

Archdiocese of Newark Office for Youth & Young Adult Ministry  
**Union County CYO Basketball League Specific Rules**  
Rookie, Pee Wee, JV, Varsity & High School Divisions  
2018-19 season  
Revised as of November 9, 2018

**ROSTERS**

A MINIMUM of EIGHT PLAYERS are required to enter a team in Rookie, Pee Wee, JV, Varsity and High School Divisions AND MUST BE MAINTAINED thru the season. A MAXIMUM of 15 players is allowed on the roster. All roster players must play in a minimum of 50% of the regular season games to be eligible for the playoffs, unless due to a medical condition. Coaches are to save regular season scorebooks to prove the requirement.

**GAME TIMING**

- Game time is forfeit time.
- Any team that forfeits/withdraws from a game LESS THAN 24 hours prior to the game time is responsible for paying both referees WHETHER OR NOT the game is to be made up. Note: The team that is at the game does not pay any officials.
- **Five players are required to start a game.** Once the game is started, the game will continue despite the loss of eligible player(s) until a team has just one eligible player remaining.
- Rookie, Pee Wee, JV and Varsity divisions will play eight (8) minute quarters, running time, except that the clock will stop on all whistles in the last minute of every quarter.
- High School will play eight (8) minute quarters and the clock will stop on all whistles throughout the game. It is a stop clock throughout – like traditional HS basketball.
- For the Rookie, Pee Wee, JV and Varsity divisions, other than during the last minute of each quarter, the clock will stop on shooting fouls, first half substitutions, extraordinary stoppages of play and, of course, during time outs. It is a running clock otherwise.
- Half time shall be five (5) minutes.
- Two (2) minutes between quarters
- Overtime shall be 4 minutes with the clock running except stopping on all whistles in the last minute of each overtime period, except for the High School division which will continue with stoppage on each whistle.
- Pee Wees - if teams are still tied after the FIRST overtime, the game is recorded as a tie for both teams
- JV, Varsity and High School - if teams are still tied after the second overtime, the game is recorded as a tie for both teams.

## **Section 6: “All Play Rule”**

The “**All Play Rule**” guarantees each young person that sits on a team’s bench at a game is guaranteed a **minimum** amount of playing time for the entire season. The season is defined as Regular Season, Playoffs and Championships. This is for all Grammar and High School CYO Sports.

The **ONLY** exception to the All Play Rule would be if in fact a player has a pre-known medical condition that would reduce the amount of time that a player could in fact possible play. This pre-known medical condition would in fact need to be conveyed to the OYYAM office prior to the start of the first scheduled game of that sport **OR** if in fact the player is injured during the course of the game.

### **For BASKETBALL**

In basketball the minimum playing time for all eligible players on a team’s bench is that they are to play at a minimum the time equal to that of one quarter’s length over the course of a game.

At the ½ point of the 1<sup>st</sup> and 2<sup>nd</sup> quarters during the **first half only**, the clock will stop at the first “dead ball” nearest the mark for substitutions to take place. A referee may stop play at an appropriate time to initiate substitutions.

Coaches must have their substitutions already determined for a quick substitution. **This is not a timeout, this is just to sub.** If the official feels that it is taking too much time, he may charge the offending team a time out. Free substitutions are permissible throughout the ENTIRE GAME.

The coach is NOT required to substitute players during the stoppages in the first half, but encouraged. The coach IS NOT required to play ALL their players in the first half. The stoppage of play in the first half is being implanted to give coaches an opportunity to meet the requirement of having all the players play a minimum of one quarters length per game.

Regardless of substitutions all players in uniform on a team’s bench must in fact play the minimum of one quarter’s length over the course of a game.

If in fact a team feels the opposing team violated this rule, they must in fact have concrete evidence and be able to validate their claim. It must be brought the attention of the head referee and marked in the score book. The league coordinator must then be contacted.

## **VIOLATION OF THE ALL PLAY RULE FOR ALL SPORTS**

Athletic Directors, Pastors or Principals shall monitor their program's coaches for compliance in regard to the All Play Rule. Violation shall be a breach of the spirit of CYO Sportsmanship and the following penalties shall be imposed;

- 1) This rule serves as your warning.
- 2) 1<sup>st</sup> offense results in a forfeit of the game.  
A one (1)-game suspension of the teams Head Coach for the teams next game.  
Should the infraction occur on the last day of the season then the suspension will carry over till the next season.
- 3) 2<sup>nd</sup> offense results in a forfeit of the game.  
Head Coach is suspended for the remaining season. If the offense should occur on the last day of the season, the suspension will carry over to the next season.  
The team is disqualified for the playoffs

Coaches, under the supervision of their Athletic Directors should see that all players receive playing time beyond the minimum.

## **PRESS RULE**

### **Rookie**

No full or half court defense allowed - defensive players must drop back inside the 3 point arc at all times, or the top of the key extended if no 3 point arc.

### **Pee Wee Divisions**

No full or half-court defense is allowed; defensive players must drop back inside the 3-point arc, or an imaginary horizontal line located at the top of the key if there is no 3-point arc, except:

- Half court pressure defense is allowed during the last 2 minutes of the 4th quarter only, unless a team is up by 10 or more points, then it is still not allowed.
- Full court press is allowed during the last minute of the 4th quarter, unless a team is up by 10 or more points, then it is still not allowed.

The same rules/exceptions will apply to the one potential overtime period.

### **Red Division for JV Boys, White and Red Varsity Boys, and Red Varsity Girls**

A full court press will be allowed for the entire game unless one team leads the other by **15 or more points**. The team ahead must then drop back to at least the division line (half court). The defensive team ahead by **15 or more points** must allow the offensive team to get over half court. The trailing team may still press.

### **White, Black & Blue Divisions JV Boys, Varsity White Girls and Varsity Black and Blue Boys**

No full court press will be allowed during the first half of the game. A full court press will be allowed for the second half of the game unless one team leads the other by **15 or more points**. The team ahead must then drop back to at least the division line (half court). The defensive team ahead by 15 or more points must allow the offensive team to get over half court. The trailing team may still press.

**Red, Black & White Divisions for JV Girls**

No full court press for the first three (3) quarters of the game. A full court press will be allowed during the 4<sup>th</sup> quarter of the game unless one team leads the other by **15 or more points**. The team ahead must then drop back to at least the division line (half court). The defensive team ahead by 15 or more points must allow the offensive team to get over half court. The trailing team may still press.

**High School Division**

A full court press will be allowed for the entire game unless one team leads the other by **15 or more points**. The team ahead must then drop back to at least the half court line. The defensive team ahead by **15 or more points** must allow the offensive team to get over half court. The trailing team may still press.

**SCORING****Rookie**

**NO** score will be kept on the scoreboard or in a scorebook.

Each game will end in a 0-0 tie.

**Pee Wee**

No 3 point shots will be counted. All teams are to keep scoring to within 20 points. Any Pee Wee team that wins by 20 points or more is subject to the lopsided score rules and guidelines.

**JV and Varsity**

If the gym in which you are playing has a 3 point arc, it will be used and the 3 pointer will be counted. No imaginary lines will be permitted.

NO dunking is permitted during warm ups and the game. A technical foul will be assessed.

Teams are to keep scoring to within 25 points. Any JV/Varsity team that wins by 25 points or more is subject to the lopsided score rules and guidelines.

**High School Divisions**

If the gym in which you are playing has a 3 point arc, it will be used and the 3 pointer will be counted. No imaginary lines will be permitted.

NO dunking is permitted during warm ups and the game. A technical foul will be assessed.

All teams are to keep scoring to within 30 points. Any High School team that wins by 30 points or more is subject to the lopsided score rules and guidelines.

**For All Divisions that go over the allowed score per game**

-the Coaches of BOTH teams are to fill out a Lopsided Report Form and submit it to the League's Sport Specific Coordinator within 24 hours of the games conclusion.

The first time a team has a lopsided score a Lopsided Report must be filled out and the Programs AD is given a warning. The AD should have a conversation with coaching staff to ensure this does not happen in future games.

The second time a team has a lopsided score a Lopsided Report must be filled out and the coaches of the team are suspended for 1 game

The third time a team has a lopsided score a Lopsided report must be filled out and the coaches are banned for the remainder of the season. The season being regular season games, playoffs and championships.

**GAME BALL**

The use of the small youth or women's ball (28.5") is mandatory for Girls divisions, and for **Rookie, Pee Wee and JV** boys division games. A full size ball must be used for **Varsity and High School** Boy division games. The ball must be leather or synthetic leather.

The Home Team will provide a game ball for each game. Players or fans should not be bringing personal basketballs to the gyms. **ONLY THE COACH** should bring team balls for the teams to practice with. We want to avoid a safety issue with balls rolling onto the court during the games.

Fans **ARE NOT** to be playing on the court during any stoppage in play or between quarters/ halftime etc.

**OFFICIALS FEES**

No Referees are to be paid at games. The League Assigner of Officials will bill each program accordingly for all league games.

For **Rookie** – there is one Referee. They are paid \$40 a game, \$20 per team.

For **Pee Wee/JV/Varsity** - Two referees per game - \$45 per official.

For **High School** - Two referees per game - \$50 per official.

### **LINEUP CARDS/SHEETS**

Coaches must give a copy of the game lineup sheet to the opposing team and/or official scorer prior to the start of the game. This gives you more time to coach.

A scoreboard and scorebooks will be used from start to finish. The Home team will be the official book. All teams are to hand the official scorer at the table a copy of your game roster. The game roster will have all your players' full names and uniform numbers on it so it can be transferred into the official scorebook. Failure to comply may deem the coach unsportsmanlike.

Coaches are to have a copy of their submitted League roster with them at all times in case a question comes up regarding a player.

### **TIME OUTS**

There will be three 60 second timeouts and two 30 second timeouts per game, which can be carried over to overtime. An additional, full 60 second timeout will be granted for every overtime period. No cheerleaders are allowed on the court for a cheer during a 30 second timeout.

### **FOUL SHOTS**

#### **Rookie**

A player can set up closer to the basket (regulation is 15 feet) - approximately 10 to 13 feet is approved.

Coaches and officials can help certain smaller players establish a foul line that encourages scoring.

The shooter cannot charge the basket until the ball hits the rim or the backboard in order to go for a rebound. He or she does not have to wait until it touches another player.

#### **Pee Wee**

A player can set up closer to the basket at approximately 13 feet (regulation is 15 feet). The shooter cannot charge the basket until the ball hits the rim or the backboard in order to go for a rebound. He or she does not have to wait until it touches another player **NO** three-point shots will be counted.

#### **JV/Varsity**

All foul shots must be attempted from behind the foul line. We do allow the JV girls to fall over the line without violation provided, in the official's opinion, they are not trying to gain an advantage on an errant shot to rebound. The shooter cannot charge the basket until the ball hits the rim or the backboard in order to go for a rebound. He or she does not have to wait until it touches another player

## **DEFENSIVE RULE**

### **Rookie**

- The defensive team must stay inside the 3-Point circle (or the top of the key extended if no 3 point arc) on each possession.
- Once crossing the half court line, the offensive team will have 10 seconds to advance the ball over the 3 point circle. A team cannot freeze the ball by holding it out top.

### **Pee Wee**

- The defensive team must start inside the 3-Point circle on each possession.
- If no 3-Point circle is available then use the top of the key extended.
- Once crossing the half court line, the offensive team will have 10 seconds to advance the ball over the 3 point circle. A team cannot freeze the ball by holding it out top. If the offensive team does not break the 3-point circle within 10 seconds of breaking the half court line, a violation similar to backcourt shall be called. Opposing team gets the ball.
- For each possession, once the offense breaks the plane of the 3-point arc with the ball, the defense is now allowed to play anywhere in the front court.
- If there is a side-line throw in the front court, the defense must start inside the 3-point arc until the ball crosses the plane of the arc as described above.

## **FAST BREAK LIMITATIONS**

### **Rookie**

There will be **NO** fast breaks allowed on a change of possession.

The offense must allow the defense to set up on every change of possession.

### **Pee Wee**

Fast breaks are allowed, except that NO fast breaks of any kind are allowed if a team is up by 10 or more points. In the event that a team is in a fast break, the opposing team is allowed to play defense to slow down or stop the fast break. The defensive team may steal the ball during a fast break. Defense other than that described in Defensive Rule above can only be played if team is at that point in the process of fast breaking.

### **JV/ Varsity/ High School**

There are no limitations on Fast Breaks. However if a team is considerably dominating an opponent then common sense and fair play should prevail with the coaches to limit the amount of fast breaking that a team does.

## **UNIFORMS**

Team uniforms will match in color, style and contrast. If a t-shirt is to be worn under the uniform top, it must be white, gray or a color in the team uniform. All team members must wear the same color t-shirt, or individual players can choose to not wear a t-shirt.

Home team must have pinneys available, but may elect to have the visiting team wear them if needed if in fact both teams uniforms match in color.

## **COACHING**

Each team is only permitted to have 4 (four) coaches sitting on their team bench. Only the HEAD COACH is allowed to stand within the coaches box. Assistant Coaches must sit at the head of the bench unless they are giving medical care to a player

## **PRE GAME**

Before each game begins it is **MANDATORY** that both teams gather at center court and the following take place :

A Pre Game Prayer is to be led between both programs and all the coaches . The HOME team should lead this.

The Referee is to review the Anti Taunting Rule which includes ...

- There will be NO tolerance for negative statements or actions between opposing players and coaches. This includes taunting, baiting, berating opponents, "trash talking" or actions which ridicule or cause embarrassment.
- Any verbal, written or physical conduct related to race, gender ethnicity, disability, sexual orientation or religion shall NOT be tolerated, could subject the violated to ejection and may result in penalties being assessed against your team.
- If such comments are heard a penalty will be assessed immediately. We (the officials) have been instructed NOT to issue warnings. It is your (coaches) responsibility to remind your team of this policy.