

Rules Specific to North Bay CYO Basketball 2022/2023

***There no changes to the CYO rules from last season.
Point of Emphasis items for the 2022/2023 season are
highlighted in Red Italics.***

Starting Games

If five (5) or more players from each team are on the gym floor at game time, the officials will start the game. Coaches are cautioned that gym time is limited, and officials will not delay starting the game when five players from each team are present on the gym floor.

If a legal number of participants (5) are not present by scheduled game time, an additional five (5) minutes will be allowed.

If a team does not have five players after the additional five minutes, that team will forfeit the game. If neither has five players present, both will forfeit the game.

***Officials do not rule on nor determine eligibility of players.
Opposing coach must submit protest to the CYO Board via their
athletic director.***

Prior to the start of each game, players and coaches will convene at the center circle and the following prayer will be read by a representative of the home team (player, coach, gym supervisor):

*God,
We pray for our athletes ...
To play with character and integrity.
We pray for our coaches...
To teach sportsmanship and fair play above winning.
We pray for our parents...
To model and encourage positivity.
We pray for our officials...
To lead and safeguard our games.
We ask this through Christ our Lord.
Amen*

***Officials may join in the prayer at center-circle. If they choose
not to join in they must show respect by staying away and
quiet.***

Length of Games

In 4th through 8th grade games:

- Quarters will be seven (7) minutes;
- One (1) minute intermission between quarters and
- Five (5) minute intermission between halves.

In 3rd grade games

- Quarters will be six (6) minutes;
- One (1) minute intermission between quarters and
- Five (5) minute intermission between halves.
- There is no overtime for 3rd grades. The games will end in a tie.

In the event of a tie score at the end of regulation time for 4th through 8th grade games, the following method will be used to break the tie:

1. A two (2) minute rest period will precede the first overtime period of three (3) minutes for 4th-8th grades and Divisions.
2. If at the end of this overtime period the score is still tied, further overtime periods of the same length will be played, until a winner is determined.
3. Overtime periods are considered and handled as extensions of the 4th quarter.

No Zone Defense

ALL 3rd; 4th and 5th grade teams, boys and girls, are not allowed to play a zone defense.

- The first infraction of this rule will result in a “No Zone Defense” warning.
- Subsequent infractions will result in a technical foul on the head coach followed by two free throws and possession of the ball by the non-offending team.

The technical fouls are considered “Administrative Technical Fouls” and will not be reported on the score sheets nor to the Northern Coast Officials Association.

Definition of the No Zone Defense rule:

The "No Zone Rule" means that when the ball is in the front court, each player on defense must defend and follow a single, corresponding player on the offense (man to man). However, defenders playing man to man defense may switch on offensive players, momentarily double team an offensive player, or help a team mate in guarding an offensive player.

When the ball is prepared to be put into play from out of bounds on the end line near the free throw lane, players on defense may initially set up to guard an area (zone), rather than their assigned player. However, when the ball is inbounded and moves above the free throw line extended or is pulled out and an offense is set up, the players on defense must revert to a man to man defense.

Time Outs

Each team is entitled to four (4) full time outs for the game. In the event of overtime, each team will be entitled to one additional time out per overtime period. Unused time-outs used in regulation will carry over to the overtime.

INJURED PLAYER: *If an official beckons a coach to come onto the court to check on an injured player and the coach determines that the player can continue to play, he/she may be allowed to do so without requiring the coach to use a time out to keep the player in the game.*

Pressing Rules

3rd Grade: NO PRESSING and NO TRAPPING beyond the 3 point line. Man to man is allowed after half court, but no double teaming.

4th and 5th grades, All Divisions:

No full court press is allowed at any time, except for the last minute of the game and last minute of any overtime period.

6th, 7th and 8th grade Boys, Divisions III, IV and V:

No full court press is allowed at any time, except for the last two (2) minutes of the game and the last two (2) minutes of any overtime period.

6th, 7th and 8th grade Girls, Divisions II and III:

No full court press is allowed at any time, except for the last two (2) minutes of the game game and the last two (2) minutes of any overtime period.

6TH, 7TH AND 8TH GRADES, ALL DIVISIONS:

NO FULL COURT PRESS IF A TEAM IS LEADING BY 16 POINTS OR MORE.

A “press” is defined as when a team secures possession of the ball in its backcourt, the team on defense must retreat behind the half line without pressuring the team on offense or attempting to gain possession of the ball.

- The first violation of the rule will result in a “***no press***” warning.
- Subsequent violations are “***administrative***” technical fouls.

3-point Rule

3-point rule in effect for all 6th, 7th, and 8th grade games when gym is MARKED.

3-point rule is NOT in effect for 3rd; 4th and 5th grade games.

Ten Second Back Court Count and Closely Guarded Rules

The 10-second backcourt count and the 5-second closely guarded count in the frontcourt shall be applied to ***BOTH boys' and girls' games.***

Free Throw Line Rules

There shall be no distractions, such as fans yelling or banging of bleachers or chairs, while a player is attempting a free throw.

In 3rd grade, and 4th grade, Boys and Girls League, all Divisions, a player is allowed to go over the free throw line if, after shooting, momentum carries him/her over.

3rd grade level games the free throw line will be the first hash mark extended closest to the free throw line.

Size of Basketball

3rd Grade: 27.5

4th-8th Grade Girls: 28.5

4th-5th Grade Boys: 28.5

6th-8th Grade Boys: 29.5

All Participation Rules

Each half will be divided into four playing periods of equal length. (Example: 3-1/2 minutes for 4th-8th grades and 3 minutes for 3rd grade.) The expiration of the playing period midway through each quarter should be administered as an Officials' Time Out and be known as "Substitution Break".

Substitution Break: Approximately 10 seconds. Coaches should have their substitutes at the scores table, checked in, and ready to go before the buzzer sounds to signal the start of play at the substitution break.

This is not a time out.

During Substitution Break:

- Players remaining in the game may not leave the court but should remain on the court and be ready to continue as soon as substituting has been completed.
- The coach of 5th-8th grade teams may not come onto the court during this Substitution Break.

For 4th-8th grade teams, if all players have played the requisite period of time by the beginning of the 4th period, the clock will be set for 7 minutes for the 4th period and there will be no mid-period officials' time out for substitutions.

All team members listed in the scorebook and dressed in uniform must play one FULL and continuous playing period during the first and second halves of the game before being substituted. When a new player first enters the game during each half it must be at the start of a new playing period.

All Participation Rules, Continued

The only exceptions to this rule would be due to a disqualification by rule or due to an injury or illness. If the injured or ill player returns to the game, he/she must satisfy the Basic Rule, if possible. If the first time a player enters the game in the middle of a playing period because of an injured or disqualified full playing period before the end of the quarter.

Note: OFFICIALS be proactive and check with the scorekeeper at the beginning of the last playing period in the first and second halves to make sure all the players have played the requisite period. If not, remind the coach of the rule.

A player who comes to the game after the first half must only satisfy the second half's participation rule.

THE SPIRIT OF THE RULE AS WELL AS THE LETTER OF THE RULE MUST BE OBSERVED. FAILURE TO ABIDE SUBJECTS THE GAME TO BE PLAYED UNDER PROTEST.

If a player's name is not listed in the official book when he/she enters the game, an "administrative" technical foul will be called. Administrative technical fouls are not charged to the coach or player. They do count as one of the "team fouls" for bonus free throws.

If an official beckons a coach to come onto the court to check on an injured player and the coach determines that the player can continue to play, he/she may be allowed to do so without requiring the coach to use a time-out to keep the player in the game.

Uniform & Undergarment Rules:

The undergarment rules that are in the High School Rule Book **DO NOT** apply to CYO.

Example: If a player is wearing a white T-Shirt under his/her uniform that is not white, **DO NOT** make him/her remove it.

Also, tights or compression sleeves on arms or legs **DO NOT** have to match nor meet HS rule uniform requirements.

Wrist sweat bands and head bands **DO NOT** have to match either.

However unsafe items, such as jewelry or rubber "strong" bracelets are NOT allowed.

Resuming the Game Following Substitution Break

The halting of play at the end of the first playing period in each quarter should be administered in the same manner:

- The team in control at the conclusion of the midway mark during the period for Substitution Break shall retain possession with a throw-in from the out-of-bounds nearest the point possession.
- If there is no team control, possession will be given to the team entitled to the alternating possession arrow from out-of-bounds at half court with the exception of the following instance:
 - *If a try for goal is taken just before the buzzer sounds and is successful during or after the buzzer, the non-shooting team will obtain possession of the ball at the beginning of the midway mark for that period. They will be awarded a throw-in out-of-bounds at half court from across the scorer's table (just like beginning of each quarter).*

Resuming play for the start of the 2nd, 3rd and 4th quarters will be administered according the normal alternating-possession arrow procedure to start a quarter.

Player Ejection

If a player is ejected from a game due to unsportsmanlike behavior, his/her ejection is equivalent to two technical fouls.

If a player receives two unsportsmanlike technical fouls in a season, he/she will be suspended from participating in the following week's practices and the following game.

If he/she receives three unsportsmanlike technical fouls in a season, he/she will be removed from the team.

Coaches' Behavior

Designation of Head Coach

One coach will be designated as the head coach at each game. The designated head coach is the only coach that may stand during the game in accordance with the high school rules.

Each team has a head coach and most have assistant coaches. In reality, the head coach may be the one in charge of administrative duties while the assistant coach runs the practices and takes charge at the game.

The officials need to ask before the game who is the "designated head coach for this game" because that is the only coach who may stand during the game.

Coaches' Behavior, Continued

The coaching box is 14 feet long placed in the middle of the regulation half court.

Coaches are strongly encouraged to remain seated on the bench at all times while the clock is running or is stopped.

Any individual who coaches or sits on the team bench during a game must have his/her name on the league's certified list of coaches and must sign in and show a photo ID to the gym supervisor/designee prior to the start of the game.

Any coach being called for a second technical foul in a game will automatically be ejected from that game immediately. The coach must leave the premises, and may NOT stand in the doorway of the gym to observe the game. Coaches who refuse to leave will automatically forfeit that game. Any coach ejected for a second time in one season will be automatically suspended for the remainder of the season.

IF THERE IS NO COACH, THERE CAN BE NO GAME.

There should be a list of sanctioned coaches at the scorer's table. Only 2 coaches may occupy the bench at any given time.

If, in the judgment of the gym supervisor, the officials have not taken appropriate actions to address the behavior of coaches that are contrary to the philosophy of the CYO program, and a reminder to coaches by the gym supervisor to modify their behavior has not succeeded, the gym supervisor may take appropriate action with respect to coaches, after a formal warning in consultation with the officials. Such action may involve the ejection of a coach from the game.

30-Point Rule

Stoppage and reminder to coach winning at 20 and 28 have been removed.

Upon reaching a 30-point differential, the team that is leading will be declared the winner of the game.

The final score will be the score of the differential.

The scoreboard will be set to 0-0 for the remainder of the game.

The scorekeeper will record in the official scorebook the time on the clock when this occurs. The AD/designee will also record the time on the official score sheet that is submitted to the League's Scorekeeper.

Playoff Games

For all playoff games, the host gym must provide an individual to be responsible for keeping the scores in a neutral, official scorebook.

That individual may not be a coach or parent from either team playing in that game.

Guidelines for Crowd Control

A sportsmanship statement shall be read to the crowd before the start of each 3rd grade game during the first, second and 6th week of the season.

Each coach is responsible for his own followers.

In case of crowd or individual misbehavior in the gym, parking lot, or any part of the school site before, during or after the game, the following procedure is recommended by the Diocesan C.Y.O. Board of Directors.

The referee and/or the Athletic Director shall:

- A. Warn the coach or coaches who will quiet their own fans.
- B. Warn the coach or coaches and take a cooling off period (approximately 3 minutes), at the referee's discretion.
- C. If the behavior is still in poor taste, forfeit the game to the other team. If both teams' supporters are out of line, forfeit the game both ways (both teams are charged with a LOSS).

In case of a coach's misbehavior the referees shall, progressively:

- A. Warn the coach.
- B. Call a technical foul.
- C. Call a second technical foul and eject the coach from the immediate area (gym); if he refuses to go, forfeit the game to the opposing team.

Any coach being ejected for the second time in one season will automatically be suspended for the remainder of that season. Then the coach must apply in writing for future participation in the C.Y.O. program.

Note: The CYO League has a zero tolerance for crowd misbehavior. All parents are required to sign a code of conduct at the beginning of the season.

At the first sign of crowd misbehavior, ask the gym supervisor to remind the misbehaving fan of the code of conduct and that any continuing misbehavior will result in ejection from the gym.

Points of Emphasis for Officials

- 1. Don't let the game get out of control.** It is better to call more fouls than you normally would. Protect the players from rough play that could lead to injuries.
- 2. Referee CYO games in a professional manner.** The players and fans deserve no less. Hustle, get into position and act like the CYO game you are officiating is the most important game to you that week—because it is to the players, coaches, parents, and other fans.
- 3. Act and look professional at all times.** Dress neatly. Don't interact inappropriately with the fans. During time outs and intermissions don't play with the basketball by shooting baskets or showing off your dribbling skills. In other words, act like you would at a high school game.
- 4. Use good communication and people skills** in dealing with difficult coaches and players. Answer reasonable questions in a reasonable manner.

Issue Warnings, Technicals, and Ejections as necessary. However, DO NOT abuse your power.

- 5. If you had a problem** with a coach, a parent, or other fan, email or call David Clark and/or Gary Frieder.. The league will investigate the incident and take appropriate action.
- 6. Be aware** that coaches will bring to the attention of the league any referee misbehavior and/or weaknesses. The league will bring it to the attention of CYO Officials Liaison, who will, in turn, report it to David Clark and/or Gary Frieders for appropriate action.

Incident Reports **CYO Games:** An incident report **MUST** be submitted for **ALL UNSPORTING technical fouls** issued to a player, coach or assistant coach.

If you have an ejection in a game you must call David or Gary and also submit an incident report online.

If you have a situation in which NCOA might get a call from an irate coach, AD, or fan please call David or Gary as soon as possible after the game so we can be ready to deal with that irate person. If in doubt, call David and/or Gary.

You can reach David or Gary at (707) 538-5190.

You will also be required to submit an incident report.



Incident Reports must be completed online at the NCOA Officials Web Site within four (4) hours after your final CYO game for that day. IT MUST INCLUDE NAME(S) OF THE PERSON WHO WAS T'd or EJECTED!





