families should not have to choose between sports or worshipping and being together. This policy is good for the players and their families and for the coaches and their families.

Committed to Catholic values, CYM Athletics shall enhance the spiritual development of CYM athletes through their participation in a pre-game prayer, choosing one specific Mass on a Sunday that team players and families will participate in and teaching our Faith through our example.

Central to CYM Athletic programs is the coach. The coach sets the tone and gives direction to any team. This position must be seen in the context of real ministry. The coach's challenge is to take those teachable moments of victory or loss and give witness to Catholic values by the manner in which he/she mentors the young people, respects each individual player, other coaches, officials and parents for their intrinsic value as a person created in the image and likeness of God.

### **Supervision:**

Every team is required to have a CERTIFIED Coach at every game. This complies with the concern for how we care for youth today in Protecting God's Children. Coaches will be held directly responsible for their team's conduct and general supervision, including crowd control.

We are all charged with the responsibility for providing supervision and ensuring safety. It is everyone's obligation to carry out this responsibility. All actions and behaviors of the players, coaches, and parents/guests are a reflection on the parish, school, CYM, and the Catholic Church. Consequently, inappropriate behavior will not be tolerated.

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All are expected to conduct themselves in a manner true to our Catholic tradition in fair play, sportsmanship, love of God and one another.

In addition, a Site Manager is REQUIRED be present at all games, AND, can not coach at a game he/she is the designated Site Manager. This person will be responsible for all aspects of the operation of his or her facility. This will include the ejection of any person at the facility not complying with the philosophy and rules of the Diocese. This also includes, assisting a Referee in dealing with a Spectator.

### Requirements for Reps/Athletic Directors, and Site Directors:

Site Directors must be a person at least 21 years of age and are required to:

- Have a current volunteer application and background check (within the last three years) on file in the parish/school office
- Are CURRENT with Virtus -Protecting God's Children
- CPR/ AED Certification is highly recommended.
- Have completed 3 National Federation , FREE, online courses: (1) **Sportsmanship; (2) Bullying, Hazing and Inappropriate Behaviors** and (3) **Concussion in Sports**, found at no cost at [NFHSLEARN.com](http://NFHSLEARN.com) and have provided Certification of completion to your organization to keep on file. Documentation to this effect is to be maintained and available at the Organization level.
- Read the Diocesan Code of Pastoral Conduct and CYM Basketball Athletic/Site Director Responsibilities and sign a statement of compliance with these documents
- Attend an annual meeting
- Email game results with scores by Saturday evening to [cymbasketballleague@gmail.com](mailto:cymbasketballleague@gmail.com)
- Submit completed injury/incident reports to the Diocese Office of Youth & Young Adult Ministry within 24 hours of the injury/incident
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- Keep on File: Copies of ALL FORMS: **Official Rosters, Player Information Forms, SIGNED Coaches Responsibility Form**, and create coaches binders containing these documents, for each team.
- Make sure that ALL Head Coaches have these binders with them at games and practices. In ADDITION, Coaches have ENOUGH COPIES of the Official Roster to submit to the Scorers table at each game.
- Inform the League if/when a new Coach is to be added or a requesting an additional Player to a Roster.

### Requirements for Head Coaches, and Assistant Coaches:

Head Coaches must be at least 21 years of age. Assistant Coaches must be at least 21 years of age, unless accompanied by another Coach that is , at least, 21 years of age, and are required to:

- Have a current volunteer application and background check (within the last three years) on file in their local parish/school.
- Are CURRENT with Virtus -Protecting God's Children
- CPR/ AED Certification is highly recommended.
- Have completed 3 National Federation , FREE, online courses: (1) **Sportsmanship; (2) Bullying, Hazing and Inappropriate Behaviors** and (3) **Concussion in Sports**, found at no cost at [NFHSLEARN.com](http://NFHSLEARN.com) and have provided Certification of completion to your organization to keep on file. Documentation to this effect is to be maintained and available at the Organization level.
- Read the Diocesan Code of Pastoral Conduct and CYM Basketball Coach Responsibilities and sign the same.
- Coaches are NOT permitted to be the head coach of more than one team. They can be an assistant coach for a second team only.
- Ensure that an assistant coach or another Virtus trained adult is present at every team activity.

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- Ensure Parent Sportsmanship and Appropriate Behavior at games.

### Coach's Responsibilities:

Failure to abide by the following will result in consequences from the Diocesan Office

- Exhibit the highest level of sportsmanship and respect for all team members consistent with the beliefs and teachings of a Roman Catholic Community during each practice and game.
- Always set a good example for athletes, parents, and spectators
- Develop and enforce penalties for those athletes, parents and spectators who do not abide by these standards
- Treat opposing coaches with respect
- Respect and work with Officials and Site Managers, recognizing their importance to the athletic contest
- Follow the injury/incident procedures when necessary

### Rules for CYM Basketball League Registration and Play:

**ENTRY:** The registration fee for the 2023-2024 Season, will be \$90 per team.

**The Fee along with the Registration (ONLINE) Link posted on CLASSROOM**

**The Deadline for Registration/Payment is Nov 8th.**

**ROSTERS** are due, **SCANNED-EMAIL**, by **Nov. 15<sup>th</sup>**. Each CYM Basketball Program must submit their completed ROSTERS, **INCLUDING JERSEY NUMBERS**, through the designated Organization Representative. Rosters are also to include Pastor's or Principal's Electronic signature .

**ELIGIBILITY:** Players are enrolled in a parish religious education program or Catholic School, unless approved by the Pastor, keeping in line with the spirit of our league and rules, in order to be eligible to play in, in the Diocesan CYM Basketball league. High school players also need to be a member of the parish or the parish youth ministry program for which they are playing for, unless their Parish does not have a basketball program to play for.

All players must have properly completed a Diocese of Metuchen CYM Basketball Registration/ Medical Form signed by the parent or guardian before participating in an organized practice session or game. A player can only play for one team in the Diocesan League. No new members can be added after the first game, unless approved by the Diocese.

Parishes may "combine" with other Parishes to form a team if a player is not afforded the opportunity to play, due to their Parish not being able to field a program.

#### **AGE REQUIREMENTS:**

**ALL PLAYERS MUST PLAY FOR THE GRADE , THEY CURRENTLY ARE ENROLLED IN, UNLESS- THEY ARE PLAYING "UP" A GRADE LEVEL.**

**IF THERE ARE PLAYERS FROM MORE THEN 1 GRADE ON A TEAM, THAT TEAM MUST PLAY UP.**

4<sup>th</sup> Grade - must be in the 4<sup>th</sup> grade or lower

5<sup>th</sup> Grade - cannot be 12 years of age before September 1, 2023

6<sup>th</sup> grade - cannot be 13 years of age before September 1, 2023

7<sup>th</sup> Grade - cannot be 14 years of age before September 1, 2023

8<sup>th</sup> grade - cannot be 15 years of age before September 1, 2023

High School Players - cannot be 19 years of age before September 1, 2023

- **COACHES MATERIALS and RESPONSIBILITY DURING GAME:** Each Head Coach must have with them, at all games, a binder containing Official CYM Basketball Rosters (enough copies for the Scorers tables for ALL games, Copies of ALL Player Information Forms. and copies of all Coaches Forms and Certificates.

**THE COACH MUST PRESENT THE SCORERS TABLE WITH A COPY OF THE OFFICIAL ROSTER, PRIOR TO THE GAME. THIS ROSTER MUST MATCH THE OFFICIAL ROSTER SUBMITTED TO THE DIOCESE AT THE BEGINNING OF THE SEASON. FAILURE TO COMPLY COULD RESULT IN FORFEITURE AND PLAYOFF CONSIDERATION.**

**Payment to the Referees,** The Referees Fees for this season: ALL Grade School Divisions \$55. High School Divisions \$65.

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In the event there is only 1 Referee on the game, that Referee is entitled to 1 and ½ Game Fee, however, each can decide to pay that Referee, the full amount

EACH TEAM pays 1 Referee, and that is to be made PRIOR to the start of the game. The PAYMENT RECEIPT (downloaded from Classroom), can be utilized for accounting purposes.

If there is a NO-Show, the FORFEITING TEAM WILL PAY BOTH REFEREES.

- **OFFICIAL ROSTERS:** WE PREFER MINIMUM OF 10 PLAYERS (Hardship can be considered a case for a smaller roster, however, not in the case of multiple teams in one age group) Teams of 10 or more must be put together BEFORE creating an additional team, i.e. 24 kids – 2 teams of 12 and not 3 teams of 8.
- **PLAYERS TO START A GAME:** Each team must have a minimum of 6 players. Less than 6 players constitute a forfeited game. An unofficial game will be played with players **ON** the roster, and officiated by the Refs.
- **FORFEITS:** All games shall start promptly at the scheduled time. A maximum fifteen (15) minute grace period will be allowed by the referee's watch, after which the game will be considered forfeited, unless a prior contest exceeds the next contests' 15 minute grace period, at which time teams are ready to play at the conclusion of the prior contest. All league games must be played on the scheduled day or shall be forfeited and the forfeiting team pays BOTH officials, however, if an exhibition game is played, then coaches should share the fee. Coaches may not reschedule games. Any game not approved by the CYM Coordinator will be considered an unofficial game.
- **SUBSTITUTION RULE: BOTH TEAMS HAVE MORE THAN 10 PLAYERS**  
All divisions will operate under a "Substitution Rule" during the first three quarters of play and FREE Substitution during the fourth quarter. IF – BOTH TEAMS HAVE 10 or MORE PLAYERS. In this case, a referee 'timeout' will be called near the 4 minute mark of each quarter for this substitutions. Players who are 'on the bench' for the first 4 minutes of the quarter, are required to play the FULL 2<sup>nd</sup> 4 minutes of the quarter, barring injury.  
Note: Only 10 players are required to play each quarter.  
Substitutions for injuries will be allowed.  
**If one team begins the game with less than 10 players and the other team has 10 or more. then the substitution rule shall apply in the Quarter following the arrival of the 10th player.**
- **SUBSTITUTION RULE: 1 or 2 TEAMS HAVE LESS THAN 10, BUT AT LEAST 6 PLAYERS:** THERE WILL BE NO SUBSTITUTION RULE IN EFFECT. COACHES WILL USE FREE SUBSTITUTION. The only requirement is: Both teams are required to play as many players as the team with LESS players. This format pertains to the 1<sup>st</sup> THREE quarters, with NO specific playing time required. The 4<sup>th</sup> quarter is FREE substitution and players are NOT required to play.  
Note: Only 10 players are required to play each quarter in any event.
- **Pastoral conflicts requiring SCHEDULE ADJUSTMENTS** are to be reported PRIOR to the completion of the League Schedule. Any Requests for change in schedule and/or postponements will be honored to the best of our ability when the procedure is properly followed.
- **Schedule Change Requests:** Once the schedule is complete, ONLY MAJOR Parish /School/Site Issues can warrant consideration for a schedule change. Team rescheduling would only be considered if they couldn't field 6 players DUE TO THE ISSUE. If 6 players are available, the game must be played in ANY event. Only the Organization Rep could request this to the League Coordinator. REQUESTS DO NOT GUARANTEE CHANGES.
- **Canceling During the week:** If a team cancels a game prior to the Saturday contest, it will be considered a Forfeit and that team will be held liable for both Officials Fees, \$110, payable upon notification of that Forfeit
- **NO SHOWS:** This requires **IMMEDIATE PAYMENT** of BOTH OFFICIALS' FEES - Officials, (\$110) and the team is subject to PLAYOFF FORFEITURE. NO SHOWING GAME 10 will result in AUTOMATIC PLAYOFF FORFEITURE. All forfeitures/fees must be paid prior to the next scheduled game, or risk additional forfeits. FORFEITS CALLED IN AFTER 12:00 PM (NOON) on FRIDAY fall under this NO SHOW rule.

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- **CANCELLATIONS DUE TO INCLEMENT WEATHER:** Will be POSTED on CLASSROOM and Group Texted/ Emailed to ATHLETIC DIRECTORS and SITE MANAGERS. It is the ATHLETIC DIRECTOR'S responsibility is to assist in notifying their coaches and volunteers. **Site Managers** of the host team may also need to cancel due to local weather conditions on their site and will contact the league director. Weather decisions will be made no later than 7 AM Saturday.  
If bad road conditions cause a team to cancel on their own, they must contact the LEAGUE by 7AM Saturday, for consideration.  
**SITE phone numbers will be listed on the OFFICIAL SCHEDULE, in the event a team will be late, due to unforeseen occurrence.**  
**DUE TO THE SIZE OF OUR LEAGUE WE USUALLY FIND IT NECESSARY TO MAKE THE CANCELLATION DECISION ON FRIDAY.**
- **CYM PLAY:** *The CYM League is governed by the Federation/NJSIAA HS Rulebook with League Rule Exceptions.*
- **CLOCK:** All games will consist of four eight-minute quarters. There will be a one-minute time out between quarters. The half time intermission shall be five minutes, (disputes regarding more than 5 minutes are determined by the site manager). In the case of a tie at the end of regulation time, ONE additional four-minute period will be played to declare a winner or tie. Each team is permitted four time-outs per game, and one in the overtime period.
- **20 POINT RULE:** If at any time in the 4<sup>th</sup> quarter a team is winning by 20 points, the clock will become a running clock for the REMAINDER of the game, stopping only for timeouts and foul shots. The clock will be stopped once the official announces a shooting foul.
- **DOUBLE DOUBLE BONUS RULE:** If at the start of the 4th quarter both teams are already in the double bonus, the clock becomes a running clock for the 4th quarter, only stopped for timeouts.
- **4th GRADE CLOCK RULE:** The clock in the 4th grade division will be stopped for fouls, substitutions, and time outs. It will continue to run during out-of-bounds and dead balls. However, REGULAR Clock Rules will apply in the 4<sup>th</sup> quarter.
- **UNFAIR PLAY:** Running up scores to a lopsided advantage is considered unfair play and will be investigated. Repeated offenses could result in offending teams losing their right to play in playoffs.
- **NO PRESS RULE:** The 4<sup>th</sup> and 5<sup>th</sup> grade divisions are NOT permitted to use a "FULL-COURT PRESS" UNTIL the final 4 minutes of the 4th Quarter. In addition, they MAY press the ENTIRE overtime period.
- **THE 6<sup>th</sup> GRADE DIVISIONS ARE NOW PERMITTED TO PRESS THE ENTIRE 4<sup>th</sup> QUARTER,** in addition to the OVERTIME period. They cannot press UNTIL the 4<sup>th</sup> quarter, though.
- **NO PRESS MEANS-**The defensive team is required to allow the offensive team to "**cross over**" the half-court line before deploying defensive tactics or attempting to gain possession. Position of a defensive player shall be at least three feet behind the half-court line until "crossover" occurs. In case(s) of infractions, the officials will give the offensive team possession at the mid-court point and warn the coach of the first infraction. Second infraction shall result in a technical foul.
- **PRESS CUTOFF:** When any 4th Grade team is leading by 10 or more points, they can no longer "full court press".  
**The 5th, 6th, 7th and 8th grade divisions need to call the press off at 20 points.**
- **FOUL LINE INFRACTION:** In 4th, 5th, and 6th grade divisions, there will be no penalty for crossing the line during a foul shot, providing the shot begins behind the line.
- **BALL:** Boys 7th, 8th grade and High School divisions: 29.5" ball. (Men's Varsity)
- **ALL 4th, 5th grade and 6th Boys and Girls divisions – 28.5" ball.**(Lady's Varsity)



## CYM Sports - Guidelines & Rules 2023-2024

- **PENALTIES and EJECTIONS:** Players, Coaches, Parents, Teams, Spectators ejected for unsportsmanlike conduct, use of indecent language, violation of the rules by a **REFEREE or SITE MANAGER** shall be minimally penalized as follows:

**1<sup>st</sup> Offense – 1 or 2 game suspension (Based on SEVERITY of the incident)**

**2<sup>nd</sup> Offense – SEASON suspension**

Anyone ejected from a game for FIGHTING will be SUSPENDED for the REMAINDER of the SEASON and possibly expelled from the league. Failure to comply will result in playoff forfeiture and the same consequences for the Head Coach of the player involved.

During the period of ANY suspension, the SUSPENDED person; player, coach, parent or spectator may not attend the team's games.

Ejection is clearly defined as no longer being allowed to remain in the building and possibly, the premises, if need be.

(or re-enter the building following the conclusion of the game). Further, anyone that is ejected is required to vacate the building and the premise (i.e, the parking lot). If the ejected person(s) does/do not vacate the premise, then (1) the game shall be declared a forfeit, and (2) such ejected person(s) shall be subject to possible further discipline from the league, including, without limitation, suspension of that team from the league and possible expulsion from the league. Head Coaches shall be responsible for the behavior of their assistant coaches, players, parents, and spectators. Coaches shall not instigate and/or incite their parents and spectators as such action will subject the Head Coach to ejection. Further, Coaches shall take remedial action to ensure the proper conduct of their players, parents, and spectators. Failure to take such remedial action will subject possible ejection.

Such incidents must be submitted to the Diocesan CYM Basketball Coordinator and Office of Youth & Young Adult Ministry in writing within 2 days of the incident by the Athletic/Site Director. Each site director and coach is expected to manage disciplinary measures regarding their players, parents and guests, and themselves.

- **DISPUTES-** Disputes (league rule infractions) will be settled on site between the site manager and the referees. The *Officials and Site Manager* will be the final decision maker on rule disputes. If further action is necessary, the Site Manager will notify the CYM Basketball Coordinator of the problem. The Site Manager will recommend punitive action (fines or suspensions) in the event of misconduct. The CYM Basketball Coordinator will then contact the teams involved to settle the dispute by Wednesday following the disputed game. Therefore, there are to be no coaches' calls until Wednesday regarding this. A grievance process can only be initiated by the filing of a written grievance. Which must be signed by the coach and the Athletic Director/Site Manager and filed within two days of the incident and sent to the CYM Basketball Coordinator.
- **SITE MANAGERS-** Site Managers are deemed the governing body of the league as the on site authority to report/take action regarding Fan misconduct. Referees will have authority to handle both player AND FAN misconduct, **IF NEED BE**, with the assistance of the Site Manager. The Site Manager/ Referees' information will have the major bearing on punitive action decisions applying to ALL. Site managers will use complete integrity in their decision making that will support and uphold the league rules and philosophy.

**Site Managers MUST provide a Safe place for The Referees, outside the immediate GYM area, a place, OFF LIMITS to all others; Pre-Game, Halftime and Post-Game.**

**Prior to each game, Site Managers shall inform the coaches of both teams of an AED location, at the facility. Site Managers shall know how to use the AED.**

**While a Site Manager is coaching a game, he or she needs to have a replacement to cover their site duties. Such is to avoid the perception of "conflict of interest".**

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- Any child who wears corrective eyeglasses while participating in basketball needs to wear eyewear that meets the frames [and lens] standards of the American Society for Testing and Materials (ASTM) F803 1 and lens standards of the American National Standards Institute (ANSI) Z87.11. Responsibility for this lies with the parent of the child.

- **RULES SPECIFIC TO HIGH SCHOOL DIVISIONS**

The CYM Basketball High School Leagues will be governed by NJSIAA Rule Book, including ejections as a 2 game suspension. All participants should be registered members or active youth ministry members of the parish for which they are playing for. The Pastor will attest to this roster and birth certificates will be required. Those turning 19 on or after September 1, of the current year are eligible to play provided they are enrolled in High School or the equivalent. Current Varsity Basketball players and **junior year**, JV players are ineligible to participate in our league for the entire season. Once a participant appears on a high school varsity roster, they will not be eligible to play in our league. Once a player is declared ineligible, he or she will remain ineligible for the entire season (even though the high school season might be completed). Rosters are due by **December 15, 2023**. No changes to the rosters will be allowed after **December 15, 2023**. No schedule will begin for any team until the Diocesan permission forms and roster is completed correctly and submitted. High schools may be contacted to verify eligibility. Teams found to be in non-compliance will be removed from the league.

- **The High School will field 2 divisions.**  
**JUNIOR VARSITY** - ONLY FRESHMAN and SOPHOMORES – NO EXCEPTIONS  
**VARSAITY** – Seniors and Juniors. Sophomores and Freshman can also compete in the Varsity Division, if desired.
- A player can only be rostered on 1 team in his organization.
- OUR VARSITY DOES NOT EQUATE TO HIGH SCHOOL VARSITY!
- As per our rules above; NO High School Varsity player can compete in our league. Failure to comply with any eligibility rule will result in dismissal from our league
- There is no Substitution Rule or 6 player MINIMUM Rule in the HS Division