

Diocese of Cleveland CYO Grade School Basketball

Giving the Very Best of Yourself!

Rules
2025-2026





Table of Contents

SECTION 1	GENERAL RULES	PAGES 3-8
	A. OFFICIAL TEAM	PAGE 3
	B. OFFICIALS	PAGE 3
	C. INCLEMENT WEATHER	PAGE 3
	D. EQUIPMENT AND UNIFORMS	PAGES 3-5
	E. ELECTRONIC DEVICES	PAGE 5
	F. PRACTICE AND COACHING GUIDELINE	PAGE 5
	G. PRE-CONTEST COACHES RESPONSIBILITIES	PAGE 5
	H. GAME AND TIME LIMITATIONS	PAGE 6
SECTION 2	PARTICIPATION	PAGES 6-7
SECTION 3	GUEST PLAYER RULES	PAGES 7
SECTION 4	GENERAL CLOCK RULES/TEAM FOULS	PAGE 7-8
SECTION 5	15 POINT LEAD RULES	PAGES 8
SECTION 6	NFHS 2025-26 RULE CHANGES & POINTS OF EMPHASIS	PAGES 8-9
SECTION 7	CAUTION AND DISQUALIFICATION	PAGE 10
SECTION 7	COMPETITION RULES	PAGES 11-16
	7 TH & 8 TH GRADE COMPETITION RULES	PAGE 11
	6 TH GRADE COMPETITION RULES	PAGE 12
	5 TH GRADE COMPETITION RULES	PAGES 13-14
	4 TH & 3 RD GRADE COMPETITION RULES	PAGES 15-16



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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 Athletic Staff may authorize changes. **These rules are subject to change based upon environmental changes.**

Items in a yellow banner indicate changes from the 2024-2025 CYO rules.

A rule modification is a modification to a playing rule from OHSAA/NFHS of the sport and is a requirement to adhere to and follow.

SECTION 1 – GENERAL RULES

A. Official Team

1. 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 Member Athletic Director, Member Administrator, and CYO Administration.
2. Boys and girls in grade 3-8 and meet the age requirement as identified in Bylaw 3 are eligible for the program. **Second graders are not eligible.**
3. **Neighborhood children must be approved by the CYO Administration BEFORE they begin to practice or be rostered on a team.**
4. 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 10. This also applies to CYO Sanctioned Events.
5. CYO encourages teams with more than 14 players to form two teams.
6. A partial roster or combined roster cannot be entered into any tournament or sanctioned event. A roster or team cannot be split to form two (2) teams at any time.
7. A girl cannot be rostered on a boys' team; a boy cannot be rostered on a girls' team.
8. In all divisions, four (4) players must start the game. Once a game begins, a team will forfeit the game when the team is reduced to one (1) eligible player.

B. Officials

1. Officials that are certified and registered with the Diocese of Cleveland CYO are assigned to each game.
2. Officials have the power to warn or disqualify from the competition anyone who commits acts, which intend to influence their decisions.
3. Officials have the authority to call or suspend a game if conditions warrant.
4. One (1) or two (2) officials will be assigned to each regular season game. Three (3) officials may be assigned for sanctioned events and playoff tournaments.
5. The head coach and the team captain are the only persons that can speak to the officials during or after the game.

C. Inclement Weather

1. 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 are canceled due to inclement weather.
2. Announcements related to the status of competitions will be posted on the main page of the schedule website, telephone announcement lines, Twitter, Instagram (@CYOSportsDOC) and media if needed.
3. Contests that are suspended because of inclement weather or other conditions and unable to resume within a reasonable time at the same site, will be canceled and not rescheduled unless deemed necessary by the CYO Administration.

D. Weather Statement

1. Weather conditions are continuously monitored by CYO staff and weather professionals.
2. Weather delays or cancelation decisions will be made ONLY BY CYO STAFF and communicated promptly.
3. Official contest delays or cancellations re weather is available on the scheduling page of the CYO website.

E. Equipment & Uniforms

1. Uniforms and Apparel
 - a. All players are required to wear member issued uniforms.

- b. Players must wear matching uniforms including shirts and shorts.
- c. NFHS 3-4-5: Requires uniform bottoms on teammates to be like-colored while allowing different styles of uniform bottoms among teammates.
- d. Team jerseys
 - i. Must include the player's number, which will be at least 6 inches on the back and at least 4 inches on the front. Numbers on the jersey are MANDATORY.
 - ii. 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.
 - iii. The NFHS requirement of the home team wearing a white jersey does not apply to CYO competitions.
 - iv. All players must have the CYO Emblem on their uniform either sewn or stenciled.
 - v. When two teams have the same color of uniform, a coin flip by the officials determine which team wears the pinnies. The home team, as listed on the schedule, will call the flip.
 - vi. A player's team jersey designed to be worn inside the shorts shall be tucked inside the shorts.
 - vii. Contrasting numbers No more than three colors may be used in the numbers. The style must be clearly visible and conform to one of the following:
 - (a) A solid contrasting color with no more than two solid color ¼-inch borders around the entire number. If a team color is used as a border, it must be counted as one of the allowed colors.
 - (b) A solid contrasting color with a "shadow" trim of a contrasting color on part of the number not to exceed ½ inch in width and may be used with one ¼-inch border.
- 2. Undergarments
 - a. If undergarments such as T-shirts or compression shorts are worn under the uniform, they must be the same color for all players wearing an undergarment. T-shirts may be long sleeve according to NFHS rules regarding t-shirts.
 - b. Undershirts shall be hemmed with no frayed or ragged edges.
 - c. Arm sleeves, knee sleeves, lower leg sleeves and tights are permissible and must comply with NFHS guidelines. Each item shall be white, black, beige, or a single school color. I.e.; if one player wears white tights, everyone else who wears tights must wear white.
 - i. Anything worn on the arm and/or leg is a sleeve, except a knee brace, and must meet the color restrictions. A brace is defined as anything that contains hinges and/or straps or an opening over the kneecap.
 - ii. The sleeves/tights shall be black, white, beige or the predominant color of the uniform and the same color sleeves/tights shall be worn by all teammates.
 - iii. One visible manufacturer's logo/trademark/reference or parish/school logo is permitted on wristbands, headbands, compression shorts and/or arm and leg compression sleeves. The size of the logo shall be limited to 2-1/4 square inches and shall not exceed 2-1/4 inches in any dimension on any item.
- 3. Shorts are to be worn above the hip.
- 4. Shoes
 - a. Players are not allowed on the playing floor unless they are wearing appropriate non-marking sole shoes.
 - b. Players must carry their game shoes to the game sites.
- 5. Guards, casts, braces, and compression sleeves can be worn for medical reasons but must comply with NFHS guidelines. Mouthpieces are recommended.
- 6. Braces, casts, splints, etc. are NEVER PERMITTED TO BE WORN on the elbow, hand, finger/thumb, wrist or forearm, EVEN if covered with padding. Simply NOT permitted. Even if a physician DID provide a medical note – it is still NOT permitted.
- 7. Headwear and wristbands can be worn. Headbands cannot exceed 3 inches in width. Headbands may not have extensions. If worn, only one wristband can be worn on each wrist and cannot exceed 4 inches in

width. Each item shall be white, black, beige, or a single solid school color for all participants. If one player wears a black headband, all players on the same team must wear black.

8. Chains, earrings, other jewelry, glitter, face paint, or other inappropriate items may not be worn during the game. Earrings may not be covered with tape, band-aids or pre-wrap.
9. Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes and Bobbi pins are prohibited. Hair-Control devices are not required to meet color restrictions.
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, the head coach will be assessed a technical foul and the player shall be removed from or not permitted to enter the game until the illegal equipment is removed or made legal.

F. 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 own 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.
 - c. Penalty: The head coach and the individual videotaping is suspended for one game.

G. Practice And Coaching Guideline

1. Practice or any organized team conditioning cannot start prior to the CYO published first day of practice.
2. Practice sessions shall be limited to one (1) session per day not to exceed two (2) hours in duration.
3. Scrimmages - Use of officials is the decision and expense of the teams involved. Teams are permitted to scrimmage only against other CYO registered teams.
4. Practice sessions must be completed by 9:00 PM.

H. Pre-Contest Coaches Responsibilities

1. Coaches must be CYO certified. **1 coach from every 7th and 8th grade team MUST be recertified and on the bench.**
2. CYO Credentials are to be worn round the neck and visible at all times.
 - a. Credentials cannot be given to another coach at any time.
 - b. Coaches who have given their credentials to another coach, even for one game, will have their coaching privileges revoked for one year.
 - c. If a coach has lost or forgotten their credential, may inform the Site Director and show proof of certification with a photo ID and either the photo of the credential or the coach's name on the certification list.
3. Coaches may be the head coach of two teams but no special scheduling requests are given when a coach is coaching more than one team.
4. Coaches are responsible for the supervision of their team and spectators before, during and after the game.
5. At each game and practice, coaches are to have in their possession: an official team roster, a copy of each athlete's Pre-participation Form and Emergency Medical Authorization Form and a first aid kit.
6. A pre-game conference will be held between the officials & head coach and captains.
7. Bench personnel is limited to the players listed on the eligibility roster and no more than three (3) non-players. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed in the team bench area.

I. Game & Time Limitation

1. No team or player is permitted to participate in more than the following number of sanctioned event tournaments and competitions in a season.
 - a. 8th, 7th & 6th Grade - Three (3)
 - b. 5th, 4th & 3rd Grade – Two (2)
2. On Monday through Friday, no team or player may play in more than one (1) game per day.
3. **On Saturday, Sunday and during the week between Christmas and New Year, a team/player is permitted to play a maximum of two (2) games per day.**
4. **There must be a minimum of three (3) hours for 3rd-6th grade between the scheduled start time of the first game and the scheduled start time of the second game; 2 hours for 7th & 8th grade between the scheduled start time of the first game and the scheduled start time of the second game.**
5. No team or player may play more than four (4) games per week. The week runs Sunday through Saturday.
6. Events on Sunday cannot begin until 1:00 PM.
7. Events cannot start after 8:00 PM, except during Christmas vacation when events cannot start after 9:00 PM.

SECTION 2 - PARTICIPATION

- A. Each player must be treated with dignity regardless of his or her ability.
- B. With consultation with the Member Administrator and Member Athletic Director, each member may permit a player in grades 3-8 to participate in other non-CYO basketball leagues like recreation and community leagues. Families may choose to participate in other leagues for other sports (ie. flag football, indoor soccer, lacrosse).
- C. A player in grades 7-8 may not participate on rosters governed by the OHSAA. For example, they may not play on their public school team as well as on a CYO team. This is for purposes of OHSAA eligibility.
- D. 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 Site Director before the game begins.
- E. All Coaches are responsible to ensure that each member of the team must complete their player participation by the end of the game. Penalties are listed under H of violation of participation rules.
- F. Participation is modifiable due to accumulation of personal fouls in the first half only.
 1. A player may only be substituted within/during their segment of play if the player received 3 or more fouls during the first half only
 2. The player who substitutes does not receive credit for their participation segment.
 - a. They must still play the mandatory minimum participation segments as stated in the rules.
 3. Example: When player #4 receives their third personal foul in their first segment of the game, the coach may now enter a substitute for #4.
 4. Players may also be removed from the game during their segment, at the discretion of the game official, due to an injury or technical foul.
- G. All players listed on the eligibility roster are to meet the participation requirements during every competition they are eligible to participate in.
- H. 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 after the third quarter, the officials will administer a technical foul.
 2. For violations discovered after the game, the Site Director will contact the CYO Athletic Office with the details and documentation of the violation. 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.
 3. All violations of the participation rules are to be communicated to the Athletic Office by the Site Director by the morning following the infraction.
 4. Additional penalties may be imposed.
- I. 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.

SECTION 3 - GUEST PLAYER RULES

- A. The coach needs the approval of their Athletic Director prior to the game to invite a Guest Player. If a team has fewer than 7 athletes at a game, a guest player may be moved from the member's other CYO basketball teams to fill the positions at the start of a game under the following restrictions:
 1. The athlete meets the age/grade restrictions of the team they will assist.
 2. The guest player is reported by means of the button on the Basketball page of www.ccdocle.org/cyo before the game in which they will be used. It is recommended that this be done by the Member Athletic Director and according to Bylaw 5-3-2-C-6 are reported on the day of the game.
 3. The same individual may be invited as a guest player for no more than two (2) games during the season with any team. Once an individual is a guest player twice, they may not be invited by any other team for the remainder of the season.
 4. **The athlete complies with Game and Time limits as outlined in Section 1-I.**
 5. The guest player(s) must meet the minimum participation requirements outlined in the division specific sections.
 6. Guest player movements are to be reported on the basketball scoresheet before the competition begins. **The guest player's name should be listed in numerical order on scoresheet with all other athletes. Mark the line in the Guest Player column or put GP next to their name.**
 7. Guest player playing restrictions - If the guest player is the sixth and/or seventh player on the roster, they cannot start the first segment of the first quarter of the game. Coaches are encouraged not to play guest players more segments than players on the original roster.
 8. A team may use the number of guest players needed to bring their game day roster to total of 7 athletes.
 - a. Example: If a team has 5 players available, they can use 2 guest players.
 - b. Guest players cannot be used if a team has (7) seven players at the game including guest players.
- B. Uniform Requirements
 1. Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.
 2. There are to be NO duplicated uniform numbers (teams should have at least one extra jersey to be borrowed by the guest player for that game).
- C. Guest players cannot be used for sanctioned events or CYO championship competitions.
- D. The Athletic Director must inform their coaches of what their process is to report a GP at their school/parish level.

SECTION 4 - GENERAL CLOCK RULES/TEAM FOULS

- A. Timing Regulations: See Section 7 - Competition Rules
- B. **Time Outs-5th-8th Grade**
 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. Unused time-outs carry over into the second half or extra period.
- C. **Time-Outs 3rd & 4th Grade**
 1. **Two 60-second time-outs permitted in the first half of play. Two 60-second time-outs are permitted in the second half of play.**
 2. **Unused time-outs may not carry over to the next half or into extra periods.**
 3. **Sanctioned Events overtime. One-60-second time-out granted for each extra period. Unused time-outs may not carry over to the next half or into extra periods.**
- D. Clock Stoppages
 1. The clock will stop for timeouts, shooting fouls, injuries and other times as indicated by the officials.
 2. The clock will stop for every whistle during the last minute of the first, second and third quarters, and the last two minutes of the fourth quarter and all extra periods.

3. The clock will stop for substitutions at the end of each segment, but does not stop for substitutions outside of the segment requirements.
4. **The clock does not stop after any basket made in any quarter.**
5. The clock will not stop for whistles or free throws during the second half when a team has a 20-point lead. When the 20-point rule is in effect, the clock will only stop for team timeouts and instances when specifically directed by the game officials. Once the lead falls below 20-points, the clock will stop according to the criteria above.
6. **NFHS Rule 2-5-12** Sound warning signal to announce 15 seconds (maximum) permitted for replacing a disqualified or injured player, or for a player directed to leave the game and signal at the end of the interval.
7. **Team Fouls - 4-8-1:** Eliminates the one-and-one for common fouls beginning with the seventh team foul in the half and establishes the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.

SECTION 5 - 15-POINT LEAD RULES/RUNNING UP THE SCORE

- A. When a team has a 15-point lead:
 1. When a team leads by (15) fifteen points the team ahead may not **fast break**.
 2. The defense must be set below the top of the key line extended the width of the court.
 - a. In the 4th Grade, the winning team is prohibited from playing defense above the three-point arc extended even if the ball is advanced below.
 3. Allow the offense to progress the ball beyond the half-court division line to the top of the key and the midcourt line with no pressure.
 4. The defense cannot position any players along the top of the key line extended to impede or challenge the offense from crossing over the top of the key line extended.
 5. Once the offense initially crosses the ball below the top of the key line extended, the defense is not restricted from playing player-to-player defense or zone defense for the remainder of the possession. **Half-court pressure and trapping are strictly prohibited.**
 6. The 15-point rule cannot be waived for regular season, playoffs, championship games or sanctioned events.
 7. When leading by more than 15 points, eliminating fast breaks, and not shooting 3's, are some ways to better manage the score, also not guarding players and allowing them to set up and shoot at the basket. Half court pressure and trapping are prohibited when you have a lead of 15 points or more.
- B. When a team has a 20-point lead:
 1. During the second half, once the participation requirements have been fulfilled, the clock will not stop for whistles or free throws. When this rule is in effect, the clock will only stop for team timeouts and instances when specifically directed by the game officials. Once the lead falls below 20 points, the clock will stop according to rules of the specific grade level.
- C. Penalty for Violation of the 15-Point Rules
 - a. First Offense - Warning
 - b. Second Offense - Unsportsmanlike conduct penalty on the head coach.
 - c. Third Offense - Unsportsmanlike conduct penalty on the head coach and ejection of the head coach
 - d. Fourth Offense - Forfeit Loss.

Section 6 - NFHS Rules Changes 2025-26

- A. **10-4-4b:** This rule prohibits players from illegally contacting the backboard or ring in ways that create an unfair advantage or interfere with a scoring attempt. This rule is designed to maintain fair play and protect the integrity of scoring opportunities by penalizing actions affecting the outcome of a shot, with a technical foul.
- B. **4-6-1a & b (NEW):** This rule change clarifies and expands the definition of basket interference to include additional actions that unfairly affect the ball while it is in a scoring position. Basket interference now occurs

when a player slaps or strikes the backboard, causing the backboard or basket to vibrate, while the ball is on or within the basket, touching the backboard, or within the cylinder.

- C. 7-5-4: This rule change updates the procedure for determining the designated throw-in spot following a stoppage of play (not due to the ball going out of bounds) in the frontcourt. Instead of relying on an imaginary line, officials now use existing court markings, specifically the three-point line, to determine the location. This change improves accuracy, consistency, and clarity for officials by using visible floor markings rather than imaginary lines, which were often misjudged.
- D. 4-34-1: This rule change updates the definition of a player to clarify that a player is one of the five team members legally on the court at any given time, except during time-outs or intermissions. The change ensures consistency in rule enforcement by recognizing that it is difficult to distinguish between players, substitutes, and bench personnel during time-outs and intermissions. This clarification also supports the accountability of coaches for all team conduct during these periods and helps avoid misapplication of penalties such as technical fouls.

Basketball Points of Emphasis

E. ***Coach on the Floor***

Rule 10-5 delineates the privileges and restrictions for head coaches and bench personnel. **Only the head coach is permitted to stand and provide instructions to players during live ball play.** This communication must be carried out in a professional and sportsmanlike manner. All other personnel, including assistant coaches and team members not actively participating in play, must remain seated except during rule-allowed situations (e.g., during time-outs or spontaneous reactions to exceptional play).

F. **Bench Decorum, Communication, and Player Altercations**

Ongoing concerns have been noted regarding bench decorum, improper communication with officials, and incidents involving player altercations. All team personnel, including coaching staff and bench players, are expected to uphold a standard of sportsmanship through disciplined behavior, clear expectations and structured preparation.

G. ***Bench Decorum and Communication***

Bench decorum remains a significant point of emphasis. Officials are expected to take a proactive role in managing coach and bench behavior, particularly regarding the conduct of head and assistant coaches. Rule 4-48 (Warning for Coach/Team Conduct) should be applied early and consistently to prevent escalation and maintain game control.

Effective communication between coaches and officials should be established prior to the contest and maintained throughout. A professional and respectful tone is expected.

- When reasonable rules-based inquiries are made by coaches (e.g., “Can you watch the screening?”), a simple verbal acknowledgment or nonverbal gesture such as a nod is generally sufficient.
- Rules-based questions—such as, “What did my player do wrong on that illegal screen?”—are appropriate and should receive a clear and informative response. These interactions support the educational purpose of the game. In contrast, rhetorical questions or comments not seeking clarification (e.g., “What’s it going to take to get a foul called?” or “It’s getting rough out there”) do not require a response.

SECTION 7 - 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. Athletes, coaches, parents, and fans who have been ejected, asked to leave, or removed by Officials or CYO personnel must depart immediately. If they refuse to leave the premises immediately, one week is added to their suspension. Their suspension begins the next day, with no option to appeal. There may be additional consequences and disciplinary actions for those individuals as stated below and in Bylaw 10.
- C. Anyone besides the coach or athlete on the team that enters the court or field of play is immediately suspended for one week and may be suspended for a longer time as determined by CYO Administration.
- D. Athletes who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for seven days including sanctioned events. They may not be on the premises of the next CYO scheduled game of any grade and may not attend or participate in any sanctioned event games during the seven-day period.
- E. Coaches who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practice or CYO games for fourteen days including sanctioned events. They may not attend or be on the premises of the next two CYO scheduled games of any grade and may not attend any sanctioned event games during the fourteen-day period.
- F. Parents or fans who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for twenty-one days including sanctioned events. They may not attend or be on the premises of the next three CYO scheduled games of any grade and may not attend any sanctioned event games during the twenty-one-day period.
- G. Athletes, coaches, parents, or fans who are ejected, asked to leave, or removed from an event for a second time are not permitted to attend any competitions for the remainder of the season, including tournaments.
- H. Coaches ejected, asked to leave, or removed from an event for the second time in the same season will immediately surrender their coach's credential to the Site Director or Member Administration.



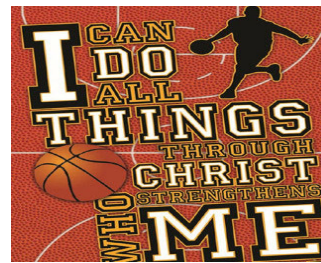
CYO inspires young people to know God, to love God, and to serve God through athletics.

7th & 8th GRADE COMPETITION RULES

A. Ball Size: 28.5 composite or leather ball.

B. Timing Regulations

1. Length of quarters: Eight (8) minutes
2. Overtime: two (2) minutes.
 - a. Overtimes continue until there is a winner.
3. Time between quarters: one (1) minute.
4. Halftime: five (5) minutes



C. Participation

1. A segment is defined as $\frac{1}{2}$ of the length of the quarter – four (4) minutes (4:00)
2. For a team with 10 or fewer players at the game, each player on the team must play a minimum of two segments by the end of the third quarter.
3. For a team with 11 or more players at the game, each player on the team must play a minimum of one segment by the end of the third quarter.
4. A player in grades 7-8 may only be substituted within/during their segment of play:
 - a. If player is injured.
 - b. If player was assessed a technical foul or intentional foul.
 - c. If player is being disqualified from the game.
 - d. If player received 3 or more fouls during the first half only. In the second half, they must finish the segment unless the team has free substitution.
 - e. The player removed from the game will be credited with the full participation of the segment.
 - f. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
5. During the second half of the game, **once ALL of the players on a specific team have fulfilled the minimum participation requirement**, the team will be permitted to make free substitutions for the remainder of the game and all extra periods. **At no time is free substitution permitted in the first half.**

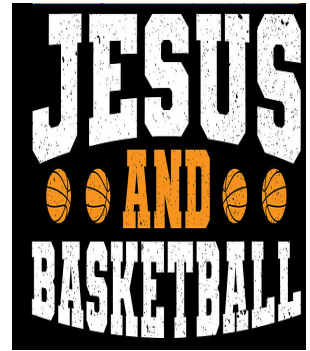
D. Free Throws & Three Point Shots

1. Teams will use the 15-foot free throw line.
2. The number of players permitted on the free throw lane will be limited to six plus the shooter. Four are to be from the defensive team and two plus the shooter from the offensive team.
3. The spot on both sides of the lane, closest to the shooter will be vacant.
4. Players in marked lane spaces may move for the rebound once the ball has been released. The shooter and players not in marked lane spaces shall not enter the lane until the ball touches the rim or backboard.
5. The three-point shot is in effect. Three points will be awarded for a shot taken behind the team's own 19-foot, 9-inch arc as court markings permit.
6. Full-Court Pressure - A full-court press may be applied at any time except when the team has a 15-point lead. See 15 point Rule on pg. 7 & 8.



6th GRADE COMPETITION RULES

- A. Ball Size: 28.5 composite or leather ball.
- B. Timing Regulations
 - 1. Length of quarters: seven (7) minutes Overtime: two (2) minutes.
 - a. Overtimes continue until there is a winner.
 - 2. Time between quarters: one (1) minute.
 - 3. Halftime: five (5) minutes
- C. Participation
 - 1. A segment is defined as $\frac{1}{2}$ of the length of the quarter – three and a half minutes (3:30)
 - 2. For a team with 10 or fewer players at the game, each player on the team must play a minimum of two segments by the end of the third quarter.
 - 3. For a team with 11 or more players at the game, each player on the team must play a minimum of one segment by the end of the third quarter.
 - 4. 6th Grade: each player must sit out at least 1 segment if a team has 7 or more players.
 - 5. A player in grade 6th may only be substituted within/during their segment of play:
 - a. If player is injured.
 - b. If player was assessed a technical foul or intentional foul.
 - c. If player is being disqualified from the game.
 - d. If player received 3 or more fouls during the first half only. In the second half, they must finish the segment unless the team has free substitution.
 - e. The player removed from the game will be credited with the full participation of the segment.
 - f. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
 - 6. During the second half of the game, once ALL of the players on a specific team have fulfilled the minimum participation requirement, the team will be permitted to make free substitutions for the remainder of the game and all extra periods. **At no time is free substitution permitted in the first half.**
- D. Free Throws & Three Point Shots
 - 1. Teams will use the 15-foot free throw line.
 - 2. The number of players permitted on the free throw lane will be limited to six plus the shooter. Four are to be from the defensive team and two plus the shooter from the offensive team.
 - 3. The spot on both sides of the lane, closest to the shooter will be vacant.
 - 4. Players in marked lane spaces may move for the rebound once the ball has been released. The shooter and players not in marked lane spaces shall not enter the lane until the ball touches the rim or backboard.
 - 5. The three-point shot is in effect. Three points will be awarded for a shot taken behind the team's own 19-foot, 9-inch arc as court markings permit.
- E. Full-Court Pressure - A full-court press may be applied at any time except when the team has a 15-point lead. See pg. 7 & 8 15 point rule.



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5th GRADE COMPETITION RULES



- A. Ball Size: 28.5 composite or leather ball.
- B. Timing Regulations
 - 1. Length of quarters: seven (7) minutes
 - 2. Overtime: two (2) minutes.
 - a. There is one overtime.
 - b. There is no second overtime; the game will be a tie.
 - 3. Time between quarters: one (1) minute.
 - 4. Halftime: five (5) minutes
- C. Participation
 - 1. A segment is defined as $\frac{1}{2}$ of the length of the quarter – three and a half minutes (3:30)
 - 2. For a team with 10 or fewer players at the game, each player on the team must play a minimum of three segments by the end of the 3rd quarter. Each player must play at least one segment in each half.
 - 3. For a team with 11 or more players at the game, each player on the team must play a minimum of two segments by the middle of the 4th quarter. Each player must play at least one segment in each half.
 - 4. Players may only be substituted within/during their segment of play:
 - a. If player is injured.
 - b. If player is being assessed with a technical foul or intentional foul.
 - c. If player is being disqualified from the game.
 - d. If player received 3 or more fouls during the first half. In the second half, they must finish the segment unless the team has free substitution.
 - e. The player removed from the game will be credited with full participation of the segment.
 - f. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
 - 5. If a team has seven or more players, each player must sit out at least one segment in each half.
 - 6. During the second half of the game, once ALL players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions for the remainder of the game and all extra periods. **At no time is free substitution permitted in the first half.**
- D. Free Throws and 3 Point Shot
 - 1. Teams will use the 12-foot free throw line.
 - 2. The number of players permitted on the free throw lane will be limited to six plus the shooter. Four are to be from the defensive team and two plus the shooter from the offensive team. The lowest lane space should be below the block.
 - 3. Players in marked lane spaces may move for the rebound once the ball has been released. The shooter and players not in marked lane spaces shall not enter the lane until the ball touches the rim or backboard.
 - 4. The three-point shot is in NOT effect.
- E. Offense
 - 1. The team offense should be designed to develop passing, cutting, give and go, pick and roll and movement away from the ball.
 - 2. The offense should afford each player the opportunity to experience as many positions on the court as possible.
 - 3. Isolation plays are illegal. These are plays designed when an offensive player challenges a defensive player and no other offensive players are involved in the play.
- F. Defense
 - 1. All teams must play player-to-player defense.
 - 2. Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
 - 3. Trapping, double-team crowding or triple teaming, swarming of a player out of the paint is prohibited.

4. Help side defense is permitted.
 5. If an offensive player beats their defender, a teammate may move into position to help until the original defender recovers.
 6. Once the defender recovers, the help player must drop back to their player.
 7. Teams are not permitted to play any type of zone defenses.
 8. Switching, helping out or picking up a loose player on a breakaway, when there is a clear threat to score is good player-to-player defense and is allowed. Players must be within a reasonable distance of their player at all times.
- G. Penalty for Violation of the Player-to-Player Defense
1. First Offense - Warning
 2. Second Offenses - Technical foul for unsportsmanlike conduct 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
- H. Full-Court Pressure
1. A full-court press is only permitted in the last 3.5 minutes (3:30) of the fourth quarter and overtime on any dead ball inbounds pass in the backcourt. If the team is trailing by 15 points, they may use a full-court press at any time.
 - a. Since teams must play a player-to-player defense, when applying full-court pressure, teams must press player to player.
 - b. At times when a full court press is not permitted, the defense must set-up below the top of the key line extended the width of the court. Allow the offense to progress the ball beyond top of the key line extended once the offense initially crosses the ball below the top of the key line extended, the defense is not restricted for the remainder of the possession. Half-court pressure and trapping is strictly prohibited.
 - c. Teams may press during any live ball situation in the backcourt, unless they are up by 15 fifteen points other than an inbounds pass during the entire game. A live ball situation is anytime other than an inbounds pass from and into the backcourt (i.e. rebounds, turnovers, other). Made Basket is a live ball and you may guard player-to-player.



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4th and 3rd GRADE COMPETITION RULES

- A. Ball Size: 27.5 composite or leather ball.
- B. Timing Regulations
 - 1. Length of quarters - six (6) minutes
 - 2. Overtime:
 - a. During regular season games, if the score is tied at the end of regulation, there will be no extra period for grades 3 or 4.
 - b. **There are no overtime periods in regular season games.** A 2-minute overtime may be used in a sanctioned event to determine a winner.
 - 3. Time between quarters: one (1) minute.
 - 4. Halftime: five (5) minutes
- C. Grade Participation
 - 1. A segment is defined as $\frac{1}{2}$ of the length of the quarter (3 minutes).
 - 2. For a team with 10 or fewer players at the game, each member of the team must play a minimum of four segments by the end of the 4th quarter. Each player must play at least one segment in each half.
 - 3. For a team with 11 or more players at the game, each member of the team must play a minimum of three segments by the end of the 4th quarter. Each player must play at least one segment in each half.
 - 4. Players may only be substituted with-in/during their segment of play:
 - a. Because the player is injured.
 - b. Because the player is being assessed with a technical foul or intentional foul.
 - c. Because the player is being disqualified from the game.
 - d. If player received 3 or more fouls during the first half. In the second half, they must finish the segment unless the team has free substitution.
 - e. The player removed from the game will be credited with full participation of the segment.
 - f. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
 - 5. If a team has seven or more players including Guest Players, each player must sit out at least one segment in each half
 - 6. During the second half of the game, once ALL players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions for the remainder of the game and all extra periods. **At no time is free substitution permitted in the first half.**
- D. Free Throws and 3 Point Shot
 - 1. Teams will use the 12-foot free throw line.
 - a. For all 3rd Grade Divisions, the free throw shooter may cross the free throw line with no penalty after the release. However, they may not advance toward the ball for purposes of rebounding.
 - 2. The number of players permitted on the free throw lane will be limited to six plus the shooter. Four are to be from the defensive team and two plus the shooter from the offensive team. The lowest lane space should be below the block.
 - 3. Players in marked lane spaces may move for the rebound once the ball has been released. The shooter and players not in marked lane spaces shall not enter the lane until the ball touches the rim or backboard.
 - 4. The three-point shot IS NOT in effect.
- E. Offense
 - 1. The team offense should be designed to develop passing, cutting, give and go, pick and roll, movement away from the ball, and other fundamental principles of player to player offense.
 - 2. The offense should afford each player the opportunity to experience as many positions on the court as possible.

3. Isolation plays are illegal. These are plays designed when an offensive player challenges a defensive player and no other offensive players are involved in the play. Isolation plays diminish the opportunity for improvement for all players and contradicts the spirit of the rules. This prevents defenders from sagging or crowding an area of the court to gain an advantage.

F. Defense

1. All teams in must play player-to-player defense.
2. Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
3. Trapping, double-team crowding or triple team swarming of a player out of the paint is prohibited.
4. Help side defense is permitted.
5. If an offensive player beats their defender, a teammate may move into position to help until the original defender recovers.
6. Once the defender recovers, the help player must drop back to their player.
7. Teams are not permitted to play any type of zone defenses.
8. Switching, helping out or picking up a loose player on a breakaway, when there is a clear threat to score is good player-to-player defense and is allowed. Players must be within a reasonable distance of their player at all times.

G. Penalty for Violation of the Player-to-Player Defense

1. First Offense - Warning
2. Second Offenses - Technical foul for unsportsmanlike conduct 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.

H. Full-Court Pressure

1. 3rd Grade Division Teams cannot press at any time throughout the game.
2. 4th Grade may press in the last 3 minutes (3:00) of the 4th quarter.
 - a. Since teams must play a player-to-player defense, when applying full-court pressure, teams must press player to player.
3. Normal defense must be positioned below the 3-point arc, extended the width of the court, before pressure on the ball is permitted.
4. Once the offense initially crosses the ball below the 3-point arc extended, the defense is not restricted for the remainder of the possession.
5. Offensive players cannot use the area between mid-court and three-point line extended as a haven to stall. Officials will count to 5 and if no attempt by the player with the ball to start the play by advancing the ball, the official will instruct the defense to "Play ball."
6. When there is a 15-point lead, the winning team is prohibited from playing defense above the three-point arc extended even if the ball is advanced below.



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