

CYS Grade School Basketball Rule Addendums*

Version 2025-2026

The grade school basketball program will follow National Federation of High School (NFHS) rules except for the items noted below that benefit our young athletes and increase competition for their age level.

- All players who register will be placed on the school team by the school's Athletic Director
- Once selected for a team, a player can only play for another team with league approval. Opponents can share players if the other team is short players.
- For grades K-2nd, all teams are coed. If a gender specific league is created, gender specific teams for grades 3,4, & 5 may be rostered. Gender-specific leagues must have at least 4 teams to be formed. This applies for both boys' and girls' teams.
- Roster size: Grade K – 2nd is 10 players maximum. Grade 3rd thru 5th is 12 players maximum.
- All coaches must wear the **CYS coach shirt** and **CYS Coach ID badge and lanyard** while in the bench area.
- Court/basket size: Grade K – 2nd will play cross court on 8-foot baskets. Grades 3, 4, & 5 will play full court on 10-foot baskets.
 - 3rd Grade is a transition year – depending on the number of teams and the region. 3rd grade will be playing on the 10-foot baskets.
- Players on court: Grade K – 2nd shall be four per team to start. Grades 3rd – 5th shall be five per team to start.
- **Game ball size: All levels use 27.5.**
- Uniform: Players must wear an approved CYS shirt along with CYS black shorts (no pockets), sneakers, and socks.
- **NO JEWELRY** - Players may not wear watches, earrings (no bandages), or other non-soccer items **except Medic Alert Labels**, which must be worn inside the jersey and taped to the body or under a cloth wristband.
- **Every player at a game should play an equal amount of time.**
- Substitutions: Substitutions may be made during any dead ball situation once permitted to enter game by an official.
- Noise makers of any kind are prohibited.
- **Game Duration:** Games are divided into four 10-minute quarters with a running clock the entire game. There will be a 30- SECOND break between the first/second quarters and third/fourth quarters. Halftime will be TWO (2) minutes long. Games can end in a tie. The clock will stop during the last two (2) minutes of the fourth quarter on dead balls for 5th grade games.
- Timeouts: Grades K – 2nd will not have timeouts. Grades 3rd - 5th will have two 1-minute timeouts per half.
- Scorekeeper and Timekeeper: Only grades 3rd, 4th & 5th will keep score. Each team must provide a scorekeeper/timekeeper if one is not provided by Catholic Youth Sports.
- Mercy Rule: Once a team is up by 15 or more points, no score will be kept on the scoreboard. Score must be kept on scoresheet and if lead gets below 10-points then current score resumes on scoreboard. Team in lead must play defense inside 3-point line. 1st offense will result in delay of game warning. Any offense thereafter may result in an administrative technical foul at the official's discretion. These fouls will not result as a team foul toward the bonus. Penalty is two shots followed by ball possession.

Last Update Date: September 5, 2025

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- Offensive
 - Violations in Grades K – 2 will be subject to a “Spot Restart” on the court, from the spot of the violation.
 - In weeks 1 & 2 of the season, the officials can use discretion to allow multiple warnings for an offensive violation. After the 2nd week of the season, the officials will allow 1 attempt for the same player to correct the offensive violation from the spot restart. If the offensive violation occurs again, the official can call the violation and assess a turnover.
- Defense:
 - Colored wristbands: Grade K -2 shall wear colored wristbands to help in the development of their defensive skill sets and easily understand what player they guard on the opposing team.
 - Grade K – 2 players cannot steal the ball while a player is dribbling it.
 - Grade 3 – 5 players can steal the ball while defending half of the court.
 - Grade K – 5 th must permit opponent to cross half court.
 - No pressing permitted at any grade school level. Once a turnover occurs, pressing rule goes into effect.
 - Triple teaming is prohibited at all levels.
 - Any violation can result in warning by game officials. Technical fouls may be assessed in grade 4 and 5.
- Free Throws:
 - None taken in Grade K – 2, fouled team gets ball possession.
 - Grades 3 & 4 can shoot free throws, one foot in front of regular free throw line.
- Referees: One or two referees will be provided by the league. The direction and supervision provided by on-court referees should be equal and supportive of both teams’ efforts. If no officials are available coaches shall officiate games.
- **Coaches and Parents are expected to realize this is a developmental league and should treat all players and officials with respect and kindness.**

CYS Coaches' Responsibilities

CYS coaches represent Catholic values and act as sport-ministers. They must follow the **PLCT GROW** approach and teach:

- Teamwork
- Desire to win the right way
- Commitment
- Compassion
- Dedication

Coaches must adjust their game to avoid running up the score. They may restrict play time based on discipline, team commitment, or game nature. Coaches are expected to use the **Golden Rule** in every practice and game.