



CYO: Basketball Rules and Regulations (Updated 11/1/2024)

Basic Rules:

- Players participating in CYO Basketball agree to play by the rules and regulations outlined by the NFHS as adjusted to fit CYO standards and practices.
- Each team must provide a table worker during the game – one working the scoreboard and the other doing the score sheet.
- Teams will shoot two free throws for common fouls when in the “bonus.” Teams will reach the “bonus” once the opponent commits five fouls in each quarter.
- Throw-ins by offensive team will be at one of four designated spots determined by where infraction took place.
- The “All Play” CYO Policy is in place for all sports. Each player must play at least 4 consecutive minutes per half.

Game Regulations:

- The home team is the first team listed on the schedule and will provide the game ball.
- Immediately prior to the start of the game, team captains and coaches will meet for a pre-game conference with game officials regarding sportsmanship and expectations.
- Both teams and coaches will meet on the court to recite the “CYO” Prayer and pledge of allegiance.
- A Jump ball will take place to award first possession.
- Direction of play for each team will switch from the 1st half going into the 2nd half.
- Clock will stop for free throws at all levels.
- Clock will stop during the last minute of each quarter (**Not applicable during tournament play*).
- When your game is completed and you have shaken your opponents’ hands, please clear the bench area in a timely manner, to allow the next teams to have the bench and start warming up. This will allow us to better stay on schedule.
- **Game Duration and Additional Details:**

Level	Warm-Up	Quarters	Halftime	Overtime	Timeouts
3rd - 4th	5 min	7-min	3 min	N/A	2 full per half
5th - 6th		8-min		2 min	
7th – 8th					Three (3) full / Two (2) :20 per game
High School					

Equipment:

- Teams for 3rd and 4th will use the 27.5” basketball; Teams for 5th, 6th, 7th and 8th, as well as High schoolgirls league will use 28.5” basketball; Teams for high school boys league will use full regulation size basketballs.
- Home team will supply a leather game ball – genuine or composite. Referee must approve the game ball.
- Every player must have a number on the front and back of their jersey. All numbers must be legal jersey numbers and only include 0, 1, 2, 3, 4 or 5 as an individual number or a combination.

- Undershirts must all be matching color with the rest of the team.
- Players must be in matching basketball shorts at the games. Jams, cut-offs, etc. are not allowed.
- All jewelry is PROHIBITED

Diocesan Tournament Entry

- All high school teams wishing to enter the post-season Diocesan Tournament are required to submit a **\$75 entry fee** prior to deadline. In addition, each team is required to submit a **\$200 behavior deposit** that **will be held by CYO for the duration of the tournament.**

Forfeiture of this deposit includes the following:

- Dunking, fighting, negative actions towards officials or the opposing team
- Entering tournament and then missing game or exiting tournament early for reason other than a loss.
- Technical fouls and other behaviors are subject to review; May lead to a partial forfeiture of deposit.

Note:

It is understood that tournament champion and other three teams that compete in the semi-finals will enter the State CYO Tournament. No team should intend to enter the Diocesan Tournament if intention is not to play in the state tournament. Teams who enter the state tournament will have their behavior deposit carried over. The same infractions that may cost a team their deposit in the Diocesan Tournament apply in the State Tournament.

Rules and Regulations

Minors (3rd and 4th)

- No final scores will be recorded, and no league standings will be kept.
- No pressing is allowed. When a team on defense secures possession in the back court (becoming the offense), the other team must fall back behind half court; No turnover can occur during that time.
- Teams must play half-court, man-to-man defense for the entire game; Zones and trapping are not permitted.
- The foul line will be moved in three feet to be at twelve feet from the basket.
- Three-point baskets are not counted; All baskets made from beyond the arc will be counted as two points.

Cadets (5th and 6th)

- Running scores and standings kept for all games. **Standings and Tournaments will return for 5th grade.**
- 5th grade foul shooting may elect to use the twelve-foot marker for free throws if necessary.
- 5th grade teams must play half-court, man-to-man defense but are permitted to press and trap during last two minutes of each half.
- For 6th grade teams, pressing (full court), man-to-man and zone defenses, and trapping are permitted.
- Three-point baskets count whenever the court has a three-point arc painted on the court.

Junior and High School (7th, 8th and High School)

- Pressing (full court), man-to-man and zone defenses, and trapping are permitted.
- Three-point baskets count whenever the court has a three-point arc painted on the court.
- No dunking, attempting to dunk or hanging on the rim is permitted; Will result in ejection from the game.
- * **Diocesan Tournament:** *Full-game, stop-clock for high school tournament games.*

Mercy Rule

- The Mercy Rule is in effect for all Cadet and Junior games ONLY; Does NOT apply in Minors due to there being no score kept; Not in effect for High School as coaches for all teams do not see the need for it.
- A team ahead by 15 points may not full-court press and trapping will not be permitted; No fastbreaks permitted; The tempo of the offense must be slowed down (Subject to Official's Discretion)
- Margins of victory of 15+ are subject to disciplinary actions, including possible suspension.

Misconduct

Players and/or coaches shall be **cautioned** for:

- Persistently infringing upon rules of the game or acting in any unsportsmanlike manner
- Objecting by word of mouth or action to the decisions given by an official
- Coaching outside the team area

Players and/or coaches shall be **assessed a technical foul** for:

- Persistent misconduct or for a second caution
- Intentional fouls with the intent to cause bodily harm
- Exhibiting violent conduct, using foul or abusive language, spitting at others, or removing jersey

A disqualified coach must leave the facility and is prohibited from any contact, direct or indirect, with the team for the rest of the game. A player who receives a technical must sit on the bench under the supervision of the coach. Verbal abuse toward an official during or after the game will result in at least a one game suspension. Physical contact with an official will result in a one-year suspension. Two technical fouls in one season will result in an indefinite suspension, with appeals directed to the CYO Advisory Committee.

Coaches are ultimately responsible for not only their players, but parents as well. If one of your parents is forced to leave the gym due to misconduct, your team will be assessed a technical foul and a meeting will take place between CYO, the coach and their athletic director to determine any additional punishment for the coach and that parent.

Overtime

There will be a two-minute overtime period, one timeout per team, entire period played, and clock stoppage in place for regular season contests (maximum of two overtime periods until the contest is ruled a tie-game). Tournament games will have a four-minutes overtime period with unlimited overtimes until one team advances.