

# BASKETBALL GUIDELINES

(Revised 10/2016)

All guidelines are subject to the Executive Directors interpretation and discretionary enforcement.

## TEAM ENTRY:

See '**TEAM FORMATION**' in *General Guidelines*'. The notification of a school's intent to participate, and the number of teams participating, must be in the CYO office on or before the roster due deadline (see agenda). Teams will be put in a pool and names drawn to form two conferences (Angels & Saints). If there are two teams at the same grade level, they are to be divided based on equal talent. Teams are not to be 'stacked'.

A school with two teams in the same grade level will be required to play against one another, if so seeded in any tournament competition, or risk forfeiture.

## TEAM REQUIREMENTS:

A minimum of eight (8) and a maximum of fifteen players may be on a roster. Also **one (1) Head Coach, and either two (2) assistant coaches or one (1) assistant coach and one (1) scorekeeper for a maximum of three (3) bench personnel may be on the roster.** If a team has a large number of participants that would be over the limit on a roster, they are to have two teams. **All players listed on the roster, and coaches with proper identification (sports pass),** will be admitted to the games at no charge.

Once the roster has been turned in no additions should be made unless a student moves to the area during the season and there is room on the roster without making cuts from the current players. The principal or Athletic Director of the school involved must clear any exceptions through the CYO Executive Director.

PARTICIPATION FEES: See *agenda*.

## PICK-UP GAMES AND NON-CYO GAMES:

The total number of pick-up games, and non-CYO games or non-CYO tournaments each team may play in, is at the discretion of the individual school administration.

## PRACTICE SESSIONS:

See *agenda (for season starting date)* and '*General Guidelines*'. The number of practice sessions and practice times will be left to the discretion of the individual school administration.

## MAXIMUM NUMBER OF PLAYERS ON THE COURT:

A team must have a minimum of five (5) players to start a game. A team not having at least five (5) players to start the game will cause that team to forfeit. There will be a ten (10) minute grace period before a forfeit is called. The ten (10) minute grace period begins from the *scheduled* time of play.

The score of a forfeit shall be 2 – 0. If, due to injury or health problem, a team has less than 5 players after the match has started, it shall continue to play. The IHSAA guidelines will be followed in this situation.

## MOVING PLAYERS:

**Refer to 'General Guidelines' except as noted here:** Players may be moved up to a maximum of two (2) games, then other players are to be placed on the team if needed.

*NOTE:* During the end of season tournament a team **CANNOT** move a player from another team in the same grade nor can they move up a player from a grade below their respective grade level.

## TIME OF GAMES:

*7<sup>th</sup> – 8<sup>th</sup> grade:* will play six (6) minute quarters stopped clock. Over-time will be 3 minutes. *5<sup>th</sup> – 6<sup>th</sup> grade:* will play five (5) minute quarters stopped clock. Over-time will be 2 minutes. Half-time will be 3 – 5 minutes (determined by the Gym Supervisor). There will be a minimum of five (5) minutes between games.

## **UNIFORMS:**

Refer to IHSAA Guidelines and 'General Guidelines' for uniform conformity, except where noted below: Shoes with lights are not allowed. Jewelry anywhere on the body or hard hair adornments of any kind is not allowed. Safety straps must be worn with glasses during all play.

All players will be asked to comply with the dress code and correct any infractions. A *technical foul* will be assessed to the coach for any infraction not corrected, **and shall be noted on the game score sheet.**

## **MANDATORY PLAYING RULE**

**5<sup>th</sup> & 6<sup>th</sup> & 7<sup>th</sup> & 8<sup>th</sup> grade** – All players must play one entire quarter. Both teams start with 5 players. These players are to play the entire 1<sup>st</sup> quarter (except for injury, health or foul disqualification). In the 2<sup>nd</sup> quarter 5 new players for each team will play. If a team has more than 10 players, they must start these players in the 3<sup>rd</sup> quarter. These players are to stay in the entire 3<sup>rd</sup> quarter (except for injury, health or foul disqualification). **Any other player(s) may be substituted freely.**

*For all grade levels, the first violation is a 'technical foul' on the coach; the second violation in the same game will result in a forfeit.*

## **LATE PLAYER:**

*All players on the roster must be listed in the score book at the start of the game or a technical foul will be charged to the coach. Players not present at the start of the game must be designated with an asterisk (\*) before the game. The late player is not allowed to play in the quarter in which he/she arrives.*

## **FOULS**

**The following acts constitute a foul when committed against a ball handler/dribbler:**

- a. **Placing two hands on the player**
- b. **Placing an extended arm bar on the player**
- c. **Placing and keeping a hand on the player**
- d. **Contacting the player more than once with the same hand or alternating hands**

## **TECHNICAL FOUL - EJECTION:**

Any coach, assistant coach, stats keeper or player, issued a technical foul in basketball will be assessed a two (2) game suspension. Any coach, assistant coach, stats keeper or player, issued a second technical foul will be banned from participating for the rest of the basketball season.

If a technical/ejection occurs during a Saturday game and there is a Sunday game scheduled, the suspension will take place the following weekend in order to give the Executive Director a chance to review the circumstances.

If the technical/ejection occurs in the last game of the season, the suspension will remain in force for the following season. A technical or ejection should be reported to the Director of CYO by the gym supervisor along with an Unsportsmanlike Conduct Report Form filled out by the official involved with the incident.

All unsportsmanlike conducts by a coach will be reported to the appropriate personnel at the National Youth Sports Coaches Association.

## **PRESSING:**

**5<sup>th</sup>/6<sup>th</sup> grades** – cannot press until the final two (2) minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters. Until then the players must remain behind the hash marks until the ball crosses half court. Once a team has obtained a ten (10) point lead, they cannot continue to press the opposing team. First violation will result in a warning. Any other violation of this rule will result in a technical foul on the coach.

**7<sup>th</sup>/8<sup>th</sup> grades** – All teams allowed to press at anytime throughout the game but once a team has obtained a fifteen (15) point lead, they cannot continue to press the opposing team. First violation will result in a warning. Any other violation of this rule will result in a technical foul on the coach.

### **CONFERENCE PLAY:**

**Boys Conference play will be November through February. Girls Conference play will be December through March. *No schedules will be made out until all rosters are in the office by the specified deadline.***

At the end of conference play, a single elimination tournament will be held. 'Angels' and 'Saints' conferences will be combined and seeding will be based on regular season record.

In the case of a tie for first place at the end of the season, both teams will be declared co-champs. A blind draw will determine their placement in the tournament. All other ties will also be blind draws.

### **GENERAL RULES:**

- Only officially designated coaches may coach a team. No one else is to coach without the permission of the Principal, Athletic Director, Pastor or the CYO office.
- Failure of a team to play when directed by the officials will cause the game to be a forfeit.
- Players are not allowed in the locker rooms without their coach. Coaches are responsible for their player's conduct at all times.
- Three point field goals will count for all grade levels where there are markings on the court.
- Protests are not allowed other than for use of non-eligible players. Protests are to be reported to the Gym Supervisor.
- When a spectator becomes unruly or interferes with the orderly progress of the game, the official shall suspend the game until the person is removed from the premises. A forfeiture can be called if warranted.
- Any misconduct by a coach or player will be followed up through the '*unsportsmanlike conduct*' rule.
- Games are not to be started prior to the scheduled start time *unless both coaches agree* to the early start time.

### **Host School**

- Please have an X on the floor where players can check in.
- The second number on the schedule is considered the home team unless it is your home gym.

### **Coaches**

- Only one coach can stand and it is the Head Coach.
- Please make sure that all your players are prepared. (correct uniform, headbands, jewelry, etc).
- Know who wears contacts/glasses, who has asthma, who needs an inhaler, allergies, etc.

### **Time Outs**

- All time outs must be held at the end line.
- 30 second time outs: DO NOT SIT ON BENCH!

### Injured Player

- Wait for the referee to beckon coach on to floor.
- Player must come out of game if coach steps onto court. You can use your full-time out at this time, if you do not want to have your player pulled from the game. If no full time-out, then use a 30 sec.
- Replacing an injured player: Once off the floor and onto bench – you will have 20 seconds to get a new player checked-in.
- Coaches should carry an extra jersey. If blood gets on uniform, player must change uniform or be pulled from game.
- Open sores/Cuts must be covered.
- Referee's have the **FINAL** judgment call in any safety issue!

### Casts/Braces/Concussions

- Guards, casts, braces and compression sleeves must meet the following guidelines:
  - \*\*Casts or braces made of hard unyielding leather, plaster, pliable(soft) plastic, metal or any other hard substance MAY NOT be worn, even though covered with soft padding.
  - \*\*Shooting sleeves are illegal unless you have a doctor's excuse.
- Knee braces are legal. Hard braces must be covered.
- It is recommended for all players to wear ankle braces.
- Concussions: no player should go back into a game with a suspected concussion. (ringing, dizzy, confused, seeing stars, headache) Athlete must see a doctor and has been released before they can play again.

### Leg Compression Sleeve/Knee Pad Requirements

The specifications for leg compression sleeves were added because of frequent use of these sleeves for non-medical reasons. The specifications match those of arm compression sleeve. They must be white, beige, or a single solid school color. The sleeve must be the same color for each team member and have only a single manufacturer's logo that does not exceed 2 1/4 square inches. **The compression sleeve/ knee pad must be worn for medical reasons only.**

### Free Throws

- **Athletes MUST stay in their lane space until the ball HAS BEEN RELEASED.**
- No lifting of foot out of lane space.
- You cannot block out a player.
- No waving of hands to distract another player.
- No talking during free throws including talking across the lane.

### Basketballs

- **5<sup>th</sup> Boys: 28.5 Evolution Panel Ball**
- **5<sup>th</sup>/6<sup>th</sup> Girls: 28.5 Evolution Panel Ball**
- **6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Boys: 29.5 Evolution 8 Panel Ball**
- **7<sup>th</sup>/8<sup>th</sup> Girls: 28.5 Evolution 8 Panel Ball**

### Line Ups

- All line-ups are due into the scorer table 10 minutes prior to your scheduled game time. It is recommended that you have a line-up already copied and ready to go for the season with numerical jersey numbers and athlete's name.
- If an athlete is out for any reason, please make sure to put absent, illness, or discipline next to their name.
- Wrong numbers on the score sheet will result in a **direct technical on the coach** and loss of coaching box. This means that once your score sheet is turned in, you cannot make any changes. All changes must be made prior to turning in the score sheet.

### Uniforms

- **Undershirts/T-Shirts:** Shall be the single predominate color the jersey.
  - You are not permitted to have team members wearing different shirts. Meaning, if one wears a t-shirt, all others wearing shirts must be the same. (Example: If one player wears a sleeveless shirt, the others CAN NOT wear a short sleeve t-shirt. All players wearing a shirt must either be sleeveless or short sleeve. Not Both!
- The following numbers are **legal jersey #'s:** 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55.
- A team member list shall not have both numbers 0 and 00.
- **Compression Shorts:** Shall be the single solid predominate color of the shorts. The length shall be above the knee.

### Headbands/Armbands/Hair Ties

- Headbands and Armbands **MUST** match for the whole team. One player can not wear red and another wear black. Legal colors are white, black, beige or a single predominate color of the jersey and must be the same color for all players. Pre-wrap is recommended.
- Compression sleeves can only be worn for Medical purposes. White/Black/Beige
- Armbands **MUST** be worn below the elbow.
- Barrettes, feathers, bobby pins and jewelry are prohibited. **Earrings CAN NOT be taped.**

### Technical File

- All coaches must be seated when a technical foul is given to the coach or team.
- Remember to keep players under control.

### Cheerleaders

- Cheerleaders should NEVER be underneath a basket.
- They are not permitted on the floor during a 30 second time out. Only during full time outs.
- No pom pom on end lines. Safety issue!

**MOST IMPORTANTLY, REMEMBER TO HAVE  
FUN, PLAY SAFE, LAUGH AND BE A ROLE MODEL.**