

Section Six – BASKETBALL RULES

RULE I - Interpretations

1. All games shall be played in accordance with rules and interpretations adopted by the National Federation of State High School Associations.
2. Exceptions to the rules (and supplemental interpretations) may be made at the discretion of CYO Athletics.
3. Interpretations approved by CYO Athletics will be made available, upon request, by the CYO Athletics Office.
4. Specific revisions to the rules are contained in the special rules following herein.

RULE II – Length of Games

1. In all 3rd, 4th, 5th, and 6th grade games, the quarters shall be six (6) minutes with a one (1) minute intermission between quarters and a five (5) minute intermission at half time.
2. In all 7th and 8th grade games, the quarters shall be seven (7) minutes with a one (1) minute intermission between quarters and a five (5) minute intermission at half time.
3. In the event of a tie score at the end of the regulation game, the following method will be used to break the tie:
 - a. A two (2) minute intermission will precede the first overtime period of three (3) minutes (“stop time”).
 - b. If, at the end of the first overtime period, the score is still tied, a two (2) minute intermission will be followed by a “sudden end” period in which the first team to score two (2) points wins — unless free-throw shooting results in the score remaining tied, in which case one (1) more point wins. The clock will not run in the “sudden end” period.
 - c. EXCEPTION: In all 3rd, 4th and 5th grade league games, this “sudden end” period shall be three (3) minutes (“stop time”), during which scoring two (2) points (as stated in part b. above) wins immediately. Otherwise, scoring one point wins when the period ends, unless each team scores one point (or neither team scores), in which case the game is declared a tie when said period ends. Does not apply to playoffs.
 - d. EXCEPTION: In all 8th grade playoff and finals games there shall be no “sudden end” overtime. As many as three (3) minute overtimes (as stated in part a. above) as necessary will be played.
4. The timing of all CYO basketball games is as follows:
 - a. “Running Time” (clock keeps running)
 - 1) On all violations
 - 2) On all jump balls where alternating possession applies
 - b. “Stop Time” (clock is stopped and started according to Rules)

- 1) On all fouls and on all tossed jump balls
- 2) Whenever there is an official's or a team's timeout
- 3) Whenever a substitute is allowed to enter
- 4) Whenever an official declares an unusual delay
- 5) In the last ten (10) seconds of the first three quarters
- 6) In the last two (2) minutes of the fourth quarter
- 7) The entire length of any overtime period in which the clock is run

RULE III - Starting Game

1. Game time shall be the time specified on the official CYO Basketball schedule unless a preceding game causes delay. In this case, game time, shall be exactly five (5) minutes after the end of the preceding game. Five minutes before game time, the clock should be set at 5 minutes (5:00) and started.
2. If five (5) or more players from each team are present at game time, the official(s) will start the game. Coaches are cautioned that gym time is limited, and officials will not delay starting the game when five (5) players from each team are present.

All players must check in at the scorers table at the beginning of each quarter and when substituting. Penalty for not checking in at the beginning of the quarter will result in a timeout for that particular team or both teams if both have not complied. This timeout may only be used for the players to check in. The official's will then begin the game.

3. If the legal number of squad members – five (5) – are NOT PRESENT by game time, the referee will forfeit the game. If neither team has a complete team, both will forfeit. A team may not begin the game with an obviously injured player in order to avoid forfeiture. In such event, the game shall not be played, or, if started, it shall be stopped, and the circumstances shall be immediately reported to CYO Athletics.
4. If an assigned official fails to appear by game time, the game may be officially played only if an “approved CYO official” is secured to call the game.
NOTE (1): What is an “approved CYO official” is at the discretion of the CYO Basketball Committee
NOTE (2): “Approved CYO official” for each and every eighth (8th) grade game means that an adult (out of high school) official **MUST** be working. Otherwise, it is not a legally played game.
5. An assigned official may start the game before game time if both coaches agree. However, under no condition should a game begin more than 15 minutes prior to game time.
6. It is approved policy that switching referees during a game shall not be done after the first quarter unless authorized by the gym director.

RULE IV - Equipment

1. In all girls' games, and in all 3rd, 4th, 5th, and 6th grade boys' games, the National Federation's approved "girls' competition" ball (28.5 to 29 inches around) may be used.
2. In all 7th and 8th grade boys' games, the National Federation's approved "boys' competition" ball (29.5 to 30 inches around) shall be used.
3. The referee, at his/her sole discretion, shall select the game ball.
4. If, in any CYO game, the wrong ball is used, either by error or by necessity, the game shall be considered to have been legally played.
5. Squad members may not warm-up or become players unless they wear gym shoes (tennis shoes).
6. Prior to game time, each team must appear with at least five (5) uppers of uniform color, and each upper must be numbered. The game may not be played if there are less than five players with matching uniform tops.
7. All other matters regarding uniforms are at the sole discretion of the referee (e.g., whether the uniform shirt must be tucked inside the pants; what undershirts may be worn; what under shorts may be worn; which team must change uppers; if deemed necessary, etc.), and both teams **MUST** comply with the referee's instructions, or the game shall not be played. NOTE: refusal to cooperate is grounds for forfeiture by the Basketball Committee.

RULE V - Participation Rules

All teams with ten (10) or less players must have each squad member play one full/complete quarter in each half of the game regardless of how many players there are on the other team. All players are entitled to the same amount of playing time.

NOTE: A full complete quarter is from the start of the quarter to the end of the same quarter, not half of one quarter and half of another quarter.

In all basketball games the following special participation rules shall apply:

1. If either team has only five (5) squad members, there are no special restrictions on substitutions.
2. If either team has only six (6) squad members:
 - a. One (1) squad member cannot play in the first and third quarter.
 - b. The squad member who could not play in the first quarter must play the entire second quarter. The squad member who could not play in the third quarter must play the entire fourth quarter.
3. If either team has only seven (7) squad members:
 - a. Two (2) squad members cannot play in the first and third quarter.

- b. The two (2) squad members who could not play in the first quarter must play the entire second quarter. The two (2) squad members who could not play in the third quarter must play the entire fourth quarter.
4. If either team has only eight (8) squad members:
 - a. Three (3) squad members cannot play in the first and third quarter.
 - b. The three (3) squad members who could not play in the first quarter must play the entire second quarter. The three (3) squad members who could not play in the third quarter must play the entire fourth quarter.
 5. If either team has only nine (9) squad members:
 - a. Four (4) squad members cannot play in the first and third quarter.
 - b. The four (4) squad members who could not play in the first quarter must play the entire second quarter. The four (4) squad members who could not play in the third quarter must play the entire fourth quarter.
 6. If either team has only ten (10) squad members:
 - a. Five (5) squad members cannot play in the first and third quarter.
 - b. The five (5) squad members who could not play in the first quarter must play the entire second quarter. The five (5) squad members who could not play in the third quarter must play the entire fourth quarter.
 7. If a team has eleven (11) to fifteen (15) squad members:

Each squad member who could not participate in the first and second quarters must play the entire third quarter. These players are also eligible to play in the fourth quarter. The players who participated in a full quarter during the first half of the game as well as the full third quarter may not play in the fourth quarter. In order to allow all remaining players playing time, the remaining players may be substituted in and out of the fourth quarter.
 8. If a team has sixteen (16) to twenty (20) squad members:

Each squad member who could not participate in the first, second and third quarters must play the entire fourth quarter. Late arriving players must be included in the Participation Rules. The Participation Rule is not based on the number of players present at the start of the game. The Participation Rule is to give all players the opportunity to participate.

All Grades: There will be free substitution in all overtime periods.

9. An exception to these rules shall be made if any player is injured or disqualified, or the referee advises the coach regarding a player's emotional conduct, and the coach desires to make a substitution. The substitute must be a player who has not yet participated in the game. If such a substitute is not available, any player may substitute and the opposing team shall then have the same privilege of making an additional substitution. Any player who substitutes for the injured or disqualified player who had not previously participated in the game, must still play one full quarter from beginning to end.

10. For inadvertent violation of these rules, proper correction will be made when the violation is recognized, and the offending team shall be assessed one (1) technical foul, which shall not be considered to be unsportsmanlike.
11. For willful violation of these rules, a flagrant technical foul shall be called, and the offending player or players shall be disqualified.
12. In any game where there has been willful violation of these rules, the referee shall notify the CYO Athletics Office, and the coach shall be subject to discipline under of the CYO "General Rules and Conduct."
13. Before the game begins, a coach may notify the other team's coach and the referee that a squad member is not playing in the game and, if asked why, state the reason. Once given, such notice is irrevocable.

RULE VI - Pressing Rules

1. Full Court Press

A full court press takes place when the offensive team secures control of the ball (including a throw in) in its backcourt, and the defensive team guards either in a zone or man to man defense, one or more players of the offensive team in either the backcourt or mid-court areas.

2. Half Court Press

A half court press takes place when the offensive team secures control of the ball (including a throw-in) in their mid-court, and the defensive team guards, either in a zone or man to man defense, one or more players of the offensive team in either the backcourt or mid-court areas.

3. No Press

No press means that once the offensive team has secured control of the ball (including a throw-in), the defensive players must immediately retreat behind **the offensive teams, 10 ft line (of the volleyball court)** and play defense in the forecourt only. The forecourt is that portion of the front court extending from the mid-court line to the end-line.

4. All Grade Levels

In all league or playoff games, "no press" shall be in effect upon the defensive team when they are leading by ten (10) or more points.

In all third (3rd) and fourth (4th) grade league and play-off games, "no press," regardless of the score, shall be in effect for the defensive team during the first half.

5. Exceptions

- a. Once no press takes place, defensive players cannot guard until they have retreated behind the mid-court line. However, if a defensive player, while retreating, touches or secures control of the ball in a non-guarding situation, such play shall be legal.

- b. If the offensive team fumbles or makes a bad pass, the defense may go after the loose ball, but no press is resumed immediately when the offensive team regains player control.

6. Penalties

- a. If violation of these rules, in the judgment of an official, is unintentional, and no unfair advantage is gained, there shall be no penalty.
- b. Otherwise, the penalty shall be violation in all cases.

Exception:

Willful refusal to comply with these rules shall be penalized by an “unsportsmanlike” technical foul.

7. No Pressure Rules

- a. No pressure means a team cannot apply any pressure in the backcourt once their opponents have secured control.
- b. Once the ball crosses the division (half-court) line, pressure may be applied. NOTE: No half-court press will be allowed to extend any closer than the **10 ft line (of the volleyball court)** prior to the crossing of half-court by the offensive player in control of the ball. Once the ball crosses half-court, pressure may be applied at any point.
- c. For any improper advantage or gaining control, such as undue pressure, securing a jump ball or gaining control of the ball, an official shall call a violation and award ball out of bounds.
- d. The no press provisions of parts 1 through 6 herein shall apply to a team leading by ten (10) or more points.
- e. Whenever the no pressure rule is in effect, it shall be unsportsmanlike conduct to request a timeout in order to consume time (stall). Penalty for this tactic shall be an unsportsmanlike technical foul.
- f. No Pressure rules shall apply to all league and playoff games, as follows:
 - 1) 3rd and 4th grade teams:
During the second half of any game (“No Press” is in effect during the first half) AND also during any overtime and sudden death period EXCEPT in the last sixty (60) seconds of the fourth (4th) quarter and the last sixty (60) seconds of any timed overtime period.
 - 2) 5th grade teams:
During the first 3 quarters, but not thereafter, 5th grade teams may full-court press during the 4th quarter and any overtime periods.
 - 3) 6th grade teams:
During the first half of any game, but not thereafter.
- g. No Pressure rules do not apply to all 7th and 8th grade teams.

RULE VII - Points of Emphasis

1. “Held Ball” Rules

- a. All CYO Basketball games shall be played in accordance with National Federation “Alternating Possession” procedures for starting periods and jump ball situations.
- b. A jump ball between any 2 opponents at the center circle will be used to start the game and each extra period and will be administered by the referee. The

- team that does not gain control of the ball at the start of the game or each extra period starts the alternating possession procedure.
- c. Technical fouls before the jump, violations and fouls during the jump or possession after the jump causes a team to gain control. After the tap, the alternating procedure is established if a non-jumper causes the ball to go out of bounds before securing possession.
 - d. The scorer is responsible for recording the alternating process and will display an arrow or other device which indicates possession and/or direction of throw-in. The device should be set for the next possession only after the throw-in is completed and will indicate the direction of the throw-in. The referee is responsible for meeting with the scorer at the end of the first half and for having the arrow pointed in the proper direction for the start of the third quarter.
 - e. The officials should notify the coaches prior to the start of play in the third quarter as to which team has possession and the direction of play. The arrow will have to be pointed in the opposite direction from what it was as the teams change baskets at halftime.
2. 3-Point Goal
- a. The “3-point Goal,” as specified by National Federation Rules, shall apply to all 6th, 7th, and 8th grade CYO basketball games.
 - b. In the 6th, 7th, and 8th grade games, all games must be played with the 3-point rules and only in gyms with the 3-point goal lines properly striped.
 - c. It is strongly recommended that when CYO gyms are re-striped, the National Federation 3-point goal line should be added.
3. Resuming Play After a Time-Out
- a. CYO Basketball games shall not be played in accordance with National Federation Rules for resuming play when there is delay after a time-out or intermission.
 - b. An official, at their discretion, shall notify both teams to resume, and play shall continue when both are ready.
 - c. Delay of game, if judged unsportsmanlike, may be penalized with a technical foul. Otherwise, there is no penalty for any situation.
 - d. An official is authorized to interrupt a team’s conference if necessary in order to get players back on the court.
4. Scorebooks/Lists of Squad Members/Non-Participants
- a. Each team will maintain its own scorebook, listing therein the first and last names of all of its squad members, whether present or not.
 - b. Squad members whose names are not listed in their own team’s scorebook before the start of the game are allowed to play.
 - c. Penalty for violation of part b. is a technical foul which shall be assessed at the time the violation takes place or is discovered while the violator is playing. This penalty is assessed only once, regardless of the number of violations.
 - d. **The referee shall not start the game until the scorers have exchanged lineups. All first and last names and numbers must be in both scorebooks.**
 - e. If a team fails to provide a scorebook or score sheet prior to game time, it shall be assessed a technical foul, and its squad numbers must then be listed in the other team’s scorebook.

- f. The scorebooks are subject to examination by the officials, and they must be kept available, because they may be called in for informational purposes by the CYO Athletics Office or by the Basketball Committee at any time.
5. Coaches and Team Captains/Officials and Charged Time-Outs
 - a. Each team MUST have a coach who shall be responsible for the team, and a captain who may address an official on matters of interpretation or for information.
 - b. Any player and/or coach may address an official to request a time-out. Each team is entitled to 5 charged timeouts during a regulation game, and 1 additional timeout for each overtime.
 - 1) An official, at his/her discretion, may call an official's time-out to allow for equipment repair or adjustment and/or to tie a shoelace.
 - 2) An injured or possibly injured player must be removed until the next opportunity to substitute if the coach or other bench personnel is beckoned and/or comes onto the court to check him/her. No time-out is charged.
 - 3) An official, at his/her discretion, may call an official's timeout to determine and decide upon any matter within the official's jurisdiction.
 - NOTE: In the above situations, an official can either take an official's time-out or require a charged time-out in accord with National Federation Rules.
 - c. The officials may, at their discretion, discuss any question relating to game administration directly with the coach instead of the captain.
 - d. Each team shall have a head coach and, if desired, no more than one (1) assistant coach sitting on its bench.
 - e. Violation of the National Federation Bench Decorum Rules, if penalized, shall not be deemed unsportsmanlike unless the referee decides the infraction involved an attempt to influence, intimidate or show disrespect to an official.
 6. UNSPORTSMANLIKE REFUSAL TO PLAY

If a coach withdraws his/her team from the playing floor prior to the completion of the game, that team FORFEITS that game and is subject to immediate WITHDRAWAL from further league play.

NOTE: A team quitting a game cannot protest the incident(s) which caused it to quit (See Protests)

RULE VIII - Gym Directors – Instructions

1. Keep all information (Gym Sheets, Gym Directory, YBOA Roster, Rule Book, CYO Rules, CYO Schedules, CYO Guidebooks) available.
2. Introduce yourself to the officials.
3. Be available (or have authorized people available) to assist our officials with any difficult problems – particularly spectator misconduct.
4. Whenever an official is not present at game time, you are authorized to secure a substitute official. He/she must be an "approved CYO official," in accord with Basketball Committee instructions.

5. If no one is available in your gym, we recommend you telephone a nearby gym for assistance. Gym directors are authorized to have officials transfer assignments to provide coverage.
6. If an official does not show up for a game, note it on your gym sheet and submit it when you report the scores.
7. Instruct the officials with regard to any special procedures or rules that may apply in your gym. Please designate the team benches (and inform the officials thereof), and give the officials a game ball or let them know if you cannot provide one.
8. Provide a competent timer. At the end of any close game, it is advisable to have an adult available. Be prepared to help the officials with any timing problem at any time.
9. Inform the official's assignor or the CYO Athletics office if you have any objection to any of our officials working in your gym so we can evaluate and resolve the issue.
10. Inform the official's assignor or the CYO Athletics office when the game officials are exemplary and exhibit a strong understanding of CYO philosophy and rules so it can be included in the official's evaluation.
11. Report all results—including scores--online on the CYO website <http://athletics.ccyo.org> or by calling (415) 972-1228.