

# **DIOCESE OF CLEVELAND CYO HIGH 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. **A team with less than five (5) players will have a 10-minute grace period.** 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. Girls' teams will use a 28.5' ball.
  - 2. Boys' teams will use a 29.5" ball.
  - 3. The game ball shall be made of composite or leather material
  - 4. CYO will provide the game ball to each competition site.

- B. The court dimensions, three-point line, backboard, basket size, and all other court rules will follow the NFHS requirements.
- C. Uniforms and Apparel
1. All players are required to wear member issued uniforms.
  2. Players must wear matching uniforms this includes shirts and shorts.
  3. Team jerseys
    - a. Must include the player's number, which will be at least 6 inches high 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 are worn under the uniform, they shall be a single solid color similar to the predominant color of the torso of the uniform jersey.
    - b. If undergarments or compression shorts are worn under the uniform shorts, they shall be a single solid color similar to the predominant color of the shorts.
    - c. Undershirts shall be hemmed and shall not have frayed or ragged edges.
    - d. Arms sleeves, knee sleeves, lower leg sleeves and tights are permissible:
      1. Anything worn on the arm and/or leg is a sleeve, except a knee brace, and shall meet the color restrictions.
      2. The sleeves/tights shall be black, white, beige, or the predominate color of the uniform and the same color sleeves/tights shall be worn by teammates.
      3. All sleeves/tights shall be the same solid color.
      4. Meet NFHS and CYO logo requirement.
  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, and compression sleeves must be worn for medical reasons and must comply with NFHS guidelines. Mouth pieces are recommended.
- 8. Headwear and wristbands may be worn according to NFHS guidelines. 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.
- 11. If a player wearing an illegal uniform or equipment attempts to enter the game or is discovered in the game, a technical foul **for every player not in a legal uniform will be assessed**. The player/s shall be removed from or not permitted to enter the game until the illegal equipment is removed or made legal. The technical fouls shall be issued when the player/s try to enter the game. This foul should be assessed to the head coach.

#### D. 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 are reported of giving 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 18 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. Regardless of the number of players, each member of the team must play a minimum of one uninterrupted segment by the end of the third quarter. A segment is defined as  $\frac{1}{2}$  of the length of the quarter (4 minutes).
  - 2. Players may only be substituted with-in/during their segment of play:
    - a. As a result the player being injured.
    - b. As a result of the player being assessed with a technical foul or intentional foul.
    - c. As a result of the player being disqualified from the game.
    - d. The player removed from the game will be credited with full participation of the segment.
    - e. The player replaced will not be marked on the score sheet and will not receive credit for playing in that segment.
  - 3. At any time during any quarter of play, once a player on a specific team has fulfilled their minimum participation requirement, that player may be freely substituted. Any player who has not fulfilled their minimum participation requirement may not be substituted for until such requirement is fulfilled.
  - 4. The clock will stop for substitutions at the end of each segment.
- E. Late Arriving Players
  - 1. 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.
  - 2. 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.
- F. Upon violation of the Participation Rule, the scorer will notify the Game Officials and Site Director and the following penalty will be assessed:

1. 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.
2. 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.
3. 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 10:00 PM.

#### **SECTION 7 - INCLEMENT WEATHER**

- A. 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.
- B. 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.
- C. Contests that are suspended as a result of inclement weather and cannot be resumed with-in 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. Scrimmage

1. No score or time limits will be kept.
2. Use of officials is the decision and expense of the teams involved.

## **SECTION 9 - COMPETITION RULES**

### **A. Play Clock**

1. The length of the game shall be four **nine (9)** minutes quarters with a five-minute rest period between halves and a one-minute rest between quarters.
2. The clock will stop for timeouts, shooting fouls, injuries and other times as indicated by the officials.
3. The clock will stop for every whistle the last minute of the first, second and third quarters, and the last two minutes of the fourth quarter and all extra periods.
4. The clock does not stop for every whistle during the last two minutes of the fourth quarter when a team has a twenty (20) point lead.
5. The clock does not stop for substitutions outside of the segment requirements.
6. If the score is tied at the end of regulation period, an extra period/s will be played until a winner is determined.
  - a. Any extra period will be three (3) minutes.
  - b. The clock will stop for all violations of any extra period.
7. For all Varsity playoff games, the clock stops for every whistle throughout the game.

### **B. Time Outs**

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 Shot is in effect.**

### **D. Twenty (20) point lead**

1. When a team has twenty (20) 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 twenty (20) point rule cannot be waived for playoffs, championship games or sanctioned events.

### **E. 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 10 – CAUTION AND DISQUALIFICATION**

- A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel 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.
- A. 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.
- B. 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.
- C. An Ejection by any two (2) or more members on the same team during the course of the season is just cause for removal of the entire team for the remainder of the season.
- D. Please review Bylaw 8 and the Code of Conduct for additional player's and coach's expectations.

(September 12, 2014)