

# PIERCE COUNTY 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> GRADE CYO BASKETBALL BOYS & GIRLS RULES & REGULATIONS - 2015/2016

**NOTE: All basketball teams in CYO Athletics will play according to the current National Federation of State High School Association rules UNLESS otherwise specified in the rules herein or the Archdiocese of Seattle CYO Athletics Manual (see link below).**

[http://www.seattlearchdiocese.org/Assets/Athletics/2760\\_Manual2013.pdf](http://www.seattlearchdiocese.org/Assets/Athletics/2760_Manual2013.pdf)

1. 2 – 20 minute running halves and a 2 minute half-time.
2. The game is started with a jump ball at center court and all subsequent jump ball situations will be awarded according to the possession arrow (alternating possession).
3. The clock stops in the last 2 minutes of each half.
4. Each team is allowed 2 – 30 second time outs per half and time outs cannot be accumulated from one half to another. 1 time out per team is allowed in the event of overtime. Either the players or designated coaches can call or ask the officials for a time out.
5. Game ball for all grades will be the women's or intermediate size ball. Any other size ball must be approved by both coaches and referee prior to start of game. The officials will select the best suitable game ball from either team.
6. **Only man-to-man defense is allowed.** Man-to-man defense is defined as the defender being between the person he/she is guarding and the basket, **with both feet outside the key.**
7. No zone defense or trapping (double teaming) will be allowed, **with the exception of when the ball handler goes into the key area and/or once the dribble is picked up anywhere on the floor.**
8. Key violations: 6<sup>th</sup> grade – 3 seconds. 4<sup>th</sup> & 5<sup>th</sup> grade – 5 seconds.
9. A player that commits 5 personal fouls within one game will be disqualified from that game. Personal fouls do carry over from the 1<sup>st</sup> to 2<sup>nd</sup> halves and from the 2<sup>nd</sup> half to overtime.
10. **(6<sup>th</sup> grade only)** Full court defense is only allowed during the last 2 minutes of each half **for the team that is behind in score.** The same defensive rules apply when in full court defense. If a team is ahead in score or the teams are tied, no full court defense is allowed by either team. **No full court defense allowed in the 4<sup>th</sup> & 5<sup>th</sup> grade leagues.**
11. No fast breaks are allowed by a team that's ahead by 20 points or more.
12. 5 seconds to bring the ball from out-of-bounds to in-bounds and also to pass the ball once the dribble is picked up and there is defense being played on the player holding the ball. 10 seconds to bring the ball across the mid court line.
13. Once a player goes beyond the mid court line, they cannot go back unless the ball is touched by an opposing player first. A backcourt violation is defined as the entire ball going back across the mid court line once crossed; not the players body.
14. The 3 point line is in effect for all grades.

15. During running time of both halves, a player fouled in the act of shooting will be awarded one point and possession. If a foul is committed and the shot is made, two points will be awarded and possession (**see exception below for the 6<sup>th</sup> grade league**).
16. Free Throws & Team Fouls: In each half the 7<sup>th</sup> team foul will result in the single bonus and the 10<sup>th</sup> team foul will result in the double bonus. (**6<sup>th</sup> grade only**) When the opposing team reaches the single bonus (7 team fouls) in each half and on all technical & flagrant fouls, the running clock will stop and free throw shots awarded. (**4<sup>th</sup> & 5<sup>th</sup> grades**) During running clock time only, single bonus will result in an award of 1 point and possession and double bonus, flagrant & technical fouls will result in an award of 2 points and possession. (**All grades**) In stop clock time (under 2 minutes of each half), free throw shots are awarded if fouled in the act of shooting, in the bonus or flagrant & technical fouls. Team fouls do not carry over from the 1<sup>st</sup> to 2<sup>nd</sup> halves but they do carry over from the 2<sup>nd</sup> half to overtime. 6<sup>th</sup> grade: use the regular free throw line. 4<sup>th</sup> & 5<sup>th</sup> grades: use the closer free throw line.
17. Technical and flagrant fouls are as follows: **Technical Fouls:** After 1 warning for delay of game; illegal defense (zone or trapping); full court defense; 1<sup>st</sup> offense of inappropriate behavior from players, coaches or fans; off the bench interference by players, coaches and fans; arguing of official rulings by players, coaches or fans. **Flagrant fouls:** Over excessive physical play; hard fouls and intent to harm another player. No warnings given. **Results: (6<sup>th</sup> grade only)** Shooting of 2 dead ball free throws and possession; (**4<sup>th</sup> & 5<sup>th</sup> grades**) 2 points and possession awarded during running clock period or 2 free throws during stop clock period and possession. Players who receive a technical foul also get a personal and team foul awarded. If a player receives two technical fouls in one game, he/she is disqualified from that game and possibly from future games (determined by the athletic director, league director & CYO commission).
18. Overtime rules are as follows: 1 – 2 minute, stop clock, regular free throw period will be played. All team and personal fouls carry over from the 2<sup>nd</sup> half to the overtime period. Each team is allowed 1 – 30 second time out. In the event of a tie at the end of the overtime period, the game will end with a tie and no additional period will be played.
19. To substitute for another player during the game, the person coming off the bench must check in with the scoring table and cannot come into the game until advised by the officials.
20. No player can participate on two teams unless the opposing coach approves prior to game time. Once the game is completed, no protests can be made to this effect.
21. No gum chewing or jewelry allowed.
22. Playing Time: Refer to the CYO Athletic Manual.
23. Concussion Rule “The Lystedt Law”: Refer to the CYO Athletic Manual.
24. Lopsided Score Policy: Refer to the CYO Athletic Manual.
25. Incident Report: Refer to the CYO Athletic Manual.
26. Playoffs (6<sup>th</sup> grade only): Based on the regular season results, the 1<sup>st</sup> place teams and teams with 6 wins will be invited to the Sno-King Tournament (1/27-2/7/2016). See the Seattle Archdiocese website for further details regarding the tournament.