

**St. Joseph's CYO Boys & Girls Grades 5 through 12**  
**Basketball Program 2012-2013**  
**Game Rules**

1. Each team has been assigned from 7 to 12 players so we will plan to play five on five. If **both** teams have 8 players or less at any given game, coaches can mutually agree to play 4 on 4 if they wish. **All players are required to receive equal playing time.** No exceptions to this rule will be tolerated.
2. Four ten-minute quarters. Time is running time. Time is only stopped for substitutions at five-minute mark (please match up quickly). If the score is tied after regulation time, there will be one 2 minute OT. If the score is still tied after one 2 minute OT, the game will end in a tie.
3. Mandatory substitutions will take place every five minutes. Any players sitting on the bench are required to enter the game. **No substitutions outside the five-minute mark (other than injury/bathroom emergency) will be permitted.**
4. Unnecessary roughness will not be permitted and referees will call fouls. Foul shots will be awarded. The regulation foul line (15 feet) will be used.
5. Violations, such as traveling, palming, double dribbling, three seconds, etc. will be called and will result in a change of possession.
6. No pressing in the backcourt at any time. Front court change of possession forces the team now on defense to drop back behind the half court line to pick up their man.
7. Offensive players are not permitted to remove themselves from the offense above the foul line (clear out) and create an isolation situation.
8. Time outs are to be limited to two (60 seconds each) per team for the entire game.
9. Referee's discretion on all infractions.
10. Players must remain on bench during game. Players are not permitted to leave to sit with parents.
11. Encourage players to bring water bottles.
12. Mercy Rule – If a team is ahead by 15 points or more, the team in the lead must pass the ball a minimum of 5 times before shooting. Coaches are required to enforce the spirit of this rule. In addition, the team in the lead is no longer permitted to fast break or double-team anywhere on the court. The team in the lead must also fall back to the top of their defensive key and allow the opposing team to advance the ball across the half court line without defensive pressure.

### **Boys and Girls Grades 5 & 6**

1. Foul Shots - Players are permitted to use the regulation foul line (15 feet) or to stand up to 3 feet in front of the regulation foul line.
2. **Man-to-man defense will be played the entire game.** Defensive coverage assignments may switch at any time as long as defenders continue to play man-to-man defense.
3. **No fast breaks except on a steal where continuation of the play leads to the fast break.** No “coast-to-coast” fast breaks.
4. **No double-teaming of the ball except on a direct drive to the basket or in the key area.** Violations will result in a warning (s). This is a judgement call on the part of the referee.

### **Boys and Girls Grades 7 through 12**

1. Man-to-man and zone defenses are permitted.
2. Fast breaks are permitted.
3. Double-teaming of the ball is permitted.