



Basketball Rules

Games shall be played under CYO Policies, Procedures, Rules and Regulations. The rules listed below are not meant to serve as a comprehensive account of all the rules of the game but rather are a list of any differences from the National Federation of High School (NFHS) rules as well as certain points of emphasis. Rules and regulations not covered herein shall be played under NFHS rules. Complete NFHS rule books are available for purchase at www.cifss.org.

1. Court and Equipment

- A. The playing court shall be a rectangular surface free from obstructions and with dimensions not greater than 84 feet in length by 50 feet in width but as close as possible to these dimensions. The ideal Junior High School dimensions are 74' X 42'. The ceiling should be at least 25 feet or higher if possible.
- B. See appended diagram for correct measurement of all lines.
- C. Boys A shall use the Men's Official size ball. The ball shall be synthetic leather or leather; a rubber basketball can be used only if both coaches agree.
- D. Girls A, Boys "B", and Girls "B" shall use the 28.5 size ball. The ball shall be synthetic leather or leather; a rubber basketball can be used only if both coaches agree.
- E. Boys and Girls "C" shall use a Youth sized ball. The ball shall be synthetic leather or leather; a rubber basketball can be used only if both coaches agree.
- F. It is recommended that Boys and Girls "C" play on a basket of 81/2' – 9' feet.

2. Home Team Responsibilities

- A. For Home & Home games, the home team must provide:
 1. Game ball
 - a. Must meet CIF specifications.
 - b. The official shall be the sole judge of the legality of the ball and may select a ball provided by the visiting team.
 1. Scorebook
 2. Scorekeeper
Note: Must be in 7th grade or higher.
 3. One referee
Note: The visiting team may provide a second referee at their expense.
 4. Clock
 5. Timekeeper
Note: Must be in 7th grade or higher.
 1. Possession arrow.
Note: Official may act as timekeeper and keep possession arrow if necessary.
 2. For centralized facilities secured by CYO, the facility and/or CYO will provide all of the above except the ball.

3. Player Equipment

- A. If worn, undershirts shall be solid and similar in color to the uniform and shall not have frayed or ragged edges. Girls are expected to wear T-shirts under loose fitting tank tops.
- B. A player's shirt designed to be worn inside the pants shall be tucked inside the pants and the pants shall be above the hips and worn properly. A player not conforming to this uniform policy shall be directed to leave the game.
- C. Uniforms shall not include advertising or a partial or whole company logo or trademark which exceeds 2 1/4"x2 1/4" or appear more than once.
- D. Shorts with pockets are not permitted.
- E. If both team's uniforms are similar in color and non-reversible, the home team must adjust.
- F. CYO recommends that all players wear mouthpieces.

4. Free Throws

- A. A maximum of six players (four opponents of the free-thrower and two teammates of the free-thrower) shall be permitted along the free-throw lane during a free throw. All other players shall be behind the free-throw line extended and behind the three-point field-goal line. Within this limit, opponents of the free-thrower may occupy the third lane space (with the spot closest to the end line being the first). No player shall occupy the fourth space.
- B. No player shall enter the lane area until the ball has been released from the shooter's hand.
- C. No one in the Gymnasium or Court Area shall make any noise or cause a distraction during a Free Throw. Game Officials have the right to award a retry should a violation occur.

5. Bonus Free Throws

- A. The bonus is reached when a team totals seven (7) fouls in any one half.
- B. The double bonus is reached when a team totals ten (10) fouls in any one half.
- C. Player-control fouls and team-control fouls shall count as team fouls for reaching the bonus.
- D. All direct technical fouls charged to bench personnel shall count toward the team-foul total and bonus.

6. Timing

- A. "A" and "B" level games shall consist of twenty minute halves with running time. There shall be five minutes between halves. A half may be shortened in an emergency, or at any time, by mutual agreement of the opposing coaches and official.
- B. "C" level games are recommended to be played in twenty halves but the time period may be shortened by mutual agreement of the coaches or to accommodate a centralized facility.
- C. The final two minutes of the second half shall be stop-clock. During stop clock, the clock stops on all whistles.
- D. A shot clock shall not be used in CYO games.

7. Extra Period

- A. When the score is tied at the end of the second half, play shall continue without change of baskets for one or more extra period(s) with a one minute intermission before each extra period. The game shall end when, at the end of any extra period, the score is not tied.
- B. The length of each extra period shall be two minutes stop clock. As many such periods as are necessary to break the tie shall be played.
- C. Each extra period is an extension of the second half.

8. Timeouts

- A. Each team shall be granted 4 timeouts per game.
 - 1. Each timeout shall last no more than one minute and may only be shortened by agreement of both coaches.
 - 2. No more than three timeouts can be carried over to the second half.
- B. Each team shall be awarded one additional timeout for each extra period.
 - 1. No more than one timeout may be carried over to each overtime period.

9. Full Court Press

- A. At the "A" level a full court press may be used at any time.
- B. At the "B" level a full court press may be used at any time except by a team that is leading by more than twenty points.
- C. At the "C" level a full court press may only be used in the final two minutes of regulation time and any overtime periods.

10. Mercy Rule

- A. If a team leads another by twenty-five points or more with 10 minutes of the second half remaining or anytime thereafter, the scoreboard shall be shut off and play will continue at the mutual agreement of the coaches with a running clock.
 - 1. No score is kept.
 - 2. The team ahead at that time is declared the winner.
 - 3. Half court zone defense must be played (no pressing).
 - 4. Substitutes must be used.
 - 5. Site supervisors at centralized sites may shorten or eliminate this period if games are behind schedule.
 - 6. Officials/Site Supervisors may cancel the period if in their opinion, one team is trying to embarrass the other or poor sportsmanship is being demonstrated.
- B. During CYO playoffs, if conditions are met for the mercy rule the game shall end immediately.

11. Coaches Movement

- A. The head coach may be off the bench in front of his/her seat within the confines of the designated coaches' box to give instructions to his/her players and/or substitutes.
- B. The coaches' box shall be outlined outside the side of the court on which the scorekeepers' and timekeepers' table and team benches are located. The area shall be bounded by a line 28' from the end line, the sideline, a line 22' from the end line and the bench.
- C. Assistant coaches must remain seated on the bench at all times except to:
 - 1. Confer with bench personnel and players within the confines of the bench area during a charged timeout or the intermission between quarters and extra periods.
 - 2. Rise and stand in front of their seat to signal players to request a timeout.
 - 3. Confer with personnel at the scorekeepers' table to request a timeout for a correctable error.
 - 4. Confer with personnel at the scorekeepers' table to request a timeout to prevent or rectify timing or scoring mistake or an alternating possession mistake.
 - 5. Attend an injured player when beckoned onto the court by an official.
 - 6. Replace or remove a disqualified or injured player or player directed to leave the game, from within the confines of his/her bench.
 - 7. Spontaneously react to an outstanding play by a member of their team or to acknowledge a replaced player(s).

12. VIDEOTAPING

- A. Under no circumstance may a school administrator, Coach, student athlete or spectator visually record (regardless of the medium) a contest that does not involve their school team. Exceptions: Competitions.