

Diocese of Cleveland CYO

3 v 3 Basketball

Giving the Very Best of Yourself!

Rules
2026



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.**

SECTION 1 - GENERAL RULES

A. Official Team

1. Boys and girls in grades 6-8 grade. 5th graders are eligible.
2. Players must be from the parish, school or neighborhood within the parish boundaries.
3. Girls may play in the boys divisions; boys may in the girls division.
4. Game Day Roster: Maximum 5 players
 - a. 3 players on the court - plus two substitutions.

B. Officials - There is one official per game.

C. Equipment & Uniforms

1. Players must wear matching shirts that includes the player's number.
2. Players are not allowed on the playing floor unless they are wearing appropriate non-marking sole shoes.
3. Ball Size: 28.5 composite or leather ball.

D. Pre-Contest Coaches Responsibilities

1. Coaches must be CYO certified.
2. No more than 2 coaches are permitted on the bench.
3. The home team must provide a timer for the game.

SECTION 2 - PARTICIPATION

A. Each player must be treated with dignity regardless of his or her ability.

B. All players must play.

C. Substitutions can only enter after a made basket.

SECTION 3 - GENERAL GAME RULES

A. Game Length

1. Two 10-minute halves.
2. Three minutes between halves.
2. The clock will stop for timeouts, shooting fouls, injuries, and other times as indicated by the officials.

B. Time Outs - Two 1-minute timeouts per game.

C. Scoring - All baskets are either worth 1 or 2 points.

1. Inside the 3-point arc are worth 1-point
2. Outside the 3-point arc are worth 2-point

D. On shooting fouls, teams will be awarded 1 point and will shoot 1 free throw.

E. Scoring limit - 20 points

F. Personal Foul Limit – 5

G. Stalling is prohibited.

SECTION 4 - GAME ENDS

A. Once the 20-minute game clock runs out.

B. Score limit reached.

C. Overtime period. First team to score 2 points wins the game.

SECTION 5 - CHECK BALL

A. Possession of the ball given to either team following any dead ball situation shall start/resume with a check ball.

B. The ball is checked at the Volleyball Attack Line.

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