

2007 - 2008
ARCHDIOCESE OF WASHINGTON
CYO BASKETBALL

**Coaching Our Kids To Do Their Best,
Improve Their Skills And Display
Moral Values**



**SUPPLEMENTAL RULES
TO THE NATIONAL HIGH SCHOOL
FEDERATION**

CATHOLIC YOUTH SPORTS AND CYO TEACHING GOSPEL VALUES THROUGH SPORTS

CYO sports is about helping young people be more Christ-like in how they live their lives. This simple phrase is at the heart of why Catholic Youth Sports Programs Exist. This is also the measure of success through which programs be implemented and evaluated by players, parents and coaches.

In the American Sport Education Program (ASEP) book entitled *Catholic Coaching Essentials* (December 2006), a compelling vision and understanding of Catholic Youth Sports identifies these 4 building blocks as the foundation of Catholic youth sports.

1. Sports as Youth Ministry

Catholic parish and school athletic programs must be intentionally connected with the mission and values of the Gospel. An essential question is this: How does your Catholic youth sports program enhance, animate, or violate the mission and values of your parish and school.

2. Coach as Youth Minister

When sports programs are rooted in the mission and values of the Gospel, the Coach becomes a youth ministry leader who is ministering (*Respond to the needs of young people and involve young people – with their gifts and energy in the life of the community - "Renewing the Vision – A Framework for Catholic Youth Ministry"*) to young people on behalf of the faith community.

3. Team as Christian Community

The team experience is where Christian faith is lived in practical ways (caring, forgiving, encouraging, settling conflicts peacefully, supporting, loving, and challenging each other). That connects the individual and team with Gospel values and beliefs.

4. Parents As partners

In Catholic sports programs we recognize that parents are to be active partners to foster the mission of Catholic youth sports. This requires active work with parents identify what is and is not acceptable while working together to always keep the value of the child growing in faith as central to all considerations.

Adapted with permission from Greg Dobie Moser, Executive
Director of the National Center For Catholic Youth Sports

MID-ATLANTIC

REGULAR SEASON:

Since regular season games determine who enters the play-offs, all regular season games that are postponed will be rescheduled **when possible**. If rescheduling regular season games becomes difficult; due to the lateness of the basketball season, continual inclement weather, gym availability, etc., the CYO will only reschedule those regular season games that have a material impact on the standings, for the purpose of determining who qualifies for the play-offs.

PLAY-OFFS:

All play-off and championship games that are postponed will be rescheduled **when possible**. If rescheduling play-off games becomes difficult; due to the lateness of the basketball season, continual inclement weather, gym availability, etc., the CYO has the option of **shortening the play-off format** to accommodate the weather, gym availability, and the start of the next athletic season.

FOR FURTHER INFORMATION AND PROCEDURES REGARDING REGISTRATION, PROTESTS, COACHES CERTIFICATION, AND EXEMPTIONS, PLEASE REFER TO THE **CYO ATHLETIC HANDBOOK..**

CATHOLIC YOUTH ORGANIZATION

Rules and Regulations

BASKETBALL

THIS IS A SUPPLEMENT TO THE CYO ATHLETIC HANDBOOK. IT IS AN ABSOLUTE NECESSITY FOR ALL COACHES TO THOROUGHLY REVIEW THE HANDBOOK.

CYO BASKETBALL SUPPLEMENT RULES FOR 2007– 2008

ELIGIBILITY

1. The Catholic Youth Organization (CYO) is a parish based athletic organization of the Archdiocese of Washington
2. The burden of responsibility for players' eligibility rests with the parish registering the team(s). This includes pastors, priests, deacons, principals, coaches, delegates, and moderators. Any parish that violates any player eligibility rules may be barred from the championship and play-offs for up to three (3) years.
3. Any Catholic child, or non-Catholic child attending Catholic school is eligible to participate. A non-Catholic child must play for the Catholic school (school parish) the child is attending. If the school parish that the non-Catholic child attends does not have a team in his/her age group, then that child may play for the next bordering parish to the child's official residence, that has a team in his/her age group, upon approval of the OYM/CYO Office.
4. A Catholic child must play for the parish (home parish) in which he/she resides (parish territorial boundaries). If the player's parents are registered in one parish and reside in another, and the player does not attend the Catholic school in either parish, a certified waiver form must be obtained from the parish in which the player resides before the player can play for the parish in which the player's parents are registered. The delegate or athletic director of the releasing parish must sign this waiver form. The player becomes eligible upon approval of the OYM/CYO Office.

5. A Catholic player who resides in one parish (home parish) and attends Catholic school in another parish (school parish) may choose between the school parish or home parish for participation in the CYO. However, once a choice has been made the Catholic player may not switch from school parish to home parish or home parish to school parish, without approval of the OYM/CYO Office.
6. If neither the home parish nor the school parish has a team in a players age division, a Catholic child may play for any bordering parish that has a team in his/her age division, upon approval of the OYM/CYO Office. A player playing with another parish due to the above circumstance must be treated as any other player from that parish. The only distinction allowed is a moderate increase in the parish participation fee.
7. No player may play in two (2) divisions at the same time. No girls are permitted to play on boys' teams and no boys are permitted to play on girls' teams. **(This is not applicable to the Cadet-1st division)**
8. The burden of responsibility for players' eligibility rests with the coaches, delegates, and moderators in each parish.
9. Any parish, which violates any player eligibility rules, may be barred from the championship and playoffs for up to three (3) years.

DIVISIONS

SENIOR...MID-ATLANTIC

Any player (9th)-twelfth (12th) grade **and** who was born in 1989 or later is eligible. In the case where a player no longer attends high school, but is otherwise eligible, he/she is eligible until his/her school class graduates from high school.

INTERMEDIATE...MID-ATLANTIC (boys only)

Any player who is in the tenth (10th) grade or below **and** who was born in 1991 or later is eligible. Any player born in 1992 or later is eligible.

VARSITY...MID-ATLANTIC or TOURNAMENT

Any player who is in the eighth (8th) grade or below **and** who was born in 1993 or later is eligible. Any player born in 1994 or later is eligible.

INCLEMENT WEATHER POLICY

ROOKIE AND JUNIOR VARSITY NON-TOURNAMENT

REGULAR SEASON:

Since these leagues are purely instructional and there are no play offs or championships; the CYO will not reschedule any games postponed due to inclement weather. Individual parishes are encouraged to contact each other and reschedule postponed games at a mutually agreeable date, time, and site. Depending on these factors (date, time, site), the CYO cannot guarantee officials for these rescheduled games.

JUNIOR VARSITY TOURNAMENT AND VARSITY TOURNAMENT

REGULAR SEASON:

Since the championship of these leagues are determined by the season-ending unseeded double elimination tournament; the CYO will not reschedule any games postponed due to inclement weather. Individual parishes are encouraged to contact each other and reschedule postponed games at a mutually agreeable date, time, and site. Depending on these factors (date, time, site), the CYO cannot guarantee officials for these rescheduled games.

TOURNAMENTS:

Since the championship of these leagues are determined by the season-ending unseeded double elimination tournament, all tournament and championship games that are postponed will be rescheduled **when possible**. If rescheduling tournament games becomes difficult; due to the lateness of the basketball season, continual inclement weather, gym availability, etc., the CYO has the option of **shortening the tournament format** to accommodate the weather, gym availability, and the start of the next athletic season. The tournament may be shortened to the point where there is one team left in the winner's bracket and one team left in the consolation bracket, there will be no play-back...this would make the tournament a **modified double elimination tournament**.

MISCELLANEOUS

- SCOUTING AIDS:** No camera of any type may be used to film a future opponent. You may film your games, but no films may be swapped or used for scouting purposes. Vocal tape recorders may be used as a substitute for paper and pencil, but not to record comments of opposing coaches or players.
- PARENTS MEETING:** Each parish is expected to schedule and conduct a pre-season Parent Information Meeting. The meeting format should include a discussion of the CYO philosophy, rules, coach and player conduct, and other parish expectations for the program.
- SPECTATORS:** It is requested that over zealous rooters, whether parents or not, be asked to stay off the playing court, as only the players and the coach are allowed this privilege. CYO officials and referees will be instructed to remove from the game or court any coaches, parents, or players who do not live by Christian ideals (i.e. by using profane or abusive language, or harassing officials, players or spectators).
- ALCOHOL:** Beer and alcohol, as well as any form of illegal drugs, are forbidden at CYO game sites. This rule extends to all parking lots and other church or public grounds.
- SMOKING:** No smoking is permitted in any building at any time. If a coach or spectator needs to smoke, please instruct them to go outside, regardless of the weather.
- FOOD AND BEVERAGES:** No food or beverages are allowed in any gyms used for CYO basketball.
- EARLY ARRIVALS:** Team members are to be supervised by an ADULT (21 years or older) if they are going to come earlier or stay later than their scheduled game time.

JUNIOR VARSITY...TOURNAMENT or NON-TOURNAMENT

Any player who is in the sixth (6th) grade or below **and** who was born in 1995 or later is eligible. Any player born in 1996 or later is eligible.

ROOKIE...NON-TOURNAMENT

Any player who is in the fourth (4th) grade or third (3rd) grade **and** was born in 1997 - 1999 is eligible. Any player born in 1999 is eligible.

Any player graduating from eighth (8th) grade and deciding to repeat eighth (8th) grade; shall be considered ineligible for Varsity play for the second year of eighth (8th) grade attendance.

ADDITIONAL HIGH SCHOOL ELIGIBILITY RULES

High School Leagues

- All participants must RESIDE within the geographic boundaries of the Archdiocese of Washington**
- There will be **NO** exemptions outside traditional parish boundaries. **Players must play for teams sponsored by the parish they played for in elementary and middle school. Players in a parish not fielding a team MUST play for the next closest parish fielding a team.**
- Limit of two (2) parish teams per age group.
 - Incidents during the prior CYO program year and any other concerns will be a determinate in allowing a parish to continue to field high school CYO teams.
- Each CYO high school team must have two (2) certified coaches listed on roster. If neither is at the game, the team forfeits.
 - The ejection of an assistant coach will result in the dismissal of that assistant coach from coaching in the CYO for the remainder of that CYO season.
 - The ejection of a head coach will result in the following:
 - The team will immediately forfeit the game.
 - All remaining games will be forfeited and the season will be terminated.

5. Technical Fouls – players, coaches, spectators, and fans
 - a. First – two (2) game suspension
 - b. Second – Suspended for the remainder of the season must petition CYO for future eligibility.
6. Ejection from a game - players, coaches, spectators, and fans
 - a. Suspended for the remainder of the season and the player must petition CYO for future eligibility.
 - b. The team will be immediately placed on probation.
7. In the event any player on a team that has been placed on probation (as noted in 4.) is ejected from a game, the team will forfeit all remaining games and their season will be terminated.
8. Every CYO high school team must have appropriate parish uniforms with parish name on front and numbers.
9. Any players suspended due to an accumulation of technical fouls or ejection from a game will have their high school administrators informed of their conduct.

NOTE: *The Office of Youth Ministry/CYO reserves the right to review and/or lengthen any stated consequence with the exception of section 5a above. All incidents involving any of the High School Divisions will be reviewed at the end of the season to determine the future of these leagues.*

LEAGUES

NON-TOURNAMENT DIVISION

There are NO trophies, awards, or champion-ships in this division. This division is for children who have never participated in the sport before, or who have one-year experience or less. This gives the child an opportunity to learn the game in a low-key, no-pressure to win atmosphere.

TOURNAMENT DIVISION

A team trophy will be awarded to the post-season double elimination tournament winner. All teams in each section qualify for the post-season tournament. In the Junior Varsity Leagues, this division is for children who have some experience with the game, and those with average or better ability. In the Varsity Leagues, this division is for a parish's **second or third** team.

Any situation governed under the PARTICIPATION RULE, where compliance is questioned by a coach, the matter will be reviewed by the OYM/CYO Office and/or the Athletic Committee. Complaints must be in writing, and must be directed to the Director of the

LEAGUE STANDINGS:

1. **TIE BREAKING PROCEDURE FOR STANDINGS:** The first criteria for breaking ties will be head to head competition; i.e. all teams involved in the tie will compare the records attained in play among or between the tied teams. If a tie still exists, then a play-off system will be set up to break the tie, unless all the teams involved in the tie have already qualified for the play-offs, in which case, a blind draw will be made to determine seeding positions. With snow cancellations, standings will be determined by the least number of loses not most wins.

PRACTICE POLICY

1. No practice may begin prior to November 1st. Practice is defined by having all three of the following on a gym floor at the same time: a coach, players, and a basketball. Tryouts do not count as a practice.
2. It is mandatory that once the season begins, no teams may have more than three (3) practices per week. A violation of this rule will make the team ineligible for the Play-offs and Championship.

Junior Varsity Non-Tournament, Junior Varsity Tournament, and Varsity Tournament

1. Each team must have at least **seven (7)** players dressed in uniform on the team bench able to participate by the end of the **second (2nd) quarter/half-time** or they will be subject to a forfeit.
2. Each player who is dressed in uniform and on the team bench during the game **must play at least one (1) full quarter, from start to finish, without being substituted.**
3. Each player who is dressed in uniform and on the team bench during the game **must sit out at least one (1) full quarter, from start to finish, without being a substitute.**
4. The only exception to this rule is an injury serious enough to preclude further participation in the game. In this instance, the player must be removed from the immediate area of the bench. An injured player who must sit out until the next stoppage in play (or the team must use a time-out) ...will have fulfilled his/her continuous play requirement as long as he/she reenters the game on the next available stoppage in play.
5. **For the Tournament Leagues, "Unseeded Double Elimination Tournament Games and Seeded Guaranteed Two Game Tournaments Only",** the above rule will be interpreted as follows: If team A has twelve (12) players and team B has ten (10) players, both teams **must sit** all players under the **"full quarter rule"**. Both teams must play **ten (10) players under the "full quarter rule"**. Team A must also play the other two (2) players a portion of the game. A "portion of the game" is defined as any part of the game when the clock is running.

Mid-Atlantic Leagues:

1. Every player must **play a portion of each game**. The CYO expects that over the course of the season, all players will play a reasonable amount of time. Substituting players for a "few seconds (meaning less than a minute) at a time" is against the CYO philosophy, and will not be tolerated.

MID-ATLANTIC DIVISION

A team trophy and individual player trophies will be awarded to the winner and second place team of the post-season single elimination citywide play-off. This division is the championship division, for the better ball players. Top flight competition where a team's regular season record determines its play-off status. Play-offs determine the Archdiocesan champions, who will represent Washington in the Inter-Diocesan competition for the Mid-Atlantic Championship, **at the discretion of the OYM/CYO Office.**

1. All ninth (9th) graders; in middle school, junior high school, or high school, who play for their school's varsity, junior varsity, or freshman teams are ineligible. All eighth (8th) graders; in middle school, junior high school, or high school, who play for their school's varsity team and that team consists of or can consist of players in grades 9 - 12 are ineligible.
2. In any age group where there is more than one division, a parish **must** enter a team in the higher division **before** entering a team in the lower division. ***At the Varsity and Junior Varsity level, a second team must be entered in the higher division before entering a third team in the lower division.***

TEAM ROSTER

1. All roster forms must list the players **alphabetically**.
2. All players must be on the roster at the time of registration, with full name and address.
3. Rosters will be "frozen" on Friday December 15, 2007 at 12 noon for Varsity Mid-Atlantic, Varsity Tournament, and Junior Varsity Tournament Leagues / Divisions.
4. Roster will be "frozen" on Friday January 19, 2008 at 12 noon for all High School, Junior Varsity Non-Tournament, and Rookie Non-Tournament Leagues / Divisions.

EQUIPMENT

1. In all leagues and in all divisions **ONLY** basketball shoes may be worn.
2. GAME BALLS: In the **Rookie and Junior Varsity Boys** leagues and in **ALL GIRLS** leagues, the official ball will be an approved women's high school caliber leather ball. In the Varsity, Intermediate, and Senior boy's leagues, the official ball will be an approved men's high school caliber leather ball.
3. Uniforms **MUST** be numbered. Numbers need NOT appear on both the front and back. Teams are NOT permitted to have duplicate numbers. A sponsor's name may appear on the uniform. Contact the CYO/OYM Office for details on sponsors for basketball. **ALL** sponsors must be approved by the CYO Office. All efforts should be made to avoid having opponents wearing the same color uniforms. If this cannot be avoided, the **HOME** team will be required to wear scrimmage vests or pinnies of a contrasting color. The **HOME** team will be required to bring to the game at least seven (7) scrimmage vests. The **HOME** team is the team in the left-hand column on the schedule. If a team appears without visible numbers, without scrimmage vests or pinnies when needed, or with duplicate numbers, the referee and CYO officials are instructed to forfeit the game to the team wearing the proper uniforms. **TEE SHIRTS AND COMPRESSION SHORTS (NOT BOXER SHORTS) OF ANY COLOR MAY BE WORN UNDER THE GAME UNIFORM.**

GAME PROCEDURE

1. A team is expected to be at the gymnasium one-half hour before the scheduled game time, **with an ADULT in charge**. If a team fails to show up, there will be a ten (10) minute grace period after the scheduled starting time before a FORFEIT is declared. The grace period will only apply to the first game scheduled at a particular site; all subsequent games that day will not be allowed a grace period.

FOULS AND MISCONDUCT

Any player, coach, fan, spectator, or team representative who is ejected from the game, will automatically be suspended from his/her team's next official CYO game that his/her team plays. The decision of the Office will be Final.

Any coach, who pulls his/her team off the court prior to the official conclusion of the game, will subject themselves to an automatic one (1) game suspension following a review of the incident by the Office of Youth Ministry. The decision of the Office will be Final.

PARTICIPATION

Rookie Non- Tournament

1. Each team should have at least **seven (7)** players dressed in uniform on the team bench able to participate by the end of the **second (2nd) quarter/half-time**.
2. Teams with 7-10 players, must play each player who is dressed in uniform and on the team bench during the game at least **two (2) full quarters** and must **sit two (2) full quarters, from start to finish, without being substituted.**
3. Teams with 11 or more players, must play each player who is dressed in uniform and on the team bench during the game must play at least **one (1) full quarter**, and must **sit one (1) full quarter, from start to finish, without being substituted. NO PLAYER MAY PLAY MORE THAN TWO (2) QUARTERS.**

It should also be noted that **FREEZING (holding) the ball on offense outside of any of the restraining lines** is discouraged, this is not within the CYO's Philosophy of keeping these leagues instructional. Repeated violations of the spirit of these rules by a team or coach should be referred to the OYM/CYO Office. **Please do not try to rectify this in front of the children at the game.**

Rookie Non-Tournament Leagues:

1st quarter and 2nd quarter: No defense may be extended beyond the arch formed by the three (3) point line.

3rd quarter and 4th quarter: No defense may be extended beyond the mid-court (half-court) line.

Half court defense is allowed **unless** the team is **twenty (20)** or more points ahead; drop back to the three (3) point line defense. If a team is **thirty (30)** or more points ahead; then the clock will continue to run except for official timeouts and the end of a period.

Junior Varsity Non-Tournament Leagues:

1st quarter: No defense may be extended beyond the arch formed by the three (3) point line.

2nd quarter and 3rd quarter and 4th quarter: No defense may be extended beyond the mid-court (half-court) point line.

Half court defense allowed **unless** the team is **twenty (20)** or more points ahead; drop back to the three (3) point line defense. If a team is **thirty (30)** or more points ahead; then the clock will continue to run except for official timeouts and the end of a period.

Junior Varsity and Varsity Tournament Leagues:

1st quarter and 2nd quarter: No defense may extend beyond the mid-court (half-court) line.

3rd quarter and 4th quarter: A full court press shall be allowed **unless** the pressing team is **twenty (20)** or more points ahead; then drop back to half-court defense.

If a team is **thirty (30)** or more points ahead; then the clock will continue to run except for official timeouts and the end of a period.

Varsity, Intermediate, and Senior Mid-Atlantic Leagues:

A full court press shall be allowed at any time during the game **unless** the pressing team is **twenty (20)** or more points ahead.

2. If failure to arrive, is due to unforeseen consequences; which is deemed as being a reasonable excuse by the CYO. A make up game will be considered or If failure is due to an error in scheduling by the CYO Office, then a make up game will be considered. Misinterpretation of a schedule by a participant is not discerned as an error in scheduling.
3. A forfeit is initiated by the game site officials when a parish fails to field a team, by game time, which is comprised of the appropriate number of players necessary to begin a game as Specified by the High School Federation Rules governing basketball, which are five (5) players. A team not maintaining an appropriate number of players on the floor at all times during the game is subject to a forfeit.
4. If the game officials are not present after the ten (10) minute grace period has expired, "pick-up" officials may be used **ONLY IF BOTH COACHES AGREE**. If both coaches agree and the game begins with volunteer officials, the game becomes an official game and the **result will count** in the standings.
5. **The ONLY basketballs allowed in the gym will be the ones the coach carries in. It is your responsibility to see that spectators do not bring their own basketballs to your game.**
6. The scorekeeper will furnish the referee with a first line leather ball of the correct size for that division, and that ball will be designated the game ball.
7. **LINEUPS:** Each coach **MUST** provide the scorekeepers with the appropriate lineup form for his/her team's league/division. This should include first name, last name, uniform number, and appropriate playing requirements. prior to the start of the last period of the preceding game. **IT ALSO MUST INCLUDE THE NAMES OF THE HEAD COACH, ASSISTANT COACH AND SCOORE-KEEPER FOR THAT GAME AS ALLOWED UNDER ITEM #12 BELOW.**
8. **PRE-GAME INSPECTION:** The OYM/CYO Office strongly urges that prior to the start of each game, both teams line up opposite each other at mid-court. Each coach should inspect his opponent's equipment at this time. As a coach, you may be held legally responsible for any injury sustained as a result of faulty, unsafe, or illegal equipment worn by one of your players or one of your opponents. Please check rule 3-5 of the National Federation of High School Associations Rulebook in regards to equipment. The Pre-game inspection is also an opportunity to encourage sportsmanship between opposing players and their teams, by providing the opportunity for players and coaches to shake hands, get acquainted and wish each other luck before the start of the game.

9. Games cannot be postponed by individual parishes or schools. If both teams fail to show up for a scheduled game, each team will be credited with a loss. The game will not be replayed. Games can be postponed only by the CYO or the game site Officials. In case of inclement weather, call **202-281-2464** to see if your game has been postponed. **DO NOT GIVE THIS NUMBER TO YOUR PLAYERS OR THEIR PARENTS.** Do **not assume** that your game is canceled because it is snowing. See inclement weather policy below.
10. In the Mid-Atlantic and Tournament leagues, teams forfeiting two (2) games will not be eligible for the play-offs or post-season tournaments. Teams forfeiting a game in any post season tournament, will be removed from any remaining games in that tournament .
11. **CALLING IN THE SCORE:** The winning team is responsible for calling in the score **ONLY** if there are **NO** CYO scorekeeper or timers at the game. In the case of a tie both teams should take the responsibility for calling in the score.
12. **EACH CYO TEAM WILL BE ALLOWED TO HAVE NO MORE THAN 2 COACHES (THE HEAD COACH AND AN ASSISTANT COACH) PLUS A SCOREKEEPER ON THE BENCH DURING THE GAME.**

GAME PLAY

All CYO Basketball Leagues will use the current rules of the [National Federation of State High School Associations \(NFHS\)](#) with the following exceptions.

1. **SCOREKEEPING:**
In all ROOKIE non-tournament leagues - The score shall be erased after the first (1st) half of play. **THERE WILL BE NO OVERTIME PERIODS IN THIS LEAGUE.**
2. **PLAYING TIME:**
 - a. All Mid-Atlantic Leagues will play sixteen (16) minute running time halves.
 - b. All Tournament and Non-tournament Leagues will play four (4), eight (8) minute running time quarters.
3. **THE GAME CLOCK:**
For all leagues the clock will stop at the following times:
 - a. All shooting fouls.
 - b. The **last one (1) minute** of the **first half [second (2nd) quarter]** on all normal dead ball situations.

MID-ATLANTIC BASKETBALL RULES CHART

SENIOR
Mid-Atlantic
Regular Season Champions advance to City Play-Offs.
Boys – Official Men's Girls – Official Womens
Shirts – Numbered Shorts – any color Under - any color
Legible roster
Normal HS Federation
2 – 16 minute halves
All shooting fouls
All whistles - last 1 minute of first half
All whistles - last 2 minutes of game
All whistles in O.T.
Normal HS Federation 7 / 10
Normal HS Federation: 3-full (60 sec.) – per game 2-1/2 (30 sec.) –per game, called by coach or player. O.T. – 1 additional per O.T.
1-2 minute O.T, if still tied, 2-2 minute O.T., if still tied, Sudden Death or 2 minutes. If still tied, the game is over
As many 2 minute O.T. as necessary
Full Court Press
Full Court Press
Not beyond half court Clock does not stop – except for official timeouts and the end of a period
5 by start of game
None
Any portion of game
Any portion of game
See the details in the body of the book.

INTERMEDIATE AND SENIOR

RULES	INTERMEDIATE
DIVISIONS	Mid-Atlantic
Play-Offs / Championships	Regular Season Champions advance to City Play-Offs.
Game Balls	Boys – Official Men's
Uniforms	Shirts – Numbered Shorts – any color Under - any color
Line-ups	Legible roster
Games - Scorekeeping	Normal HS Federation
Game Time	2 – 16 minute halves
Clock - Stops	All shooting fouls
	All whistles - last 1 minute of first half
	All whistles - last 2 minutes of game
	All whistles in O.T.
Bonus F.T.	Normal HS Federation 7 / 10
Time-Outs	Normal HS Federation: 3-full (60 sec.) – per game 2-1/2 (30 sec.) –per game, called by coach or player. O.T. – 1 additional per O.T.
Overtime - Reg. Season	1-2 minute O.T., if still tied, 2-2 minute O.T., if still tied, Sudden Death or 2 minutes. If still tied, the game is over
- Play-Offs	As many 2 minute O.T. as necessary
Press – 1 st / 2 nd qtrs.	Full Court Press
Press – 3 rd / 4 th qtrs.	Full Court Press
20 point lead 30 point lead	Not beyond half court Clock does not stop – except for official time-outs and the end of a period
Participation – Players	5 by start of game
Play/Sit - Definition	None
7-10 players	Any portion of game
10-more players	Any portion of game
Play-Offs/Championships	See the details in the body of the book.

- c. The **last two (2) minutes** of the **game** on all normal dead ball situations.
- d. The entire overtime period(s) on all normal dead ball situations.

4. **BONUS FREE THROWS:**
High School Federation rules will be in effect.

5. **OVERTIME:**
REGULAR SEASON GAMES
a. Mid-Atlantic Leagues:
If the score is tied at the end of regulation time, there will be a two (2) minute overtime period. If the score is still tied after the first two (2) minute overtime period, there will be a **second** two (2) minute overtime period. If the score is still tied **after the second overtime period**, there will be a sudden death period to last until either team scores, OR two (2) minutes have elapsed, whichever comes first. If the score is still tied at the end of sudden death overtime, the game is terminated, and will stand as a tie.

b. Varsity Tournament, Junior Varsity Tournament, and Junior Varsity Non-Tournament Leagues:

If the score is tied at the end of regulation time, there will be a two (2) minute overtime period. If the score is still tied after the first overtime period, there will be a sudden death period to last until either team scores, OR **two (2) minutes have elapsed, which ever comes first**. If the score is still tied at the end of sudden death overtime, the game is terminated, and will stand as a tie.

c. Rookie Non-Tournament Leagues:
There is no overtime in the Rookie Leagues.

PLAY-OFFS AND TOURNAMENT GAMES

a. Mid-Atlantic Leagues:
All games will play as many two (2) minute overtime periods as necessary until a winner is decided.

b. Tournament Leagues:
All games will play as many two (2) minute overtime periods as necessary until a winner is decided.

6. **FULL COURT PRESS**
When the **"NO PRESS"** rule is in effect, the defensive team may not place **ANY**: pressure on the offense; intercept a pass, steal the ball, force a turnover, or force a held ball until the offensive team has advanced **THE BALL past** the designated restraining line. **Defensive teams should refrain from trying to reach over the designated restraining line and attempting to steal the ball.** If the offensive team commits a violation without defensive pressure, the violation will stand and the defense will gain possession of the ball.

ROOKIE / JUNIOR VARSITY NON TOURNAMENT, JUNIOR VARSITY / VARSITY TOURNAMENT, VARSITY MID-ATLANTIC BASKETBALL RULES CHART

RULES	ROOKIE	JUNIOR VARSITY		VARSITY	
DIVISIONS	Non-Tournament	Non-Tournament	Tournament	Tournament	Mid-Atlantic
Play-Offs / Championships	None-Instructional	None-Instructional	Unseeded Double Elimination Tournament within each District	Guarenteed two games Tournament within each District	Regular Season and District Tournament Champions advance to City Play-Offs. City Champion to Mid-Atlantic Regional Tournament
Game Balls	Official Women's	Official Women's	Official Women's	Boys – Official Men's Girls – Official Womens	Boys – Official Men's Girls – Official Womens
Uniforms	Shirts – Numbered Shorts – any color Under - any color	Shirts – Numbered Shorts – any color Under - any color	Shirts – Numbered Shorts – any color Under - any color	Shirts – Numbered Shorts – any color Under - any color	Shirts – Numbered Shorts – any color Under - any color
Line-ups	CYO supplied rotation sheet	CYO supplied rotation sheet	CYO supplied rotation sheet	CYO supplied rotation sheet	Legible roster
Games - Scorekeeping	Score erased at half	Normal HS Federation	Normal HS Federation	Normal HS Federation	Normal HS Federation
Game Time	4 - 8 minute qtrts	4 - 8 minute qtrts	4 - 8 minute qtrts	4 - 8 minute qtrts	2 – 16 minute halves
Clock - Stops	All shooting fouls	All shooting fouls	All shooting fouls	All shooting fouls	All shooting fouls
	All whistles - last 1 minute of first half	All whistles - last 1 minute of first half	All whistles - last 1 minute of first half	All whistles - last 1 minute of first half	All whistles - last 1 minute of first half
	All whistles - last 2 minutes of game	All whistles - last 2 minutes of game	All whistles - last 2 minutes of game	All whistles - last 2 minutes of game	All whistles - last 2 minutes of game
	No O.T	All whistles in O.T.	All whistles in O.T.	All whistles in O.T.	All whistles in O.T.
Bonus F.T.	Normal HS Federation 7/10	Normal HS Federation 7/10	Normal HS Federation 7/10	Normal HS Federation 7/10	Normal HS Federation 7/10
Time-Outs	Normal HS Federation 3-full (60 sec.) – per game 2-1/2 (30 sec.) –per game, called by coach or player. O.T. – N/A	Normal HS Federation 3-full (60 sec.) – per game 2-1/2 (30 sec.) –per game, called by coach or player. O.T. – 1 additional per O.T.	Normal HS Federation 3-full (60 sec.) – per game 2-1/2 (30 sec.) –per game, called by coach or player. O.T. – 1 additional per O.T.	Normal HS Federation 3-full (60 sec.) – per game 2-1/2 (30 sec.) –per game, called by coach or player. O.T. – 1 additional per O.T.	Normal HS Federation 3-full (60 sec.) – per game 2-1/2 (30 sec.) –per game, called by coach or player. O.T. – 1 additional per O.T.
Overtime	None	1 – 2 minute O.T., if still tied Sudden Death or 2 minutes. If still tied, the game is over	1 – 2 minute O.T., if still tied Sudden Death or 2 minutes. If still tied, the game is over	1 – 2 minute O.T., if still tied Sudden Death or 2 minutes. If still tied, the game is over	1-2 minute O.T, if still tied, 2-2 minute O.T., if still tied, Sudden Death or 2 minutes. If still tied, the game is over
- Reg. Season	None	None	As many 2 minute O.T. as necessary	As many 2 minute O.T. as necessary	As many 2 minute O.T. as necessary
- Play-Offs	None	None	As many 2 minute O.T. as necessary	As many 2 minute O.T. as necessary	As many 2 minute O.T. as necessary
Press– 1st / 2nd qtrts.	No defense beyond 3 point arch	1st No defense beyond 3 point arch 2nd No defense beyond half court line	No defense beyond half court line	No defense beyond half court line	Full Court Press
Press– 3rd / 4th qtrts.	No defense beyond half court line	No defense beyond half court line	Full Court Press	Full Court Press	Full Court Press
20-point lead	Inside –point arch	Inside 3-point arch	Not beyond half court line	Not beyond half court line	Not beyond half court line
30-point lead	Clock does not stop—except for official timeouts and the end of a period	Clock does not stop—except for official timeouts and the end of a period	Clock does not stop-except for official timeouts and the end of a period	Clock does not stop—except for official timeouts and the end of a period	Clock does not stop—except for official timeouts and the end of a period
Participation–Players	7 by half time, no forfeits	7 by half time or forfeit	7 by half time or forfeit	7 by half time or forfeit	5 by start of game
Play/Sit - Definition	An entire quarter means start to finish, no substitute	An entire quarter means start to finish, no substitute	An entire quarter means start to finish, no substitute	An entire quarter means start to finish, no substitute	None
7-10 players	2 qtrts. / 2 qtrts.	1 qtr. / 1 qtr.	1 qtr. / 1 qtr.	1 qtr. / 1 qtr.	Any portion of game
10-more players	No more than 2 qtrts	1 qtr. / 1 qtr.	1 qtr. / 1 qtr.	1 qtr. / 1 qtr.	Any portion of game
Play-Offs/Championships	None	None	See the details in body of book.	See the details in body of book	See the details in body of book