

CYS Middle School Basketball Rule Addendums*

Version 2025-2026

The middle school program follows normal National Federation of High School (NFHS) rules except for the items noted below. These changes are for the benefit of our young athletes and to increase competition for their age level.

- Eligibility levels
 - Players can only play a maximum of two grade levels up. No player may play down a level (i.e. 8th grader can only play varsity, a 5th grader cannot play varsity).
 - Middle school students cannot be cut in place of a grade school student.
 - Once selected for a divisional level (JJV, JV or Varsity), players can only play for that divisional team the entire season. One division cannot borrow lower division players.
- Roster Size
 - Maximum is 12 players. Exceptions made with league approval only.
 - Only registered players can participate.
- Coaches
 - **MUST BE WEARING A NEW BLUE CYS LANYARD AND NEW COACH BADGE**
 - Max of three coaches permitted in bench area. All coaches must remain in bench area during active play.
 - Only one coach may stand in the bench area during active play.
 - Coaches receiving a technical foul may no longer be permitted to stand during active play.
 - Ejected Coaches must exit facility prior to game resuming and are suspended a minimum of one game. Coaches/Athletic Directors/Site Administrators must notify Catholic Youth Sports Administration as soon as possible. Catholic Youth Sports will further review each situation.
- Ball Size
 - 28.5" (Size 6) –
 - Girls - JJV, JV and Varsity Divisions
 - Boys – JJV Divisions
 - 29.5" (Size 7) - Boys' Varsity and JV Divisions
- Game Time
 - 6-minute quarters (4) - JJV and JV
 - 7-minute quarters (4) – Varsity
 - Overtime – 2 Minutes – All divisions
- Time Outs
 - Each team will receive three (3) full timeouts and two (2) 30 second timeouts per game.
 - Each team will receive one (1) additional timeout per overtime period. Timeouts are retained from previous periods.
- Playing Time
 - Every eligible player at a game must play some part of all regular season games.
- Eligible players
 - Should be in uniform and in the scorebook. Ineligible players may remain on the bench but not in uniform.

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- Pressing Rule
 - 15-point no press rule for all levels.
 - 1st offense will result in delay of game warning. Any offense thereafter will result in an administrative technical foul. These fouls will not result as a team foul toward the bonus. Penalty is two shots followed by ball possession.
 - JV and JJV Girls divisions will play with a half court press only. Offensive teams must retreat to half court after a defensive rebound is secured.
- Running Clock
 - After a 20-point lead or more in the second half.
 - A running clock means the clock does not stop for fouls, dead balls, free throws, etc. Only a time out by a coach or the official stops the clock).
 - If the score gets to within 15 points, it will go back to a stopped clock.
- Undershirts under uniform
 - Entire team **MUST** have the same color shirt under the uniform.
- NO JEWELRY
 - **Including earrings - NO BANDAIDS or TAPE over ears to cover earrings.**
 - Except for Medic Alert Labels that must be worn inside the uniform, taped to body or under cloth wristband.
- Noisemakers
 - The use of artificial noise producing devices (air horns, megaphones, whistles, etc.) by teams or spectators prohibited at all games.
- Tournament Eligibility
 - Only players missing two or less regular season games can participate in the tournament.

CYS Coaches' Responsibilities

CYS coaches represent Catholic values and act as sport-ministers. They must teach:

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

Coaches must adjust their game to avoid running up the score. Coaches are expected to use the **Golden Rule** in every practice and game.