



**Archdiocese of Newark Office of Youth and Young Adult Ministry**  
**Bergen County CYO Basketball League-Specific Rules**  
**2018-19 Playing Rules**  
(Revised November 2018)



The Bergen County CYO (or "League") offers two separate Divisions: A Girls Division from grades 3 to 8 and a Boys Division from grades 3 to 8. The Bergen County CYO has never been nor is intended to ever be CO-ED. All participants MUST meet the Roster & Eligibility rules set forth by the Bergen County CYO.

### **Best Interests of the League**

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Bergen County CYO participants (athletic directors, coaches, players and other interested parties) should be aware that the League's administration, including the League Director and the respective Divisional Directors, have the authority and discretion to announce clarifications to League rules as it sees fit, and to apply appropriate disciplinary measures (penalties, punishment and remediation) as determined solely by the League Director and/or the Divisional Directors.

Bergen County CYO members, including administrators, coaches, players, and spectators, are hereby made aware that not all situations will be outlined in these Playing Rules, but the League reserves the right to apply the disciplinary measure to promote and serve the overall best interests of the League as the League solely sees fit.

Ongoing and continued violations of League rules or sportsmanship policies as documented or interpreted and announced by the League's CYO Director and/or Divisional Directors, are subject to disciplinary action by the League, up to and including suspension *or removal from the league at any time, including during the league playoffs.*

### **Roster & Eligibility**

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- 1. This Bergen County CYO is NOT CO-ED. It offers two (2) Divisions: A Girls division and a Boys division ONLY!**
- The Archdiocese of Newark's Office of Youth and Young Adult Ministry (OYYAM)/CYO expects all players to attend all league games. Though it is understood that it is not always possible due to illness, injury or conflicting family events, the League reserves the right to review and apply discipline as warranted for teams found to be in violation of this expectation.
- The League recommends that each team should be composed of no more than fifteen (15) players. Parish Program Directors can request to extend their rosters but that request must be made in writing to the League.
- All players MUST be in the Third grade (3<sup>rd</sup>) to Eighth Grade (8<sup>th</sup>). However, it is at the discretion of parish Athletic/Program Director(s) if they would like First (1<sup>st</sup>) or Second (2<sup>nd</sup>) graders to participate. A First (1<sup>st</sup>) or Second (2<sup>nd</sup>) grader can only play on the 3<sup>rd</sup> and 4<sup>th</sup> grade level.
- The following separate Divisions are offered by the Bergen County CYO. Parishes can field a team in as many or as few divisions as it prefers.
  - Third (3<sup>rd</sup>) and Fourth (4<sup>th</sup>) Grade Division
  - Fifth (5<sup>th</sup>) and Sixth (6<sup>th</sup>) Grade Division
  - Seventh (7<sup>th</sup>) and Eighth (8<sup>th</sup>) Grade Division
- No player on the 7<sup>th</sup> & 8<sup>th</sup> grade team can reach his/her fifteenth (15<sup>th</sup>) birthday prior to September 1<sup>st</sup>.
- No player on the 5<sup>th</sup> & 6<sup>th</sup> grade team can reach his/her thirteenth (13<sup>th</sup>) birthday prior to September 1<sup>st</sup>.
- No player on the 3<sup>rd</sup> & 4<sup>th</sup> grade team can reach his/her eleventh (11<sup>th</sup>) birthday prior to September 1<sup>st</sup>.

9. All players MUST be in grammar school and MUST attend either the Parish School OR the parish religious education program (CCD). (Parish School is defined as the location of the school building.)
10. Players are limited to being listed on ONE Bergen County CYO roster only, except for league-approved roster changes that do not conflict with other Roster and Eligibility Rules as outlined.
11. Players are not permitted to move up or down on different rosters, even if a school has multiple teams within a division.
12. Players are not permitted to move up on a team to fill a roster unless presented and approved by the Bergen County CYO officials.
13. **IF a player is approved and is moved up to a new team, that player is NO longer permitted to be moved back to his/her original team.**
14. Each team MUST submit league fees and team rosters before league play begins or by the date requested by the league.
15. NO additional players can be added to a team's roster ONCE it has been turned into the Bergen County CYO by the Due Date announced by the league.

### **Coaching Eligibility**

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Please refer to the OYYAM CYO Athletics Handbook, Section 9, for requirements and specifics on Coaching Eligibility

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## League Play

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1. Seven (7) minute quarters will be played on each grade level (3<sup>rd</sup> to 8<sup>th</sup> grade).
2. The game clock will stop on all whistles.
3. There will be a one-minute (1) intermission between quarters and a five (5) minute half time (If time permits).
4. All other high school rules will apply, except for those outlined within these playing rules. This includes time outs, foul shots and overtime.
5. Any required overtime periods will be 3 minutes in length.
6. Each team is only permitted to have four (4) coaches on their team's bench. This includes your team's scorekeeper. Only the Head coach is allowed to stand within the coach's box. Assistant coaches must sit at the head of the bench unless they are giving medical care to a player. A team's Athletic Director, Parish Clergy, or School Principal are permitted to sit on a team's bench and will not be counted as a coach. However, they must remain seated for the duration of the game while on the bench, unless serving as the coach for that game.
7. Home team is responsible for paying the two officials assigned for each game unless other arrangements are made with the opposing team.
8. The League Assignor (Stars and Stripes) must assign each official. **There are NO Exceptions to this rule!**
  - **Referee fee is currently forty-five dollars (\$45.00) per Referee. Two (2) Referees MUST be assigned to all games.**
  - **If ONLY one (1) game is scheduled, the Referees are to be paid fifty-five (\$55.00) per Referee. Two (2) Referees MUST be assigned to all games.**
9. Starting times for games will be as noted on the schedule.
10. A game will be declared a forfeit once 10 minutes have passed after the scheduled start, unless notification was made in advance and agreed to by both teams or programs.
11. The home team is the official book and the home team must keep the clock.
  - EVERY TEAM MUST keep a Scorebook. The scorekeeper MUST be seated at or very near the scorer's table
  - Consistent with High School rules, Scorekeeper and Clock Operators are considered an extension of game officials and are expected to be neutral in performing their activities. Since the official coaching box/area does not extend as far as the scorer's table, Scorekeepers and Clock Operators are prohibited from coaching from the scorer's table, and are subject to technical fouls and/or ejection from the game for violations of this rule.
  - If the scorebook isn't kept by one of the teams and the team without a scorebook elects to protest the outcome of the game, the protest will automatically be denied and will result in a loss for the protesting team.
  - One or both of the Officials MUST sign and verify the FINAL score of the game. If the Officials refuse to sign the scorebooks the scorekeepers MUST inform their Program Directors; the Directors need to inform the League Assignor (Stars and Stripes).
- **NOTE: Each Team MUST give to the opposing team, at EVERY game, a COMPLETE Roster of their team. Roster needs to include EVERY player and Jersey number (Ex. Billy Jones # 1) and should be entered in the Scorebook EVEN IF THE PLAYER IS NOT AT THE GAME. Simply identify those players in the book that are not in attendance.**
12. Ball regulation: 3<sup>rd</sup> to 8<sup>th</sup> grade girls and 3<sup>rd</sup> to 4<sup>th</sup> grade boys must use a 28.5 oz. ball size, all other grades must use regulation size basketballs (29.0/30 oz.). **The HOME TEAM is responsible to provide an Official NFHS Wilson Evolution game ball for each game played.**
13. New High School Foul Shooting Rules (which allow for players to move into the foul lane upon the foul shooter's release of the foul shot) will be enforced on the 5<sup>th</sup> & 6<sup>th</sup> and 7<sup>th</sup> & 8<sup>th</sup> Grade levels. All previous Foul Shooting Rules (which require the players along the foul lane to wait until the foul shot hits the rim) will still apply to the 3<sup>rd</sup> to 4<sup>th</sup> grade level. **See 3<sup>rd</sup> and 4<sup>th</sup> grade playing rules section for details.**
14. 5<sup>th</sup> & 6<sup>th</sup> Grade players are NOT PERMITTED to move up or go over the Foul line when shooting foul shots.

## **'All Play' Rule**

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The "All Play Rule" guarantees that each young person that sits on a team's bench at a game is guaranteed a minimum amount of playing time for each game during the entire season. The season is defined as Regular Season, Playoffs and Championships. This applies for all Grammar school teams.

The ONLY exception to the All Play Rule would be if a player has a pre-known medical condition that would reduce the amount of time that a player could possibly play. This pre-known medical condition would need to be conveyed to the OYYAM office prior to the start of the first scheduled game of that sport **OR** if the player is injured during the course of the actual game and cannot return to play.

### **FOR BASKETBALL**

In basketball the minimum playing time for all eligible players on a team's bench is that they are to play at a minimum the time equal to that of one quarter's length over the course of a game.

At the ½ point of the 1st and 2nd quarters during the first half only, the clock will stop at the first "dead ball" nearest the mark for substitutions to take place. A referee may stop play at an appropriate time to initiate substitutions.

Coaches must have their substitutions already determined for a quick substitution. This is not a timeout, this is just to sub. If the official feels that it is taking too much time, he may charge the offending team a time out. Free substitutions are permissible throughout the ENTIRE GAME.

The coach is NOT required to substitute players during the stoppages in the first half, but encouraged. The coach IS NOT required to play ALL their players in the first half. The stoppage of play in the first half is being implemented to give coaches an opportunity to meet the requirement of having all the players play a minimum of one quarters' length per game.

Regardless of substitutions, all players in uniform on a team's bench must play the minimum of one quarter's length over the course of a game.

If a team feels the opposing team violated this rule, they must have concrete evidence and be able to validate their claim. It must be brought to the attention of the head referee and marked in the score book. The League coordinator must then be contacted.

### **VIOLATION OF THE 'ALL PLAY' RULE FOR ALL SPORTS**

Athletic Directors, Pastors or Principals shall monitor their program's coaches for compliance in regard to the All Play Rule. Violation shall be a breach of the spirit of CYO Sportsmanship and the following penalties shall be imposed:

- 1) This rule serves as your warning.
- 2) 1st offense results in a forfeit of the game. A one (1) game suspension of the team's Head Coach for the team's next game. Should the infraction occur on the last day of the season then the suspension will carry over until the next season.
- 3) 2nd offense results in a forfeit of the game. Head Coach is suspended for the remainder of the season. If the offense should occur on the last day of the season, the suspension will carry over to the next season. The team is disqualified from the playoffs

## **Pressing and Defensive Rule Variations**

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This rule clarification applies to all levels and all instances where the defensive team is prohibited from pressing or applying backcourt pressure:

- Each team will be allowed **ONE** warning from the officials for **intentionally** pressuring their opponent in the back court. **The second offense will result in a team technical foul and possession of the ball.**
- **NOTE: It is NOT a violation for purposes of this rule, nor should it be counted as a warning, for a defender to inadvertently touch an errant pass or have an errant pass hit him/her (e.g., in the back) as he/she heads towards the defensive end.**
- However, the defensive backcourt prohibition DOES NOT ALLOW players to 'shadow' (or run next to) a ball dribbler **in an attempt to alter the ball dribbler's path** before the dribbler gets into the offensive area.

### **Pressing: 3rd and 4th Grade level**

1. Backcourt pressing on the 3<sup>rd</sup> & 4<sup>th</sup> grade level is ONLY allowed in the fourth quarter with one (1) minute remaining left to play; this rule applies for the entire season (new rule in 2015). If overtime is needed, teams may only press in the final minute of play of each overtime period.

### **Pressing: 5th and 6th Grade level**

1. **Pressing is ONLY allowed on the 5<sup>th</sup> & 6<sup>th</sup> grade level in the last 4 minutes of the fourth quarter and the last minute of overtime.**
2. However, on the 5<sup>th</sup> & 6<sup>th</sup> grade level if a team is leading by **more than** fifteen (15) points then the team leading must remove the press. Pressing can begin again once the lead drops **below** ten (10) points.

### **Pressing: 7th and 8th Grade level**

1. Pressing is allowed the **entire game** (including overtime) on the 7<sup>th</sup> & 8<sup>th</sup> grade level.
2. However, on the 7<sup>th</sup> & 8<sup>th</sup> grade level if a team is leading by **more than** twenty (20) points then that team must remove the press. Pressing can begin again once the lead drops **below** fifteen (15) points.

## **Additional 3rd and 4th Grade Playing Rules**

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1. **Offensive teams are allowed a total of fifteen (15) seconds from the start of their possession to cross the half court line and get the ball within the three (3) point line** or the top of the key (if a three (3) point line doesn't exist). If the ball doesn't cross over the 3 point line within this time frame, the result is a "15 second violation" and loss of possession.
2. **Offensive teams MUST break the 3 point line or the top of the key before shooting.** 'Breaking the 3-point line' is defined as the ball crossing the vertical plane of the 3 point line OR at least one foot of the player in possession of the ball stepping into the area inside the 3 point line.
3. **Defenders must stay within the defensive three-point line** or the top of the key (if a 3 point line doesn't exist) until the ball crosses over the three (3) point line or top of the key.
4. **Once the ball crosses over the 3 point line the Defensive team is permitted to move freely** about the court subject to the pressing and lead rules outlined below.
5. **Defensive Players that are BEHIND the 3 point line are entitled to reach/touch the ball from inside the 3 point area.** However, players are not allowed to leave the 3 point area to intercept the ball.
  - For instance, a player cannot jump from inside the 3 point area, intercept the ball outside the 3 point area, and then land well outside the 3 point area. That is a violation of the rule requiring the ball or the player to enter the 3 point area before defending outside of the 3 point area.
  - Though rare, it is acceptable for the defender to catch the ball that is WELL within the 3 point area (assuming there is no doubt as to where the ball was when the player caught the ball), even if s/he lands outside of the 3 point area.
6. On the 3rd & 4th grade level, **if a team is leading by more than ten (10) points, then that team must stay behind the foul line extended.** If the lead drops below ten (10) points, then that team may again cross over the foul line extended, subject to the standard three point line defensive rules.
7. **No 3-point goals are permitted on the 3rd & 4th grade level.** Any eligible field goal made from behind the 3 point line will only count for 2 (two) points; any shooting fouls on shots from beyond the 3 point line will only result in two (2) foul shots on a missed shot, and one (1) foul shot on a made field goal.
8. Note: **Whenever the defensive team is allowed to defend outside of the 3 point area, the offense is not under restriction where they can shoot from.** For instance, in the last minute of the game, when the defense is allowed to defend outside the 3 point area, the offense may shoot from outside the 3 point area before entering the 3 point area, though any made shots are still only worth two (2) points (or two free throws in the case of awarded foul shots).
9. **Offensive players will be permitted to have 5 (five) seconds within the key** on a possession.
10. Foul shots for 3rd & 4th Grade:
  - **NO players are allowed to shoot foul shots from completely in front of the foul line (there is no 'one step' rule and NO negotiating this between coaches and officials).**
  - Players are allowed to be in contact with the foul line as they shoot; this includes the heel of their foot (or both feet).
  - Players MUST start at the foul line when they are shooting and are allowed to go over the line after their shot. However IF the foul shooter lands over the line, the shooter CANNOT be the first player to rebound or touch a missed foul shot.

## Protest Guidelines

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Please refer to the OYYAM CYO Athletics Handbook, Section 15, for requirements and specifics on Game Protests.

## League Schedule

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1. Each team will play two games against each of the other teams in its division, unless the Bergen CYO makes the decision to change the number of games played against the other teams within each division.
2. If for any reason you need to cancel and reschedule a game you must call the other team's coach a minimum of 48 hours prior to the scheduled game. You must also notify the Division Director. **The Home team must notify the League Assignor of the cancellation.**
3. If a game is canceled without sufficient notice and the officials are already in transit or onsite, the team that caused the cancellation must refund both officials for their fees.
4. If a game is going to be canceled due to poor weather conditions it falls on the hosting team and all the respective coaches to coordinate with each other. Bergen County CYO officials will only be a part of the decision-making process during the playoffs.
5. Cancellation of any game must be avoided at all times.

### Scheduled Game Changes:

6. Day of Game Cancellations will result in a fee of \$90 per game (excluding snow cancellations or school closings). If a team cancels a scheduled game the day of the game, the offending team(s) will be charged the FULL amount of the game being canceled, \$90.00 per game. It will be added to your monthly Stars and Stripes invoice. Penalties will be enforced if payment isn't received.
  7. (A.) Each coach must make every effort in rescheduling canceled games within 48 hours of the canceled game. Each coach is required to make two (2) calls or emails to the opposing coach and provide him or her with dates and times to reschedule the game.  
(B.) If the opposing coach doesn't return your calls your third call or email must be to the Division Director and notify him/her of the problem.  
(C.) The Directors will contact the opposing team with a date and time of the rescheduled game.  
(D.) If still no response is made by the opposing team, a forfeit will be declared by the Director and a win will be awarded to the other team. But the forfeit will not be counted towards the opposing team's record. It will be considered as an unplayed game for the forfeiting team.
  8. **Each team must play 100% of their regular schedule season games to be eligible for the playoffs.**
  9. **In situations where a team has elected to forfeit rather than play a scheduled game, please note:**
    - a. Forfeiting a game and 'taking a loss' violates the rule above that requires a team to play 100% of their regular season games to be eligible for the playoffs. **Electing to forfeit a game instead of playing the game automatically makes the forfeiting team ineligible for the playoffs.**
    - b. A team that has an opposing team forfeit a game to them will be awarded a Win in the standings. This 'forfeit win' will NOT impact that team's eligibility for the playoffs": If the team would have been eligible for the playoffs before their opponent forfeited, they will continue to be eligible despite technically not having played all of their games.
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## Playoffs

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1. Every team, on every grade level, is eligible to participate in the playoffs, subject to any excluding items, penalties, or actions. This format is subject to change.
2. Throughout the entire playoffs and championship games, each team is responsible to pay one official at each game. Each official is to be paid prior to the start of the game.
3. The League's Divisional Directors will construct the playoff format. Teams will be seeded based on their standings and at the finish of the regular season.
4. In case of a tie in the standings, tiebreakers will be determined by head to head meetings. If you split during the regular season, then your game and points record against the other team(s) will be used to determine the proper seeding.
5. All financial requirements must be met and paid in full prior to the start of the playoffs. (This includes any league fees, fines, or any outstanding officials' fees).
6. **Playoff sites will be chosen by Bergen County CYO officials.**

## Scoreboard Infractions

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The Scoreboard Infractions rules presented below will be enforced all season.

Please note that coaches or teams that seek to manipulate the Scoreboard Infraction rule or perform in an unsportsmanlike manner (such as not defending late in the game in an effort to reduce the score differential) are subject to penalties at the discretion of the League.

1. Any team that defeats another team by the amounts listed below (age-specific) **MUST** complete and submit the Lopsided Score Form within 48 hours of the conclusion of the game. Failure to provide a written report as required within 48 hours subjects the offending coach to game suspension, or a penalty as determined by the Bergen County CYO.
  - a. 7<sup>th</sup> & 8<sup>th</sup> Grade level: Lopsided Score form must be submitted if the margin of victory is thirty (30) or more points.
  - b. 5<sup>th</sup> & 6<sup>th</sup> Grade level: Lopsided Score form must be submitted if the margin of victory is twenty five (25) or more points.
  - c. 3<sup>rd</sup> & 4<sup>th</sup> Grade level: Lopsided Score form must be submitted if the margin of victory is twenty (20) or more point.
2. **IF this infraction occurs FOUR (4) times** (winning by scores of 20, 25, or 30 points or more in the respective Divisions) **during the regular season, the violating TEAM will be disqualified from the playoffs. Athletic Directors are responsible for ensuring that all of their coaches are made aware of all Scoreboard Infraction rules, including the submission of Lopsided Score Reports to the Divisional Directors and League Coordinator.**

## **Coach/Player Conduct**

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1. Any player who fights before, during or after a game as determined by the game officials will automatically receive a minimum three (3) game suspension. The suspension will begin immediately. If the regular season ends on a suspension the suspension will continue into the playoffs. Both coaches must notify the league of the occurrence.
2. If any player is ejected **Twice (2)** during the season for fighting, that player is suspended for the remainder of the season and including the playoffs.
3. A coach or player who is ejected from a game will be suspended for at least one league game. The suspension will begin immediately. If the suspension occurs at the end of the regular season, the suspension will continue into the playoffs or into the next season. Both coaches must notify the League of the ejection occurrence.
4. The League reserves the right to discipline inappropriate behavior whether or not it is specifically outlined in the Bergen County CYO Basketball League-Specific Rules, whether the behavior be performed by a player, coach or spectator. These penalties can vary based on the severity and intent of the player, coach or spectator, and any suspension can vary in length, as determined solely by the League.
5. **If a coach is ejected from a game a second time in one season (including playoffs) he or she will serve a one-year suspension from the date of the ejection. After the suspension is served the coach must reapply to the League officials to be permitted to coach in the Bergen County CYO.**
6. **Running up the score will not be tolerated by any member of the Bergen County CYO.** If the Divisional Directors of the league feel a deliberate action was taken to embarrass the members of any team, then the offending individual and/or the entire coaching staff may be permanently dismissed from coaching in the Bergen County CYO.

## **Spectator Rule**

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1. If during the course of the game it is determined by an official that a spectator is misbehaving in an unsportsmanlike manner, the Site Coordinator for the home team and both coaches must take appropriate action to help control and or remove that spectator based on the official's suggestion.
2. Directors and coaches: Please help and work with each other in resolving problems with spectators regardless of whose team the spectators are affiliated with.
3. For any behavior-related incident that involves a spectator, volunteer, player, or a Coach that results in local authorities (i.e., police) being requested by the game's Site Contact, the incident will be subject to league review, and additional extreme penalties may be imposed on the spectator, coach or program as determined solely by the league. Of course, programs are free to impose additional penalties as it sees fit for any violations.

## **Anti-Taunting Rule**

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- There will be NO tolerance for negative statements or actions between opposing players and coaches. This includes taunting, baiting, berating opponents, "trash talking" or actions which ridicule or cause embarrassment to them.
- Any verbal, written or physical conduct related to race, gender ethnicity, disability, sexual orientation or religion shall NOT be tolerated, could subject the violator to ejection and may result in penalties being assessed against that player's team.
- If such comments are heard a penalty will be assessed immediately. The officials have been instructed NOT to issue warnings. It is the coaches' responsibility to inform and remind teams of this policy.

## **League Fees (If necessary)**

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- Each team will pay \$175 per team for league administration fees incurred during the year. Monies will be used towards any league expenses; all monies will be deposited into a league account for review by any member.

## **Admissions**

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- Charging admissions into games is optional, it is a program's decision. The Bergen County CYO recognizes a fee of \$2 per adult and \$1 per child, of school age.
- Player & Coaches are NOT to be charged any admission fees.

## **Bergen County CYO Awards**

### **Mid Season All-Star Game**

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1. There will be an All-Star game at mid season. Players from each team will be selected to play.
2. The number of players from each team, and the format of the All Star Game is subject to change and will be determined on the number of teams currently in the league and each grade division.

### **Trophies/Awards**

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1. First and second place team trophies.
2. First and second Place individual trophies.
3. Individual All-Star t-shirts.