HIGH SCHOOL BASKETBALL RULES 2026-2027

The Way We do Things Here

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

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 2026-2027 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. 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 11. This also applies to CYO Sanctioned Events.
   3. CYO encourages teams with more than 14 players to form two teams.
   4. A partial roster or combined roster cannot be entered into any tournament or sanctioned event.
   5. A roster or team cannot be split to form two (2) teams at any time.
   6. In all divisions, four (4) players may start the game. Once a game begins, a team will forfeit the game when the team is reduced to one (1) eligible player.
   7. To participate on a CYO parochial high school team, a player must be enrolled and attend that school in order to participate on that team.

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. 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 person~~s~~ that should 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 as 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. Equipment & Uniforms
   1. Equipment
      a. The court dimensions shall be no greater than 94 feet in length by 50 feet wide.
      b. Backboard, basket size and all other court rules will follow the NFHS requirements.
   2. Uniforms and Apparel
      a. All players are required to wear member issued uniforms.
      b. Players must wear matching uniform tops. Uniform bottoms must be like-colored, but may be multiple styles.
      c. Team jerseys

I. Must include the player's number on front & back, which will be at least 6 inches on the back and at least 4 inches on the front. Legal 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.

3. Undergarments
    a. If undergarments such as 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 but must adhere to color restrictions.
    b. T-shirts worn underneath a jersey must be the same color as the jersey.
    c. Undershirts shall be hemmed with no frayed or ragged edges.
    d. 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 the predominant color of the jersey.
        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. Camouflage pattern is prohibited**,
        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.
        IV. Allows 20 seconds for a player to address any minor blood on the body of the uniform without leaving the game. If the blood cannot be appropriately covered/cleaned within 20 seconds, the head coach may take a time-out to address the issue or substitute for the player.
4. Shorts are to be worn above the hip.
5. 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.
6. Guards, casts, braces, and compression sleeves can be worn for medical reasons but must comply with NFHS guidelines. Mouthpieces are recommended.
7. Braces, casts, splints, etc. are NEVER PERMITTED TO BE WORN on the elbow, hand, finger/thumb, wrist or forearm, EVEN if it were covered with padding. Simply NOT permitted. Even if a physician DID provide a medical note – it is still NOT permitted.
8. 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 predominant color of the jersey for all participants. If one player wears a black headband, all players on the same team must wear black. Same color as described in 1-D-3-d-II. **Camouflage patterns are prohibited, must be one (1) solid color.**

9. 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.
10. Rubber, cloth or elastic bands may be used to control hair. Hair adornments now allow players to wear items such as beads or barrettes provided they are securely fastened to the head and do not present an increased risk to game participants. Rubber, cloth or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes, bobbi pins and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates, opponents are allowed. Hair-Control devices are not required to meet color restrictions. Hair control devices goes around the hair only.
11. 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.
12. After the first week of the regular season, 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.
13. Electronic Devices
    a. Walkie-talkies, cell phones, or any other electronic communication systems are not permitted within the competition area.
    b. Teams are permitted to only videotape their own games.
        I. 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.
        II. 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.

E. **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. 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. Scrimmages - Use of officials is the decision and expense of the teams involved. Teams are permitted to scrimmage only against other CYO registered teams.
5. Practice sessions must be completed by 10:00 PM.

F. **Pre-Contest Coaches Responsibilities**
1. Coaches must be CYO certified.
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 are responsible for the supervision of their team and spectators before, during and after the game.
4. 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.
5. A pre-game conference will be held between the officials & head coach and captains.
6. 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.

G. **Participation**
1. Each player must be treated with dignity regardless of their ability.
2. With consultation with the Member Administrator and Member Athletic Director each member may permit a player to participate in other non-CYO basketball leagues like recreation and community leagues.

3. A player in grades 9-12 may not participate in 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 High School eligibility.
4. 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.
5. All players are to meet the participation requirements.
6. Participation - Grades 9-12
    a. Regardless of the number of players, each member of the team must play a minimum of one uninterrupted segment by the end of the third quarter. A segment is defines as ½ of the length of the quarter.
    b. Players may only be substituted with-in/during their segment of play:
        i. Because the player is injured.
        ii. Because the player being assessed with a technical foul or intentional foul.
        iii. Because of the player being disqualified from the game.
        iv. The player removed from the game will be credited with full participation of the segment.
        v. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
    c. At any time during any quarter of play, once a player on a specific team has fulfilled their minimum participation requirement, that player may be freely substituted. Any player who has not fulfilled their minimum participation requirement may not be substituted for until such requirement is fulfilled.
7. The clock will stop for substitutions at the end of each segment.
8. Late Arriving Players
    I. If a player arrives late at 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.
    II. If a player arrives late at 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.
9. Upon violation of the Participation Rule, the scorer will notify the Game Officials and Site Director, and the following penalty will be assessed:
    a. For violations discovered at the game, the Site Director will contact the CYO Athletic Office with the details and documentation of the violation and 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.
    b. All violations of the participation rules are to be communicated to the Athletic Office by the Site Director and game officials by the morning following the infraction.
    c. Additional penalties may be imposed.

H. **Game & Time Limitation**

1. No team or player is permitted to participate in more than 4 sanctioned event tournaments, and competitions in a season.
2. From 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 is permitted to play a maximum of two (2) games per day. There must be a minimum of three (3) hours between the scheduled start time of the first game and the scheduled start time of the second game.
4. No team or player may play more than four (4) games per week.
5. Events on Sunday cannot begin until 1:00 PM.
6. Events cannot start after 8:00 PM, except during Christmas vacation when events cannot start after 9:00 PM.
7. Practice sessions must be completed by 10:00 PM.

SECTION 2 - GUEST PLAYER RULES

The coach needs the approval of their Athletic Director prior to the game to invite a Guest Player (GP).
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:

A. The athlete meets the age/grade restrictions of the team they will assist and must currently be rostered on a CYO team.
B. The guest player is reported by means of the button on the Coaches Information page of www.ccdocle.org/cyo *before the game* in which they will be used. It is recommended that this by done by the Member Athletic Director and according to Bylaw 5-3-2-C-6 are reported on the day of the game.
C. Guest players cannot be used if a team has (7) seven players at the game including guest players.
D. 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 by any other team for the remainder of the season.
E. The athlete complies with Game and Time limits as outlined in Section 1-H.
F. Guest players **cannot be used for sanctioned events or CYO championship competitions**. The Athletic Director must inform their coaches that the pre-game procedure is to report a GP at their school/parish level.
G. The guest player(s) must meet the minimum participation requirements outlined in the division specific sections.
H. Guest player movements are to be reported on the basketball scoresheet before the competition begins. The guest player's name should be listed after all of the regular team athletes and put "GP" next to their name. 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.
I. 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 play more segments than players on the original roster.
J. 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).

SECTION 3 - GENERAL CLOCK RULES

A. Time-outs
    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 from the second half carry over into extra period.
B. Clock Stoppages
    1. The clock will stop for every whistle the last minute of the first, second and third quarters, and the last two minutes of the fourth quarter and all extra periods.
    2. The clock does not stop for whistles or free throws during 2nd half when a team has a twenty (20)-point lead. 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 twenty (20) points, the clock will stop according to the criteria above.
    3. The clock will stop for timeouts, shooting fouls, injuries and other times as indicated by the officials.
    4. The clock does not stop for substitutions outside of the segment requirements.
    5. **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.

SECTION 4 - 9th-12th GRADE COMPETITION RULES

A. Game Ball
    a. Girls Teams will use 28.5 composite or leather ball.
    b. Boys Teams will use 29.5 composite or leather ball.
B. Regular Season Game Clock
    1. The length of the game shall be four eight (8) minute quarters for all high school divisions. There will be a five-minute rest period at halftime and a one-minute rest between quarters.
    2. Overtime
        a. If the score is tied at the end of regulation period, an extra period/s will be played until a winner is determined.

b. Any extra period will be three (3) minutes for all divisions.

C. The clock will stop for all violations of any extra period.

D. **Free Throws & Three Point Shots**

1. Teams will use the 15-foot free throw line.
2. Beginning with the team's fifth foul in each quarter, two free throws are awarded, regardless of whether or not the first free throw is successful. Team fouls will reset to zero at the end of each quarter. "
3. 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.
4. The spot on both sides of the lane, closest to the shooter will be vacant.
5. 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.
6. 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.

SECTION 5 - Twenty (20 Point Lead)

1. With a 20 point lead, the defense must set-up below the top of the key line circle extended of the defensive end.
2. Allow the offense to progress the ball beyond the top of the circle extended of the defensive end. Frontcourt status is defined as that point when both feet and the ball of the player with the ball have made contact with the floor in the frontcourt.
3. Once the offense initially crosses the ball below the 3 point arc extended, the defense is not restricted for the remainder of the possession.
4. The team ahead by (20) twenty points may not fast break.
5. The twenty (20) point rule cannot be waived for championship games or sanctioned events.
6. Penalty for Violation of the of the Press Rules:
   a. First Offense - Warning
   b. Second Offense - Unsportsmanlike conduct penalty on the head coach and ejection of the head coach
   c. Third Offense - Forfeit Loss.

SECTION 6 - NFHS Rules Changes 2026-27

1. Rule 5-9-5 (NEW): In the last 59.9 seconds of each quarter or extra period, if play is resumed by a throw-in or an unsuccessful free throw, a minimum of three-tenths (.3) of a second must expire on the game clock when the ball is legally touched by a player inbounds.
   a. Rationale: When play is resumed with a throw-in or unsuccessful free throw, a player may not gain control and attempt a try without at least .3 seconds expiring from the game clock. This change aligns with existing provisions related to tap attempts found in Rule 5-2-5.
   b. NOTE: This rule does not apply when the game clock is not capable of displaying tenths of a second.
2. Rule 5-10-2 NOTE (NEW): If the referee determines the game clock malfunctioned, was improperly started or stopped, or failed to run, an official's visible or silent count, or other official information, may be used to correct the timing error.
   a. Rationale: Officials currently utilize visible counts for backcourt violations, closely guarded situations, and three-second violations. This change permits officials to also maintain silent counts that may be used as definite knowledge in correcting timing mistakes under Rule 5-10-1.
3. 6-4-4g: Deleted language regarding an alternating possession throw-in following a warning for faking being fouled after a released try attempt.
   a. Rationale: The provision is no longer necessary due to the 2025-26 interpretation change modifying procedures for addressing faking being fouled situations.
4. 8-6-4a thru d: When both teams are assessed technical fouls during the same dead-ball period and before the ball becomes live:
   a. All technical fouls are considered to have occurred at approximately the same time for offsetting penalty purposes;
   b. All fouls are recorded and penalties identified;

c. If an unequal number of technical fouls are committed, play resumes as though the final single technical foul was the only foul committed; and
d. If penalties cancel for equal technical fouls, play resumes at the point of interruption.
    i. Rationale: This proposal clarifies that all technical fouls occurring during the same dead-ball period are treated as occurring at approximately the same time.

5. 9-2 PENALTY (Section 2):The ball becomes dead when the violation or technical foul occurs. The location of the violation is the original throw-in spot.
    a. Rationale: Prior to designated throw-in spots, all throw-in violations were administered from the original throwin location. Language referencing the original throw-in spot was inadvertently removed following implementation of designated throw-in spots. This change restores that language and clarifies administration procedures.

Basketball Points of Emphasis

A. ***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).

B. **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.

C. ***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.

E. 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 believe 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.

TECHNICAL FOULS AND EJECTION POLICY

A. Receiving two (2) technical fouls results in an automatic player or coach ejection. Ejected players must remain on the bench under the direct supervision of the head coach.
B. If any player receives two (2) or more technicals during the course of the year, this is just cause for removal from the program.
C. Any player that chooses to play on any team other than the team they are rostered on, without following the guest player rule, will be suspended for the reminder of the regular season & tournaments.
D. Ejection of two (2) or more members from the same team during the course of the season is just cause for removal of the entire team for the remainder of the season.
E. A player or coach ejected from the game must fulfill the requirements of Bylaw 10 prior to returning to practice or participation in any games.
F. A player ejected from a competition for any reason must remain with the team and be supervised by a member of the team's coaching staff at the competition site. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.
G. Charter Bylaw 9-1-5 is in effect.

Updated October 2026