

CATHOLIC YOUTH ORGANIZATION
CRUSADER ATHLETICS

C.Y.O. BASKETBALL RULES



COACHES MANUAL

Revised 2018

C.Y.O. BASKETBALL COACHES MANUAL

Contents	Page
• C.Y.O. Basketball League Rules	
°League Outline	2
°Mandatory Playing Time	3,4
°Timing Regulations	5
°No Pressing Rule	6
°Points of Emphasis	7
°Zero Tolerance Policy	8
New Policy – Mandatory Playing Time	9

C.Y.O. Basketball League Outline

Leagues: There are four (4) Leagues: Senior Girls, Senior Boys, Junior Girls, and Junior Boys

Divisions

Elite	High Caliber play, coaches option
Division I (A)	Divisions are based on population of schools
Division II (B)	Divisions are based on population of schools

Playoffs

- o All teams qualify for the playoffs.
- o Separate playoffs for each division.
- o Teams must have a minimum of 8 players able to play in playoffs. Rosters are not to be changed for the playoffs for the benefit of “shortening the bench”. There is no such thing as an alternate player unless the alternate player is the 11th player on the roster. Any team that does not have the proper amount of players for playoffs will forfeit the match.

Rules:

- National Federation Rules (High School)
- A Coin toss will determine possession at start of game and before overtime
- Teams will alternate ball possession
- All divisions use size 6 ball
- Two (2) time-outs per game, one per half.
- Time-outs DO NOT carry over into overtime, one time out is given in overtime.

Specific Rules for Senior Leagues:

- All fouls shots taken from the 15’
- Elite division can press the entire game, unless by up by 10 or more points
- All division can press the last two (2) minutes of each half

Specific Rules for Junior Leagues:

- All fouls shots taken form 12’
- All divisions can press the last two (2) minutes of each half

Mandatory Playing Time Policy

Actual Number of Player Required for Games:

- For the **regular season**, teams must have a minimum of 5 players
- For all **playoff games**, teams must have a minimum of 8 players

Playoffs: With regards to playing time policy

- Teams are not allowed to match the opposing teams’ bench. You must following the equal playing time policy for all athletes present.
- Teams that do not meet the minimum requirement will forfeit the game

- **Approved Ruling #1:**

Teams that start the game with the minimum number required and injury or disqualification happens during the game in question, teams are allowed to complete game with the remaining number.

- **Approved Ruling #2:**

Teams that do not have the required number of players ready, willing and able to play at game time, but have knowledge that sufficient players will arrive in time to comply with the playing time policy. Teams must be able to finish the game with proper shifts required by the players.

Playing Time Required for Games:

- EQUAL PLAYING TIME for all athletes in the C.Y.O. Crusader Athletic Program is the fundamental principle of this Playing Time Policy

The Rule:

- Coaches have the right to use the withdrawal of playing time from any player as a disciplinary tool (this is not to be confused with benching a player because of physical or mental mistakes).
- Injuries & or discipline situations must be noted on the score sheet and the coach of the opposing team must be informed before the start of the game.

Game Procedures:

- The game is 32 minutes divided into eight (8) – four (4) minute shifts. (4 shifts per half)
- For teams with less than 10 players, coaches will be required to follow the schedule of shift changes below:
 - 10 players – everyone plays 4 shifts
 - 9 players – everyone plays 4 shifts, 4 players play 5 shifts
 - 8 players – everyone plays 5 shifts
 - 7 players – everyone plays 5 shifts, 5 players play 6 shifts
 - 6 players – everyone plays 6 shifts, 4 players play 7 shifts
- Coaches who choose to play more than 10 players will be required to observe this rule: More than 10 players – no player plays more than 4 shifts

Note:

1. There are to be no substitutions during any four-minute shift EXCEPT for injuries or player disqualification.
2. During OVERTIME period (playoffs only) coaches may play anyone they choose (provided they have not fouled out of the game) and substitute on any dead ball.
3. Shift changes ARE NOT to be used as time-outs.

Basketball Timing Regulations

Playing Times:

- The game is 32 minutes, which is divided into 2 x 16 minute halves.
- There are 4 x 4 minute shifts in each half (8 shifts per game).
- The entire game is running time until the **last 2 minutes of each half**
- **Games can end in a tie during regular season.**
- **During playoffs, overtime will be four (4) minutes, stop time during the last 2 minutes until a winner is awarded.**
- The only time the clock stops in a game is during *time-outs, injuries, and the last two (2) minutes of each half/overtime.*

Time-Outs:

- The clock is always stopped during a time-out.
- The ball must be dead for a time-out to be called.
- Each team receives 2 time-outs during regulation time (32 minutes). One time-out per half.
- During overtime (playoffs only) each team will receive one time-out. Unused time-outs DO NOT carry over.
- Time-outs in excess of the allotted number may be requested and shall be granted at the expense of a technical foul.
- A time-out is for **1 minute**; however, players must respond to the timekeepers' signal at the 45 seconds mark of the time-out.
- If a foul shot is taken after the conclusion of a time-out, the clock does not start until the foul shot has been completed.
- **30 seconds** is allowed for the coach to instruct the team and to substitute for a player that has fouled out of the game. The disqualified player must stay on the court for the full 30 seconds. If he/she walks off the court during this period, the coach loses all remaining time.

Substitutions:

- A buzzer will sound every four minutes, at which time substitutions are made.
- There are no substitutions during the 4-minute shift of a regular season game EXCEPT for injuries, player disqualification (5 fouls) or for a coach to discipline a player.
- During overtime (playoffs only) coaches may play and substitute whomever they choose, at any time.
- **Shift changes ARE NOT to be used as time-outs.**

Time Counts:

- A player has **5 seconds** to inbound the ball. The count starts when the referee hands the ball to the player and ends when a player on the floor touches the ball.
- A player has **10 seconds** to shoot a foul shot.
- A team has **8 seconds** to bring the ball from the backcourt to the frontcourt.
- A player cannot be in their offensive key for **3 seconds** or more.
- **NOTE: if a shot is taken or the player leaves the key – the 3 second count starts over again.**

Foul Shot Line-Up:

- Offense team is allowed the foul shooter, an additional two players
- Defending team is allowed 3 players
- Remaining offensive and defensive players are behind the foul shooter, and behind the three point line.
- Players lined up are allowed to rebound on the release of the ball, the shooter and remaining players outside the three point line (behind the shooter) can rebound when the ball hits the rim.

The “No Pressing” Rule

There is to be no pressing by the defense, anywhere in the backcourt of the offensive team, as outlined in the specific rules below. Please read carefully and phone the C.Y.O. if there are any questions.

- **All DIVISION TEAMS CAN PRESS THE LAST TWO (2) MINUTES OF EACH HALF**
1. Once a team has secured control (the ball is being held by a player; dribbled by a player; or passed between players of the same team) of the ball anywhere in its backcourt, the opposing team must retreat to beyond the division line (half court line).
 2. The defensive team can pick up their checks or pressure the ball only when their player or the player and the ball have clearly crossed the division line. The referees will use a marking of some sort on the floor and will inform players’ prior to start of the game.
 3. On any inbound play in a team’s backcourt, or at the division line, the defense may not front the in bouncer, or pressure the offensive team in any manner.
 4. Nothing in these above three (3) rules applies anywhere in a team’s frontcourt.

Last Two Minutes & Overtime:

- During the last two minutes of each half, or during overtime play (playoffs only) all of which are stop time.

Fast Break:

- If a team, which has secured control of the ball in its backcourt, attempts to force the play by means of a fast break or other tactic, before the defense has had an opportunity to retreat beyond the division line, then such a team (the team with the ball) is liable to be checked.

Note: If a team is winning by ten (10) or more points – it is asked that they DO NOT press the last two minutes of the half.

Penalty for Violation of the No Pressing Rule:

If a team violates the above rules, the referee will blow the whistle and:

- Ask the defense to retreat beyond the division line
- Award a throw-in to the offensive team from the closest point of out of bounds

Repeated violations of these rules will be reported to the C.Y.O. office, and will be dealt with by the office – not the officials at the game.

The intent of the rule is to allow teams to advance the ball unchecked across the division line. It is our wish that all coaches will respect the intent of the rule.

Basketball Rules ~ Points of Emphasis

1. Games can end in a tie in the regular season. During playoffs, overtime will be four (4) minutes; the last 2 minutes being stop time until a winner is determined.
2. At the start of each game, and to start the overtime shift (playoffs only), a flip of a coin will determine which team will start with the ball.
3. Jump ball calls will result in alternate possessions.
4. A jump ball possession will be taken at the spot closest to where the jump ball occurred, and not at the division line. To start the game, and the second half, the ball will be taken to half court line on the opposite side of the scorer's table.
5. **Coaches are to remain seated on the bench during the game except to:**
 - a) Talk to their players during a time out, and at half time
 - b) Rise in front of their seats to signal players to request a time out
 - c) Attend to an injured player
 - d) Replace a disqualified player
 - e) Coaches may rise in front of their seat to spontaneously react to an outstanding play
 - f) Organize players in between shift changes
6. **PLEASE READ: All jewelry is illegal**, except for Medical Alert Bracelets/Chains. **Illegal accessories** include small stud earrings, nose rings, camp bracelets, barrettes, bobbles and bobby pins. These must be removed before start of the game. If not a Technical Foul will be issued.
7. The C.Y.O. strongly recommends that players wear gym or sport shorts; however, we do understand that this is not always possible.
8. **OVER AND BACK** means: once the ball or one foot crosses the divisional line, no other point (ball or either foot) can cross the line into the backcourt.
9. After a basket is scored, a player may run the baseline to inbound the ball, even after a time out is called. At no other time is this legal.

10. During a free throw (a.k.a. foul shot) all players occupying a marked lane space, can move once the ball is released from shooters hand, **the shooter may not move until the ball hits the rim or the backboard.**
11. During a free throw, if the ball does not touch the rim on the shooters last shot, it is a violation and the opposing team takes possession on the baseline.
12. Players while on the floor cannot chew gum or have any type of candy in their mouth.

Zero Tolerance Policy

The Catholic Youth Organization along with the City of Hamilton is in support of a safe and healthy environment.

The C.Y.O. will not tolerate any abusive behaviour from coaches, players and spectators towards players, officials or other spectators. We are committed to maintaining a safe and positive atmosphere in our programs.

Violence is seen to be the following behaviours:

- Loud verbal assaults.
- Threats and attempts to intimidate.
- Throwing of articles in a deliberate or aggressive manner.
- Aggressive approaches to another individual.
- Physical striking of another individual.
- Attempts to goad or incite violence in others.

Consequences:

Individuals who engage in the above behaviours will be subject to immediate ejection from facility/property. Also, agency staff will determine a further ban.

PHYSICAL VIOLENCE OR VERBALLY ABUSIVE BEHAVIOUR WILL NOT BE TOLERATED, BEFORE DURING OR AFTER ALL PROGRAMS.

C.Y.O. BASKETBALL

New Policy 2011 – Equal Playing Time Policy

For the purpose of equal participation only, should a player require a substitution, assignment of shift shall take place as follows:

- a.) If the substitution occurs during the first 2 minutes (4:00-2:00), the shift belongs to player 2 ("the Substitute");
- b.) If the substitution occurs in the last 2 minutes (1:59-0:00), the shift belongs to player 1 ("the Intended Player").
- c.) Should a player become injured, the game (clock) will stop allowing the coach to assess the injured player. The coach will be given two minutes to assess the player. If the player continues to play, the shift belongs to the intended player. Once the injured player comes off the floor, and a substitution is made, the injured player cannot return to this specific shift.

Example 1: Injured player with 10 players

Sally falls and hurts her knee during the 6th shift of the game. This is Sally's 3rd shift she has played. There is 3:08 (three minutes, eight seconds) remaining in the shift. Mary who has already played 3 shifts, substitutes into the game, replacing Sally. Because the time of Mary's substitution (4:00 – 2:00), this shift will count towards Mary's equal playing time. Mary's shift count is now 4, whereas, Sally's shift count will be 2. Sally cannot go back in and play in the 6th shift.

Example 2: Fouled out with 10 players

Johnny fouled out of the game during the 7th shift and the time is 2:18 (two minutes, eighteen seconds) remaining in the shift. Therefore, Johnny must sit on the bench. Mark, who has played 3 shifts and substitutes into the game in the 7th shift, replacing Johnny, because the time of Mark's substitution (4:00 – 2:00), this shift will count towards Mark's equal playing time. Mark's shift count is now at 4. Once Johnny is fouled out, the coach must follow the playing time policy for 9 players.

Example 3: Injured Player with 10 players

Anna jams her finger on the rebound. The clock stops at 1:25 (one minute and twenty five seconds), in the 5th shift of the game; this is Anna's 3rd shift she has played. Anna decides to sit on the bench. Cathy substitutes into the game. Cathy has played 2 shifts already. At the end of the 5th shift, because of the time of the injury (1:59 – 0:00), Anna's shift count will be at 3 shifts, and Cathy's shift count will be at 2 shifts.