

REGINA COELI CYO

BASKETBALL RULES

Girls 3rd to 6th Grade League

Winter 2024-2025

SPORTSMANSHIP

1. Teams will gather together to read the CYO pledge loud prior to each game.
2. Teams will shake hands at the end of each game.

GAMES

1. A women's basketball (28.5") will be used in this league.
2. Teams will play four 6-minute quarters.
 - a. Halftime will be 5 minutes
 - a. Overtime will be 3 minutes
3. Only players, the head coach, and 1 assistant coach are permitted on the bench during games.
 - a. Only the head coach may stand during gameplay. The assistant coach must remain seated.
 - b. Parents/spectators must sit on the bleachers by the windows or on the stage; not in empty chairs near the bench.

PLAYERS

1. Players will wear their official CYO t-shirt to games.
2. Shirts must be tucked into the player's shorts
3. No jewelry, watches, Fitbits, earrings, hair accessories etc. may be worn during games

PLAYING TIME

1. In keeping with the spirit of CYO, emphasis is on participation. All players **MUST** play a minimum of 1½ quarter.
 - a. No player can play the entire game. Players must sit at least 1 quarter.
 - i. Exception: if a team only has 5 players available to play.
 - b. Playing time can be tracked using the scorebook or an app.

OFFENSE/SCORING

1. Field goals are worth 2 points.
2. Foul shots are worth 1 point.
3. There are no 3-point shots.
4. Dunking is not permitted during warm-ups or games.

DEFENSE

1. Teams can choose to play a zone or a man-to-man defense.

2. "Red Line Rule": teams cannot play defense on the player with the ball until that player crosses the red line on the court.
 - a. Exception: Full court press (see below)
3. Teams can elect to set up a full court press defense under the following conditions:
 - a. After February 1st
 - b. 4th quarter only
 - c. The team (defender) is not up by 10+ points

FOULS

1. Each player can have 5 fouls. On the 5th foul, the player is out of the game.
2. Foul shots are taken from the closer foul line
3. Players can step in when the ball hits the rim.
4. On and after the 5th team foul in a quarter, the opposing team is in the bonus.
 - a. When in the bonus, a team will be awarded 2 free throws on defensive and loose ball fouls.
 - b. Team fouls do not carry over into the next quarter. The exception is that 4th quarter team fouls carry over into overtime.

TECHNICAL FOULS

1. If a player is called for a technical foul, it counts as a personal foul and team foul.
2. If a coach is called for a technical foul, it counts as a team foul.
3. If the assistant coach is called for a technical foul, it counts as a technical foul on the head coach.
4. If any player or the head coach is called for 2 technical fouls:
 - a. That player/coach is ejected from the game and must leave the gym.
 - b. That player/coach is suspended for 1 game.

TIME OUTS

1. Each team will be allotted 4 timeouts.
 - a. 1 additional timeout will be allotted during each overtime period.
2. Only players on the floor or the head coach can call timeouts.
3. Timeouts are 1 minute.

SCOREKEEPER

Each team will need to have a scorekeeper at the table to handle the book.

Scorekeepers must log the following for both teams:

1. Players' names
2. Players' uniform numbers
3. Players' points
4. Players' fouls
5. Players' playing time
6. Teams' points
7. Teams' fouls
8. Teams' timeouts

If the scorekeeper has a question or discrepancy with the opposing scorekeeper, he/she should consult with the referee, not the coach.

SCOREBOARD OPERATOR

Each game will need a scoreboard operator to:

1. Run/stop the clock as necessary
 - i. The clock only stops when the referee blows the whistle
 - ii. The clock does not run during foul shots, but resumes when the ball hits the rim on the final shot
- b. Add points to the scoreboard
- c. Control the possession arrow
- d. Light up the bonus light when the team is in the bonus/double bonus
- e. After a whistle, use the horn to alert the referee of subs waiting to enter the game.

If the scoreboard operator has a question or an issue, he/she should consult with the referee, not the coach.

Updated November 17, 2024