

# ARCHDIOCESE OF NEWARK CYO BASKETBALL COURTSIDE RULE SUMMARY

## GENERAL RULES AT ALL GRADE LEVELS

(Version 08/15/24)

### **ROSTER RULES**

- All players in any game must be on the official team roster submitted to the CYO.
- Must have five players to start a game (unless extenuating circumstances, ready to play within 15 minutes of scheduled game time); else the game is a forfeit.
- (Regular season only) - A team can avoid a forfeit by using a temporary player from another team in that program at that same (or younger) level. Team using a temporary player notifies the opposing coach prior to the game. Game is played in normal fashion; however, team using a temporary player receives an automatic loss.
- Eligible players are those present and able to play in a game. Ineligible players (injured, discipline, etc.) may sit on team bench but should be dressed in a fashion to demonstrate ineligibility for that game.

### **GAME PROTOCOL**

- Maximum 4 coaches on team bench. Only head coach can stand within the coach's box.
- Each team should have a scorekeeper at the table. Home book (or official designated) is the official book.
- Score and clock keepers are extensions of the officials and must remain silent/neutral thru the contest.
- Full roster should be entered in the scorebook. Eligible players for that contest should be clearly identified.
- Scorekeepers should confer at the end of each quarter to agree score, fouls and All Play status.
- Players shall not wear jewelry, beads, hairclips, braces, etc., of any kind. Only soft/elastic ties/coverings allowed.
- The official may disallow any adornment, medical braces/supports, etc., that he/she feels is a safety concern.
- Any game protest must be brought to the attention of the officials and logged in the scorebook (notify CYO later).

### **ALL PLAY RULE**

- The first and third periods of the game are "All-Play periods". All Play requirements must be fulfilled in those periods only. Time played in other periods is not recorded nor counted towards the minimum play requirement.
- Each All-Play period is divided into two "half-periods." There will be an official time out near the midpoint of the All-Play periods (first and third quarters) to facilitate smooth substitutions. This will typically occur at the first dead ball once the All-Play period is within 15 seconds of the period midpoint.
- There are no other substitutions in the All Play periods except for injury or concern for child's health/safety.
- Based on eligible players, there is a minimum and maximum number of half periods played during the All Play periods – (a) from 5 to 6 players = 3 min half-periods, 4 max half-periods, (b) from 7 to 10 players = 2 min half-periods, 3 max half-periods and (c) more than 10 players = 1 min half-period, 2 max half-periods.
- If the minimum is not fulfilled at end of All-Play periods, player must fulfill immediately to start the 4<sup>th</sup> quarter.
- If maximum is violated in the All-Play periods, that player may not play for the remainder of the game.
- Coaches enforce All Play – not officials! However, any protest should be noted to officials and in the scorebook.
- There is an All-Play exemption related to the relative size of opposing teams. See Basketball Rules for details.

### **LOPSIDED SCORE GAMES**

- After halftime, if score margin exceeds the lopsided score limit, the leading team is awarded the victory.
- Game continues with running clock (except time outs and foul shots). No pressure defense by either team.
- Both coaches should manage the continued game to be relaxed and evenly-matched.

### **TIMING**

- **Two (2) full (60 second) and two (2) short (30 second) time outs** per game plus one (30 sec) per OT period.
- Overtime periods are 2 minutes in length. There is no limit to the number of overtime periods.

### **PRESSURE DEFENSE**

- Pressure defense is defined by the position of the ball relative to the vertical plane of either the half-court line or the three-point line (depending on the level of play). Position of the offensive or defensive player is not relevant.
- Pressure defense violation will only be called when pressure is intentional or results in a turnover by the offense.
- Pressure defense receives two warnings. Subsequent violations carry penalty of two free throws.

**IN ALL OTHER CASES, GAMES ARE GENERALLY GOVERNED BY NJSIAA BASKETBALL RULES**

# ARCHDIOCESE OF NEWARK CYO 2023-24 BASKETBALL COURTSIDE RULE SUMMARY

## RULES FOR SPECIFIC GRADE LEVELS

(Version 08/15/24)

RULE	7 <sup>th</sup> /8 <sup>th</sup> GRADE	5 <sup>th</sup> /6 <sup>th</sup> GRADE	3 <sup>rd</sup> /4 <sup>th</sup> GRADE
<b>Basketball Size</b>	Boys = 29.5 inches Girls = 28.5 inches	Boys = 28.5 inches Girls = 28.5 inches	Boys = 28.5 inches Girls = 28.5 inches
<b>Period Length</b>	8 minutes clock stop on all whistles	7 minutes clock stop on all whistles	7 minutes clock stop on all whistles
<b>Free Throws</b>	For all levels, CYO will adopt the new NFHS high school foul shot rules. Bonus free throws will be awarded on the fifth foul of each quarter. Bonus free throws are all 2-shot fouls. There are no longer any one-and-one foul shot scenarios. Please make your scorekeepers aware.		
<b>Free Throw Line</b>	Cannot violate the free throw line	Cannot violate the free throw line	Start with both feet behind the first free throw lane hashmark. Momentum can carry shooter over the line. Shooter can never be first to touch/rebound a miss.
<b>Lane Entry on Missed FT</b>	On release	On release	On release
<b>Lopsided Score Limit</b>	30 points	25 points	20 points
<b>3-Point Shots</b>	Count for 3 points	Count for 3 points	Count for 2 points
<b>Lane Violations</b>	3 seconds in key	3 seconds in key	5 seconds in key
<b>Backcourt Defense</b>	Allowed any time unless that team is leading by more than 15 points	Allowed in last 4 minutes of game and overtimes unless that team is leading by more than 15 points	Allowed in last 1 minute of 4th quarter and last 1 minute of any overtime period unless that team is leading by more than 10 points
<b>Halfcourt Defense</b>	Allowed at any time	Allowed at any time	Last 2 minutes of game and OT unless that team leading by more than 10 pts.
<b>Defense Beyond Three Point Line</b>	Not applicable	Not applicable	Except for last two minutes of game and overtime periods, only allowed once the offensive team advances the ball (breaks vertical plane) beyond the 3-pt line
<b>Ten Second Violation</b>	Normal rule	Normal rule	Regular 10-second rule only for the last 2 minutes of the game and overtime. At all other times, offense has 15 seconds to advance the ball (break vertical plane) beyond its three point line
<b>Field Goal Attempts</b>	Allowed from anywhere on the court at any time	Shots allowed from the frontcourt at any time. Only allowed from the backcourt in the last 4 minutes of the game and overtime. Illegal shots are immediately waved off – violation and ball to opposing team.	Prior to last 2 minutes of regulation, offense can attempt a shot from anywhere in front court (after they advance the ball beyond their 3-pt line). In last 2 minutes and OT, offense can attempt a shot from anywhere in front court (without having to advance beyond the 3-pt line). In the last 1 minute of the game and last 1 minute of overtime, offense can attempt a shot from anywhere on the court. Illegal shots are immediately waved off – violation and ball to opposing team.
<b>Dunking</b>	Dunking (or attempting to dunk) and hanging on rim at any time – penalty is ejection from game.		