

## CYS Middle School Basketball Rule Addendums\*

The middle school program follows normal National Federation of High School (NFHS) rules with the exception of the items noted below. These changes are for the benefit of our young athletes and to increase competition for their age level.

- Eligibility levels – Players can only play a maximum of two grade levels up. No player may play down a level (i.e. 8<sup>th</sup> grader can only play varsity, a 5<sup>th</sup> grader cannot play varsity). Maximum age is 14.
- Middle school students cannot be cut in place of a grade school student.
- Only 5<sup>th</sup> grade and up students may play middle school sports. A 5<sup>th</sup> grader cannot be selected for a team over a middle school student.
- Once selected for a divisional level (JJV, JV or varsity), players can only play for that divisional team the entire season. One division cannot borrow lower division players.
- Maximum roster size is twice the number of players on court plus 2 players (and maximum roster is 12 players)
- Team rosters provided by league shall be presented to game official by each coach at least 15 minutes prior to game time.
- Officials shall confirm team roster prior to each game. Checked rosters are to be turned in to site director with final scores noted.
- Max of three coaches permitted in bench area. All coaches must remain in bench area during active play.
- Only one coach may stand in the bench area during active play.
- Coaches receiving a technical foul may no longer be permitted to stand during active play.
- All Girls divisions will use a 28.5" basketball.
- Boys' Varsity and JV divisions will use a standard 29.5" basketball. JJV boys division will use the 28.5" basketball.
- JJV and JV play four 6 minute quarters. Varsity (Girls and Boys) play four 7 minute quarters.
- Every player at a game should play some part of all regular season games. \*
- 20-point no press rule (for all levels) \*.
- Running clock after a 25-point lead or more in the second half. A running clock means the clock does not stop for fouls, dead balls, free throws, etc. Only a time out by a coach or the official stops the clock). If the score gets to within 15 points, it will go back to a stopped clock.\*
- Each team will receive three full timeouts and two 30 second timeouts per game.
- Overtime periods are 3 minutes for all divisions. Each team will receive one (1) timeout per over time period. Any unused timeouts cannot be carried over into the overtime period.

**\*CYS coaches represent our Catholic values, and as sport-ministers they are responsible for following the PLCT GROW approach. They must teach players about teamwork, desire to win the right way, commitment, compassion and dedication. CYS coaches must adjust their game (move to zone defense inside the 3-pt line, reduce fast breaks, etc.) to avoid running up the score against their opponents. Coaches are permitted to restrict play time of a player based on discipline or team commitment issues or the nature of the game. A coach can be found in violation of the League's Code of Conduct for failure to adjust their game or game format, and can be subject to disciplinary action by the school and/or league. Coaches are expected to use the Golden Rule in every practice and game.**