

Basketball Rule Book

Grade 3rd – 5th



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“Train up a child in the way he should go; even when he is old, he will not depart from it.” Proverbs 22:6

CATHOLIC YOUTH SPORTS (CYS) CODE OF CONDUCT

The focus of CYS grade school sports is **FUN**damentals. Just as St Peter was told to build the church on a rock to withstand time, so too CYS wants to build your child's athletic abilities. Winning is a by-product of putting learned skills to play. Coaches and parents should be focused on ensuring your child is learning proper technique during grade school sports. CYS emphasizes teamwork, sportsmanship and skill development above winning. With that, we ask that all players, parents/guardians, and coaches please read and acknowledge the following information.

COACHES 10 Commandments

1. I understand that as a coach or official, I must be a positive role model for the players and parents, and that I will exert a tremendous influence, either good or bad, in the education of the players. I will strive to instill in every child a sense of self-esteem, responsibility, confidence, dignity, and self-discipline, through an emphasis on fair play, teamwork, leadership, scholarship, respect, and the rules of CYS sports.
2. I will never place the value of winning, or my own personal satisfactions, above the value of instilling the highest desirable ideals of character and Christianity, that is consistent with a Catholic School Education.
3. As a coach or official, I will devote time, thought, planning, and study to the rules of the game. I will prepare a practice and game plan realizing that this will best enable me to teach team sports. I will make every effort to attend all league provided training and meetings.
4. I agree that CYS sports are intended to be enjoyable experiences for everyone involved and as a coach or official, I will set a fun tone for both practices and games. I will also strive to create an environment that eliminates a child's fear of failure and promote the challenges of learning new skills. I will ensure that each child has the opportunity to play a roughly equivalent portion of each game.
5. As a coach, I am completely responsible for my team's players, staff, and spectators. I am also responsible for instructing everyone on the league's expectations for game field behavior. All forms of hostility toward an official, coach, child, opposing team parent, or league director are unacceptable and have no place in this league.
6. I will take an active role in the prevention of drug, alcohol, and tobacco use, and under no circumstances will partake or allow these activities to occur during practices or games.
7. As an example to the children, before and after the game, I will establish a Christian tone by exchanging friendly greetings. I will teach the children that both teammates and opponents are entitled to be treated with respect and dignity, and if my team should lose, then their focus is on improving on the team's performance and not on what the other team, coach, or official did.
8. Officials will have the total respect and support of the coach. I will not indulge in conduct that will incite players or spectators against the officials. Public criticism of officials or touching of the officials is unethical and will result in disciplinary action.
9. I will ensure that I have been FBI fingerprinted through the Diocese of Orlando, and that if I am unable to be present at a game or practice, that at least one other coach/parent volunteer is present.
10. **I WILL HAVE FUN!**

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PLAYERS

1. I will treat my teammates, opponents, coaches, parents, and all others involved in CYS with respect at all times
2. I will give my full attention to my coach and do my best to follow instructions.
3. I will always try hard and do my best, both in practice and during games.
4. I will encourage and help my teammates and others who may not be as skilled at sports as I am.
5. **I WILL HAVE FUN!**

PARENT(S)/GUARDIAN(S)

1. I will support my child unconditionally regardless of how well he/she performs.
2. I realize that who wins or loses is of little consequence. I will not place pressure on my child to win.
3. I will support the coach in his/her efforts to teach skills, teamwork, and good sportsmanship to the players. This includes ensuring that your child attends all practices and games.
4. I will not seek special treatment nor ask for special privileges for my child.
5. I will applaud the efforts of all of the players in the games. I will never criticize a player, coach or official.
6. I will not embarrass my child, my school, or myself by criticizing or yelling at officials, coaches, players, other spectators, or league directors. All forms of hostility toward an official, coach, child, opposing team parent, or league director are unacceptable and have no place in this league.
7. I will help the team whenever possible by providing my services as requested by the coach or team parent.
8. **I WILL HAVE FUN!**

Start of Game

Both teams and coaches will meet at the center of their court to participate in the league prayer.

God, let me play well but fairly.

Let competition make me strong but never hostile.

Forbid me to rejoice in the adversity of others.

See me not when I am cheered, but when I bend to help my opponent up.

If I know victory, allow me to be happy;

if I am denied, keep me from envy.

Remind me that sports are just games.

Help me to learn something that matters once the game is over.

And if through athletics I set an example, let it be a good one.

In Jesus' Name we pray,

Amen.

CYS BASKETBALL RULES

INTRODUCTION

Welcome, players, coaches, parents, and fans to Catholic Youth Sports (CYS) basketball. CYS basketball is a recreational league, whose main purpose is to develop the Catholic values of our players, both in life and in sports. A strong emphasis is to be placed by coaches on building character, sportsmanship, athleticism, self-discipline, and skill development while maintaining a FUN environment for everyone.

Should you have any suggestions, questions, comments, or concerns about CYS basketball, please address them with your team coach, school CYS Director, or the League via email at admin@catholicyouthsports.org.

CODE OF CONDUCT

Coaches, players, and parents will adhere to the CYS Code of Conduct. Coaches will at all times respect the dignity of all players, officials and League Representatives. Coaches will respect the decision/calls of the referees and ask that their team and team fans also respect those decisions as well. Coaches are reminded that they also have responsibility for the actions of the team's fans. If the officials judge the fans actions to be excessive, they will first ask the coaches to calm down the individuals in question. If the problem continues, they will inform the Director who will take steps, including removal of disruptive spectators or forfeiture of the game, to restore order. Officials will warn Coaches of any disruptive actions. Any player, coach or spectator who is ejected MUST LEAVE the facility immediately. They will be deemed in violation of the League's Code of Conduct and will be subject to disciplinary action.

The use of obscenity, profanity or any inappropriate language by a player, coach or spectator is prohibited. Any such actions are deemed to be in violation of the League's Code of Conduct and will be subject to disciplinary action including immediate removal from the facility. Failure to leave the facility when asked will result in the violator's team to forfeit the game.

All incidents involving technical fouls may be reviewed by the CYS Sportsmanship Committee to determine appropriate disciplinary action. Any incident involving a player or coach being ejected from a game will result in a minimum two game suspension, with potential further action as determined by the CYS Sportsmanship Committee.

RULES

CYS follows the NFHS Basketball Rules with the following exceptions and clarifications noted in this rule book.

1. **Equipment:**
 - a. Game ball size: 28.5 inch.
 - b. Personal gear: Player uniforms include a CYS basketball jersey, CYS black shorts, sneakers and, socks. A headband or wristbands may be worn. Rubber/cloth (elastic) bands may be used to control hair. Players may not wear equipment that is deemed inappropriate or dangerous to other players, as determined by a referee or league official. Team uniforms should be of consistent style and not be altered in any way. No jewelry, including earrings, is permitted. Players may not play with any form of hard cast or device with any constraints held with medal, abrasive or materials deemed dangerous by the referee or league official.
 - c. **Basket height:**
 - i. Grade 3 – 8-foot basket
 - ii. Grade 4 and 5 – 10-foot basket
 - d. **Court Size:**
 - i. Grade 3 – gym cross court
 - ii. Grade 4 and 5 – gym full court
 - e. **Wristbands:** Colored wristbands shall be **worn by grade 3** players to help in the development of their defensive skill sets and easily understand what player on the other team to guard. This will also help the younger players from triple teaming a player which is against the league rules. Coaches should try to match the skill level with the color of the wristbands – this will help with the player development for all players. Players can switch wristbands while on the bench with their teammates to match the skill level of the opponent they are guarding.
2. **Team Size**
 - a. Roster size should be 8 to 10 players for 3rd grade (league can approve roster exceptions)
 - b. Roster size should be 10-12 players for 4th and 5th grade (league can approve roster exceptions)
 - c. Grade 3 are coed teams played 4v4
 - d. Grade 4 and 5 are coed 5v5 (due to school sizes in Orlando Region they are gender specific)
3. **Time/Substitutions**
 - a. **Playing time:** The coach(s) must ensure all players play an equal amount of time throughout each game/season. The League's goal is for each player to play a roughly equivalent amount of time as her/her teammates.
 - b. **Substitutions:** Substitutions may only be made at the end of each quarter or at the automatic (official) timeout at the 5-minute mark (approximately) of each quarter. This will ensure a more measurable and equitable amount of playing time for each player.
 - c. **Exceptions:** All players must play according to the stated playing time requirements except in the following circumstances:
 - i. In cases of extreme exhaustion, injury or other medical condition that restrict play. A player who is bleeding must be removed from the game and cannot re-enter until they

are sufficiently bandaged. A substitute may be used while the injured player is being attended.

- ii. In cases of disruptive behavior, dangerous play, or poor sportsmanship.
- iii. In cases of fouling out or removal by the referee.
- iv. In cases where the player has arrived after the second quarter of play was complete.
- v. In cases where the player has disciplinary issues with the team, the coach, the school.
- vi. Coaches that fail to follow the playing time rules are in violation of the CYS Code of Conduct and may be subject to disciplinary action.

4. **Game Duration/Scorekeeping/Timekeeping**

- a. **Game Duration and Timing:** All games are divided into four 10-minute quarters with a running clock the entire game. There will be a one-minute break between the first/second quarters and third/fourth quarters. Halftime intermission for all grades is three minutes.
- b. **Timeouts:** Only Two 1-minute timeouts per team are permitted per game in grades 3 and above. An automatic (official), 30 second timeout will be taken near the five-minute mark of each quarter (discretion of the officials as to when play will be stopped) to allow for any substitutions a team may want to make.
- c. **Clock Operation:** The clock will continue to run during foul shooting, and will only be stopped for official or team time-outs. After the clock is stopped by either a team or official timeout, play resumes only when the ball is touched "live" by a player on the court of play. The referees will indicate when the clock should be re-started.
 - i. The clock starts on the following after such a time out:
 - 1. A player touches a ball after a missed free throw that hits the rim.
 - 2. The ball is thrown inbounds and then touches another player on the court of play.
 - ii. The clock does NOT start after such a time out when:
 - iii. The ball is handed to a free throw shooter.
 - iv. The shooter hits or misses a free throw (if two or more shots were awarded).
 - v. A free throw misses the rim entirely.
 - vi. The ball is handed to a player on the sidelines to throw an inbounds pass.
 - vii. The ball is thrown inbounds but goes out of bounds prior to being touched by another player on the court.
- d. **Scorekeeper and Timekeeper:** For grades 3 and above, each team must provide a scorekeeper or timekeeper. The league will provide score sheets. Player name, jersey number, play time, fouls, points, and timeouts will be recorded during each game on the score sheet. SCORE SHEETS MUST BE TURNED IN TO THE CYS SITE DIRECTOR AT THE CONCLUSION OF THE GAME. Game results/scores will only be kept during tournament games. Score sheets turned in are used to confirm teams are abiding to the equal play time rule.
- e. **Tie Games and Overtime [Tournament only]:** Tournament games ending regulation with a tie score will be resolved by playing a 3-minute overtime period. Additional 3-minute overtime period(s) will be played if needed. One additional timeout is allowed for each overtime period. The alternating possession arrow will determine the initial possession in each overtime period.

5. **Coaches and Referees**

- a. **Coaches:** Only Diocesan FBI fingerprinted coaches permitted on the bench. Coaches must wear the league issued coach shirts. Coaches must remain on their side of the center court line during the game. A maximum of three coaches permitted on the beach. Only one coach per team may be standing while the ball is in play.
- b. **Referees:** Two referees for grades 3 and up will be provided by the league. Direction and supervision provided by on-court referee should be equal and supportive of both teams' efforts.

6. **Violations/Penalties/Fouls**

- a. **Defense:** Grade 5 above can “press” full court (i.e. defend on their offensive end of the court). Other grades may not play defense until the ball has crossed the half court line. Teams below Grade 5 must allow opponent to cross half court. **No triple teaming** is permitted in any grade. The first infraction for an illegal defense each half will result in a warning. Subsequent infractions during each half will result in a technical foul against the defending team and the awarding of one free throw.
- b. **Defensive Exception:** Full court defense, as noted in section 6a, **is permitted as long as the defensive team does not lead by 10 points or more.** A team leading by 10 or more points may play only half-court defense. In the spirit of CYS sportsmanship, teams with significant leads should work additional passing, limit fast break goals, feature secondary players, etc.
- c. **Mercy Rule:** When a team obtains a 25-point lead, score will no longer be kept and the scoreboard will be reset and stay at 0 – 0. The leading team will be required to play defense inside the 3-point line.
- d. **Free Throws:** Grade 4 girls combined can shoot free throws one foot in front of the regular free throw line. These players are allowed to cross the free throw line with shooting momentum so long as that momentum is not used to gain a rebounding advantage. Grade 5 will shoot free throws from the official line. Five fouls or two technical fouls will result in disqualification; a technical foul is also considered a personal foul.
- e. **Technical fouls:** Technical fouls will be called for unsportsmanlike behavior, as determined by the referee. Whenever a player receives a technical foul, the player will be removed from the game for the remainder of the period. If the player receives a second technical foul, he/she will be ejected from the game. If a coach receives a technical foul, the opposing team will be awarded two free throws and possession of the ball. A second technical on the coach will result in the coach being ejected (he/she must leave the gym); two free throws being awarded, and possession of the ball being given to the opponent.

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