



Catholic Youth Organization
- Central Texas -
Athletic Bylaws
Basketball



General Rules

In general, we follow National Federation High School Rules as it relates to flow of game and basic violations.

- Players will not wear jewelry, including earrings, or watches during a game. Jewelry and/or earrings cannot be covered with a band-aid or tape. Shirts must be tucked in.
- If a team does not have at least 4 players to begin a game due to extenuating circumstances such as traffic accidents (not heavy traffic) the game will be a provisional forfeit five minutes after the start time. The provisional forfeit will be overturned if the game is able to be rescheduled.
- Home teams will wear white and visiting team dark colored jerseys. Teams with only one color will contact the opponent prior to the game if there might be a problem. On a neutral court, coaches should agree before the game who will wear light and dark.
- Line-ups should be turned in before the beginning of the game.
- Closely guarded: 5 second rule for dribbling or holding in the front court. Player must make a move to the basket to end the 5 second count. 10 seconds rule in the backcourt.
- Coach's box: 3 feet on either side of the first chair, if coaching, then can roam. However, if you say something to the ref, you must be in the box. If the refs are not calling tough enough or too tough, both coaches can meet with the refs at a time-out.

Special CYO CTX Rules

Prayer

Coaches should meet and pray before and after the games. Players will shake hands after the game.

Bench

Coaches and athletes only allowed on the bench

Officials and Violations

Officials Notes

- It is imperative that the scorebook and clock are kept by people who know what they are doing (preferably adults). Enlist multiple parents early in the season for this duty; make them part of the team. This will go a long way to avoid any controversies that may come up during the season's games.
 - When both teams have scorekeepers, the designated home team will be the official book.
- The clock never stops on made baskets
- If the ball hits the top or side of the backboard, it is still in play. If the ball crosses over the top of the backboard, it is out-of-bounds.
- The over-and-back rule follows the 3-point principle. To be across half court in time, the player must have both feet and the ball across the half court line in ten seconds to be "established" in the front court. If this does not happen, the ball is turned over to the opposing team.
 - The most controversial call with this rule being, if a player catches a ball in the air across the timeline as ten seconds expires, he/she is not established in the frontcourt, hence a



backcourt violation. If a player is in the frontcourt, and has any of the “3-points” cross back over the half-court line on the floor, a backcourt violation is called.

- When an inbound play happens after a made basket, the player has the entire end line to move around for five seconds before inbounding the ball.
 - Passes may be made to players out of bounds on the end line, as long as the ball is inbounded in 5 seconds from the moment the first player controls the ball out-of-bounds.
- When an inbound play happens after anything but a made basket, the player has a one yard or three foot area in which to throw the ball in. The player may move laterally in that area, as long as one foot remains in the area and the ball is passed into play within 5 seconds.
 - The player may move backwards as much as necessary, again, as long as the ball is passed into play within 5 seconds.

Format

Players

1st and 2nd Grade Level

Players on the court will follow the 4v4 format, however, if a team only has 3 players the other team must match the players on the court as the team that is short-handed.

3rd and 4th Grade Level

Players on the court will follow the 5v5 format, however, if a team only has 4 players the other team must match the players on the court as the team that is short-handed.

Game Length

1st and 2nd Grade Level

A 20-minute warm-up/practice will be given to each team before their games.

There will be (4) 6 minute quarters with a running clock. The clock only stops the last one minute of the 4th quarter and at time-outs.

There will be a 3-minute half time break and a 1-minute break between quarters.

Officials may stop the clock for injuries, score board issues, or talking to the coaches or players.



3rd and 4th Grade Level

A 5-minute warm-up will be given to each team.

There will be (4) 8 minute quarters with a running clock. The clock only stops the last two minutes of the 4th quarter and at time-outs.

There will be a 3-minute half time break and a 1-minute break between quarters.

Officials may stop the clock for injuries, score board issues, or talking to the coaches or players.

Equipment

1st and 2nd Grade Level

The 25.5" ball will be used for the 1st and 2nd grade levels.

The goal will be 8 feet in height for the 1st and 2nd grade levels. If necessary, lowering the goal to 7 feet or 6 feet can be considered by CYO CTX Executive Directors for the 1st and 2nd grade levels.

3rd and 4th Grade Level

The ball will be 28.5" for all 3rd and 4th grade levels. The 27.5" ball may be considered and will be communicated to all teams.

The goal will be 10 feet in height for the 3rd and 4th grade levels. If necessary, lowering the goal to 9 feet or 8 feet can be considered by CYO CTX Executive Directors for the 3rd and 4th grade levels.

Overtime

1st and 2nd Grade Levels

No overtime for 1st and 2nd grade levels.

3rd and 4th Grade Levels

If the game is tied at the end of regulation, we will play one (2) minute overtime period. If the score remains tied, we will play another (2) minute overtime period, but the first team to score will win. If the score remains tied after that, the game will end in a tie.

Time outs

Each coach will receive (3) full time-outs per game. All time-outs are full 60 second time-outs. Only coaches can call time-outs.



Fouls and Free-Throws

Free Throws

1st and 2nd Grade Level

There will be no rebounders during a free throw attempt. The shooter will get 1 free throw that will be worth 2 points if made. However, if the free throw is a result of a made shot (and 1), the free throw will be worth just 1 point.

Non-shooting team will receive the ball, make or miss, after the shot has been taken.

Players will shoot free throws from 13 feet. Host schools must provide this line.

3rd and 4th Grade Level

The first space for a rebounder is above the block (not below). The shooting team may have 2 players around the key and the defending team may have 4.

Players will shoot free throws from 13 feet. Host schools must provide this line.

Foul Out

Players will foul out on their 5th personal foul. If it is determined by the referee that a player is fouling excessively or at risk of harming other players, the referee may ask a coach to sub that player out.

Bonus

On the 5th team foul per quarter, we will have (2) free throws. The team fouls reset each quarter.

Types of fouls

Intentional Foul: Foul by player not playing for the ball. Player gets two shots and the ball. If a shot is made, the offense still gets two shots.

Flagrant Foul: Foul by player with apparent intent to injure opposing player. Offending player is ejected, the offense has two free-throws and the ball. Players committing flagrant fouls are not required to leave the bench.

Technical Foul: Unsportsmanlike in nature; 2 shots and the ball. Anyone on the bench is eligible to come in and shoot the technical foul shot and can immediately be replaced by another player (except by the player who left the game). Coaches and players receiving two technical fouls are required to leave the bench and are suspended from the next game. Anyone on the bench will be susceptible to a technical foul.



Defense

Full Court Pressure

There will be no full court pressure for the 1st and 2nd Grade Levels during the entire game.

Teams may not full court press. Full court pressure may occur in the 2nd half in the last (2) minutes of the 4th quarter and during overtime periods, so long as the “mercy rule” is not in effect. See mercy rule below.

NO Zone Defense

Teams cannot play zone defense. Every player must be guarding a player. This does NOT mean that players cannot play in a help side position.

Players are allowed to switch on an offensive pick or screen. When an offensive player has beaten their defender, another defensive player may help to stop a fast break or a drive.

There are no intentional double teams in the forms of traps or design allowed.

Stealing

For the 1st and 2nd grade level there will be a no steal on the dribble at all times.

For the 3rd and 4th Grade Levels, players can steal passes, as well as when the ball is being held or dribbled. However, when in the “mercy rule” players cannot steal from the dribble or the ball being held.

Mercy Rule

If a team is up by 10 points or more:

- No Full Court Pressure in the final 2 minutes of the game.
- Defense may not steal the ball off the dribble or if the ball is being held.



Tie Breaker System

If keeping league standings.

In the event of a two way tie:

- Step 1: Head to head win/loss between the tied teams
- Step 2: If still tied, point differential (+20/-20 points max) in games played between the tied teams.
- Step 3: If still tied, least number of defensive points given up in games played between the tied teams.

In the event of a three or more way tie:

- Step 1: Head to head win/loss between all the tied teams
Example 1 – Team A beats Team B, Team A beats Team C, Team B beats Team C; Team A is higher seed with 2 wins/0 losses, Team B is second seed with 1 win/1 loss, Team C is third seed with 0 wins/2 losses; do not need Step 2
Example 2 – Team A beats Team B, Team B beats Team C, Team C beats Team A; All teams have 1 win/1 loss; move to Step 2
- Step 2: Point differential (+20/-20 points max) in games played between the tied teams. If still tied, move to Step 3
- Step 3: Least number of defensive points given up in games played between the tied teams.

Modifications

Modifications to these Guidelines, Procedures and Rules will be documented with a description of the change and the date the modification was recommended by the CYO CTX Executive Directors and approved by the CYO CTX Board of Directors.

