

UTAH CYO

BASKETBALL RULES

2025-2026

Sportsmanship Motto

Let the Players Play Let the Coaches Coach
Let the Officials Officiate Let the Spectators Cheer Positively

SECTION I: GAME RULES

I. Game Timing

- a. Grade Divisions three through eight will have four (8) minute running quarters. In running quarters the clock will stop for time outs, injuries and shooting fouls during regular play and will stop for dead balls during the last two (2) minutes of the second and fourth quarters.
- b. If a team arrives 5 minutes after game time, it will count as a forfeit.
- c. Mercy Rule: if either team is ahead by more than 20 points the clock will run the 4th quarter. The clock will stop for time-outs only. If the game gets back to within 10 points the clock will go back to the original way of stopping and starting.
- d. Coaches must check in at the scorer's table **before beginning warm-ups**. The site supervisor will verify each coach by matching their photo in the team app. Coaches are also **required to bring a stamped, approved scoresheet** and submit it to the table prior to the start of their game. If you do not have a scoresheet, it will be a forfeit.

II. Pregame, Half Time, & Time Outs

- a. Pregame & Half-Time for all Divisions will be (3) minutes.
- b. All Divisions will be given four (4), one-minute time outs in regulation play.
- c. One additional time out will be awarded for each overtime quarter.
- d. Any timeouts left over from regulation play will transfer into overtime quarters.
- e. Time outs begin when the referee signals the score table, play resumes at (1) min.

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III. Overtime

- a. If necessary, a first overtime will be (2) minutes. In running overtime quarters the clock stops only for shooting fouls, timeouts, and injuries. The clock will stop for dead balls during the last one minute of the overtime quarter.
- d. If necessary, a second overtime will be the first team to score.

IV. General Rules

- A. CYO basketball follows UHSAA high school basketball rules, except where the rules in this document conflict with or clarify those rules.
- B. CYO Rules must be posted/available in all gyms of play.
- C. If a team has fewer than 4 players at the scheduled start time, a grace period of 5 minutes will be allowed, after which a forfeit will be declared.
- D. If a team has four 4 players, they can start the game. They must have 5 players by halftime to complete the game or else it is a forfeit.
- E. All participating teams will be capped at 14 players. Teams with more than 14 players must be split into 2 or more teams (as needed) before the season begins and compete separately. Players are only allowed to participate on 1 team throughout the season.

V. Officials, Scorekeepers, Timekeepers, Gym Coordinators

- a. For each regularly scheduled game, CYO will provide two referees or game officials.
- b. The hosting school AD is to provide scorekeepers (1) and gym coordinator (1). The scorekeeper will be responsible for documenting the scoring at the end of the game,

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and run the clock during games. The information contained in the score sheets will be considered as “official” as determined by the CYO and UHSAA rules.

VI. Three Point Shots

- a.** For grade divisions three - five three point shots will not be awarded.
- b.** For grade divisions six – eight three-point shots will be awarded.

VII. Playing Time:

- a.** In all Divisions, a player must play, at minimum, the EQUIVALENT time of one full quarter **(8 minutes)** for the duration of the game.
- b.** Players who arrive after the start of the fourth quarter are not eligible to play in the game.

VIII. Illegal Defense/Back Court Defense:

- a.** For grade divisions three – five, full court defense is not allowed until the fourth (4th) quarter. Full court pressure will be allowed in the fourth (4th) quarter until a team establishes a (10) point lead.
- b.** For grade divisions six – eight full court defense is allowed during regulation play. Full Court Pressure will not be allowed at any time the point differential is 15 or greater.

IX. Violations of Back Court Defense

- a.** First Violation: The official will give the team a warning which will be recorded in the official score sheet.
- b.** Second Violation: The official will give the team a technical foul, which counts only as (1) team foul. The opposing team will be awarded (2) free throws and possession of the ball.
- c.** Subsequent violations will result in an additional Technical Foul for each offense.

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X. Uniforms and Appropriate Dress

- a.** In all Divisions the entire team shall have matching jerseys or t-shirts.
- b.** Every player must wear a numbered jersey or t-shirt with a maximum of 2 numbers on the front and back, with no duplicating numbers.
- c.** All jewelry must be removed prior to game time. Jerseys or t-shirts must be tucked in.
- d.** Violations of these rules will result in an indirect bench technical foul. The opposing team will be awarded possession of the ball and (2) free throws. In the event of equal violations on both teams, once the free throws have been attempted, the officials will JUMP the ball to establish possession.

XI. Equipment and Specifications:

- a.** In the 3rd and 4th grade divisions the free throw line shall be (12.5) feet.
- b.** In the 5th through 8th grade divisions the free throw line shall be (15) feet. Penalties will be assessed to the players who cross the line.
- c.** The 3rd through 5th grade and all Girls Divisions use the (28.5) size basketball.
- d.** The 6th through 8th grade boys divisions will use the official standard size basketball.

XII. Free Throws

- a.** When shooting a free-throw, both feet of the shooter must remain behind the free throw line until the ball is released, or the shot is forfeited. A violation on the final free throw results in a turnover.
- b.** Non-shooters will line up between the blocks of the key with the opposing team closest to the basket. Additional players not in between blocks must remain outside the 3-point line

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- c.** All players must remain outside the key until the shooter releases the ball. If an opposing player enters the key early and the shooter misses, an additional free-throw will be awarded. If the shooter's teammate enters the key early, the shot is forfeited. A violation on the final free throw results in a turnover.
- d.** Players outside the 3-point line must wait until the ball hits the rim before crossing the 3-point line. If an opposing player crosses the 3-point line early and the shooter misses, an additional free-throw will be awarded. If the shooter's teammate crosses the 3-point line early, the shot is forfeited. A violation on the final free throw results in a turnover.
- e.** If the shooter misses the final free-throw, and the ball fails to touch the rim, this results in a turnover.

XIII. Common Fouls

- a.** If a player accumulates 5 or more personal fouls, they must sit out the remainder of play and cannot re-enter the game.
- b.** Once a team accumulates 7 fouls in a half, the opposing team is awarded free-throws on a "one-and-one" basis. If the shooter makes their first free throw, an additional free throw is awarded.
- c.** If a team accumulates 10 or more fouls in a half, the opposing team is awarded 2 free throws.
- d.** Team fouls reset each half. Personal fouls carry through the entire game.

SECTION II: COACHES, OFFICIALS AND PLAYER ELIGIBILITY

XII. Requirements:

- a.** All coaches must be certified by the Safe Environment Director through their registered parish or school. All coaches must undergo a criminal background check

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through their Local Safe Environment director, as well as be in compliance with the coach's code of conduct.

b. All head coaches in the 3rd through 8th grade divisions both boys and girls, shall be at least 18 years old, and out of high school.

c. All assistant coaches must be 16 years of age or older and have CYO approval. Exceptions for assistant coaches younger than 16 can be requested from the league director.

d. A maximum of three coaches will be allowed on the bench during regulation play. One coach may stand in the designated coach's box and the other must sit on the bench with the players. **NO** coach may cross the half court dividing line between benches or come onto the court, unless a player becomes ill or injured. **NO** coach shall leave the coach's box or bench during the course of the game.

e. Any coach under the influence of alcohol or drugs on the premises of any gymnasium will be dismissed from coaching for the remainder of the season.

f. Coaches who are registered officials with UHSAA or other associations may not be an official in the division in which they coach or officiate games in which their school plays in.

XIII. Technical Fouls & Ejection Policy-All Divisions

a. Technical Foul- If a coach or player receives a technical foul it will result with the opposing team shooting 2 free throws and retaining possession of the ball.

b. 2nd Technical Foul- If a player or coach receives a 2nd technical foul the result is an automatic ejection from the game.

c. Ejection- Coaches, players and or spectators are subject to ejection for conduct unbecoming and or detrimental to the game. Ejections are reviewed by the director and the principal rep.

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XIV. Rosters:

- a.** After the beginning of regulation play, names of additional players may not be added to the team roster without approval of the parish AD and CYO Director.
- b.** Rosters and scoresheets must be approved by the CYO Director. If coaches do not have an approved score sheet, it will be a forfeit.

XV. Division Requirements:

- a.** Players may not play in two divisions or on two teams, simultaneously. With the exception of 2nd grade.
- b.** Players who qualify to play in a lower division may play in a higher division, but may not revert to the lower division after season play has begun. Players are encouraged to play with their grade. "Playing up" is allowed only with the approval of the league director at the request of the players' school principal.
- c.** The CYO Director will rule on the eligibility of any players or teams in question. The Gym Coordinator will make a record in the score book and bring it to the attention of the CYO Director.

SECTION III: FORFEITS AND PROTESTS.

XVI. Forfeits:

- a.** Teams with ineligible players will forfeit every game in which those players participated.
- b.** Failure to appear for a scheduled game will result in a forfeit.
- c.** Teams will not be more than (5) minutes late for any scheduled game. Teams more than (5) minutes late will forfeit the game.

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d. Coaches who do not have their stamped score sheet will forfeit the game and will not be allowed to coach in that gym under any circumstance.

GYM REPORT

Each game day, each gym will complete a Game Day Report for submission to CYO. Game day report will include scores, as well as names and hours worked for gym staff; coordinator and scorekeepers. Should any incidents or issues occur at the gym, this communication will provide an opportunity to report. Incidents could include player, coach or parent issues that require additional action. The CYO Director will address any incidents with the CYO principal rep, the reporting principal for the incident, the appropriate parish priest and Diocesan Superintendent, where warranted. GYM reports are due no later than 1 hour after games have concluded.

ZERO TOLERANCE POLICY

Any Player, Coach, Fan or Spectator displaying any inappropriate behavior whether physical, verbal and/or obscene in nature; will be required to leave the premises immediately in compliance with this Diocesan Zero Tolerance Policy and will be banned from future games and gymnasiums.

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