

DIOCESE OF CLEVELAND CYO GRADE SCHOOL BASKETBALL RULES

The National Federation of State High School Associations (NFHS) Basketball Rules apply in this league with the exceptions contained within. CYO game rules may not be altered by mutual consent of the coaches. Only the CYO office may authorize changes.

SECTION 1 - OFFICIAL TEAM

- A. Defined as an individual or group of children from one or more Members listed on the team roster that meet the eligibility rules and are approved by the Pastoral Designee, Member Administrator, and CYO Office.
- B. A CYO Team refusing to continue playing a scheduled game for any reason without the consent of the game official or CYO representative may be subject to penalties as outlined in Bylaw 11. This also applies to CYO Sanctioned Events.
- C. CYO encourages teams with more than 14 players to form two teams.
- D. A partial roster or combined roster cannot be entered into any tournament or sanctioned event.
- E. A roster or team cannot be split to form two (2) teams at any time.
- F. In all divisions, five (5) players must start the game. Once a game begins, a team will forfeit the game when the team is reduced to one (1) eligible player.

SECTION 2 - OFFICIALS

- A. Officials that are certified and registered with the Diocese of Cleveland CYO will be assigned to each game.
- B. Officials have the power to warn or disqualify from the competition anyone who commits acts which intend to influence their decisions.
- C. Officials have the authority to call or suspend a game if conditions warrant.
- D. Two (2) officials will be assigned to each regular season game. Three (3) officials may be assigned for sanctioned events and play-offs.
- E. The head coach and the team captain are the only persons that should speak to the officials during or after the game.

SECTION 3 - EQUIPMENT & UNIFORMS

- A. Game Ball
 - 1. Boys and girls teams in the Intermediate, Youth, Cadet and Developmental divisions will use a 28.5" ball.
 - 2. Boys and girls teams in the Elemental and Minor Divisions will use a 27.5" ball.
 - 3. The game ball shall be made of composite or leather material.
 - 4. CYO will provide the game ball at each competition site.

- B. The court dimensions shall be no greater than 94 feet in length by 50 feet wide.
- C. Backboard, basket size and all other court rules will follow the NFHS requirements.
- D. Uniforms and Apparel
 - 1. All players are required to wear member issued uniforms.
 - 2. Players must wear matching uniforms including shirts and shorts.
 - 3. Team jerseys
 - a. Must include the player's number, which will be at least 6 inches on the back and at least 4 inches on the front. Numbers on the jersey are MANDATORY.
 - b. All uniforms are to meet National Federation Rules related to numbering. Permitted uniform numbers are; 0, 1, 2, 3, 4, 5, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55, 00. A team may not have both the number 0 and 00.
 - c. The NFHS requirement of the home team to wear a white jersey does not apply to CYO competitions.
 - d. All players must have the CYO Emblem on their uniform either sewn or stenciled.
 - e. When two teams have the same color of uniform, the officials will flip a coin to determine which team will wear the pinnies. The home team, as listed on the schedule, will call the flip.
 - f. A player's team jersey designed to be worn inside the shorts shall be tucked inside the shorts.
 - 4. Undergarments
 - a. If undergarments such as T-shirts or compression shorts are worn under the uniform, they must be of a solid color and the same color for all players wearing an undergarment.
 - b. Undershirts shall be hemmed and shall not have frayed or ragged edges.
 - c. Arm sleeves, knee sleeves, lower leg sleeves and tights are permissible and must comply with NFHS guidelines. Each item shall be white, black, beige, or a single solid school color for all participants.
 - 5. Shorts are to be worn above the hip.
 - 6. Shoes
 - a. Players are not allowed on the playing floor unless he/she is wearing appropriate non-marking sole shoes.
 - b. Players must carry their game shoes to the game sites.
 - 7. Guards, casts, braces, must be worn for medical reasons and must comply with NFHS guidelines. Mouthpieces are recommended.
 - 8. Headwear and wristbands may be worn. Headbands cannot exceed 2 inches in width. If worn, only one wristband can be worn on each wrist and cannot exceed 4 inches in width. Each item shall be white, black, beige, or a single solid school color for all participants.

9. Chains, earrings, other jewelry, glitter, face paint, or other inappropriate items may not be worn during the game.
 10. An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO Administration may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the player's number.
- E. If a player wearing an illegal uniform or equipment attempts to enter the game or is discovered in the game, the head coach will be assessed a technical foul and the player shall be removed from or not permitted to enter the game until the illegal equipment is removed or made legal.
- F. Electronic Devices
1. Walkie-talkies, cell phones, or any other electronic communication systems are not permitted within the competition area.
 2. Teams are permitted to only videotape their games.
 - a. Videotaping is only permitted from areas approved by the facility but is never permitted from within the competition area, team bench area or other unapproved areas.
 - b. Coaches, Fans, etc. are not permitted to videotape an opponent's game or practice.

SECTION 4 - PRE-CONTEST COACHES RESPONSIBILITIES

- A. Coaches must be CYO certified.
- B. CYO Credentials are to be worn and visible at all times.
1. Credentials cannot be given to another coach at any time.
 2. Coaches who have given their credentials to another coach, even for one game, will have their coaching privileges revoked for one year.
- C. Coaches are responsible for the supervision of their team before and after the game.
- D. At each game and practice, coaches are to have in their possession: an official team roster, a copy of each athlete's Preparticipation Form and Emergency Medical Authorization Form and a first aid kit.
- E. A pre-game conference will be held between the officials, coaches, and captains.
- F. Bench Personnel is limited to the players listed on the eligibility roster and no more than three (3) non-players. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed in the team bench area.

SECTION 5 - PARTICIPATION

- A. Each player must be treated with dignity regardless of his or her ability.
- B. A player on a CYO team may not participate on any other basketball team during the CYO season. For purposes of defining eligibility, a player may not be on another team from the published CYO roster due date to the completion of the team's final game.

- C. If a coach will not play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must mark the player as not participating on the official game score sheet and inform the Game Officials before the game begins.
- D. All players are to meet the following participation requirements:
1. Intermediate and Youth
 - a. For a team with 11 or fewer players at the game, each player on the team must play a minimum of two segments by the end of the third quarter. A segment is defined as $\frac{1}{2}$ of the length of the quarter (4 minutes).
 - b. For a team with 12 or more players at the game, each player on the team must play a minimum of one segment by the end of the third quarter. A segment is defined as $\frac{1}{2}$ of the length of the quarter (4 minutes).
 - c. Players may only be substituted with-in/during their segment of play:
 - i. As a result of the player being injured.
 - ii. As a result of the player being assessed with a technical foul or intentional foul.
 - iii. As a result of the player being disqualified from the game.
 - iv. The player removed from the game will be credited with full participation of the segment.
 - v. The player replaced will not be marked on the score sheet and will not receive credit for playing in that segment.
 - d. During the second half of the game, once ALL of the players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions for the remainder of the game and all extra periods.
 2. Cadet and Developmental
 - a. For a team with 10 or fewer players at the game, each player on the team must play a minimum of three segments by the end of the 3rd quarter. A segment is defined as $\frac{1}{2}$ of the length of the quarter (3.5 minutes). Each player must play at least one segment in each half.
 - b. For a team with 11 or more players at the game, each player on the team must play a minimum of two segments by the middle of the 4th quarter. A segment is defined as $\frac{1}{2}$ of the length of the quarter (3.5 minutes). Each player must play at least one segment in each half.
 - c. Players may only be substituted with-in/during their segment of play:
 - i. As a result of the player being injured.
 - ii. As a result of the player being assessed with a technical foul or intentional foul.
 - iii. As a result of the player being disqualified from the game.
 - iv. The player removed from the game will be credited with full participation of the segment.

- v. The player replaced will not be marked on the score sheet and will not receive credit for playing in that segment.
 - d. Developmental only: Each player must sit out at least one segment if a team has six or more players.
 - e. During the second half of the game, once ALL players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions for the remainder of the game and all extra periods.
 - 3. Elemental and Minor
 - a. For a team with 10 or fewer players at the game, each member of the team must play a minimum of four segments by the end of the 4th quarter. A segment is defined as $\frac{1}{2}$ of the length of the quarter (3 minutes). Each player must play at least one segment in each half.
 - b. For a team with 11 or more players at the game, each member of the team must play a minimum of three segments by the end of the 4th quarter. A segment is defined as $\frac{1}{2}$ of the length of the quarter (3 minutes). Each player must play at least one segment in each half.
 - c. Players may only be substituted with-in/during their segment of play:
 - i. As a result of the player being injured.
 - ii. As a result of the player being assessed with a technical foul or intentional foul.
 - iii. As a result of the player being disqualified from the game.
 - iv. The player removed from the game will be credited with full participation of the segment.
 - v. The player replaced will not be marked on the score sheet and will not receive credit for playing in that segment.
 - d. Each player must sit out at least one segment if a team has six or more players.
 - e. During the second half of the game, once ALL players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions for the remainder of the game and all extra periods.
 - 4. Late Arriving Players
 - a. If a player arrives late to a game during the first half and is permitted to play by the coach, the player is to meet the full participation requirement of the game.
 - b. If a player arrives late to a game during the second half and is permitted to play by the coach, the player is to meet one half of the participation requirement for the total game.
 - 5. Upon violation of the Participation Rule, the scorer will notify the Game Officials and Site Director and the following penalty will be assessed:

- a. For violations discovered at the game, the Site Director will contact the CYO Athletic Office with the details and documentation of the violation and the CYO Administration will assess the penalties toward the coach or team. If after a review a violation is confirmed, a forfeiture of the game will be assessed.
- b. All violations of the participation rules are to be communicated to the Athletic Office by the Site Director and game officials by the morning following the infraction.
- c. Additional penalties may be imposed.

SECTION 6 - GAME & TIME LIMITATION

- A. No team or player is permitted to play more than 22 games in a season.
- B. On Sunday through Friday, no team or player may play in more than one (1) game per day.
- C. On Saturday, a team is permitted to play a maximum of two (2) games per day. There must be a minimum of four (4) hours between the scheduled start time of the first game and the scheduled start time of the second game.
- D. No team may play more than three (3) games per week.
- E. Events on Sunday cannot begin until 1:00 PM.
- F. Events cannot start after 8:00 PM, except during Christmas vacation when events cannot start after 9:00 PM.
- G. Practice sessions must be completed by 9:00 PM.

SECTION 7 - INCLEMENT WEATHER

1. Inclement weather may deter games from being played as scheduled. The safety of our players, coaches and their families are our primary concern when games get canceled due to inclement weather.
2. Announcements related to the status of competitions will be posted on the main page of the schedule website or telephone announcement lines and media as needed.
3. Contests that are suspended as a result of inclement weather and cannot be resumed within a reasonable time at the same site will be canceled, unless deemed necessary to reschedule by the CYO Administration.

SECTION 8 - PRACTICE AND COACHING GUIDELINE

- A. Practice or any organized team conditioning cannot start prior to the CYO published first day of practice.
- B. Practice sessions shall be limited to one (1) session per day not to exceed two (2) hours in duration.
- C. Scrimmages - No score or time limits will be kept. Use of officials is the decision and expense of the teams involved.

SECTION 9 – COMPETITION RULES

A. Play Clock

1. Intermediate and Youth
 - a. The length of the game shall be four eight (8) minute quarters with a five-minute rest period between halves and a one-minute rest between quarters.
 - b. The clock will stop for timeouts, shooting fouls, injuries and other times as indicated by the officials.
 - c. The clock will stop for every whistle during the last minute of the first, second and third quarters, and the last two minutes of the fourth quarter and all extra periods.
 - d. The clock will not stop for every whistle during the last two minutes of the fourth quarter when a team has a fifteen (15) point lead.
 - e. If the score is tied at the end of regulation, an extra period/s will be played until a winner is determined.
 - i. All extra periods will be two (2) minutes.
 - ii. The clock will stop for all violations of any extra period.
2. Cadet and Developmental
 - a. The length of the game shall be four seven (7) minute quarters with a five-minute rest period between halves and a one-minute rest between quarters.
 - b. The clock will stop for timeouts, shooting fouls, injuries and other times as indicated by the officials.
 - c. The clock will stop for every whistle during the last minute of the first, second and third quarters, and the last two minutes of the fourth quarter and all extra periods.
 - d. The clock will not stop for every whistle during the last two minutes of the fourth quarter when a team has a fifteen (15) point lead.
 - e. If the score is tied at the end of regulation, an extra period/s will be played until a winner is determined.
 - i. All extra periods will be two (2) minutes.
 - ii. The clock will stop for all violations of any extra period.
3. Elemental and Minor
 - a. The length of the game shall be four six (6) minute quarters with a five-minute rest period between halves and a one-minute rest between quarters.
 - b. The clock will stop for timeouts, shooting fouls, injuries and other times as indicated by the officials.
 - c. The clock will stop for every whistle during the last minute of the first, second and third quarters, and the last two minutes of the fourth quarter and all extra periods.

- d. The clock will not stop for every whistle during the last two minutes of the fourth quarter when a team has a fifteen (15) point lead.
 - e. Overtime/Extra-periods
 - i. In regular season games, if the score is tied at the end of regulation, there will be no extra periods.
 - ii. In sanctioned events, all extra periods will be two (2) minutes long and the clock will stop for all violations during the extra period.
 4. The clock will stop for substitutions at the end of each segment, but does not stop for substitutions outside of the segment requirements.
- B. Time Outs for All Divisions
1. Three 60-second and two 30-second timeouts may be charged to each team during a regulation game.
 2. Each team is entitled to one additional 60-second time-out during each extra period.
 3. Unused time-outs carry over into the second half or extra period.
- C. Three-Point & Foul Shots
1. The three-point shot is in effect for all divisions except the Elemental and Minor Divisions.
 2. The three-point shot will be in effect by a player located behind the team's own 19-foot, 9-inch arc as court markings permit.
- D. Free Throw Line
1. Teams in the Intermediate, Youth and Cadet Divisions will use the 15-foot free throw line.
 2. Teams in the Developmental, Elemental and Minor Divisions will use the 12-foot free throw line.
 3. The number of players permitted on the free throw lane will be limited to six plus the shooter. Four are to be from the defensive team and two plus the shooter from the offensive team. The spot on both sides of the lane, closest to the shooter will be vacant. **Players in marked lane spaces may move for the rebound once the ball has been released. The shooter and players not in marked lane spaces shall not enter the lane until the ball touches the rim or backboard.**

SECTION 10 - SPECIAL RULES FOR DEVELOPMENTAL, ELEMENTAL AND MINOR DIVISIONS

- A. All teams in the Developmental, Elemental and Minor Divisions must play player-to-player defense.
- B. Defense
 1. Trapping, double or triple teaming of a player out of the paint is prohibited.
 2. Helpside defense is permitted.
 - a. If an offensive player beats his/her defender, a teammate may move into position to help until the original defender recovers.

- b. Once the defender recovers, the help player must drop back to his/her player.
 3. Teams are not permitted to play any type of zone defenses.
 4. Switching, helping out or picking up a loose player on a breakaway, when there is a clear threat to score is good player-to-player defense and is allowed. **Players must be within a reasonable distance of their player at all other times.**
- C. Offense
 1. The team offense should be designed to develop passing, cutting, give and go, pick and roll and movement away from the ball.
 2. The offense should afford each player the opportunity to experience as many positions on the court as possible.
 3. Isolation plays are illegal. These are plays designed when an offensive player challenges a defensive player and no other offensive players are involved in the play.
- D. Penalty for Violation of the Player to Player
 1. First Offense - Warning
 2. Second Offenses - Technical foul for unsportsmanlike conduct on the head coach.
 3. Third Offense - Unsportsmanlike conduct penalty on the head coach and ejection of the head coach
 4. Fourth Offense - Forfeit Loss.

SECTION 11 - FULL-COURT PRESSURE

- A. Intermediate and Youth Divisions
 1. A full-court press may be applied at any time except when a team has a fifteen (15) point lead.
- B. Cadet Divisions
 1. A full court press is not permitted in the first, second, third and the first 3.5 minutes of the fourth quarters on any dead ball inbounds pass in the backcourt unless a team is trailing by 15 points.
 - a. During these times, the defense must allow the offense to advance the ball beyond the mid-court division line.
 - b. The dribbler must have front court status before pressure on the ball is permissible. Interpretation: This means that the defense cannot position any players along the mid-court division line so as to impede the offense from crossing over the division line.
 2. Teams may press during any live ball situation in the backcourt other than an inbounds pass during the entire game. A live ball situation is anytime other than an inbounds pass from and into the backcourt (i.e. rebounds, turnovers, other).
 3. A full court press is permitted the last 3.5 minutes in the fourth quarter and all extra periods.

4. A full court press is not permitted when a team has a fifteen (15) point lead.
- C. Developmental Division
1. A full court press is not permitted in the first, second, third and the first 3.5 minutes of the fourth quarters on any dead ball in the backcourt unless a team is trailing by 15 points.
 - a. During these times, the defense must allow the offense to advance the ball beyond the mid-court division line.
 - b. The dribbler must have front court status before pressure on the ball is permissible. Interpretation: This means that the defense cannot position any players along the mid-court division line so as to impede the offense from crossing over the division line.
 - c. Teams may press during any live-ball situation in the backcourt throughout the entire game. A live-ball situation is anytime other than an inbounds pass after a dead-ball (timeout, foul, violation etc).
 - d. Since teams must play a player-to-player defense, teams applying full-court pressure must press player to player.
 - e. Teams may press full court during the last 3.5 minutes of the fourth quarter and all extra periods.
- D. Elemental & Minor Division Teams cannot press at any time throughout the game.
1. The dribbler must have frontcourt status before pressure on the ball is permissible.
 2. The defense cannot position any players along the mid-court division line so as to impede or challenge the offense from crossing over the division line.
- E. Fifteen (15) point lead
1. When a team has a fifteen (15) point lead, the defense must allow the offense to progress the ball beyond the mid-court division line.
 2. The dribbler must have frontcourt status before pressure on the ball is permissible.
 3. The defense cannot position any players along the mid-court division line so as to impede or challenge the offense from crossing over the division line.
 4. The fifteen (15) point rule cannot be waived for playoffs, championship games or sanctioned events.
- F. Penalty for Violation of the of the Press Rules
1. First Offense - Warning
 2. Second Offense - Unsportsmanlike conduct penalty on the head coach.
 3. Third Offense - Unsportsmanlike conduct penalty on the head coach and ejection of the head coach
 4. Fourth Offense - Forfeit Loss.

SECTION 12 – CAUTION AND DISQUALIFICATION

- A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration believe shows respect and dignity towards its opponent.
- B. A coach or player ejected from a game for any reason shall be suspended for the next scheduled game. The ejected person may not associate with the team during the duration of the suspension. This includes practices and scrimmages.
- C. A player ejected from a competition for any reason must remain with the team and be supervised by a member of the team's coaching staff at the competition site.
- D. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.

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