

# DIOCESE OF CLEVELAND CYO



## Grade School Basketball Rules 2020-2021

Revised: 1/18/2021



CATHOLIC  
CHARITIES  
*Diocese of Cleveland*

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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.**

**Covid-19 Modifications for the 2020 season are presented in this rules set; displayed in a blue banner.**

**Items in a yellow banner indicate changes from the 2019 rule set.**

**Strikethrough items, i.e., ~~New Player~~, are those affected by the Covid modifications and no longer apply.**

*A rule modification is a modification to a playing rule from the governing body 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. **Covid-19 Modification:** In all divisions, five (5) players must start the game. **If a team does not have five players to begin a game, a team may start with four (4).** 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. 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~~ **is** the only persons that should speak to the officials during or after the game.
6. **Covid-19 Modification:** A mask will be required if you have a question for an official **during the contest. If the official sees you not wearing a face covering they will not respond to your question.**

### 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. **Covid-19 Modification:** Personal items cannot be shared; each player must bring their own personal items; containing: water; towels, gym shoes; masks; hand-sanitizer, personal and medical items. All equipment must be sanitized after practices and games.
2. 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.

### 3. Scorer's Table

- a. **Covid-19 Modification:** The host should sanitize the table before the game, end of each quarter, half time and the end of the game.
  - i. Place scorer's table sufficiently away from the sideline to allow for additional space for substitutes.
  - ii. Limit seats at scorer's table to scorer and timer with a recommend distance of 6' between individuals.
  - iii. Game officials will be positioned away from the scorer's table.
  - iv. Scorer and timer must wear a mask at all times.

### 4. Game Ball

- a. 5-8 Grade Game Ball - 28.5 composite or leather ball.
- b. 3-4 Grade Game Ball - 27.5 composite or leather ball.
- c. **Covid-19 Modification:** Each team is to provide their own sanitized warm-up ball.
- d. The home team will provide the game ball.
  - i. The ball is given to Site Director before the game, and not used for warm-ups.
- e. Only athletes will touch the balls. Players will retrieve stray balls.
- f. A sanitized back up ball should be available at the scorer's table.
- g. The host site should ensure that the ball is sanitized during time-outs and between quarters.

### 5. Masks

- a. Athletes: At all times, athletes must wear masks over their nose and mouth when entering and exiting the facility, and when they are not one of the five players on the court. Athletes are encouraged, not required, to wear a mask while playing.
- b. Coaches: At all times, masks must be worn over your nose and mouth.
- c. Any coach or player who removes their mask may be issued an unsportsmanlike technical. +

### 6. Mouth guards: Given this reality, the NFHS SMAC suggests that state associations develop statements instructing athletes to refrain from the removal of mouth guards while on the court.

- a. If mouth guards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouth guard.
- b. A properly fitted mouth guard is not required.

### 7. Uniforms and Apparel

- a. All players are required to wear member issued uniforms.
- b. Athletes and parents are responsible to wash practice and game day attire and disinfect personal equipment after each practice or game.
- c. Players must wear matching uniforms including shirts and shorts.
- 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.

### 8. 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. 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.
9. Shorts are to be worn above the hip.
10. Shoes
- a. Players are not allowed on the playing floor unless he/she is wearing appropriate non-marking sole shoes.
  - b. Players must carry their game shoes to the game sites.
11. Guards, casts, braces, and compression sleeves can be worn for medical reasons but must comply with NFHS guidelines. Mouthpieces are recommended. **Covid-19 Modification: Player braces equipment, etc. should be sanitized after each use/wearing.**
12. **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.**
13. 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.
14. 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.
15. 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.
16. 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.
- a. 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.
17. 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.

#### 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 **ninety minutes** ~~two (2) hours~~ in duration. **No congregating before or after practices/games in common areas: hallways, lobby, locker rooms, gyms etc. Parents, siblings, or guests are not permitted inside the gym during team practices. A female must be in attendance at practices/games for all girl's teams.**
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.** **Covid-19 Modification: Scrimmages may take place only with one other opponent and may begin after Thanksgiving. The opponent must be a team from a CYO member.**
4. Practice sessions must be completed by 9:00 PM.

5. **Covid-19 Modification:** Physical contact at practices/games should be avoided whenever possible; no handshakes or high-fives.

F. **Pre-Contest Coaches Responsibilities**

1. Coaches must be CYO certified.

2. **Covid-19 Modification:** At all times, masks must be worn over your nose and mouth at all games and practices. **Penalty: Any coach without a mask or removes their mask will be issued an unsportsmanlike technical foul.**

3. 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

4. Coaches are responsible for the supervision of their team and spectators before, during and after the game.

**Covid-19 Modification:** When the site has been cleared for a team to enter, each coach will escort their entire team into the venue. Coaches and players must wear a mask over their nose and mouth upon entering and exiting the building.

5. **Covid-19 Modification:** A female must attend at practices/games for all girl's teams.

6. **Covid-19 Modification:** Only two coaches per team with credentials may be in the bench area during games due to physical distancing restrictions.

7. 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.

8. **Covid-19 Modification:** Each team completes the Covid-19 Athlete Monitoring Form before every practice.

9. **Covid-19 Modification:** Each coach will turn in a completed Covid-19 Athlete Monitoring Form by the end of the first quarter.

10. **Covid-19 Modification:** A pre-game conference will be held between the officials & head coach. ~~and captains.~~ All individuals must maintain 6' of physical distance.

11. **Covid-19 Modification:** Team Benches

a. Team benches should be positioned on the opposite side of the spectator area.

b. When not possible, spectators should be separated from team benches by at least 6 feet.

c. Additional chairs or rows may be added to allow bench personnel to observe physical distancing of 6'.

d. Personnel not in the game should be masked at all times.

e. Team Benches should be disinfected/cleaned after each contest.

12. **Covid-19 Modification:** Only 2 coaches with credentials positioned 6' apart are permitted in the bench area.

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.~~

13. **Covid-19 Modification:** Substitutions: Limit contact between players when substituting. Players will sanitize their hands after being substituted for and coming into the game.

a. Substitutes do not report in front of or next to the scorer/timer table.

b. They must kneel down at the side of their bench area 10 ft. from the end of the scorer's table.

G. Participation

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

2. **Covid-19 Modification:** Masks must be worn over your nose and mouth when entering and exiting the building, and when on the bench. Masks are optional for players during play.

3. **Covid-19 Modification:** 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).

4. 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 High School eligibility.

5. 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.
6. Participation is now modifiable due to accumulation of personal fouls in the first half only. 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. However, the player who substitutes in does not receive credit for their participation segment. They must still play the mandatory minimum participation segments as stated in the rules. 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.
7. All players are to meet the participation requirements.
8. Participation – Grades 6-8
  - a. 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. A segment is defined as  $\frac{1}{2}$  of the length of the quarter (3.5 minutes).
  - b. 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. A segment is defined as  $\frac{1}{2}$  of the length of the quarter (3.5 minutes).
  - c. 6<sup>th</sup> Grade: each player must sit out at least 1 segment if a team has 6 or more players.
  - d. A Player may only be substituted within/during their segment of play:
    - i. If player is injured.
    - ii. If player was assessed a technical foul or intentional foul.
    - iii. If player is being disqualified from the game.
    - iv. 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.
    - v. The player removed from the game will be credited with the full participation of the segment.
    - vi. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
  - e. 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.**
9. Participation – 5th Grade Participation
  - a. 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. A segment is defined as  $\frac{1}{2}$  of the length of the quarter (3 minutes). Each player must play at least one segment in each half.
  - b. 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. A segment is defined as  $\frac{1}{2}$  of the length of the quarter (3 minutes). Each player must play at least one segment in each half.
  - c. Players may only be substituted within/during their segment of play:
    - i. If player is injured.
    - ii. If player is being assessed with a technical foul or intentional foul.
    - iii. If player is being disqualified from the game.
    - iv. 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.
    - v. The player removed from the game will be credited with full participation of the segment.
    - vi. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
  - d. 5<sup>th</sup> Grade: Each player must sit out at least one segment in each half if a team has seven or more players.
  - e. 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.**

## 10. 3-4 Grade Participation

- a. 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. A segment is defined as  $\frac{1}{2}$  of the length of the quarter (3 minutes). Each player must play at least one segment in each half.
  - b. 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. A segment is defined as  $\frac{1}{2}$  of the length of the quarter (3 minutes). Each player must play at least one segment in each half.
  - c. Players may only be substituted with-in/during their segment of play:
    - i. Because the player is injured.
    - ii. Because the player is being assessed with a technical foul or intentional foul.
    - iii. Because the player is being disqualified from the game.
    - iv. 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.
    - v. The player removed from the game will be credited with full participation of the segment.
    - vi. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
  - d. Each player must sit out at least one segment in each half if a team has seven or more players.
  - e. 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.**
11. 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 after the third quarter, the officials will administer a technical foul.
  - b. 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.
  - c. 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.
  - d. Additional penalties may be imposed.

## 12. Late Arriving Players

- a. **Covid-10 Modification:** If a player does not arrive by the end of the first quarter, they will not be permitted to participate because of the missed the health assessment at the time when the Athlete Monitoring Form was completed.

## ~~H. Game & Time Limitation~~

- ~~1. No team or player is permitted to participate in more than the following number of sanctioned event tournaments, carnivals and competitions in a season.~~
  - ~~a. 8<sup>th</sup>, 7<sup>th</sup> and 6<sup>th</sup> Grade - Four (4)~~
  - ~~b. 5<sup>th</sup>, 4<sup>th</sup> & 3<sup>rd</sup> Grade - Three (3)~~
- ~~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. 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.~~

## ~~SECTION 2 – GUEST PLAYER RULES~~ Covid-19 Modification: No Guest Players are permitted at any level.

~~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 he/she will assist.~~

- ~~2. The guest player is reported by means of the button on the Coaches Information page of [www.cedocle.org/eyo](http://www.cedocle.org/eyo) before the game in which he/she 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 by any other team for the remainder of the season.~~
- ~~4. The athlete complies with Game and Time limits as outlined in Section 1-H.~~
- ~~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 after all of the regular team athletes and 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 play more segments than players on the original roster.~~
- ~~8. Uniform Requirements~~
  - ~~a. Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.~~
  - ~~b. 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).~~
- ~~9. Guest players cannot be used for sanctioned events or CYO championship competitions.~~

### SECTION 3 – GENERAL CLOCK RULES

#### A. Timing Regulations

1. **Covid-19 Modification:** Length of quarters:
  - a. 3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup> grade - Six minutes
  - b. 6<sup>th</sup> /7<sup>th</sup>/8<sup>th</sup> grade - Seven minutes
2. **Covid-19 Modification:** Overtime
  - a. No Overtime for grades 3-7. Games will be declared at tie.
  - b. 8<sup>th</sup> Grade only: One two-minute over time will be permitted. If the score remains tied at the end of the first overtime, the game will be declared a tie game.
  - ~~c. During regular season games, if the score is tied at the end of regulation, there will be no extra periods for the 3<sup>rd</sup> Grade Divisions.~~
  - ~~d. However, a 2 minute overtime may be used in a sanctioned event to determine a winner.~~
3. Time between quarters shall be one minute
4. Halftime shall be five minutes

#### B. Time Outs for All Divisions

1. **Covid-19 Modification:** ~~Three~~ **Two** 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. Clock Stoppages for 3<sup>rd</sup> – 8<sup>th</sup> grade.

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 will not stop for whistles or free throws during the fourth quarter when a team has a fifteen (15)-point lead. When the fifteen (15)-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 fifteen (15)-points, the clock will stop according to the criteria above.

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.

**D. Covid-19 Modification: Jump Ball:**

1. There will be no jump balls. The home team will get the ball at the beginning of the game then alternating possession will follow, including through any overtime.
2. The alternating possession arrow will then reset by rule when the initial throw-in is complete.
3. To start an overtime period, a coin toss will determine which team is awarded the ball.

**SECTION 4 – 6<sup>th</sup>-8<sup>th</sup> GRADE COMPETITION RULES**

A. REFER TO PARTICIPATION IN SECTION 1-**G**

B. 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.

C. Full Court Pressure

1. 8<sup>th</sup> Grade, 7<sup>th</sup> Grade and 6<sup>th</sup> Grade: A full-court press may be applied at any time except when the team has a fifteen (15)-point lead.
2. When a team has a fifteen (15)-point lead,
  - a. The defense must set-up below the half-court division line extended the width of the court.
  - b. Allow the offense to progress the ball beyond the half-court division line and the dribbler must establish frontcourt status before pressure on the ball is permissible. Frontcourt status is defined as that point when both feet of the player and the ball make contact in the frontcourt.
  - c. The defense cannot position any players along the half-court division line to impede or challenge the offense from crossing over the division line.
  - d. Once the offense initially crosses the ball below the mid-court division line, 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.
  - e. The fifteen (15)-point rule cannot be waived for regular season, playoffs, championship games or sanctioned events.
  - f. Once the participation requirements have been fulfilled, the clock will not stop for whistles or free throws during the fourth quarter when a team has a fifteen (15)-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 fifteen (15)-points, the clock will stop according to rules of the specific grade level. Refer to rules 10-C-2 through 10-C-4.
3. Penalty for Violation of the of the Full Court Press 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 5 – 5<sup>th</sup>, 4<sup>th</sup>, and 3<sup>rd</sup> GRADE COMPETITION RULES**

A. REFER TO PARTICIPATION IN GENERAL RULES

B. Free Throws and 3 Point Shot

1. 5<sup>th</sup>, 4<sup>th</sup> and 3<sup>rd</sup> Grade Teams will use the 12-foot free throw line.

2. For all 3<sup>rd</sup> 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.
  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. ~~The lowest lane space should be below the block.~~
  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 for grade 5; the 3 point shot in grades 3-4 are NOT 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.
- C. 5<sup>th</sup> Grade Full Court Pressure
1. A full-court press is only permitted in the last **3** minutes 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.
  2. A team with a fifteen (15)-point lead is not permitted to apply a full court press at any time during the game and must comply with the following requirements:
    - a. At times when a full court press is not permitted, the defense must set-up below the half-court division line extended the width of the court. Allow the offense to progress the ball beyond the half-court division line and the dribbler must establish frontcourt status before pressure on the ball is permissible. Once the offense initially crosses the ball below the half-court division line, the defense is not restricted for the remainder of the possession. Half-court pressure and trapping is strictly prohibited.
    - b. 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.
    - c. Interpretation: This means that the defense cannot position any players along the half-court division line to impede the offense from crossing over the division line.
    - d. Teams may press during any live ball situation in the backcourt 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).
  3. Once the participation requirements are fulfilled, the clock will not stop for whistles or free throws during the fourth quarter when a team has a fifteen (15)-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 fifteen (15) points, the clock will stop according to rules in Section 3-C.
  4. Penalty for Violation of the of the Full Court Press 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.
- D. Additional 5<sup>th</sup> Grade Division Rules
1. All teams in the 5<sup>th</sup> Grade Division must play player-to-player defense.
  2. Defense
    - a. Trapping, double or triple teaming of a player out of the paint is prohibited.
    - b. Help side defense is permitted.
    - c. If an offensive player beats his/her defender, a teammate may move into position to help until the original defender recovers.
    - d. Once the defender recovers, the help player must drop back to his/her player.
    - e. Teams are not permitted to play any type of zone defenses.
    - f. 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.

3. Offense
  - a. The team offense should be designed to develop passing, cutting, give and go, pick and roll and movement away from the ball.
  - b. The offense should afford each player the opportunity to experience as many positions on the court as possible.
  - c. 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.
4. Penalty for Violation of the Player-to-Player Defense
  - a. First Offense - Warning
  - b. Second Offenses - Technical foul for unsportsmanlike conduct 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.
- E. 4<sup>th</sup> and 3<sup>rd</sup> Grade Full Court Pressure
  1. 3rd Grade Division Teams cannot press at any time throughout the game.
  2. 4<sup>th</sup> Grade may press in the last 3 minutes of the 4<sup>th</sup> quarter and overtimes.
    - 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.
- F. Additional 4th & 3rd Grade Division Rules
  1. Defense
    - a. Trapping, double or triple teaming of a player out of the paint is prohibited.
    - b. Help side defense is permitted.
    - c. If an offensive player beats his/her defender, a teammate may move into position to help until the original defender recovers.
    - d. Once the defender recovers, the help player must drop back to his/her player.
    - e. Teams are not permitted to play any type of zone defenses.
    - f. 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.
  2. Offense
    - a. 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.
    - b. The offense should afford each player the opportunity to experience as many positions on the court as possible.
    - c. 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.
  3. Penalty for Violation of the Player-to-Player Defense
    - a. First Offense – Warning
    - b. Second Offenses - Technical foul for unsportsmanlike conduct 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.

4. **Covid-19 Modification:** Before, during, and after the contest, players, coaches, game officials, officials should wash and sanitize their hands as often as possible.

## SECTION 6 – 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. **HEAD COACH'S RULE NFHS 10-6-Penalty:** To clarify that officials are not required to issue a warning prior to issuing a technical foul. However, they may issue a warning when the offense is judged not to be major.
- C. **FORFEITURE, PROTEST, INTERRUPTED GAME NFHS 5-4-1, 2:** When a coach has been removed, this rule clarifies that if no other coach or school personnel are available, then the game is forfeited.
- D. If a coach receives one technical foul, the coach must remain seated for the remainder of the game.
- 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. Coaches are responsible to supervise their spectators at competitions. **Covid-19 Modification:** Only two spectators per athlete. If one spectator is a child, the child must remain with the adult at all times.
1. At all times, masks must be worn over the nose and mouth.
  2. Spectators who refuse to wear a mask will be escorted from the gym by their head coach.
- H. A spectator ejected from the game must fulfill the requirements of Bylaw 10 prior to returning to practice or participation in any games.



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