



# ARCHDIOCESE OF NEWARK CYO

## BASKETBALL RULES



*(revised 10/19/23)*

New Jersey State Interscholastic Athletic Association (NJSIAA) basketball rules will generally apply except where superseded by this document.

In addition to the Basketball-specific rules here, all guidelines in the Office for Youth and Young Adult Ministry CYO Athletic Handbook apply to CYO Basketball. Be familiar with that document.

Rules are not subject to change or negotiation by any coach, program director, game official, etc. – even if there is agreement among those parties for a particular contest.

League Coordinator, in conjunction with the CYO Office, can modify (or interpret) these rules as seen appropriate at any time before, during or after the sports season.

### **ELIGIBILITY**

Generally, CYO Athletics are available for youth who meet all age and gender qualifications who attend either Archdiocesan grammar schools or Religious Education Programs at an Archdiocesan Parish.

For the complete guidelines on Athlete Eligibility (Section 1), Age and Grade Limitations (Section 2), Gender Guidelines (Section 3) and Program Participation/Eligibility (Section 4), please see the CYO Athletic Handbook.

### **LEAGUE STRUCTURE**

The first level of league structure will be by county. It is intended that there will be separate divisions of play within each of the Bergen, Essex, Hudson and Union counties:

1. Within each county, CYO will offer six levels of play organized by gender and grade – Boys 3rd/4th Grade, Girls 3rd/4th Grade, Boys 5th/6th Grade, Girls 5th/6th Grade, Boys 7th/8th Grade and Girls 7th/8th Grades. There will be no mixed teams of boys and girls. Boys may not play in the girls' divisions and girls may not play in the boys' divisions.
2. There will be no gender/grade division operated in a county if there are less than four (4) committed teams at that level. If a county cannot meet that minimum, the CYO Office will determine the best way to give interested teams the chance to compete.
3. Once the number of interested teams within a gender/grade is established, those teams will be organized by the CYO staff into divisions within that gender/grade designation. Teams will be assigned to a division based on the anticipated competitive strength of the teams. Division names will be American, Liberty, National, Colonial, Patriot, Independence and Freedom... with the American set up as the strongest division. Target number of teams per division and number of regular season games will be set prior to the team commitment process.
4. Determination of an individual team's strength (and division placement) will be made in the following manner. There will be an initial CYO ranking of team strength based on (a) average grade level of rostered players and prior year regular season winning percentage for that program at that

gender/grade level and the lower (younger) gender/grade level. An individual team will be moved up/down based on the team strength assessment provided by its program director.

5. There will be a limit of two (2) teams from any program within a competitive division. If more than two teams are initially assigned to a single division, one or more teams will be moved to the next highest competitive division based on Program Director strength assessment.

## **LEAGUE FEES**

1. The CYO fee for 2023/24 basketball will be \$300 per team.
2. There will be a cost of \$60 per team per game to cover cost of game officials. High school games will be invoiced at \$65 per game.
3. Fees will be invoiced to the programs by the CYO Office with payment expected on receipt. Failure to pay fees on a timely basis may result in the suspension of a team from further play.

## **ROSTERS**

See the CYO Athletic Handbook for general guidelines on Rosters (Section 5). In addition, for Basketball:

1. The minimum number of players on a roster is 7; the maximum is 15. Any exceptions must be discussed and approved by the CYO Office.
2. Coaches must bring a copy of the team roster to the scorer's table before each game.
3. To reduce forfeits and ensure athletes have the chance to play, the CYO allows the limited use of temporary players for a given game. Those temporary players must be on the roster of another CYO basketball team for that program:
  - a) 7<sup>th</sup>/8<sup>th</sup> Grade – Source players from another 7<sup>th</sup>/8<sup>th</sup> grade team or a 5<sup>th</sup>/6<sup>th</sup> grade team. The expectation is that a temporary player should come from the oldest players available – starting with 8<sup>th</sup> graders and working down to 5<sup>th</sup> graders.
  - b) 5<sup>th</sup>/6<sup>th</sup> Grade – Source players from another 5<sup>th</sup>/6<sup>th</sup> grade team or a 3<sup>rd</sup>/4<sup>th</sup> team. The expectation is that a temporary player should come from the oldest players available – starting with 6<sup>th</sup> graders and working down to 3<sup>rd</sup> graders.
  - c) 3<sup>rd</sup>/4<sup>th</sup> Grade – Source players from another 3<sup>rd</sup>/4<sup>th</sup> grade team only.
4. Coach using a temporary player must inform the opposing team coach prior to the start of the game. The use of a temporary player should be clearly noted in the scorebook of both teams.
5. The game will be conducted in a normal fashion. However, the team utilizing a temporary player will automatically receive a loss (not a forfeit) in the contest regardless of the game score. If the team using the temporary player “wins” the contest, the official game score shall be adjusted to reflect a two-point margin for the opposing team. In the event both teams in a contest use temporary players, the outcome and score of the game is dictated by the actual final game score.
6. All players in any game must be on the official roster submitted to the CYO. Use of a non-roster or illegal player will result in a team forfeiting that contest and the coach/program is subject to disciplinary action.

## **COACHING ELIGIBILITY**

The CYO understands the importance of good coaches who act as teachers and role models for our student athletes. See the CYO Athletic Handbook for Coaching Eligibility (Section 9). There are no exceptions to these requirements.

## **TEAM BENCH**

See the CYO Athletic Handbook (Section 7) for guidelines around Team Benches. For Basketball:

1. Each team is permitted to have only four (4) coaches on their team's bench.
2. Only the Head coach is allowed to stand within the coach's box.
3. Assistant coaches must sit at the head of the bench unless they are giving medical care to a player. Assistants must remain on the bench and are not to engage with the officials in any manner.
4. Only coaches and players can be seated on the team bench. A player who is not eligible to play in each game may only sit on the bench if that player's attire clearly indicates non-playing status (e.g., sweatpants or street clothes) and that player's status is documented in the scorebook.

## **OFFICIALS AND SCORETABLE RESPONSIBILITIES**

See the CYO Athletic Handbook (Section 18) for guidelines around Scorekeeping. For Basketball:

1. Game officials/referees are assigned by the CYO League (Assigner) for all games.
2. The home team is responsible for providing a clock/scoreboard operator for the game. Each team should have a scorekeeper seated at the table with the clock operator:
3. Full rosters should be entered for both teams into both scorebooks. However, the present and eligible players for that contest should be identified clearly in the scorebook.
4. While the home team scorebook is the official one for the game, both scorekeepers should periodically compare books for game score, player/team fouls and All Play rule compliance.
5. Scorekeepers and clock operators should be at least of high school age and properly trained in how to perform their respective tasks.
6. Scorekeepers and clock operators are extensions of the officials and must be neutral in performing their tasks. They are prohibited from coaching, instructing and cheering from the scorer's table, and are subject to technical fouls and/or ejection from the game for violations of this rule.
7. The names of the officials should be entered into the scorebook. At the conclusion of the game, at least one official should sign each scorebook to verify the game was completed.
8. The winning team is responsible for reporting game results on a timely basis (within 24 hours of the game) as instructed by the League Coordinator.

## **STANDARDS OF BEHAVIOR**

The CYO Office expects all parties involved in CYO Athletics to participate in a positive manner with an emphasis on sportsmanship and fair play. See the CYO Athletic Handbook (Section 16) for a complete description of Standards of Behavior for Players, Coaches and Spectators – and penalties for not complying.

## **TEAM UNIFORMS**

Refer to the CYO Athletic Handbook (Section 12) for general information on Uniforms. For Basketball:

1. All players on the team roster should have the same (or very similar) uniforms. Appropriate uniforms are a jersey (or t-shirt) and shorts. All players must wear sneakers.
2. Player jersey (or t-shirt) must have a legible number on the back. There is a strong preference that jerseys are numbered on both the back (minimum 6 inches high) and the front and that the uniforms utilize only NJSIAA legal numbers (0-5, 10-15, 20-25, 30-35, 40-45 and 50-55).
3. To distinguish between teams with similar colored jerseys, it is advised for teams to have reversible jerseys (with numbers on both sides). Alternately, teams should have jersey coverings (“pinnies”) available that allow for the official to see the jersey numbers. If possible, the home team should reverse its jersey or utilize jersey coverings when the officials deem this necessary.
4. Jewelry (of any kind) should not be worn. Piercings should be removed. Religious medals can be worn if they are securely taped inside the player jersey. The game official may disallow any uniform, protective covering, etc., that he/she deems is a danger to the player or to others. That includes hard objects in the hair and any soft/hard cast or hard protective brace.

## **GAME SCHEDULES**

Refer to the CYO Athletic Handbook (Section 8) for general guidelines on Schedules. For Basketball:

1. CYO Office (or League Coordinator) will communicate specific dates for the start of the regular season, end of the regular season and the dates for the league playoffs. All teams will honor a 3-day window at the end of the season (per the Calendar) to reserve for any outstanding and relevant make-up games that could not be rescheduled earlier in the season.
2. All counties will conduct a mandatory scheduling meeting. Even in those cases where a centrally developed schedule is necessary, the meeting will serve as a tool for all programs to agree on how to accommodate their specific concerns/parameters around the regular season schedule.
3. County Coordinators will submit all game schedules to the league website. Program Directors must validate their home and away schedules per the league website by the dates provided. Once all schedules are submitted/reviewed, the Schedule will be considered FINAL.
4. With the roster flexibility afforded by temporary players, there will be extremely limited provision for changes (other than weather-related) to the FINAL schedule. All changes to the schedule will be coordinated through the County Basketball Coordinator, who will ensure the change is legitimate, all parties (including officials) are notified, and the master website schedule is updated:
  - a) For weather-related issues, home team will take the lead on agreeing/coordinating the cancellation of a game. County Basketball Coordinator will intervene when two teams cannot agree on a cancellation and has the authority to issue a forfeit when a weather cancellation is not warranted. Home team should work quickly with the County Coordinator and the opposing team to reschedule the game (within three days). There is no rescheduling of games canceled for weather-related issues in the last two weeks of the regular season.
  - b) The only non-weather reasons for a schedule change will be the unavailability of the host site gym or the absolute inability of a team to field the minimum five players due to a scheduled parish/school event. In those rare cases, the initiating team must submit the request to the County Coordinator (including independent documentation of the event causing the conflict). Requests must be submitted on a timely basis – typically, there will

be no requests for changes within 72 hours of the contest. Programs/coaches may not agree schedule changes and there should be no communication of a schedule change prior to specific approval by the County Coordinator.

- c) Even if a change is granted, there may be a financial penalty assessed to the requesting program when the change still requires compensation to the officials for the originally scheduled game.
  - d) If there are extremely extenuating circumstances, the County Basketball Coordinator has the authority to waive the 72-hour window and/or the reschedule fee.
5. Forfeit losses are assessed by the County Basketball Coordinator in the following circumstances:
- a) Team is not ready to play more than 15 minutes past the scheduled game time (subject to any extenuating circumstances).
  - b) Team fails to play a scheduled game where a change request has not been approved.
  - c) Team plays a game using a non-rostered player (except for temporary roster changes).
  - d) Forfeiting team will be assessed a fee (\$120 per game) to compensate officials.

**ALL-PLAY RULE**

See the CYO Athletic Handbook (Section 6) for general information on the All-Play Rule. For Basketball:

- 1. Before each game, coaches (or scorekeepers) will agree the eligible players present for that game. The full roster should be entered into the scorebooks with the present and eligible players clearly identified.
- 2. The first and third periods of the game will be designated as “All-Play periods”. Further, each All-Play period will be divided equally (by time) into two “half-periods.” There will be an automatic substitution point (but not an additional stoppage of play) near the midpoint of the All-Play period. This will occur at the first dead ball once the All-Play period is within 15 seconds of the period midpoint. For example, in an 8-minute period, substitution will occur at the first dead ball once there are 4 minutes and 15 seconds remaining in the period. For a 7-minute period, that would be within 3 minutes and 45 seconds.
- 3. Based on the number of eligible players available for that specific game, there will be a minimum and maximum number of “half-periods” that each player will play as follows:

# OF ELIGIBLE PLAYERS	MINIMUM HALF-PERIODS	MAXIMUM HALF-PERIODS
< 7	3	4
7-10	2	3
> 10	1	2

- 4. All-Play requirements are to be fulfilled within the All-Play periods (first and third quarters). Half-periods played must be tracked in the scorebook and agreed (just as score and fouls) by the scorekeepers after each period. If a team inadvertently fails to fulfill the minimum play requirement for any player, those players must start the fourth quarter and play until the remaining requirement is fulfilled. If any player exceeds the maximum half-periods allowed, that player may not play at all in the fourth quarter.
- 5. During the All-Play half-periods there will be no substitutions allowed for any reason other than an injury or a health concern for the player on the court. Coach may not substitute for a player in foul trouble during that time.

6. Other than the exception situation where a team fails to fulfill the All-Play requirement during the All-Play periods, coach may substitute freely in the remaining regulation or overtime periods.
7. Although the All-Play obligation is mandated during the All-Play periods only, it is encouraged to equitably award playing time in the non-designated periods to promote participation and sportsmanship.
8. The intention of the All Play rule is to ensure participation – not to “catch” the opposing team in a violation. To that end, the scorekeepers should be checking on the fulfillment of All Play requirements throughout the game... and communicating with their scorekeeper counterpart of any potential violations before they occur.
9. As a last resort, a team may raise a protest with the CYO County Coordinator regarding the opponent’s failure to comply with the All Play rule only if all the following conditions are met:
  - a. All Play must be tracked in the scorebook and that official record should reflect the violation.
  - b. The protesting team must inform the opposing coach by the end of the third period so that the opposing coach has the chance to rectify an inadvertent violation in the fourth period.
  - c. Although the game officials are not responsible for tracking or enforcing All Play rules, the protesting team should notify the official of the protest and that should be noted in the scorebook.

**ALL PLAY RULE EXCEPTION** – For the Grade 56 and Grade 78 levels of play only, there is an exception to the All Play rule intended to alleviate the imbalance that often results when a team with a large roster is matched up against a team with a small roster:

- If the two teams have a different number of eligible players, the team with more players must only comply with All Play in the first and third period for at least the number of players on the opposing team. For example, if Team A has 7 players and Team B has 11 players, Team A will follow the All Play guidelines for 7 players. However, Team B may elect to invoke All Play for 7, 8, 9, 10 or all 11 players.
- The additional players on Team B should receive a minimum of a half period of playing time. That time can be played in any of the four quarters of the game. However, if any of those players are substituted in one of the All Play periods, they must play the entire half period (so as not to violate the substitution rules of the first and third periods).
- Monitoring of All Play time will continue as always in the first and third periods only. The play time for the additional Team B players need NOT be monitored/tracked in the scorebook. It is the responsibility only of the Team B coach to ensure those players receive at least their minimum play time over the course of the game.
- Team B coach does not have to specifically identify which of his/her players are monitored for All Play purposes. However, if there is a challenge, he/she must be able to demonstrate (via the scorebook) that All Play has been fulfilled for at least the number of eligible players on Team A.
- Protests for All Play violations are the same as described earlier. However, there can be no All Play protests lodged by Team A regarding the playing time for those additional players on Team A.

## LOPSIDED SCORES

1. After halftime, if the score margin in a game exceeds the lopsided score limit for that grade level, the leading team will be awarded the victory in that contest with the official score of the game being the score at that point in time. Lopsided score limit will be as follows – 3<sup>rd</sup>/4<sup>th</sup> grade (20 points), 5<sup>th</sup>/6<sup>th</sup> grade (25 points) and 7<sup>th</sup>/8<sup>th</sup> grade (30 points).
2. Once the winning team is awarded the victory, the game will proceed to a normal end. However, the game will revert to a running clock (except for timeouts and foul shots). There will be no pressure defense (full or half court) allowed by either team for the remainder of the contest.
3. It is expected that the winning team (once the victory is secured) will adopt a style of play and substitution that will encourage competitive play for the remainder of the contest. Although not required, opposing coaches may confer to agree a style of play.
4. If the leading team acts in an unsportsmanlike fashion in the way it built its lead or in the way it plays out the remainder of the game, the losing coach (thru his/her program director) may file an Incident Report for that conduct. See the CYO Athletic Handbook for details on Incident Reporting.
5. NOTE: While the previous Lopsided Score rule and reporting system will no longer be in effect, this change should not be interpreted as license for strong teams to overpower weaker teams to secure a victory shortly after halftime. Such a practice may be considered as Unsportsmanlike Conduct and subject to penalties as outlined in the CYO Athletic Handbook.

## GAME RULES - GENERAL

Games are generally played using the NJSIAA basketball rules. See below for clarifications and exceptions:

1. **BASKETBALL** - Home Team is responsible for providing an NFHS Wilson Evolution Basketball for each contest. Ball size is as follows:
  - a. Regulation 29 ½ inches for 7<sup>th</sup>/8<sup>th</sup> Boys
  - b. Intermediate 28 ½ inches for 3<sup>rd</sup>/4<sup>th</sup> Boys, 5<sup>th</sup>/6<sup>th</sup> Boys and for all Girls levels of play.
2. **BASKET HEIGHT** - Height is 10 feet for all divisions and levels of play.
3. **REGULATION PERIOD LENGTH** – Quarters will be seven (7) minutes in length for 5<sup>th</sup>/6<sup>th</sup> and 3<sup>rd</sup>/4<sup>th</sup> grade levels and eight (8) minutes for 7<sup>th</sup>/8<sup>th</sup> grade. In all cases, clock will stop on all whistles (except as noted in the section on Lopsided Scores).
4. **OVERTIME PERIOD LENGTH** – Overtime periods will be two (2) minutes at all levels.
5. **FREE THROW LINE** - Line stays at 15 feet for all levels. Shooters at the Grade 5/6 and Grade 7/8 levels may not violate the free throw line. For the Grade 3/4 level, the free throw line will be the imaginary line extended at the first hash mark on the free throw lane. Momentum may carry that shooter forward; however, under no circumstances may that shooter be the first to touch or rebound the missed free throw. At all levels, entry into the lane on a missed free throw will be on the shooter's release of the free throw.
6. **BONUS FREE THROWS** – CYO will adopt the revised high school rules for free throw bonus. Bonus free throws will be awarded starting with the fifth foul in a quarter. Those bonus free throws are always 2-shot fouls. (There are no longer any “one and one” bonus free throw situations.) For bonus purposes, the team fouls are reset at the beginning of each quarter. The scorekeeper will notify the official when a team reaches their fifth team foul in that period/quarter. In overtime games, the bonus situation from the fourth period continues into the extended overtime period. Take extra care to inform your teams and your scorekeepers of the new rules.

7. **TIME OUTS** – Each team will receive three 60-second and two 30-second timeouts in regulation play. Balance of unused timeouts are carried into overtime periods with teams receiving one (1) additional 30-second time out in each overtime period.
8. **LANE VIOLATION** – Offensive player will be charged with a violation if he/she remains within the lane/key for three (3) seconds at the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade levels. For 3<sup>rd</sup>/4<sup>th</sup> level, the violation will occur after five (5) seconds.
9. **THREE POINT SHOTS** – Allowed at the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade levels at all times. There are no 3-point field goals at the 3<sup>rd</sup>/4<sup>th</sup> grade level - a successful field goal beyond the three-point line will be counted for two (2) points.
10. **DUNKING** – Dunking the basketball or hanging on the ring is not allowed at any time before or during the game. Penalty here is a technical foul and immediate ejection for that game. Subsequent violations are subject to suspension from future regular season and playoff games.

### **GAME RULES – PRESSURE DEFENSE AND 10-SECOND VIOLATION**

1. For ALL levels of play on Pressure Defense:
  - a) Backcourt Defense will be defined by the position of the basketball. That is, backcourt defense is pressure by the defensive team prior to the time that the basketball crosses the vertical plane of the half-court line.
  - b) A Backcourt Defense violation will only be called in those instances where the pressure is intentional and blatant... or if it results in a turnover by the offensive team.
  - c) Officials will give two warnings in the game to a team for Backcourt Defense. Subsequent violations will be penalized with two technical free throws (and the offensive team will retain possession of the basketball.)
2. For the 7<sup>th</sup>/8<sup>th</sup> Grade levels, backcourt defense is allowed by a team at any time unless that team is leading by more than fifteen (15) points. (Team that is losing the contest may press.)
3. For the 5<sup>th</sup>/6<sup>th</sup> Grade levels, backcourt defense is allowed in the last four (4) minutes of regulation (and during overtime periods) for a team unless that team is leading by more than fifteen (15) points. (Team that is losing the contest may press.)
4. For the 3<sup>rd</sup>/4<sup>th</sup> Grade levels:
  - a) Backcourt defense is allowed by a team only in the last one (1) minute of the game and in the last one (1) minute of any overtime period unless that team is leading by more than ten (10) points. (Team that is losing the contest may press.)
  - b) Half-court pressure defense (beyond the three-point line but before half-court) is allowed by a team in the last two (2) minutes of the game and during overtime periods unless that team is leading by more than ten (10) points. (Team that is losing the contest may press.)
  - c) At all other times in the game, a team may not play defense until the offensive team advances the ball beyond the three-point line (see below). Once that happens, the defensive team can engage the offense both within and outside the three-point line.
  - d) In cases where a gym does not have a three-point line, the officials will use the top of the key extended as a substitute.
5. For the “10-second violation”:
  - a) For the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> Grade, normal 10-second violation rules in effect for the entire game when the offense is attempting to advance the ball into its frontcourt.



- b) For the 3<sup>rd</sup>/4<sup>th</sup> Grade, the Normal 10-second violation is in effect for last two (2) minutes of the game and overtime. At all other times prior, the offense is allowed fifteen (15) seconds to advance the ball beyond their three-point line. The offensive team will have successfully advanced the ball once any part of the ball crosses the vertical plane of the three-point line.
6. Field Goal Attempt rules must align with the rules on Pressure Defense. Therefore:
- a. For the 7<sup>th</sup>/8<sup>th</sup> Grade, field goal attempts are allowed from anywhere on the court at any time. Shots beyond the 3-point arc count for three (3) points.
  - b. For the 5<sup>th</sup>/6<sup>th</sup> Grade, field goal attempts are allowed only from the front court until the last four minutes of the game and overtime. Shots beyond the 3-point arc count for three (3) points.
  - c. For the 3<sup>rd</sup>/4<sup>th</sup> Grade:
    - Prior to the last two (2) minutes of the game (and overtime), the offense cannot attempt a field goal until they advance the ball beyond their 3-point line.
    - During the last two (2) minutes of the game and during overtime, the offensive player can attempt a field goal from anywhere in the front court.
    - In the last one (1) minute of the game and the last one (1) minute of any overtime period, the offensive player can attempt a field goal from any spot on the court.
    - All field goals (within and outside the 3-point arc) count as only two (2) points.

## **PLAYOFFS**

All eligible teams will compete in a season-end playoff tournament:

1. Playoff is a single elimination tournament. A team will be ineligible for the playoffs if it incurs two (2) or more forfeit losses throughout the season or if the team has been declared ineligible by the Associate Director of Athletics for any other reason.
2. Winner of the Grade 7/8 American Division will represent their county in the Archdiocesan Tournament of Champions.
3. Playoff sites are determined by the League Coordinator and CYO Office.
4. Playoff brackets are designed to typically promote more competitive early round matches and reward the higher seeds with early round byes. All eligible teams will compete in the playoff.
5. The unpredictable outcome of winners and losers in a playoff tournament make it impossible to work around any individual program scheduling issues. Teams must be available for playoff matches as scheduled. Failure to field a team for a playoff match results in a forfeit.

## **INCIDENT REPORTING**

In the event any coach or program director feels that rules have been violated, please see the CYO Athletic Handbook (Section 20) about the guidelines for Incident Reporting.