



2011-12 CYO Athletics Rules for Basketball

6-8th grade and High School Divisions

All basketball teams in CYO Athletics will play according to the current National Federation of State High School Association rules unless otherwise specified in this manual or the rules herein outlined.

- Players are not allowed to chew gum in the gymnasium.
- Coaches must remain seated on the bench at all times. Infractions observed by the designated officials shall result in a warning first and a technical foul (2 shot) thereafter.

EQUIPMENT

- All girls divisions will use an intermediate or women's regulation size basketball. 6th grade boys divisions will use an intermediate size ball. 7th, 8th, and all high school boys divisions will use a regulation ball. Each team shall furnish a regulation ball of good quality and condition for each game. In the 6th-8th grade leagues, a leather ball will be used for tournament games.
- No jewelry, barrettes, beads, or bandanas may be worn while playing. This includes posts for pierced ears. All headwear should be soft, pliable, and functional.
- All game shoes must be carried, not worn, to games in the gymnasium.
- The designated visiting team must furnish a scorebook and a competent scorekeeper who will maintain the official score-book for that contest. The home team must furnish a game clock and competent timekeeper who will maintain the official game time. At the game site, coaches may mutually agree to switch scorebook and clock responsibilities.

GAME TIME/TIME OUTS

- All games shall consist of 6 minute (stop clock procedure) quarters with the exception of the 8th grade, which will be 7 minute quarters, and Sophomore and Senior High School divisions, which will be 8 minute quarters. Overtime shall consist of a 3 minute period (stop clock procedure). There shall be a one-minute break between quarters and a 5-minute break at half-time.
- In the event that a game clock is not available, 6, 7, and 8 minute quarters shall be assigned a running clock of twelve minutes (per quarter) and overtime periods shall be assigned a running clock of three minutes. Teams using a running clock time will be limited to two full time-outs per half, but may not take a time-out during the last two minutes of the fourth quarter or in an overtime period.
- Each team is allowed three full (1 minute) and two 30 second time-outs. In an overtime period, each team is allowed one full time-out regardless of how many were used in the course of the regular game.

DEFENSE

- 6th graders are not allowed to press in the backcourt with the exception of the last two minutes of the game and during overtime.
- No junior varsity teams may play any type of backcourt defense until the last 2 minutes of the game.
- *Enforcement of these rules shall be at the discretion of the game officials, members of the CYO Athletics Basketball Commissions and the Director of CYO Athletics. Infractions, as observed by the designated officials, shall result in a warning first, and a technical foul (2 shot) assessed to the bench thereafter.*

POINT DIFFERENTIAL

- When 7th and 8th grade teams have a 20-point lead and 6th grade teams have a 15-point lead (regular season), they may not press in the backcourt, they may not employ a 1/2 court trap, and they may not fast break.
- Infractions observed by the designated officials shall result in a warning first and a change of possession thereafter.

THREE POINT GOALS: ARE awarded in all 6-8th grade and HS divisions.

For more information, please visit our website at <http://seattleoyyam.org/programs/cyo-athletics>, email us at cyo@seattlearch.org or call our office at 206.654.4643.