

## CCCYO ATHLETICS BASKETBALL RULES

All games shall be played in accordance with rules and interpretations adopted by the National Federation of State High School Associations (NFHS) with the following exceptions listed below. basic code, as stated above, is subject to the special rules contained herein and to rulings determined by the Catholic Charities CYO Athletics for situations not specified in these rules.

### LENGTH OF GAME

#### 3<sup>rd</sup> & 4<sup>th</sup> Grade (all divisions):

All games shall consist of four (4) quarters lasting **five (5) stop clock minutes** each. There will be one (1) minute intermission between the first and second quarters and third and fourth quarters. There will be a three (3) minute intermission between the second and third quarters.

#### 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> Grade (all divisions):

All games shall consist of four (4) quarters lasting **six (6) minutes stop clock** each. There will be one (1) minute intermission between the first and second quarters and third and fourth quarters. There will be a three (3) minute intermission between the second and third quarters.

#### 8<sup>th</sup> Grade (all divisions):

All games shall consist of four (4) quarters lasting **seven (7) minutes each stop clock**. There will be one (1) minute intermission between the first and second quarters and third and fourth quarters. There will be a five (5) minute intermission between the second and third quarters.

NOTE: At the start of the 4<sup>th</sup> quarter OR at any point in the 4<sup>th</sup> quarter, if a team leads by 20 or more points for 3<sup>rd</sup>-6<sup>th</sup> grade games and 25 points for 7<sup>th</sup> and 8<sup>th</sup> grade games, the clock will run and ONLY stop for team or official timeouts. For 7<sup>th</sup> and 8<sup>th</sup> grade, if the score differential reaches fifteen (15) points or less, the clock will resume following the normal timing procedures.

#### Overtime Rules:

For **all grade levels**, in the event of a tie score after four (4) quarters, a one (1) minute intermission followed by an overtime period of three (3) minutes ("stop time") will take place. If at the end of the first overtime period the score is still tied, a two (2) minute intermission followed by a "sudden end" period in which the first team to score one (1) point wins. The clock will not run in the "sudden end" period.

NOTE: For playoff and championship games, "sudden end" will not be played to determine a winner.

### STARTING GAME

The start time of all Catholic Charities CYO Athletics basketball games for all grade levels shall be the time specified on the official Catholic Charities CYO Basketball schedule unless a preceding game causes delay – in which case, game time, shall be exactly five (5) minutes after the end of the preceding game. Five (5) minutes before game time, the clock should be set to 5 minutes (5:00) and started.

All Catholic Charities CYO Athletics basketball games for all grade levels will start when five (5) or more legal players are present or one (1) below the required minimum of players is present. This number be four (4) legal

players per team. Once a late arriving player shows up, they are allowed to sub in on a stoppage or on a coach's timeout. **The late arriving player must be written on the lineup, or a technical foul will be assessed before they are allowed to enter the game.**

NOTE: A team may not begin the game with an obviously injured player to avoid forfeiture. In such as event, that game shall not be played, or, if started, it shall be stopped, and the circumstances shall be immediately reported to CCCYO Athletics.

If the assigned official(s) fail to appear by game time, the game may be officially played only if both head coaches from each team agree to on a present individual who can officiate the game. If both coaches agree, the game results CANNOT be protested after the game is played. An assigned official may start the game before official game time if both coaches agree. However, under no condition should a game begin more than 15 minutes prior to official game time.

All players MUST check in at the scorer's table at the beginning of each quarter and when substituting. Penalty for not checking in at the beginning of the quarter will result in a timeout for the violating team or teams. This timeout may only be used for player check in. After players have checked in, the official(s) will begin the game.

The Home team must provide a scorekeeper, but both teams are encouraged to each have their own scorekeepers.

## EQUIPMENT

### Game Ball:

In all **3<sup>rd</sup> and 4<sup>th</sup> grade** boys' and girls' games, the NFHF approved "competition" ball (27.5 inches round) shall be used. The referee, at his/her sole discretion, shall determine the official game ball.

In all **5<sup>th</sup> and 6<sup>th</sup> grade** boys' and girls' games, the NFHF approved "competition" ball (28.5 inches round) shall be used. The referee, at his/her sole discretion, shall determine the official game ball.

In all **7<sup>th</sup> and 8<sup>th</sup> grade** boys' games, the NFHF approved "competition" ball (29.5 inches round) shall be used. In all **7<sup>th</sup> and 8<sup>th</sup> grade** girls' games the NFHF approved "competition" ball (28.5 inches round) shall be used. The referee, at his/her sole discretion, shall determine the official game ball.

The home team which is playing **must** provide the game ball that will be used during game play.

### Shoes:

Players may not warm-up or become players unless they wear gym shoes (tennis shoes).

### Uniform:

Prior to game time, each team must appear with at least five (5) jerseys of uniform color, and each jersey must be numbered. The game may not be played if there are less than five (5) players with matching color and numbered jerseys. Uniform numbers must be from 0-99 with no duplicates. Uniform lettering and/or logos must represent the CYO school/program and may not represent another league. It is recommended that the home

team wear white jerseys, and the visiting team wear colored jerseys, however this is not mandatory. All other matters regarding uniforms are at the sole discretion of the referee (e.g., whether uniform shirt must be tucked inside the pants; what undershirts may be worn; which team must change colors), and both teams MUST comply with the referee's instructions, or the game shall not be played. NOTE: Refusal to cooperate are grounds forfeiture by the Catholic Charities CYO Athletics Management.

### Jewelry:

Players may not wear any jewelry except were permitted by NFHS rules. Earrings may not be taped over and must be removed for a player to participate.

## PARTICIPATION RULES

### 7<sup>th</sup> 1-2 and 8<sup>th</sup> 1-2:

For all Catholic Charities CYO Athletics basketball games, **each player must play one (1) quarter start to finish**. A full/complete quarter is from the start of the quarter to the end of the same quarter, not half of one quarter and half of another quarter. It will be the responsibility of the official scorer to notify the coaches and referees at half time of the players who have not yet played their complete quarter. The remaining playing time of a player, who is removed from the game due to an injury and is able to re-enter the game, will be left to the discretion of the coach.

Before the game begins, a coach may notify the other team's coach and the referee that a player is not playing and must state the reason.

Late arriving players must be included in the Participation Rules. The Participation Rules are not based on the number of players present at the start of the game. The Participation Rules are to give all players the opportunity to participate.

### 3<sup>rd</sup> – 8<sup>th</sup> Grade (all other divisions):

A full/complete quarter is from the start of the quarter to the end of the same quarter, not half of one quarter and half of another quarter.

Before the game begins, a coach may notify the other team's coach and the referee that a player is not playing and must state the reason.

Late arriving players must be included in the Participation Rules. The Participation Rules are not based on the number of players present at the start of the game. The Participation Rules are to give all players the opportunity to participate.

In all games the following special participation rules shall apply:

If either team has only **five (5) players**, there are no special restrictions on substitutions.

If either team has only **six (6) players**:

- A. One player cannot play in the 1st and 3rd quarters.
- B. The player who did not play in the 1st quarter must play the entire 2nd quarter. The player who did not play in the 3rd quarter must play the entire 4th quarter

If either team has only **seven (7) players**:

- A. The 2 players cannot play in the 1st and 3rd quarters.
- B. The 2 players who did not play in the 1st quarter must play the entire 2nd quarter. The 2 players who did not play in the 3rd quarter must play the entire 4th quarter.

If either team has only **eight (8) players**:

- A. 3 players cannot play in the 1st and third quarters.
- B. The 3 players who did not play in the 1st quarter must play the entire 2nd quarter. The 3 players who could not play in the 3rd quarter must play the entire 4th quarter.

If either team has only **nine (9) players**:

- A. 4 players cannot play in the 1st and 3rd quarters.
- B. The 4 players who did not play in the 1st quarter must play the entire 2nd quarter. The 4 players who could not play in the 3rd quarter must play the entire fourth quarter.

If either team has only **ten (10) players**:

- A. 5 players cannot play in the 1st and 3rd quarters.
- B. The 5 players who did not play in the 1st quarter must play the entire second quarter. The 5 players who could not play in the 3rd quarter must play the entire 4th quarter.

If either team has **eleven (11) to fifteen (15) players**:

- A. Each player who did not participate in the 1st and 2nd quarters must play the entire 3rd quarter. These players are also eligible to play in the 4th quarter. The players who participated in a full quarter during the first half of the game as well as the full 3rd quarter may not play in the 4th quarter. To allow all remaining players to play time, the remaining players may be substituted in and out of the 4th quarter.

If either team has **sixteen (16) to twenty (20) players**:

- A. Each player who did not participate in the 1st, 2nd and 3rd quarters must play the entire 4th quarter.

No participation rule applies to overtime period(s).

An exception to these rules shall be made if any player is INJURED or DISQUALIFIED. If such a substitution is not available, any player may substitute, and the opposing team shall then have the same privilege of making additional substitution. Any player who substitutes for the injured or disqualified player who had not previously participated in the game, must still play one (1) full quarter from beginning to end.

For inadvertent violation of these rules, proper correction will be made when the violation is recognized, and the offending team shall be assessed one (1) technical foul, which shall not be unsportsmanlike.

For willful violation of these rules, a flagrant technical foul shall be called, and the offending player(s) shall be disqualified.

In any game where there has been willful violation of these rules, the referee shall notify Catholic Charities CYO Athletics Management, and the coach shall be subject to discipline under the "General Rules and Conduct."

## Coaches

A team consists of players, a coach, assistant coach and a scorekeeper. The following are authorized to sit on the bench for each team: three (3) school staff/coaches MAX (i.e. 2 coaches and 1 score keeper, 3 coaches, 2 coaches and an AD, or 1 coach, and AD, and Assistant AD, etc.) and team members. The scorekeeper must remain seated and may not engage in coaching or giving instruction. Only one of the two coaches may stand during play. The other must remain seated.

The head coach of a team are the only members allowed to call timeouts. Coaches receive two (2) timeouts in the first half and two (2) timeouts in the second half. Timeouts do not carry over. In the event of overtime, Coaches receive one (1) additional timeout.

## PRESSING RULES

**Full Court Press:** A full court press takes place when the offensive team secures control of the ball (including a throw in) in their backcourt, and the defensive team guards either in a zone or man-to-man defense, one or more players of the offensive team in either the backcourt or mid-court areas.

**Half Court Press:** A half court press takes place when the offensive team secures control of the ball (including a throw-in) in their mid-court and the defensive team guards, either a zone or man-to-man defense, one or more players of the offensive team in either the backcourt or mid-court areas.

In all league or playoff/championship games at all grade levels, “no press” shall be in effect upon the defensive team when they are leading by ten (10) or more points for 3<sup>rd</sup>-6<sup>th</sup> grade and by fifteen (15) or more points for 7<sup>th</sup> and 8<sup>th</sup> grade.

### Exceptions:

- A. Once no press takes place, defensive players cannot guard until they have retreated behind the 10-foot line. However, if a defensive player, while retreating, secures control of the ball in a non-guarding situation, such play shall be legal.
- B. If the offensive team fumbles or loses the ball, the defense may go after the loose ball, but no press is resumed immediately when the offensive team regains player control.

### Penalties:

- A. If violation of these rules, in the judgement of an official, is unintentional and no unfair advantage is gained, there shall be no penalty.
- B. Otherwise, the penalty shall be violation in all cases.

NOTE: Willful refusal to comply with these rules shall be penalized with an “unsportsmanlike” technical foul.

## NO PRESSURE

### **3<sup>rd</sup> and 4<sup>th</sup> Grade:**

First Half – Players may NOT press any time in the first (1<sup>st</sup>) and the second (2<sup>nd</sup>) quarter or first half. Defensive players must remain behind the 10-foot volleyball line until the ball crosses the 10-foot line. Once the ball crosses the 10-foot line, defenders may press even if a player passes or dribbles back to the area of the court between the 10-foot line and half court. Once the ball crosses the 10-foot line, it becomes a live ball.

Second Half – Players may NOT press in the third (3<sup>rd</sup>) and fourth (4<sup>th</sup>) quarter. Players may press in the last minute of the fourth (4<sup>th</sup>) quarter unless a team leads by ten (10) or more points. If a team leads by 10 or more points in the last minute, no press is in effect, and defensive players must always remain behind the 10-foot volleyball line. Once the ball crosses the 10-foot line, defenders may press even if a player passes or dribbles back to the area of the court between the 10-foot line and half court. Once the ball crosses the 10-foot line, it becomes a live ball.

Overtime and Sudden End – Players may full court press during any overtime period unless their team is leading by ten (10) or more points.

NOTE: the clock will stop when a team is pressing when no press is in effect and an official calls illegal defense and either waits for the defensive players to get down-court or allows the offensive team to inbound the ball again.

#### **5<sup>th</sup> and 6<sup>th</sup> Grade:**

First Half – Players may NOT press any time in the first (1<sup>st</sup>) and the second (2<sup>nd</sup>) quarter or first half. Defensive players must remain behind the 10-foot volleyball line until the ball crosses the half court. Once the ball crosses half court, defenders may press beyond the 10-foot line.

Second Half – Players may press in the third (3<sup>rd</sup>) and fourth (4<sup>th</sup>) quarter unless a team leads by ten (10) or more points. If a team leads by ten (10) or more points, “no press” is in effect, and defensive players must always remain behind the 10-foot volleyball line.

Overtime and “Sudden End” – Players may full court press during any overtime period unless their team is leading by ten (10) or more points.

#### **7<sup>th</sup> and 8<sup>th</sup> Grade:**

There are no “press” restrictions in 7<sup>th</sup> or 8<sup>th</sup> grade unless a team leads by 15 or more points. If a team leads by 15 or more points, “no press” is in effect, and defensive players must always remain behind the 10-foot volleyball line.

NOTE: The clock will stop when a team is pressing when “no press” is in effect and an official calls illegal defense and either waits for the defensive players to get down court or allows the offensive team to inbound the ball again.

## **FREE THROW LINE**

#### **3<sup>RD</sup> Grade:**

The regulation free throw line is NOT the free throw line. 3<sup>rd</sup> graders will be allowed to shoot from behind an imaginary line extending from the first hash mark closest to the regulation free throw line. NOTE: the ball must be touched by another player, other than the shooter, after a missed free throw before the shooter may attempt to regain possession. A line violation will be called in the 3<sup>rd</sup> grade if a player’s momentum causes them to cross

the imaginary liner regardless of where they started their shot (i.e. from behind the regulation free throw line or from the closer 3<sup>rd</sup> grade imaginary line).

4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grade:

The regulation free throw line is the free throw line.

### THREE POINT BASKETS:

Three-point baskets will only be allowed in gyms with a visible three-point line painted on the floor. Three-point baskets are allowed in **ALL** grade level games.

### UNSPORTSMANLIKE REFUSAL TO PLAY

If a coach chooses to withdrawal his/her team from the playing floor prior to the completion of the game, that team forfeits that game. Catholic Charities CYO Athletics Management will investigate the incident further to determine the validity of the forfeit.

NOTE: A team quitting a game cannot protest the incident(s) which caused it to quit. Catholic Charities CYO Athletics Management will investigate (see Protests in the Catholic Charities CYO Athletics Manual).