

# Orlando Basketball Rule Book

## Grade Pre-K – 3rd



**[WWW.CATHOLICYOUTHSPORTS.ORG](http://WWW.CATHOLICYOUTHSPORTS.ORG)**

“Train up a child in the way he should go; even when he is old, he will not depart from it.” Proverbs 22:6

## **CATHOLIC YOUTH SPORTS (CYS) CODE OF CONDUCT**

The focus of CYS grade school sports is **FUN**damentals. Just as St Peter was told to build the church on a rock to withstand time, so too CYS wants to build your child's athletic abilities. Winning is a by-product of putting learned skills to play. Coaches and parents should be focused on ensuring your child is learning proper technique during grade school sports. CYS emphasizes teamwork, sportsmanship and skill development above winning. With that, we ask that all players, parents/guardians, and coaches please read and acknowledge the following information.

### **COACHES 10 Commandments**

1. I understand that as a coach or official, I must be a positive role model for the players and parents, and that I will exert a tremendous influence, either good or bad, in the education of the players. I will strive to instill in every child a sense of self-esteem, responsibility, confidence, dignity, and self-discipline, through an emphasis on fair play, teamwork, leadership, scholarship, respect, and the rules of CYS sports.
2. I will never place the value of winning, or my own personal satisfactions, above the value of instilling the highest desirable ideals of character and Christianity, that is consistent with a Catholic School Education.
3. As a coach or official, I will devote time, thought, planning, and study to the rules of the game. I will prepare a practice and game plan realizing that this will best enable me to teach team sports. I will make every effort to attend all league provided training and meetings.
4. I agree that CYS sports are intended to be enjoyable experiences for everyone involved and as a coach or official, I will set a fun tone for both practices and games. I will also strive to create an environment that eliminates a child's fear of failure and promote the challenges of learning new skills. I will ensure that each child has the opportunity to play a roughly equivalent portion of each game.
5. As a coach, I am completely responsible for my team's players, staff, and spectators. I am also responsible for instructing everyone on the league's expectations for game field behavior. All forms of hostility toward an official, coach, child, opposing team parent, or league director are unacceptable and have no place in this league.
6. I will take an active role in the prevention of drug, alcohol, and tobacco use, and under no circumstances will partake or allow these activities to occur during practices or games.
7. As an example to the children, before and after the game, I will establish a Christian tone by exchanging friendly greetings. I will teach the children that both teammates and opponents are entitled to be treated with respect and dignity, and if my team should lose, then their focus is on improving on the team's performance and not on what the other team, coach, or official did.
8. Officials will have the total respect and support of the coach. I will not indulge in conduct that will incite players or spectators against the officials. Public criticism of officials or touching of the officials is unethical and will result in disciplinary action.
9. I will ensure that I have been FBI fingerprinted through the Diocese of Orlando, and that if I am unable to be present at a game or practice, that at least one other coach/parent volunteer is present.
10. **I WILL HAVE FUN!**

## **CATHOLIC YOUTH SPORTS (CYS) CODE OF CONDUCT**

### **PLAYERS**

1. I will treat my teammates, opponents, coaches, parents, and all others involved in CYS with respect at all times
2. I will give my full attention to my coach and do my best to follow instructions.
3. I will always try hard and do my best, both in practice and during games.
4. I will encourage and help my teammates and others who may not be as skilled at sports as I am.
5. **I WILL HAVE FUN!**

### **PARENT(S)/GUARDIAN(S)**

1. I will support my child unconditionally regardless of how well he/she performs.
2. I realize that who wins or loses is of little consequence. I will not place pressure on my child to win.
3. I will support the coach in his/her efforts to teach skills, teamwork, and good sportsmanship to the players. This includes ensuring that your child attends all practices and games.
4. I will not seek special treatment nor ask for special privileges for my child.
5. I will applaud the efforts of all of the players in the games. I will never criticize a player, coach or official.
6. I will not embarrass my child, my school, or myself by criticizing or yelling at officials, coaches, players, other spectators, or league directors. All forms of hostility toward an official, coach, child, opposing team parent, or league director are unacceptable and have no place in this league.
7. I will help the team whenever possible by providing my services as requested by the coach or team parent.
8. **I WILL HAVE FUN!**

## **Start of Game**

**Both teams and coaches will meet at the center of their court to participate in the league prayer.**

*Dear Lord,*

*We thank you for our families, our coaches, our teammates, our opponents and officials who provide us an opportunity to compete. We thank you for the good health that allows us to play sports. We thank you for our parents, who make time to take us to practice and to our games. Who encourage us to try new things. We ask that you guide us in good sportsmanship so we may begin and end each game as friends. Lord, please watch over us and keep us safe.*

*In Jesus' Name we pray, Amen*

## CYS BASKETBALL RULES

### INTRODUCTION

Welcome, players, coaches, parents, and fans to Catholic Youth Sports (CYS) basketball. CYS basketball is a recreational league, whose main purpose is to develop the Catholic values of our players, both in life and in sports. A strong emphasis is to be placed by coaches on building character, sportsmanship, athleticism, self-discipline, and skill development while maintaining a FUN environment for everyone.

Should you have any suggestions, questions, comments, or concerns about CYS basketball, please address them with your team coach, school CYS Director, or the League via email at [admin@catholicyouthsports.org](mailto:admin@catholicyouthsports.org).

### CODE OF CONDUCT

Coaches, players, and parents will adhere to the CYS Code of Conduct. Coaches will at all times respect the dignity of all players, officials and League Representatives. Coaches will respect the decision/calls of the referees and ask that their team and team fans also respect those decisions as well. Coaches are reminded that they also have responsibility for the actions of the team's fans. If the officials judge the fans actions to be excessive, they will first ask the coaches to calm down the individuals in question. If the problem continues, they will inform the Director who will take steps, including removal of disruptive spectators or forfeiture of the game, to restore order. Officials will warn Coaches of any disruptive actions. Any player, coach or spectator who is ejected MUST LEAVE the facility immediately. They will be deemed in violation of the League's Code of Conduct and will be subject to disciplinary action.

### RULES

**CYS follows the NFHS Rules, with the following exceptions and clarifications noted in this rule book.**

**1. Game Overview:**

**a. Pre – K through 1<sup>st</sup> grade**

- i. Before the game starts, each team will have a 5-minute warm-up session
- ii. There will be 24 minutes dedicated to games of instruction usually 4 sections with 1-minute breaks for water to practice fundamentals.
- iii. The game will be played as four 4-minute quarters with 1 minute between quarters.

**b. 2<sup>nd</sup> & 3<sup>rd</sup> Grade**

- i. Before the game starts, each team will have a 10-minute instruction / practice session to work on fundamentals and player development. If your game starts at 10:00am, this means that your practice session starts at 10:00am and the game starts at 10:12am.
- ii. A 5-minute halftime will be used for every player to shoot two free throws. Based on the player's ability, they may step one, two, or three feet in front of the regular free throw line.
- iii. The game will be played as **four** 8-minute quarters with 1 minute between quarters.

**2. Equipment:**

- a. **Game ball:** Pre-K, Kindergarten first grade, second grade and third grade will use a junior-size ball (27.5 inch).
- b. **Personal gear:** Player uniforms are CYS T-shirts, CYS black shorts, sneakers, and socks. A headband or wristbands may be worn. Rubber/cloth (elastic) bands may be used to control hair.

Players may not wear equipment that is deemed inappropriate or dangerous to other players, as determined by a referee or league official. Team uniforms should be of consistent style and not be altered in any way. No jewelry, including earrings, is permitted. Players may not play with any form of hard cast or device with any constraints held with medal, abrasive or materials deemed dangerous by the referee or league official. CYS Basketball

**c. Basket height**

- i. first grade and second grade – 8 feet.
- ii. Pre-K, Kindergarten 8 feet, or lower if possible.

**d. Wristbands:** Colored wristbands shall be worn by all players to help in the development of their defensive skill sets and easily understand what player on the other team to guard. This will also help the younger players from triple teaming a player which is against the league rules. Coaches should try to match the skill level with the color of the wristbands – this will help with the player development for all players. Players can switch wristbands while on the bench with their teammates to match the skill level of the opponent they are guarding.

**3. Team Size/Playing Time/Substitutions**

**a. Team size:**

- i. Pre K Rosters shall consist of a maximum of six (6) players. With the approval of league officials roster size may be higher. The game will be **played 3v3**.
- ii. K, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Rosters shall consist of a maximum of eight (8) players. With the approval of league officials roster size may be higher. The game will be **played 4v4**.

**b. Playing time:** Each player MUST play a roughly equivalent amount of time in each game as his/her teammates.

**c. Substitutions:** Substitutions may be made during any dead ball situation.

**4. Game Duration/Scorekeeping/Timekeeping**

**a. Game Duration and Timing:**

- i. PreK, K, 1<sup>st</sup> – Games are divided into **four 4-minute** quarters with a running clock the entire game.
- ii. 2<sup>nd</sup> & 3<sup>rd</sup> – There will be a one-minute break between the first/second quarters and third/fourth quarters. Halftime intermission will be five minutes to allow every player to shoot two free throws.

**b. Timeouts:** Grades PreK, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> will not have timeouts, as two games may be played simultaneously.

**c. Scorekeeper and Timekeeper:** Grades PreK, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> will not keep score.

**5. Coaches and Referees**

**a. Coaches:** Only Diocesan FBI fingerprinted coaches permitted on the bench. Coaches must wear the league issued coach shirts. Coaches must remain on their side of the center court line during the game. A maximum of three coaches permitted on the beach. Only one coach per team may be standing while the ball is in play.

**b. Referees:** One referee will be provided by the league. Direction and supervision provided by on-court referee should be equal and supportive of both teams' efforts.

**6. Violations/Penalties/Fouls**

- a. **Defense:** Defense may not be played until the ball has crossed half court. It will be the responsibility of the referee to get the players back on defense and keep the flow of the game going. No triple teaming is permitted. Defensive players must guard the offensive players wearing the same color wristband. No zone defense permitted for grades K-2. Only man-to-man defense permitted.
- b. **Fouls/Free Throws:** When a team is fouled or guarded illegally, that team will be given possession of the ball at half court. There will be no free throws. Instead, play will stop, possession of the ball will go to the team fouled, and the ball will be thrown in from out-of-bounds adjacent to the spot of the foul or at half court, whichever is closest to the basket.4. Coaches and Referees
- c. **Coaches:** Only Diocesan FBI fingerprinted coaches permitted on the bench. Coaches must wear the league issued coach shirts. Coaches must remain on their side of the center court line during the game. A maximum of three coaches permitted on the beach. Only one coach per team may be standing while the ball is in play.

**The use of obscenity, profanity or any inappropriate language by a player, coach or spectator is prohibited. Any such actions are deemed to be in violation of the League's Code of Conduct and will be subject to disciplinary action including immediate removal from the facility. Failure to leave the facility when asked will result in the violator's team to forfeit the game.**

All incidents involving technical fouls may be reviewed by the CYS Sportsmanship Committee to determine appropriate disciplinary action. Any incident involving a player or coach being ejected from a game will result in a minimum two game suspension, with potential further action as determined by the CYS Sportsmanship Committee.

“Train up a child in the way he should go; even when he is old, he will not depart from it.” Proverbs 22:6