

2015-2016 DIOCESE OF OAKLAND CYO – BASKETBALL RULES OF NOTE

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

CYO RULES (#1 – #6) / NATIONAL FEDERATION BASKETBALL RULES (#7 – #15)

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 much more than the minimum! (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** – 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 -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)
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. **Contact with a Dribbler / Ball Handler** – The following acts are a foul against a ball handler/dribbler: placing two hands on the player; placing an extended arm bar on the player; placing and keeping a hand on the dribbler; contacting the player more than once with the same hand or alternating hand.
9. **Uneven Number of Fouls Between Teams** – For a referee to even the fouls between two teams is poor officiating. It is poor sportsmanship for coaches to insist that an equal number of fouls between two teams validates 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. **Free Throws** – A player occupying a marked lane space ... may enter the lane on the release of the ball by the free throw shooter. The free throw shooter shall not have either foot beyond the vertical plane of the free throw line until the ball touches the rim or backboard. A player, other than the free-thrower, who does not occupy a marked lane space shall not have either foot over the vertical plane of the free throw line extended or the three point line until the ball touches the rim or backboard. Penalty: Violation.
13. **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.
14. **Swinging the Arms / Elbows** – Excessive swinging of the arm(s) or elbow(s) is a *violation* (when no contact).
15. **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. A player with a suspected concussion must not play for the rest of the day and may not participate again until cleared by authorized medical personnel.* Review the **CYO Concussion Information Sheet** for protocol and for more details.