

2025 – 2026 Girls’ “B” games rules

5th – 6th Grade

Rules, Regulations and Guidelines

All players’ names must be included on the official CYO roster form. Once a player is included as part of a CYO roster she may not play for another CYO team.

Ladies shall use standard size 6 basketball that measures 28.5” and have a standard 20 oz weight.

No defense in backcourt (no pressing).

“Free Zone” An area designated by coaches prior to the game (normally the first “hash mark” past half court) where players can hold the ball without any defensive pressure at any time during a possession. However, the ball must move below the “hash mark” within five seconds (mandatory five second call) and the ball should be passed below the foul line before returning to the “free zone” again. In the last two minutes of each half when the ball is taken (passed or dribbled) below the “free zone hash mark” the “free zone” is eliminated for the remainder of that possession. Starting February 1st when the ball is taken (passed or dribbled) below the “free zone hash mark” the “free zone” is eliminated for the remainder of that possession.

Foul shooter may start behind foul line and jump over foul line while shooting ball or stay in position 12 inches in front of foul line. In either case shooter may not move forward and attempt to rebound the basketball. If player shoots and stays behind foul line then player may attempt to rebound a missed shot after the ball hits the rim. Positioning for rebounding foul shots will begin with “slot #2.”

20 minute running halves. Clock stops on whistle during last two minutes of each half.

During last minute of the game if a team has a lead of 4 points or less the clock will stop when the team that is ahead has the ball in their own back court and progresses the ball slowly into their offensive zone.

Defense must stay behind 3-point arc when lead is greater than or equal to 10 points. This rule supersedes the “free zone” rule. When a team is ahead by ten points and playing defense behind the 3-point line that team must play a zone defense. This rule supersedes the rule allowing man-to-man defense in February.

Through the end of January teams must play a zone defense at all times. Starting February 1st man-to-man defense is allowed.

All players must play a minimum of eight minutes each half (assumes a team includes maximum 12 players). Each player must sit on the bench for at least five minutes “running clock” time each half.

Girls cannot play with casts or splints of any kind. Girls cannot play with any kind of jewelry: no necklaces, no bracelets, ***no earrings*** (tape or band-aid covering the earrings is not acceptable). No hair beads and any device in hair must be cloth material. Medical bracelets become the sole exception.

Two referees for each game

Any overtime period must begin at least five minutes prior to the next scheduled game. Overtime period is one minute in length and the clock stops with the referee's whistle. The game will end in a tie if the start time of the overtime is within the five-minute time parameter of the following game. Each team receives one 30-second time out per overtime period.

Theoretically, two full time-outs per half and unused time-outs cannot carry over to 2nd half or overtime period. Unused overtime time-out cannot carry to another overtime period. Coaches may stop play when their team is utterly confused and not be charged a time out (please use the "confusion" time-out judiciously – do not stop play repeatedly for same problem). Coaches may have their team stay on the court for instruction during time-out.

Prior to game discuss with referee the manner in which you (read both coaches) would like the game officiated. If given the opportunity some referees may whistle every travel and double dribble. As the season progresses and the players become more skilled the referees should adhere to the rules a little more stringently; but please remember the players are 11 and 12 years of age.

7th – 8th Grade Rules, Regulations and Guidelines

All players' names must be included on the official CYO roster form. Once a player is included as part of a CYO roster she may not play for another CYO team.

Ladies shall use standard size 6 basketball that measures 28.5" and have a standard 20 oz weight.

20-minute running halves. Clock stops on whistle during last two minutes of each half.

Full-court press (or defense in the back court) allowed during the last 2 minutes of the game provided that each coach agrees to allow "pressing" prior to the game. If one coach is not in favor of "pressing" then defense in the backcourt will not be allowed during the game. **If the coaches have chosen to not "press" then during last minute of the game if a team has a lead of 4 points or less the clock will stop when the team that is ahead has the ball in their own back court and progresses the ball slowly into their offensive zone. Prior to the game provided both coaches agree to full court press, pressing is allowed in any overtime period.**

“Free Zone” For any offensive possession that includes an in-bounds play or an offensive possession when the player with the ball has slowed advance pace in the back court, all defensive players must start behind the first “hash mark” on their defensive side of half court. The defense cannot “stack players” at half court. The rule allows for an entry pass to begin a “set” half-court possession. Tell the referees about this rule before the game but follow the referee whistle during fast break opportunities: if the referee whistles a play dead or allows play to continue without a whistle: “let it go.” Once the ball has moved below that “hash mark” for the first time in any possession the free zone is eliminated, and the defense may extend to half court for the remainder of that offensive possession (see rule regarding a lead by ten or more points). The “free zone” rule is eliminated during the last two minutes of each half and defense may begin “stack” at half court. The rule regarding a lead by ten or more points supersedes the rule allowing defense at half court. The rule for “full court” press supersedes the “free zone.” Starting February 1st the “free zone” does not exist, and on each possession, defense can begin at half court: “stacking” at half court allowed.

All players must play for a minimum of eight minutes each half (assumes a team includes maximum 12 players). Each player must sit on the bench for at least five minutes “running clock” time each half.

Girls cannot play with casts or splints of any kind. Girls cannot play with any kind of jewelry: no necklaces, no bracelets, ***no earrings*** (tape or band-aid covering the earrings is not acceptable). No hair beads and any device in hair must be cloth material. Medical bracelets become the sole exception.

Defense must stay behind 3-point arc when lead is greater than or equal to 10 points. When a team is ahead by ten points and playing defense behind the 3-point line that team must play a zone defense. This rule supersedes the “free zone” rule.

However, if both coaches agreed that “pressing” was allowed prior to the game and a team that is behind by more than 10 points starts to “press” then the team that is ahead is also allowed to “press”. This rule supersedes the above rule regarding a team leading by more than 10 points playing defense behind the 3-point arc.

Two referees for the game.

Any overtime period must begin at least five minutes prior to the next scheduled game. Overtime period is one minute in length and the clock stops with the referee’s whistle. If both coaches agree “overtime” will include “pressing.” The game will end in a tie if the start time of the overtime is within the five-minute time parameter of the following game. Each team receives one 30-second time-out per overtime period.

Two full time-outs per half and unused time-outs cannot carry over to 2nd half or any overtime period. Unused overtime time-out cannot carry to another overtime period.

If so inclined, please tell the referees to be a little lenient with the rules for the first two or three games and discuss whether or not you will allow players to marginally move onto the “line” during foul shots. In January, the players should be accustomed to play, and the referees should adhere to the rules except maybe the CYO shuffle because the floors are always dusty and completely stopping after dribbling without having the pivot foot move or slide a little becomes impossible.

BRING THE RULES TO EACH GAME!! Rules change from region to region and from league to league within a region. The officials referee in many regions and in many different leagues. Given the opportunity they will follow the rules they think should apply. Because the region does not allow “pressing” as a regular option our “clock” maintenance rule is different from any other region or any other league.