

# CATHOLIC YOUTH ORGANIZATION

## BASKETBALL RULES/REGULATIONS

### I. PLAYING RULES:

- A. Official Rules: The rules of the CYO Basketball League are those of the National Federation. It is imperative that each coach has a working knowledge of the National Federation Rule Book in addition to those rules governing CYO Athletics.
- B. Purpose of these Rules: CYO wishes to stress that scores are not to be run-up by winning teams, and also wishes to emphasize that coaches must make every effort to play as many team members as possible in a given game.
- C. Team Minimum: A team must be able to field the minimum number of player's (5) at game time or the game is forfeited. If a player is ejected, fouls out, becomes ill or injured and is unable to finish the game, the team may finish the game with no less than two (2) players.
- D. Game Time: Game time is forfeit time. If one team is not present and ready to play at the time that a contest is scheduled to begin, their opponent may accept forfeit victory for that contest. Game officials shall sign the score sheet to verify forfeit. No official is required to wait beyond the scheduled game time for a team.
- E. Game Length: Four (4), six (6) minute quarters and a ten (10) minute half-time period.
- F. Overtime: Tied games at the end of regulation time will play additional three (3) minute periods to determine game winner.
- G. 7/8<sup>th</sup> Grade Basketball Games:
  - 1. In the interest of Christian principles and fellowship, teams are required to use all of the substitutes available when winning by thirty (30) points and to use any other reasonable coaching methods (no pressing, fast-breaking, and no pressure defenses), that will keep the margin of victory from becoming any larger and embarrassing to the opposing coach and players. Games won by a margin of more than thirty (30) points will be scrutinized to see if the above mentioned methods were employed. If they were not, the coach will be subject to discipline action up to and including a one (1) game suspension.
  - 2. Required Substitution Rule: In 7/8<sup>th</sup> grade CYO basketball games, if a team attains a twenty (20) point lead in the first half of a game, they must insert at least two (2) substitutes into the game and keep them in until the lead is reduced to less than twenty (20) points. In the second half of a game, at least three (3) substitutes must be inserted if a twenty (20) point lead is attained and kept in the game until the lead

is reduced to less than twenty (20) points. If this rule is violated, it is the responsibility of the scorekeeper(s) or the offended coach to bring it to the attention of the officials; thereupon, the officials shall issue a warning to the violating coach. Thereafter, each violation of this rule will result in a bench technical foul being called - two shots.

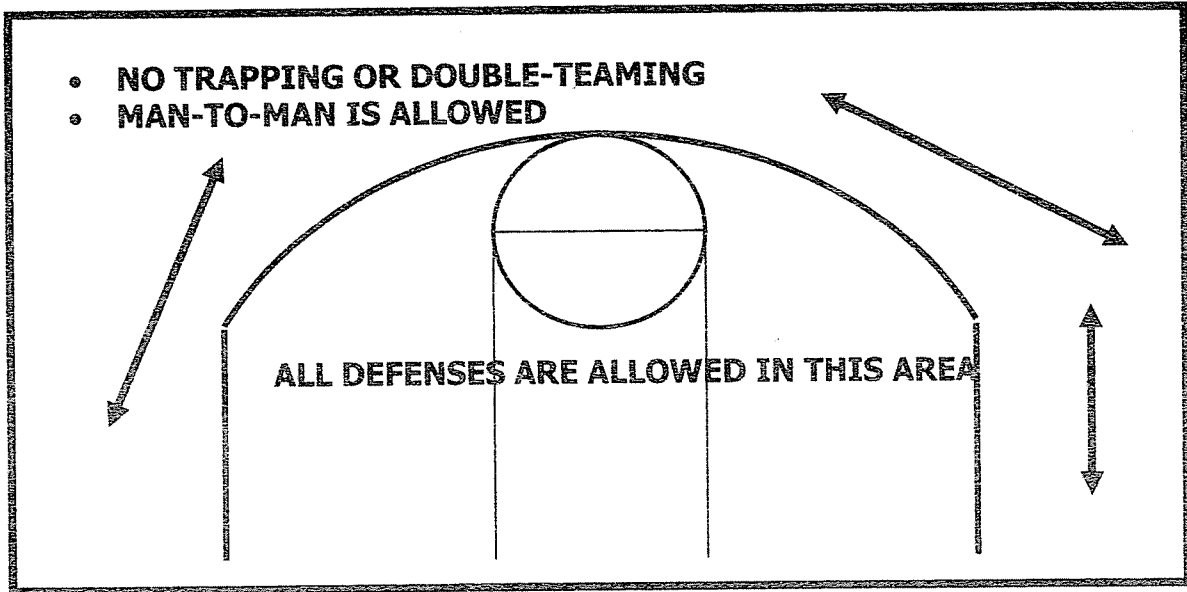
3. **No Press Rule:** In 7/8<sup>th</sup> grade CYO basketball games a full court press is not permitted after a team has attained a lead of twenty (20) points or more. The team behind in the score must be permitted to advance the ball past the ten (10) second line without being pressed, until the lead has been reduced to less than twenty (20) points. If a violation of this rule occurs, the officials will warn the violating team at once. Any future violation of this rule will result in a bench technical foul being called - two shots.

H. **5/6<sup>th</sup> Grade Basketball Games:** The purpose is to provide a program which is in the best interest of the participants. Each and every CYO coach must teach all student athletes. Teach them the fundamentals, to develop their skills, to give their best efforts at all times, and to demonstrate good sportsmanship. This being the first organized sports experience for many athletes, it should be a positive one. All players will play in every game and feel they are contributing members.

1. Sportsmanship Award - Each 5/6<sup>th</sup> grade basketball division will select one team from within their division to receive this award.
2. Both 5/6<sup>th</sup> grade boys and girls teams must use the smaller ball (28½").
3. Press Rule - 5/6<sup>th</sup> grade boys and girls basketball:
  - A. **For all #1 divisions:** Pressing is allowed all season.
  - B. **For all #2 divisions and below:** Pressing is prohibited all season.
  - C. **No Press Rule:** In 5/6<sup>th</sup> grade CYO basketball games pressing is not permitted after a team has attained a lead of ten (10) points or more. The team behind in the score must be permitted to advance the ball past the ten (10) second line without being pressed, until the lead has been reduced to less than ten (10) points. Pressing defenses must withdraw to the 3-point line. (See diagram on page 3)
    1. When there is one (1) minute or less left in the game – any dead ball situation in the back court will result with the offensive team taking the ball out at half court. The ball must be entered into the front court.
    2. No trapping or double-teaming is allowed between half-court and the 3-point line.
    3. Man-to-man defense is allowed between half-court and the 3-point line.

Violation:

If a violation of this rule occurs, the officials will warn the violating team at once. Any future violation of this rule will result in a bench technical foul being called - two shots. Primary responsibility of complete adherence to this rule lies with each coach. Repeated violations will result in League suspension.



4. Playing Time -- Increased Participation (5/6<sup>th</sup> Grade)
  - Every player must appear in a minimum of 2 quarters.
  - Each player may appear in a maximum of 3 quarters.
  - No player may appear in all 4 quarters.
  - Overtime – no restrictions on playing time.

Violation:

If a violation of this rule occurs, coaches may be suspended and games may be forfeited.

**II. GAME RULES/REGULATIONS:**

- A. Playing Court: Rectangular surface free from obstructions not greater than 94 feet in length by 50 feet in width. Court must be marked accordingly including the 3-point line with regulation goals at each end line.
  1. 3-Point Line: Parish teams utilizing their own parish gym must provide 3-point line floor markings. Penalty for courts not marked with the 3-point line results in game forfeiture.
  2. 3-Point Line Exception: Teams that do not have or play in their own gymnasium are not required to provide the 3-point shot line if the gymnasium that they use does not have it.
- B. Regulation Ball:

7/8 <sup>th</sup> grade	-	Girls - 28 1/2"	Boys - 29 1/2"
5/6 <sup>th</sup> grade	-	Girls - 28 1/2"	Boys - 28 1/2"

- C. Uniform Jerseys: The home team shall call the visiting team and make jersey arrangements so that jerseys are of contrasting colors.
- D. Uniform Numbers: No player may play with an illegal number and no players on the same team shall wear identical numbers. If the number is not altered before the game, the officials will order the alteration at the site, i.e. tape.
- E. Game Roster: A roster indicating jersey number and name of each player must be submitted to the opposing coach ten (10) minutes prior to the start of the game. The list should be prepared in numerical sequence.
- F. Team Benches: The home team has the choice of bench on the sidelines. Each team shall take pre-game warm-up at the basket opposite their bench.
- G. Pre-Game Warm-Up: No team shall, upon entering the floor, fully encircle an opponent already on the floor. Penalty: Technical foul for unsportsmanlike conduct.
- H. Three Point Shot Rule: All 7/8<sup>th</sup> grade teams will use the 3-point shot rule during all league and play-off games. The 3-point rule will not be in effect at the 5/6<sup>th</sup> grade level.

### **III. LEAGUE RULES/REGULATIONS:**

- A. Officials: CYO will assign registered officials for all games. All officials assigned to CYO games are registered with the Michigan High School Athletic Association. The home team is responsible for paying each official prior to the start of the contest. Two (2) officials will be assigned for all games.
- B. Officials Not Present: In the event that the assigned officials are not present to officiate the game(s) the teams will have two options:
  1. Play the game with people they mutually agree to have officiate the game(s). If a mutual agreement is made to play, the contest(s) results will stand.
  2. Re-schedule the game(s) with the CYO office after mutually agreeing on date(s) and time(s).
- C. League Standings: The league standings will be computed on the basis of two (2) points for a win and zero (0) points for a loss. Non-league games do not count in division standings but may assist teams in gaining entry into the play-offs.
- D. Roster Limitations: There is no limit as to the number of players that a team may have. Additional players may be similarly registered (as per CYO eligibility rules) at any time during the regular season.
- E. Insurance: Secondary medical insurance is provided for participants for all athletics through the Michigan Catholic Conference. This coverage has some limitations and is secondary to parent's medical coverage. This coverage is in effect if the student has no medical coverage.

Information can be obtained through the School Principals or Parish Pastors.

- F. Allowable Games Per Team: No team may play more than two (2) games per calendar week (Monday through Sunday) except when playing in pre-season, Christmas, or post-season tournaments, or the CYO play-offs.
- G. Allowable Games Per Player: No player may play in more than one (1) game on any given calendar day.

#### **IV. PLAY-OFFS:**

- A. 5/6<sup>th</sup> Grade: There are no play-offs for 5/6<sup>th</sup> grade teams.
- B. 7/8<sup>th</sup> Grade: The CYO will sponsor a play-off at the conclusion of the season for all 7/8<sup>th</sup> grade qualifying teams.
- C. Qualifications for 7/8<sup>th</sup> Grade Teams:
  - 1. Boy's teams must complete the regular CYO season schedule with a record of 500 or better.
  - 2. Girl's teams must complete the regular CYO season schedule with a record of 500 or better.
  - 3. #1 teams qualify for play-offs; or #2 teams participating in a #1 division (divisions comprised of 50% or more of #1 teams); or #2 teams that win their division.

**NOTE:** The CYO Athletic Department Director shall be empowered to invite teams into the play-offs from divisions that are traditionally the strongest in the CYO basketball program.

#### **V. VIOLATIONS AND PENALTIES:**

Violations of CYO rules and regulations shall subject a member Parish/School to any or all, but not limited to, the following: censure, probation with competition, probation without competition, forfeiture, suspension, and expulsion.

