

# **CATHOLIC YOUTH ORGANIZATION**

## **Monroe CYO**

### **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 children as possible in a given game.
- C. Team Minimum: A team must be able to field the minimum number of players (5) at game time or the game is forfeited. If a player fouls out, becomes ill or injured and is unable to finish the game, the team may finish the game with no less than 4 players. If an ejection forces a team to have less than 5 players the game is forfeited at that time.
- 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 a 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: Nine (9) minute warm-up period (the clock will start **IMMEDIATELY** after the preceding game), four (4) six (6) minute quarters for 'B' games, four (7) minute quarters for 'A' games and a six (6) minute half-time period for all games. **If the time between games is less than nine minutes then a seven minute warm-up period will be used.**
- F. Overtime: Tied games at the end of regulation time will play additional two (2) minute periods to determine game winner. Each overtime period begins with a jump ball. Only one overtime shall be played in 5<sup>th</sup>/6<sup>th</sup> grade regular season games. If tied after the first overtime, the game will be recorded as a tie in the League standings. During 5<sup>th</sup>/6<sup>th</sup> grade tournament games, overtime will be played until there is a winner.
- G. 7/8th Grade Basketball Games:
1. Sportsmanship Rule: In the interest of Christian principles and fellowship, teams are required to use all of the substitutes available, and qualified to participate,

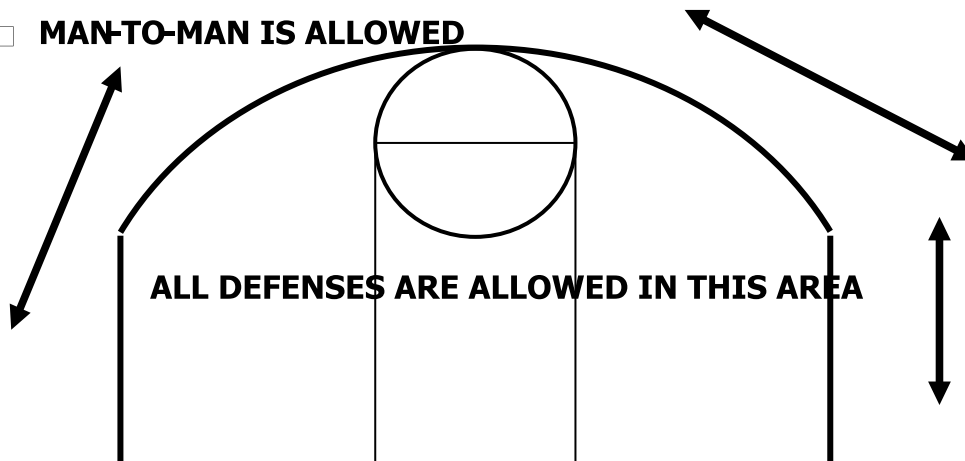
when winning by twenty (20) points and to use any other reasonable coaching methods (no pressing, no fast-breaking, and no pressure defenses), that will keep the margin of victory from becoming any larger and embarrassing to the opposing coach and players. Games won by a margin of more than thirty (30) points will be scrutinized to see if the above mentioned methods were employed. If they were not, the coach will be subject to disciplinary action up to and including a one (1) game suspension.

2. Required Substitution Rule: In 7/8th grade CYO basketball games each coach must designate the starters on the official score sheet prior to the start of each game. If a team attains a twenty (20) point lead in the first half of a game, it 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 opposing 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 free throws and ball awarded out of bounds).
  3. No Press Rule: In 7/8th grade CYO basketball games a full court press is not permitted after either team has attained a lead of twenty (20) or more. In such a case, both teams 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 and the warning shall be recorded on the score sheet. Any future violation of this rule will result in a bench technical foul being called (two free throws and ball awarded out of bounds).
  4. Man to Man Rule: Man-to-Man defense is required during the 2<sup>nd</sup> period of play of all CYO regular and tournament games. No full court pressure or pressing is allowed during this period. Help and help-side defense, consistent with good Man-to-Man principles, are permissible but zone defenses and zone traps are not. Violating teams will be warned. Further violations of this rule will result in a bench technical foul being called (two free throws and ball awarded out of bounds). Repeated violations will result in League suspension.
- 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 is responsible to teach all student athletes the fundamentals of the game, 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, if qualified to do so, and feel they are contributing members.

1. No Pressing Rule: Pressing is not permitted at any time. The offensive team must be permitted to advance the ball past the ten (10) second line without any pressure. If a violation of this rule occurs, the officials will warn the violating team at once and the warning shall be recorded on the score sheet. Any future violation of this rule will result in a bench technical foul being called (two free throws and the ball awarded out of bounds).
  
2. No Stalling Rule: When there is one (1) minute or less left in the game or left in any overtime period, any dead ball situation in the back court will result with the offensive team taking the ball out in its front court at a point on the sideline corresponding to the normal free throw line extended. The ball must be entered into the front court. If entered directly into the backcourt, it is a dead ball violation and the opposing team will then be given a throw in.
  - A. Last Minute Backcourt Fouls: If a team fouls in the backcourt during the last minute left in the game or in the last minute of any overtime period and the foul was in the opinion of the officials other than incidental contact and designed to stop the clock, the foul will be treated as intentional, with the team that is fouled awarded two free throws and possession of the ball. The ball will be put into play according to the No Stalling Rule above.
  
  - B. Last Minute Pressing Violations: If a team violates the No Press Rule during the last minute left in the game or the last minute in any overtime period, they will be issued a bench technical, with the other team being awarded two free throws and the ball out of bounds. This rule applies whether or not they had previously received a prior warning pursuant to the Pressing Rule above. The ball will be put into play according to the No Stalling Rule.
  
3. No Trapping Rule: Trapping is not permitted after a team has attained a lead of ten (10) points or more. The team behind in the score cannot be trapped or double-teamed between half court and the 3-point line until the lead has been reduced to less than ten (10) points. (See diagram below)

· **NO TRAPPING OR DOUBLE-TEAMING**

□ **MAN-TO-MAN IS ALLOWED**



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 free throws and ball awarded out of bounds). Primary responsibility of complete adherence to this rule lies with each coach. Repeated violations will result in League suspension.

4. Man to Man Rule: Man-to-Man defense is required during the 2<sup>nd</sup> period of play of all CYO regular and tournament games. Help and help-side defense, consistent with good Man-to-Man principles, are permissible but zone defenses and zone traps are not. Violating teams will be warned. Further violations of this rule will result in a bench technical foul being called (two free throws and ball awarded out of bounds). Repeated violations will result in League suspension.
5. Free Throw Rule: In B1 basketball games, we will use a shortened free throw line of thirteen feet, six inches (13'6") from the basket (eighteen inches closer to the basket than the regulation line). This closer line will serve as the violation line, not the regulation line regardless from which line a player shoots. In B2 basketball games, the player must start behind the (13'6") line but can cross over by 1' during the act of shooting. The shot may not cross a third line marked at 12'6". Gyms shall properly mark these shortened lines for use in all B Level games.
6. Playing time -- Increased participation (5/6<sup>th</sup> grade): Every player must appear in a minimum of 2 quarters. Overtime – no restrictions on playing time.  
Violation: If a violation of this rule occurs, coaches may be suspended and games may be forfeited by the League

## **II. GAME RULES/REGULATIONS:**

- A. Playing Court: Rectangular surface free from obstructions not greater than ninety-four (94) feet in length by fifty (50) feet in width. Court must be marked accordingly including the 3-point line with regulation goals at each end line. Gyms may be limited to hosting 5/6<sup>th</sup> grade games by the league based on their size and/or configuration.
- B. Regulation Ball:       7/8th grade -       Girls - 28 ½" Boys - 29 ½"  
  5/6th grade -       Girls - 28 ½" Boys - 28 ½"
- C. Uniform Jerseys: The home team shall make jersey arrangements so that jerseys are of contrasting colors. If a color problem exists the home team shall wear pennies.
- 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 and the starters must be designated.
- 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. If both coaches are located on the same baseline, the visiting team shall take pre-game warm-up at the basket opposite the baseline where the benches are located.
- G. Pre-Game Warm-Up: No team shall, upon entering the floor, fully encircle an opponent already on the floor. Penalty: Bench technical foul for unsportsmanlike conduct.
- H. Three Point Shot Rule: All 7th and 8th grade teams will use the three point shot rule during all league and play-off games. The three point rule will not be in effect at the 5/6th grade level.
- I. Bench Decorum: Per National Federation Rules, only the HEAD COACH has permission to be up off the bench for coaching purposes. This permission is revoked if a bench technical is received. Only the head coach may address the official. Assistant coach addressing an official is cause for an immediate technical.
- J. Running Clock: CYO shall utilize a running clock only during the second half of a game, when the lead has grown to thirty (30) or more points. The running clock shall remain in effect until the lead has been reduced below twenty (20) points, at which time normal clock rules shall be in effect until the lead grows to thirty (30) or more points again. During a running clock, the clock shall stop only for injuries, times out or during free throws during the last minute of a period (so that the horn does not interrupt the free throw).
- K. Time out: Each team shall be permitted four (4) sixty second long times out during regulation play and one additional sixty second long time out for each overtime period.

Times out are cumulative and all unused times out carry over into successive overtime periods.

### **III. LEAGUE REGULATIONS:**

- A. Officials: CYO will assign registered officials for all games. Two (2) officials will be assigned for all games. All officials assigned to CYO games are registered with the Michigan High School Athletic Association. Each team is responsible for paying one (1) official \$45.00 prior to the start of all 'B' games and \$45.00 of all 'A' games. If only one (1) official is at the game and that official works alone they are to receive both pays.
- B. Officials Not Present: In the event that neither of the assigned officials are 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, one (1) point for a tie, and zero (0) points for a loss. Non-league games do not count in the 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.
- 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 Sunday) except when playing in preseason, holiday, or postseason tournaments, or the CYO play-offs.
- G. Allowable Games Per Player: No player may play in more than two (2) games on any given calendar day except when playing in preseason, holiday, or post season tournaments, or the CYO playoffs.

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

- A. Post-Season Tournament: The CYO will sponsor a play-off tournament at the conclusion of the season.

B. Division Tie Breaker:

1. Teams will be seeded according to record (points used in B Division if ties are involved) during the regular season.
2. If two teams tie, the tie will be broken as follows:
  - a. Head-to-Head record; if still tied, then:
  - b. Head-to-Head margin of victory – maximum of thirteen (13) points; if still tied, then:
  - c. Coin flip, with heads representing the team first alphabetically.
3. If three teams tie, the tie will be broken as follows:
  - a. Head-to-Head record; if only one team remains, that team is declared the winner; if two teams remain, apply two team tie breaker with only the two teams remaining; if all three still tied, then:
  - b. Head-to-Head margin of victory – maximum of thirteen (13) points; if only one team remains, that team is declared the winner; if two remain tied (#1 and #2 or #2 and #3), a coin flip will determine seed for tied teams; if all three still tied, then:
  - c. Draw lots to fully break ties.
  - d. A full tie break using the three-way tie breaker will be preferred to having to apply the two-way tie breaker if only one team is declared the winner on any given round.

**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.