2011 DIOCESE OF OAKLAND CYO – BASKETBALL RULES OF NOTE

(Rules that are commonly misunderstood or that CYO basketball coaches should know!)

CYO RULES (1-6)

1. **All Play Rule** – The All Play Rule designates minimum playing time for each player and assures that all players will enter the game more than once, while giving the coaches flexibility in substitution. Participation of **all** players is a core value of CYO. Play all players a lot! (CYO Athletic manual, p. 3, p. 18.)

2. **Code of Conduct** – The CYO Code of Conduct describes expected positive behavior from players, spectators and coaches, and provides penalties for poor conduct. (CYO Athletic Manual, p. 4 - 5)

3. **Overtime** – In CYO, overtime periods are three minutes each with additional procedures for the 3rd and 4th overtimes. (CYO Athletic Manual, p. 19)

4. **Coaches Bench Rule** – There is no coaching box in CYO basketball. Coaches must remain seated on the bench except in the six instances described in the National Federation rulebook. ***PLEASE BE SEATED!***

5. **Restrictions on Games and Practices** – There are restrictions on game times, practice times and the number of games played. No games or practices are allowed before noon on Sundays or after 10:00 p.m. on school nights. No more than a single game may be played in a day. There are restrictions on the number of tournaments entered and on CYO activities allowed in the off-season. (CYO Athletic Manual, pp. 15 -16, 18)

6. **Press rule** – A team with a lead of either 10 pts (4th/5th grade) or 15 pts (6th – 8th grade) must allow the player and the ball to cross the half court line. No press allowed in 3rd grade. It is poor sportsmanship for a team to press with a large lead – let the other team have fun and stay in the game! (CYO Athletic Manual, p. 5, pp. 18-19)

NATIONAL FEDERATION BASKETBALL RULES (7-16)

7. **Three Seconds in the Key** – To commit a violation, an offensive player must be in the key for three seconds while his/her team is in continuous control of the ball in their frontcourt. Any shot "resets" the three-second count, even if the ball doesn't contact the rim or backboard.

8. **Incidental Contact** – There is legal contact between players many times during a game without a foul called. For example, when two players dive for a loose ball and contact occurs before a player has the ball, it is not a foul unless the contact gives one player an advantage. (e.g. by pushing, by tripping or by displacement.)

9. **Uneven Number of Fouls Between Teams** – It is poor officiating for a referee to try to even the fouls between two teams and it is poor sportsmanship for coaches to insist on an equal number of fouls between two teams to validate that the officials were "fair." Teams play differently – some press, others are less skilled on defense; some are more or less aggressive. To penalize a team for the other team's poor or aggressive play is unfair.

10. **Team Control Fouls** – A Team Control Foul is a common foul committed by a member the team that has team control. The penalty for a Player Control Foul and a Team Control Foul is the ball awarded to the offended team for a throw-in from the designated out of bounds spot nearest the foul. (No bonus free throws are awarded.)

11. **Calling Time Out** – Coaches and players may ***request*** time out; only the referee can ***grant*** time out. There is no time out until the referee recognizes and grants the request of the coach/player.

12. **Kicking the Ball** – Kicking the ball with any part of the foot or leg is a violation only if intentional and deliberate.

13. **Free Throws Lanes** – *The two spaces closest to the end line must be vacant.* Only two offensive and four defensive players are allowed on the free throw line during a free throw. All other players must be behind the three-point line. Two defensive players must be in the spaces adjacent to the vacant spaces.

14. **Jewelry / Nails** – No jewelry is permitted. Earrings must be removed, not taped. Fingernails considered dangerous by the referee must be cut. Religious medals and medical alert medals may be worn if taped.

15. **Swinging the Arms / Elbows** – Excessive swinging of the arm(s) or elbow(s) is a *violation* (when contact is not made).

16. **Injured Player** – An injured player MUST be removed from the game if the coach goes on to the court, or the official beckons the coach to attend to an injured player. Exception: a player required to leave the game may remain in the game if the team calls time out and the situation can be corrected before the end of the time out. *Injured players must never be moved or put back in a game until it is safe to do so. Note: coaches must have the Parental Permission and Health Authorization forms for all players available at all times.*