



Diocese of Metuchen
Office of Youth & Young Adult Ministry
CYM Sports - Guidelines & Rules 2024-2025

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.

1

2 **Purpose and Philosophy:**

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

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

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

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

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

20 **Playing in a Catholic League:**

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

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

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

37 **Supervision:**

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

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

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

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

51 **Requirements for Reps/Athletic Directors, and Site Directors:**

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

- 53 ● Have a current volunteer application and background check (within the last three years) on
54 file in the parish/school office
- 55 ● **Are CURRENT with Virtus -Protecting God's Children**
- 56 ● **CPR/ AED Certification is highly recommended.**
- 57 ● Have completed 3 National Federation , **FREE**, online courses: **(1)**
58 **Sportsmanship; (2) Bullying, Hazing and Inappropriate Behaviors** and **(3)**
59 **Concussion in Sports**, found at no cost at **NFHSLEARN.com** and have provided
60 Certification of completion to your organization to keep on file. Documentation to
61 this effect is to be maintained and available at the Organization level.
- 62 ● Read the Diocesan Code of Pastoral Conduct and CYM Basketball Athletic/Site Director
63 Responsibilities and sign a statement of compliance with these documents
- 64 ● Attend an annual meeting
- 65 ● Email game results with scores by Saturday evening to cymbasketballleague@gmail.com
- 66 ● Submit completed injury/incident reports to the Diocese Office of Youth & Young Adult
67 Ministry within 24 hours of the injury/incident
- 68 ●
- 69 ● **Keep on File: Copies of ALL FORMS: Official Rosters, Player Information**
70 **Forms, SIGNED Coaches Responsibility Form**, and create coaches binders containing
71 these documents, for each team.
- 72 ● **Make sure that ALL Head Coaches have these binders with them at games and practices.**
73 **In ADDITION, Coaches have ENOUGH COPIES of the Official Roster to submit to the**
74 **Scorers table at each game.**
- 75 ● Inform the League if/when a new Coach is to be added or a requesting an additional
76 Player to a Roster.

77 **Requirements for Head Coaches, and Assistant Coaches:**

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

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

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- 95 • Ensure Parent Sportsmanship and Appropriate Behavior at games.

Coach's Responsibilities:

96
97 Failure to abide by the following will result in consequences from the Diocesan Office

- 98 • Exhibit the highest level of sportsmanship and respect for all team members consistent with
99 the beliefs and teachings of a Roman Catholic Community during each practice and game.
100 • Always set a good example for athletes, parents, and **spectators**
101 • Develop and enforce penalties for those athletes, **parents and spectators** who do not abide
102 by these standards
103 • Treat opposing coaches with respect
104 • Respect and work with **Officials and Site Managers**, recognizing their importance to the
105 athletic contest
106 • Follow the injury/incident procedures when necessary
107

Rules for CYM Basketball League Registration and Play:

108
109 **ENTRY:** The registration fee for the 2023-2024 Season, will be **\$90** per team.

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

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

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

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

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

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

AGE REQUIRMENTS:

126
127 **ALL PLAYERS MUST PLAY FOR THE GRADE, THEY CURRENTLY ARE ENROLLED IN, UNLESS- THEY**
128 **ARE PLAYING "UP" A GRADE LEVEL.**

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

130 4th Grade - must be in the 4th grade or lower

131 5th Grade - cannot be 12 years of age before September 1, 2024

132 6th grade - cannot be 13 years of age before September 1, 2024

133 7th Grade - cannot be 14 years of age before September 1, 2024

134 8th grade - cannot be 15 years of age before September 1, 2024

135 High School Players - cannot be 19 years of age before September 1, 2024

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

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

144 **Payment to the Referees, The Referees Fees for this season: ALL Grade School Divisions \$65.**
145 **High School Divisions \$75.**

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- 146 In the event there is only 1 Referee on the game, that Referee is entitled to 1 and ½ Game Fee,
147 however, each can decide to pay that Referee, the full amount
148 EACH TEAM pays 1 Referee, and that is to be made PRIOR to the start of the game.The
149 PAYMENT RECEIPT (downloaded from Classroom), can be utilized for accounting purposes.
150 If there is a NO-SHOW, the FORFEITING TEAM WILL BE RESPONSIBLE FOR BOTH
151 REFEREES FEES
- 152 ● **OFFICIAL ROSTERS:** MINIMUM OF 8 PLAYERS (Hardship may be considered a case for a
153 smaller roster, however, NOT in the case of multiple teams in one age group) Teams of 8 or more
154 must be put together BEFORE creating an additional team
 - 155 ● **PLAYERS TO START A GAME:** Each team must have a minimum of 5 players. Less than 5
156 players constitute a forfeited game and, No game will be played. THE FORFEITING TEAM MUST
157 PAY BOTH OFFICIALS. \$130.00(BEFORE THEIR NEXT GAME).
 - 158 ● **FORFEITS:** All games shall start promptly at the scheduled time. A maximum fifteen (15) minute
159 grace period will be allowed by the referee's watch, after which the game will be considered
160 forfeited, unless a prior contest exceeds the next contests' 15 minute grace period, at which time
161 teams are ready to play at the conclusion of the prior contest. All league games must be played on
162 the scheduled day or shall be forfeited and the forfeiting team pays BOTH officials, however, if an
163 exhibition game is played, then coaches should share the fee. Coaches may not reschedule games.
164 Any game not approved by the CYM Coordinator will be considered an unofficial game.
 - 165 ● **SUBSTITUTION RULE: THERE WILL BE NO SUBSTITUTION RULE IN**
166 **EFFECT.COACHES WILL USE FREE SUBSTITUTION.** The ONLY requirement is: Both
167 teams are required to play as many players as the team with LESS players. This format pertains to
168 the 1st THREE quarters, with NO specific playing time required. The 4th quarter is FREE
169 substitution and players are NOT required to play.
170 Note: Only 10 players are required to play each quarter in any event.
 - 171 ● **PASTORAL CONFLICTS: needing SCHEDULE ADJUSTMENTS** are to be reported PRIOR
172 to the completion of the League Schedule. Any LATER, PASTORAL Requests for change in
173 schedule and/or postponements will be considered, to the best of our ability, but certainly, NOT
174 guaranteed. Again, Once the schedule is complete, ONLY MAJOR Pastoral or SITE Issues can
175 warrant consideration for a schedule change. In addition, rescheduling would only be considered if
176 they couldn't field 5 players, DUE TO THE ISSUE. If 5 players are available, the game must be
177 played, in ANY event. Only the Organization Rep could request this to the League Coordinator.
178 REQUESTS DO NOT GUARANTEE CHANGES.
 - 179 ● **CANCELING A GAME DURING THE WEEK:** If a team cancels a game, for legitimate reason,
180 prior to the Saturday contest, it will be considered a Forfeit. IF THE CANCELLATION IS MADE
181 BEFORE THURSDAY, THERE WILL BE NO OFFICIAL'S FEES CHARGED. IF THE
182 CANCELLATION IS CALLED IN ON THURSDAY_ SATURDAY, that team will be held liable
183 for both Officials Fees, \$130, payable upon notification of that Forfeit
 - 184 ● **NO SHOWS:** This requires IMMEDIATE PAYMENT of BOTH OFFICIALS' FEES - Officials,
185 (\$130) and the team is subject to PLAYOFF FORFEITURE. NO SHOWING GAME 10 will result
186 in AUTOMATIC PLAYOFF FORFEITURE. All forfeitures/fees must be paid prior to the next
187 scheduled game, or risk additional forfeits. FORFEITS CALLED IN AFTER 12:00 PM (NOON)
188 on FRIDAY fall under this NO SHOW rule.
 - 189 ● **CANCELLATIONS DUE TO INCLEMENT WEATHER:** Will be POSTED on
190 CLASSROOM and Group Texted/ Emailed to ATHLETIC DIRECTORS and SITE MANAGERS.
191 It is the ATHLETIC DIRECTOR'S responsibility is to assist in notifying their coaches and
192 volunteers. Site Managers of the host team may also need to cancel due to local weather conditions
193 on their site and will contact the league director. Weather decisions will be made no later than 7
194 AM Saturday.
195 If bad road conditions cause a team to cancel on their own, they must contact the LEAGUE by
196 7AM Saturday, for consideration.
197 SITE phone numbers will be listed on the OFFICIAL SCHEDULE, in the event a team will be late,
198 due to unforeseen occurrence.

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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 4th 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, NOTE: REGULAR Clock Rules will apply in the 4th quarter. AND THE LAST MINUTE OF EACH 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 4th and 5th 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 6th GRADE DIVISIONS ARE NOW PERMITTED TO PRESS THE ENTIRE 4th QUARTER,** in addition to the OVERTIME period. They cannot press UNTIL the 4th 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)**
- **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:
 - 1st Offense – 1 or 2 game suspension (Based on SEVERITY of the incident)
 - 2nd Offense – SEASON suspensionAnyone 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.

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

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

253 (or re-enter the building following the conclusion of the game). Further, anyone that is ejected is
254 required to vacate the building and the premise (i.e, the parking lot). If the ejected person(s)
255 does/do not vacate the premise, then (1) the game shall be declared a forfeit, and (2) such ejected
256 person(s) shall be subject to possible further discipline from the league, including, without
257 limitation, suspension of that team from the league and possible expulsion from the league.

258 Head Coaches shall be responsible for the behavior of their assistant coaches, players, parents,
259 and spectators. Coaches shall not instigate and/or incite their parents and spectators as such
260 action will subject the Head Coach to ejection. Further, Coaches shall take remedial action to
261 ensure the proper conduct of their players, parents, and spectators. Failure to take such remedial
262 action will subject possible ejection.

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

267 ● **DISPUTES**- Disputes (league rule infractions) will be settled on site between the site manager and
268 the referees. The *Officials and Site Manager* will be the final decision maker on rule disputes. If
269 further action is necessary, the Site Manager will notify the CYM Basketball Coordinator of the
270 problem. The Site Manager will recommend punitive action (fines or suspensions) in the event of
271 misconduct. The CYM Basketball Coordinator will then contact the teams involved to settle the
272 dispute by Wednesday following the disputed game. Therefore, there are to be no coaches' calls
273 until Wednesday regarding this. A grievance process can only be initiated by the filing of a written
274 grievance. Which must be signed by the coach and the Athletic Director/Site Manager and filed
275 within two days of the incident and sent to the CYM Basketball Coordinator.

276 ● **SITE MANAGERS**- Site Managers are deemed the governing body of the league as the on site
277 authority to report/take action regarding Fan misconduct. Referees will, **ALSO**, have authority to
278 handle both player AND FAN misconduct, **IF NEED BE**, with the assistance of the Site Manager.
279 The Site Manager/ Referees' information will have the major bearing on punitive action decisions
280 applying to ALL. Site managers will use complete integrity in their decision making that will
281 support and uphold the league rules and philosophy.

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

284
285 **Prior to each game, Site Managers shall inform the coaches of both teams of an**
286 **AED location, at the facility. Site Managers shall know how to use the AED.**

287
288 **While a Site Manager is coaching a game, he or she needs to have a replacement to cover**
289 **their site duties. Such is to avoid the perception of "conflict of interest".**

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

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297 ● **RULES SPECIFIC TO HIGH SCHOOL DIVISIONS**

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299 The CYM Basketball High School Leagues will be governed by NJSIAA Rule Book, including
300 ejections as a 2 game suspension. All participants should be registered members or active youth
301 ministry members of the parish for which they are playing for. The Pastor will attest to this roster
302 and birth certificates will be required. Those turning 19 on or after September 1, of the current year
303 are eligible to play provided they are enrolled in High School or the equivalent. Current Varsity
304 Basketball players and **Junior year**, JV players are ineligible to participate in our league for the
305 entire season. Once a participant appears on a high school varsity roster, they will not be eligible
306 to play in our league. Once a player is declared ineligible, he or she will remain ineligible for the
307 entire season (even though the high school season might be completed). Rosters are due by
308 **December 15, 2024**. No changes to the rosters will be allowed after **December 15, 2024**. No
309 schedule will begin for any team until the Diocesan permission forms and roster is completed
310 correctly and submitted. High schools may be contacted to verify eligibility. Teams found to be in
311 non-compliance will be removed from the league.

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