

# **GIRLS and BOYS BASKETBALL**

## **CYO Basketball Rules and Regulations**

**Diocese of Stockton CYO basketball shall be played under the current Basketball Rules as set by the National Federation of the State High School Athletic Association. Unless specified herein, the CYO Rules and Regulations shall govern both Boys' and Girls' games.**

### **GAME**

#### **STARTING DATE OF GAME PRACTICE**

Teams may begin practice as follows:

- Girls' Basketball – First Monday of August
- Boy's Basketball - Last Monday of October

#### **STARTING A GAME**

**If 5 or more Players from each team are on the gym floor at game time, the Officials shall start the game. ALL GAMES BEGIN WITH CYO PRAYER. All Players and Coaches will shake hands prior to the start of the game.**

1. Gym time is limited and Officials will not delay starting a game.
2. If the legal number of 5 Players is not present by the scheduled game time, said team shall forfeit the game. If neither team has a complete team, both shall forfeit.

3. Each team is to appoint a Captain of each game who may address an Official on matters of interpretation or information.
4. Any Player may address an Official to request a time out or permission to leave the court.
5. Each team should appear in uniforms of color that must be numbered.

### **LENGTH OF GAMES**

**All grades shall play running clock with 20 minute halves. There will be up to a 5 minute intermission between halves.**

1. The final 2 minutes of the game (not each half) shall be stop clock play.
2. Stop clock shall be run the last 2 minutes of all games. The exception is when a team leads by 15 points for 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grades and 10 points for 4<sup>th</sup> & 5<sup>th</sup> Grades.
3. The clock stops whenever there is a foul or the ball goes out of bounds. The clock starts when the ball is in-bounded and a Player touches the ball.
4. 4<sup>th</sup> Grade ONLY will have a free throw line of 12 feet that must be clearly marked.
5. During Free Throws **all Players, Coaches and spectators shall remain silent.** A Violation may result in a technical foul.
6. During free throws, the clock starts when the ball touches a Player after the final shot has been released.
7. If the final free throw is made, the clock starts when the ball is in-bounded and a Player touches it.
8. In case of a tie score at the end of regulation, the following method will be used to break the tie for 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> Grade teams:
  - a. Two (2) minute rest period will immediately begin at the end of regulation.
  - b. The overtime period shall be 3 minutes in length.

- c. Play shall be STOP CLOCK.
  - d. The overtime period will begin with a jump ball.
  - e. Each team shall be given 1 time out.
  - f. If at the end of this overtime period the score is still tied, then
    - 1). One (1) minute rest period will be followed by a sudden death period.
    - 2). 1 time out shall be given to each team in sudden death.
    - 3). Play will begin by a jump ball.
    - 4). The first team to go ahead by 2 points wins.
9. In the case of a tied 4<sup>th</sup> Grade game, the game remains a tie.

### **GAME PARTICIPATION**

**The game participation rule applies to the first half of play: the first half 5 minute playing period rule shall not be altered in any way for any reason.**

- 1. During the first 20 minute half, 4 playing periods of 5 minutes each will be allotted for all grades.
- 2. During the first half, all team members dressed in uniform shall play one complete 5 minute playing period without substitution, unless injured during play.
- 3. CYO recommends that each Player play an additional 5 minutes in the 2<sup>nd</sup> half for a minimum total of 10 minutes of playing time.
- 4. Failure to comply with this rule will result in forfeiture of the game.
- 5. Each Player entering the game for the first time shall enter at the beginning of a period.
- 6. Players must complete their playing time the first time they enter the game. The only exception will be substitution due to injury or ejection.
- 7. Each Coach shall insert Players at his or her discretion. This insertion is not the time for Coaches to strategize or plan a play or take time out.

8. All new Players must check in at the scorers' table and Players staying in the game must stay on the court.
9. Players being substituted must sit on the bench.
10. All Players must be entered into the Officials score sheet before the start of the game.
11. **If a Player does not play in the first half, s/he cannot play in the second half with one exception: if a Player is hurt or ill, s/he may re-enter the game at anytime.**
12. The end of a playing period shall be administered as an Official's time-out. The team having possession of the ball shall retain possession at the beginning of the next period.
13. The Half Time shall be a 5 minute rest period. The second half will also be a 20 minute period.

### **PRESS RULE**

1. For 4<sup>th</sup> and 5<sup>th</sup> Grade teams, the no press rule is in effect.
2. In a no-press situation the defensive team must drop back into the key area until the team controlling the ball crosses the press line or 5 seconds lapses after the team has crossed half court.
3. The Press Line shall be the top of the key in **all gyms with no exceptions.**
4. The last 2 minutes of 4<sup>th</sup> and 5<sup>th</sup> grade games will have FULL COURT PRESS and will be stop clock with the exception of a team leading by 10 or more points: then the clock runs and the team with the lead cannot press.
5. 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade is Full Court Press for the entire game.
  - a. No pressing with leads of 15 or more.
  - b. Defense must fall below the key until the offense crosses half court or 5 seconds lapse...
  - c. No stop clock in the last 2 minutes if the lead is more than 15 points.