



**St. Rose CYO**  
**Travel Basketball Guidelines**  
**Grades 4 - 8**  
**Updated: 4/27/2025**

St. Rose CYO  
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## 1 Overview

St. Rose CYO Travel Basketball is a competitive basketball program that abides by the rules and guidelines set forth by CYO of Long Island - CYOLI ([www.cyoli.org](http://www.cyoli.org)), in conjunction with St. Rose CYO policies. All players interested in trying out for a travel team must register via the CYO website ([www.strosecyo.org](http://www.strosecyo.org)) by the registration deadline and must also meet the CYOLI Travel Eligibility Requirements. Late registrations and walk-ins on the day of the tryouts are not permitted. Please note that a player's selection to a travel team is not guaranteed.

Coaches, Parents, and Players must adhere to the rules and guidelines outlined in this document and be committed to participating in the travel program. Failure to do so may result in disciplinary action, up to and including suspension and/or expulsion from the program.

The St. Rose CYO Travel Basketball program strives to create a competitive athletic experience where all participants demonstrate the following core values:

***Spiritual Formation, Integrity, Strength in Community, Sportsmanship, Commitment, and Teamwork***

## 2 Zero-Tolerance Policy

Coaches, Players, Officials, and Spectators are expected to conform to accepted standards of good sportsmanship and behavior as stated below.

*St. Rose of Lima CYO promotes good sportsmanship by our athletes, coaches, officials, and spectators. We request your cooperation by supporting the participants and officials in a positive manner.*

*Profanity, verbal threats or other intimidating actions directed at officials, athletes, coaches or team representatives will not be tolerated and are grounds for suspension or removal from our program.*

*You represent St. Rose of Lima and our Community and should do so with dignity, honor, and pride during all practices and games, either at home or away. We thank you for your cooperation and look forward to a positive and rewarding experience for all.*

## 3 Travel Eligibility Rules

St. Rose of Lima Travel Basketball requires all coaches and players to adhere to the Travel Eligibility Requirements of CYO of Long Island (CYOLI). The requirements are detailed on the CYOLI website, ([www.cyoli.org](http://www.cyoli.org)), under menu *Rules*.

### 3.1 Coaches:

Coaches must live within the St. Rose of Lima parish boundary or be a registered member of the St. Rose of Lima parish for two (2) years or more.

### 3.2 Players:

Players whose address falls outside of the St. Rose boundaries are NOT eligible to play for a St. Rose travel team unless they meet one of the following additional criteria:

⇒ Player attends St. Rose of Lima School  
OR

⇒ Player is a registered member of St. Rose of Lima parish and is enrolled in the St. Rose Religious Education program (aka CCD, Faith Formation) for two (2) years or more.

## 4 Coach Selection Process

- St. Rose CYO Officer(s) approve the selection of all travel coaches, including both new and current coaches. Please note that coaches are not guaranteed a coaching position from season to season.
- Persons interested in coaching a travel team must contact the CYO Office, CYO Travel Director, or Travel Coordinator indicating the division (grade and gender) they wish to coach. Contact information for CYO personnel can be found on the St. Rose CYO website ([www.strosecyo.org](http://www.strosecyo.org)).
- A person is only permitted to be Head Coach for one (1) team in the Boys & Girls Travel Divisions or an Assistant Coach for one (1) team in the Boys & Girls Travel Divisions combined. If there is a shortage of coaches, the St. Rose CYO Officer(s) must approve coaching options, including but not limited to, assigning a non-parent coach or allowing a person to be a Coach or Assistant Coach of multiple teams.
- Only one (1) Head Coach and one (1) Assistant Coach can be recorded on a team roster and will be permitted on the team bench during a game. Only one (1) book person will be permitted to record stats during games.
- Persons accepting a Coaching position must adhere to the mandatory requirements as stated in **Section 8** of this document. Failure to do so will result in immediate dismissal from the team.

## 5 Team Selection Process

- St. Rose CYO Officer(s) have the final approval of all team rosters.
- St. Rose CYO Officers, Travel Head Coaches, and Travel Coordinators will attend the tryouts for all grades, participate in the player evaluation process, and collaborate as a group to select players for each team.
- St. Rose CYO Officer(s) and Travel Coaches determine the number of travel teams per grade (maximum of 2) and team levels (“A” or “B”) based on the collective skill level of each team.
- The minimum number of players per team is 10, and the maximum number of players per team is 12.
- Players must attend one (1) **FULL tryout session\*** to be considered for a travel team.  
\* Late arrival and/or early departure from the tryout session is **NOT** considered a **FULL** tryout.
- Team Levels:
  - ⇒ Grade 4: “B” level only
  - ⇒ Grades 5 - 8: CYOLI determines the team level based on the team record from the previous year. See CYOLI rule for the appeal process, if required.
  - ⇒ If a grade has two teams at the same level, a draft will be held to ensure both teams are equally competitive. Players will be rated and the coach's child, if applicable, will be slotted in the appropriate round. St. Rose CYO Officer(s) will determine which coach has the first draft choice and will also oversee the draft.

## 6 Team Selection Notification

- Within approximately 48 - 72 hours upon completion of the final tryout date for each grade level, players will be notified via email if they *have* or *have not* been selected to a travel team.
- Players that have been selected to a travel team will receive additional emails outlining the travel program requirements (fees, registration, uniform fitting dates, etc.) in the weeks following the tryouts.

## 7 Travel Fees

- Travel fees will be disclosed prior to registration for tryouts.
- Grades 4 - 7: Fee includes practices, participation in the CYOLI Travel League, and a player uniform.
- Grade 8: Fee includes practices, participation in the CYOLI Travel League, player uniform, and 8<sup>th</sup> grade awards event (for player only).
- Travel fee must be paid in full to participate in the Travel League (practices and games).
- Participation in additional leagues or tournaments is at the coach's discretion and may be subject to additional fees.

## 8 Travel Coach Commitment

Coaches reflect the St. Rose CYO Ministry and must demonstrate a commitment to the team and to the St. Rose of Lima CYO Program. Our goal is for each team to win CYOLI's highest honor, the CYOLI Sportsmanship Award, which is based on votes received from other teams within each division.

### 8.1 Mandatory Requirements

Persons accepting a Coaching position must adhere to the mandatory requirements as stated below. Failure to do so will result in immediate dismissal from the team.

#### 8.1.1 Grades 4-8

- Coaches will be background screened, Virtus-trained, and must attend the CYO New Coaches' Orientation.
- Head Coaches will be active participants in travel tryouts.
- Coaches MUST participate in the Annual CYO Mass as a team and organize a team collection to donate toys to Outreach.
- All coaches (heads and assistants) must wear a CYOLI badge to sit on the bench.

#### 8.1.2 Grade 8 Specific

- Coaches are encouraged to organize and participate in the Christmas Basketball Tournament scheduled during Christmas break. Responsibilities include securing additional 8<sup>th</sup> grade teams to play in the tournament and scheduling/overseeing of tournament events. Securing outside parish teams should begin in September. Scheduling of games will start in November.
- Coaches must attend the 8<sup>th</sup> grade Travel Awards Event held in March / April. Coaches are responsible for selecting players for the awards listed below. A write-up defining the player requirements for each of these awards will be provided to the 8<sup>th</sup> grade coaches at the start of the season.
  - ⇒ *St. Rose Leadership Award*: one (1) player per team
  - ⇒ *St. Rose Distinguished Athlete Award*: one (1) player per team
  - ⇒ *Pastor's Award*: one (1) player per team

### 8.1.3 Team Apparel

- Team uniforms, with the approved St. Rose CYO branding, will be supplied and are required to be worn for all games.
- Pinnies will be provided during tryouts and must be worn at all practices throughout the season.
- Additional St. Rose CYO team apparel may be purchased through the St. Rose CYO web store, which typically becomes available in September (girls) and October (boys).
- Teams wishing to order apparel from a vendor other than the St. Rose CYO webstore must use the approved St. Rose CYO branding, and the apparel must be reviewed and accepted by St. Rose CYO Officer(s).

## 8.2 Practice/Game Policies

- Coaches must wear a St. Rose coach's shirt to all games.
- Coaches are responsible for abiding by the St. Rose Venue Policy during their practices and games. The Venue Policy can be found on the St. Rose CYO website ([www.strosecyo.org](http://www.strosecyo.org)).

Please ensure the following:

- ⇒ gym is clean when leaving (discard water bottles and remove any items left by your players)
  - ⇒ when a St. Rose travel team is playing another parish in one of our venues, the St. Rose travel coach should make every effort to arrive early and leave the venue only after the players/parents of both teams have left
- Coaches are committed to the skill development of ALL players on their team. Below is the recommended playing time based on the player's practice attendance. It is at the coach's discretion to decrease the playing time of a player with unexcused or consistent missed practices.
    - ⇒ "A" and "B" Levels - players will play in every game and will have a minimum playing time of 25%, averaged out for the entire season, in CYO games.
  - Coaches are responsible for adhering to the CYOLI Travel Basketball Rules. It is important to note the following CYOLI Playoff Disqualification rules. These eliminations may not be appealed.
    - ⇒ Two forfeit losses will eliminate a team from playoff contention.
    - ⇒ The CYOLI Discipline Committee will eliminate any team from the playoffs for three (3) wins or more with a final game score differential that meets or exceeds:
      - 25 points (5<sup>th</sup> & 6<sup>th</sup> grade)
      - 30 points (7<sup>th</sup> grade)
      - 35 points (8<sup>th</sup> grade)

## 8.3 Technical Fouls

- It will be an automatic one (1) game suspension if a coach receives two (2) technical fouls during the season. The fouls are cumulative and for the full season. Any future technical fouls will result in additional suspensions or the removal of the coach from the program.

## 9 Travel Player Commitment

Players reflect the St. Rose CYO Ministry and must demonstrate a commitment to the team and to the St. Rose of Lima CYO Program. Our goal is for each team to win CYOLI's highest honor, the CYOLI Sportsmanship Award, which is based on votes received from other teams within each division.

### 9.1 Mandatory Requirements

#### 9.1.1 Grades 4-8

- Players must comply with the CYOLI Travel Eligibility requirement.
- **Players must register and attend tryouts** to be considered for a travel team. *Note that earning a position on a travel team in a prior year does not guarantee an automatic position on that team in future years.*
- Player must pay his/her travel fees in full before participating in the program (i.e., practices, games).
- Players must play at their grade level.
- Players must play on the team for which they are selected and cannot request specific team placement. For example, an "A" player cannot request to play on the "B" team, or a player cannot request to play for a specific coach.
- Once a player is ROSTERED (selected to a team), they cannot opt out of playing for that team. If a player chooses to opt out, the player cannot participate in any St. Rose CYO program for the current year. Also, the player will not be permitted to try out for Travel Basketball the following year. Further, if a player opts out after the team selection process, the travel registration fee will NOT be refunded.
- Players must attend the annual CYO Mass as a team in December.

#### 9.1.2 Grade 8 Specific

- Players are encouraged to participate/volunteer at the Christmas Basketball Tournament held over Christmas break (between Christmas and New Years).
- Players must attend the 8<sup>th</sup> grade Travel Awards Event held in March / April.

### 9.2 Practice/Game Policies

- Attendance at travel practices and games is mandatory. If a player cannot attend a travel practice or game, it is the responsibility of the player/parent to notify the coach with a reason for the absence before the start of the practice or game. *Please note that a player's "play time" during games may be impacted by unexcused or consistent missed practices.*
- Travel players have the *option to participate* in the CYO Intramural Basketball League. As a result, travel players who *choose to participate* in Intramural Basketball must make a full commitment to their Intramural team. Players who do not attend Intramural games/practices for reasons other than those listed below will be immediately dismissed from both their travel and intramural teams for the remainder of the season. Note: Travel and Intramural registration fees will NOT be refunded.

*Please note that it is the player/parent responsibility to notify both the Travel and Intramural Coaches when conflicts arise.*

- ⇒ Travel games will take precedence over Intramural practices and games.
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- ⇒ Intramural games will take precedence over Travel practices.

### **9.3 Technical Fouls**

- It will be an automatic one (1) game suspension if a player receives two (2) technical fouls during the season. These fouls are cumulative and for the full season. Any future technical fouls will result in additional suspension or the removal of the player from the program.

**An Executive Board vote must approve any appeals or changes to the above rules.**