

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 of State High School Associations (NFHS) and Michigan High School Athletic Association (MHSAA). It is imperative that each coach has a working knowledge of the NFHS and MHSAA rules 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:
1. 7/8th Grade: Tied games at the end of regulation time will play additional three (3) minute periods to determine game winner.
 2. 4th & 5/6th Grade: Tied games at the end of regulation time will play one (1) three (3) minute overtime period. If after one (1) three (3) minute period the game is still tied, it shall remain a tie.
- G. 7/8th 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 7/8th 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 7/8th 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.

4. Thirty (30) Point-Differential Rule and Running clock: When one team has a lead of thirty (30) points or more, a running clock shall be established. During the running clock mode, the clock shall be stopped as normal for timeouts and between quarters; and for free throws during the last two minutes of the game. The clock shall revert to regular time schemes should the score be reduced to a twenty-five (25) point lead or less.

H. 5/6th 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. Both 5/6th grade boys and girls teams must use the smaller ball (28½").
2. Playing Time - Increased Participation (5/6th Grade)
 - Every player must appear in a minimum of 2 quarters.
 - Strongly advised: Minimum of four minutes throughout 4 quarters of the contest (i.e. 1-2 minute(s) appearance per quarter.)
 - Overtime – no restrictions on playing time.
3. Press Rule - 5/6th grade boys and girls basketball:
 - A. **For all #1 divisions:** Pressing is allowed all season.
 1. Full court press is not permitted after a team has attained a lead of ten (10) points or more. The team behind in 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.
 - a. Man-to-Man and trapping are still allowed once the ball is advanced past the ten (10) second line.
 2. Once a team has attained a lead of twenty (20) points or more, the team ahead in score must keep their defense within the 3-point arc until the lead has been reduced to less than twenty (20) points.
 - B. **For all #2 divisions and below:** Pressing is prohibited all season.
 1. Man-to-Man defense is allowed.
 2. No trapping or double-teaming allowed between half court and the 3-point line.
 3. Double-teaming is allowed within the 3-point line.
 4. Once a team has attained a lead of ten (10) points or more, the team ahead in score must keep their defense within the 3-point arc until the lead has been reduced to less than ten (10) points.
 5. When there is one (1) minute or less left in the game, and the point differential is ten (10) points or less, any dead ball situation in the back court will result with the offensive team taking the ball out on the sideline, top of the key extended in the front court. The ball must be inbounded into the front court.
 - C. Division with #1 and #2 teams: Teams will follow the rules of the majority in the division. For example, if a division has 6 teams and 4 are #2 teams and 2 are #1 teams this division will follow the rules for #2 teams. Same goes for if a division has 4 #1 teams and 2 #2 teams, that division will follow #1 team rules. Coaches can discuss before games if they would like to play under #1 or #2 team rules, but a decision must be agreed upon with an official present. If no decision is reached the game will play under rules of the division.

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.

- I. 4th 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. Both 4th grade boys and girls teams must use the smaller ball (28½").
 2. For all 4th grade teams: Pressing is prohibited all season (see 5/6 #2 divisions and below ruling 3.B.)
 3. Playing Time - Increased Participation (4th Grade)
 - Every player must appear in a minimum of 2 quarters.
 - Strongly advised: Minimum of four minutes throughout 4 quarters of the contest (i.e. 1-2 minute(s) appearance per quarter.)
 - Overtime – no restrictions on playing time.
 3. Free Throw Shooting: Shot must begin behind the free throw line and may be completed over the free throw line with no penalty.

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:
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| 7/8 th grade | - | Girls - 28 ½" Boys - 29 ½" |
| 4 th & 5/6 th grade | - | Girls - 28 ½" Boys - 28 ½" |
- C. Uniform Jerseys: The home team shall call the visiting team and make 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. Roster Exchange: Preceding ALL CYO Basketball Non-League/Crossover and/or League Contests, each team is REQUIRED to exchange rosters with the opposing team ten (10) minutes prior to the start of the game. This list should be prepared in numerical sequence indicating jersey number and name of each player. Any team that does not provide a roster to exchange with the opposing team will receive a forfeit loss for that contest.
Note: Line-ups in the scorebook does not count as an official roster.
- 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. Coaching Box: The head coach is bound by a 28-foot coaching box beginning from the end line towards

the division line. All other bench personnel must remain seated at all times except when a team member is reporting to the scorers table, during time-outs or intermissions, and to spontaneously react to a play.

- H. 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.
- I. Three Point Shot Rule: All grades teams will use the 3-point shot rule during all league and play-off games.

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.
- 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 three (3) games per calendar week (Monday through Saturday) except when playing in pre-season, Christmas, or post-season tournaments, or the CYO play-offs. Teams can play one (1) game per day or two (2) games per day not followed by a day of school for either team. No limit on the number of games allowed in the season.

IV. PLAY-OFFS:

- A. 4th and 5/6th Grade: There are no play-offs for 4th and 5/6th grade teams.
- B. 7/8th Grade: The CYO will sponsor a play-off and tournament at the conclusion of the season for all 7/8th grade qualifying teams. Teams qualifying for play-off and tournament may not enter into any other tournament(s).
- C. Play-Off and Tournament Bracket Team Placement:
 - 1. CYO Play-Off Teams: #1 Divisions – Divisions comprised of 50% or more of #1 teams.
 - 2. CYO Tournament Teams: #2/Lower Divisions – Divisions comprised of 50% or more of #2/lower teams.
 - 3. #1/Only Teams: No matter where the team was placed in regular season alignments, if this is a #1 and/or Only team, if qualified, that team will be placed in the Play-Off Brackets. At the discretion of the CYO Athletic Department, team grade set up will be taken into consideration and an exception may be granted.

D. Division Tie Breaker for Play-off and Tournament Seeding:

1. Head-to-head games between tied teams.
2. If still tied, point differential.
 - a. Basketball – point cap of 12 per game.
3. If still tied, head-to-head by common opponent.
4. If still tied, blind draw or flip of a coin.

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.