

**West Diablo CYO  
Complete Rules of Note**

**(9/2/17)**

**1. All Play Rule:** All healthy, uniformed players must play the minimum of a full continuous *playing period* during the first half (5 minutes). Each player entering the game for the first time must enter at the beginning of the *playing period* and play the full *playing period*. The only exception will be due to injury or disqualification. To define *playing period*, the first quarter of a game will be divided in half for a total of *two playing periods*.

(NOTE: If officials deem it necessary, in order to accommodate the total number of players on a team, the second quarter may also be divided in half. However, if all players on both teams have played one complete playing period in the first quarter, the second quarter will be administered as a 10 minute running quarter.)

The team in possession of the ball shall retain it at the beginning of the subsequent playing period with a throw-in at the spot nearest the point of last possession. The alternation possession procedure shall be used to begin the 2nd, 3rd and 4th **quarters**. When there is no possession of the ball (a pass is possession, a missed shot is NO possession) at the end of a playing period, then the defense is considered to be in possession.

All players on the team must be placed on the official score sheet before the start of the game. If a player is sick or injured, he must still be listed with the appropriate notation. Any player arriving to a game after the beginning of the last playing period in the first half, must play continuous time during the game equal to a playing period.

There will be a technical foul issued for each violation.

In addition, coaches are instructed that each child shall play the minimum time equal to the time of one quarter. Repeated violations shall be a breach of sportsmanship.

**2. Time Periods:**

- 2nd-3<sup>rd</sup>      All Levels      4, 10 minute running quarters. Stopped clock final one minute of the game (2<sup>nd</sup> half only).
  
- 4<sup>th</sup>-8<sup>th</sup>      All Levels      4, 10 minute running quarters. Stopped clock final one minute of the first half and final two minutes of the game.

Note:

1. To accommodate the All-Play Rule, **the first quarter of each game is divided into two, 5 minute running clock time periods.**

**\*If all players have played their minimum required time by the end of the first quarter, the second quarter shall be a 10 minute running clock, as determined by the game officials.**

2. The running clock does NOT stop on substitutions or fouls. It does stop if a player is injured, or if a coach/player is granted a time out.

### **3. Press Rule:**

- 2nd-3rd Grade Boys & Girls NO PRESS AT ANY LEVEL
- 4th National , Boys & Girls Press only the final minute of the game.
- 4th **American**, Boys and Girls Can press up to a 10 point lead.
- 5th American and National, Boys and Girls Can press up to a 10 point lead.
- 6th-8th American and National, Boys and Girls Can press up to a 15 point lead.

NO PRESS means that no defensive action may be taken in the back court, including pass interception, and that the team with the ball must be allowed to safely bring the ball into the front court. **Violation will result in one warning being issued by the referee, followed by a technical foul issued on each subsequent violation.**

**4. Technical Fouls:** All technical fouls are administered as two shot fouls with possession of the ball.

- Technical fouls count as team fouls for bonus free throw purposes.
- Any coach who receives two technical fouls for unsportsmanlike conduct during a game will be ejected from the game and will be suspended for the next two games. That coach will also be asked to appear before the West Diablo Sportsmanship Committee.
- Any coach who physically abuses a player, spectator or an official will be immediately ejected from the game and may be suspended for the remainder of the season or disqualified from future CYO participation.
- Any player who receives two technical fouls during a game will be ejected from the game and will be suspended for the next game.
- Any player who physically abuses a fellow player, spectator or an official will be immediately ejected from the game and may be suspended for the remainder of the season or disqualified from future CYO participation.

**5. Three Second Rule:** No offensive player shall be permitted to remain within the offensive "key" for more than 3 seconds. **The 3 second count starts over with each legitimate attempt at a shot.**

## 6. Free Throws:

- **2nd-3rd Grade Boys and Girls--**

Players shoot from the closer/modified free throw line. They are **not** allowed to step on or over this line.

*Additionally, each player will shoot one free throw at half time.* Each made free throw is counted as one team point and added to the score. Each team is afforded an equal number of free throw attempts.

- **4th American & National Girls AND**
- **4th National Boys--**Stand at the regulation free throw line, but are permitted **one natural step** over the free throw line after shooting.
- **4th American Boys AND**
- **5th-8th ALL LEVELS--** Stand at regulation free throw line. Not permitted to step on, or go beyond, free throw line until the ball hits the rim or backboard.

## 7. Bonus Free Throws:

- Bonus free throws, one and one, will be awarded on the **7th team foul** in a half.
- On the **10th team foul** in each half, a **2 shot bonus** will be awarded.

**8. 3-Pt. Goals:** The three point shot is adopted for play at all levels in **7<sup>th</sup> and 8<sup>th</sup> grades ONLY.**

**9. Backcourt:** Backcourt is called at all levels of play. To violate the backcourt rule, both the ball and body (both feet) must first be completely established in the front court.

**10. Ten Second Count:** From the moment the ball is inbound and touched by an offensive player, that team will have ten seconds to bring the ball across half court. Failure to do so will result in a violation and the defensive team will gain possession of the ball.

## 11. Substitutions:

- All substitutes must report to the scorekeeper prior to entering the game.
- Substitutes may enter a game only after the referee has beckoned them on.
- At the end of the first playing period in each of the 1st and 2nd quarters, the substitutes shall have reported to the scorekeeper prior to the end of the playing period. At the end of a playing period, remaining players are to remain on the court ready to play and substitutes will enter as in any other inbound play. **This is a substitution only; it is not to be administered as a time out.**

**Coaches are reminded that there is a limited amount of time in which to play a game. Gym time is both limited and expensive in this area. Please help the referees keep the game moving.**

**12. Time Outs:** Four time outs are allotted per regulation game. One additional time out is allotted for each overtime period.

**13. Over Time Periods:** If a game is tied at the end of regulation time, an overtime period of 2 minutes—stopped clock— shall be played. Jump ball will determine possession. If a game is tied at the end of the 1st overtime period, a second 2 minute overtime stopped clock period will be played. If a game is tied at the end of the 2nd overtime period, a "sudden death" situation will occur. Jump ball will determine possession and the first team that scores, wins.

**14. Uniforms:**

- Shirts must be tucked in during game play.
- T-Shirts or compression shorts worn under the uniform shirt must match the primary color of the uniform, or be of black, gray, or white. Colors of all players on the team must be the same.

**15. Coaches must be seated:** Coaches must be seated during the game. West Diablo officials may allow a coach to stand briefly to issue a coaching instruction to his/her players, but then the coach must be seated. A coach is not allowed to "pace" the sidelines. A coach who stands and remains standing, should be warned once. A technical foul will be given for subsequent violation of this rule. If gyms do not have a bench or chair to sit on, the coach may stand, but may not roam the sidelines.

**16. Coaches Certification:** Only CYO certified coaches are allowed to sit on the team bench during a game. Coaches' certification cards may be checked prior to each game. If no certified coach is present with a team, the game will be forfeited. If a coach says he/she is certified but can't immediately produce his card, play the game. Make a note on the back of the score sheet and advise the coach that he/she has 48 hours to submit proof of certification to the referee coordinator to prevent forfeit.

**17. GAME TIME IS FORFEIT TIME.**

**18. Regulation Size of Basketballs:**

- All girls: Play with a 28.5" (circumference) size ball.
- 3rd, 4th, 5th Boys: Play with a 28.5" (circumference) size ball.
- 6th, 7th, 8th Boys: Play with a regulation size basketball.

**19. "A2 Team Status":** All A2 teams will follow the National rules for their grade level in order to comply with Diocesan playoff rules.

**Rules and Regulations**

Section 1 – Rules and Regulations

1. All rosters and supporting materials must be submitted to the President by a designated date established by the Board. Any team who has not submitted a roster shall forfeit all games until the roster is submitted. Any player who has not had appropriate documentation regarding proof of age submitted shall be ineligible and shall cause the forfeit of all games that he/she played until the documentation is submitted.
2. Players may be added to the roster up to the last day before the first league game as per diocesan CYO bylaws. The President or eligibility chairperson shall be notified before that day of additions, or that player shall not be eligible.

### **Classification of Divisions**

#### Section 1 – Classification of Divisions

The “a” division will be known as the American Division. The “b” division will be known as the National Division. The assignment of teams to American or National Divisions shall be by the league board of directors. Generally, the first team entered in a grade by a parish shall be an American Division team unless assigned by the league board of directors to the National League. Parishes must petition the league to not play at the American level. The league will review the success of the team at the level they are playing to determine if they need to play American or National. The board, however, also takes into consideration the number of teams in each league. The board has the final decision in determining the level of play that the parish needs to participate in.

### **Forfeits**

#### Section 19 – Forfeits

1. Game time is forfeit time and is recorded as a loss.
2. Teams will be assessed a \$75 fine

### **Protests**

#### Section 1 – Protests

1. All protests must be filed in writing, in triplicate, and sent to the league president within three days after the protest occurred.
2. Protests must concern a point of rule or the eligibility of a player. In matters of judgment, a referee’s decision is final.
3. Protests must be made to the referee at the time of the alleged infraction(s) or protest will not be considered, except in the case of a player’s eligibility. Protesting coach must enter in writing on the back of the score sheet: 1. Protest, 2. Score, 3. Quarter and the time of the alleged infraction, 4. Team and personal fouls, time outs remaining. No more than the word “Protest” shall be put down on the back of the sheet at that time so the game can continue immediately. At the end of the game comments of rule may be put down, if so desired.

4. Written protest must contain the date, time, league, teams, place of games, and the rule and section violated must be cited, protest must be signed by athletic director and coach.
5. Each individual protest must be accompanied by a protest fee of \$25.00 which is refundable only if the protest is upheld.
6. A team voluntarily not finishing a game forfeits the game and cannot protest the incident which caused them to not finish.
7. Videotapes are not allowed as evidence in a protest procedure.
8. Failure to comply with the protest procedures in this section will automatically cause the protest to be invalid.

### **Player Eligibility**

West Diablo abides by the Oakland Diocese player eligibility rules. First priority on participation is for those children attending the parish parochial school, followed by Faith Formation (two consecutive years minimum), followed by residency in parish boundaries. Exceptions to this can only be granted by Diocesan CYO Office which may grant permission individually for participation of a Catholic child from a parish too small to host a CYO program. Starting in 2012, West Diablo has been forming a 2<sup>nd</sup> grade division for those parishes that wish to provide a team. If in a given year we do not have enough teams to form a division, 2<sup>nd</sup> grade teams will play at the 3<sup>rd</sup> grade level. We do not currently allow 2<sup>nd</sup> grade players to transfer parishes if their parish does not have a second grade team.

### **Equipment and Uniforms**

#### Section 1 – Equipment and Uniforms

1. Any and all equipment purchased for the league shall be kept by an assigned parish
2. Any parish admitted to the league shall clear the selection of the team colors with the Board of Directors
3. Parish team colors shall be assigned by the league Board of Directors.

### **Game Procedures**

#### Section 1 – Game Procedures

1. Game time is forfeit time. A fee of \$75 will be charged to the forfeiting team. The forfeit fee will be paid within 30 days or each game played during that time will be forfeited with a \$25 fine until all fines are paid.

2. Five or more players from each team must be present to start the game.
3. Games may not be postponed by coaches. The penalty for such action will be forfeiture.
4. Under no circumstances will a coach call the League Scheduler for any changes. League game changes will only occur when the league is responsible for the scheduling problem, such as, gym closures, scheduling errors, or when there is a conflict with a parish schools event.
5. Shirts worn under the uniform shirt must match the primary color of the uniform shirt. Any team not having regular uniform tops must appear in numbered tee-shirts.

### **Game Officials**

#### Section 1 – Game Officials

1. The league will offer referee training programs and will assign two referees to each game. If one referee fails to appear by game time, the game will be officially played with only one official and will be considered an official league game. If neither official is present, the game will be rescheduled.
1. No press – Player and ball must be allowed to cross half court before being guarded by a member of the opposing team.

### **Regular Season Tie Breakers**

1. The first determination is the regular season head to head competition. The second, in the event the teams split their regular season competition, and have no other losses, then a play-off game will be played to determine who will be seeded number one in the league tournament.
2. For second through fourth, the following formula will be used: If the teams have split their head to head competition then a comparison of how each team has done against the teams(s) that have finished ahead of them during the league season one by one from the first place team downward until the tie is broken. If this fails, then a comparison of records versus the teams that finished below them will be reviewed. In the event that teams are still tied, a coin flip will determine the place of the teams. Within 3<sup>rd</sup> grade, a coin flip will occur also for 1<sup>st</sup> place team determination if needed.

Pages 3 & 4 of the Oakland Diocese CYO Athletic Manual contain Codes of Conduct for the Coaches, Players, and Spectators. These sections should be read and addressed and stressed with the coaches by the AD, and with the players and parents by the coach.

The West Diablo CYO League will not tolerate violations of this code. The following penalties for violation of the Code of Conduct are effective:

### **Coaches**

Any coach that physically or verbally abuses or threatens to abuse an official, administrator, spectator or players of the contest, before, during or after the contest, will receive an immediate 2 technical foul and be ejected from the game. That coach will also receive an immediate 2 game suspension and must appear before the sportsmanship committee. The sportsmanship committee will decide if that coach shall be suspended for the remainder of the season or disqualified from CYO participation.

Any coach that verbally makes derogatory or inflammatory comments or gestures toward an official, administrator, spectator, or player of the contest, before, during, or after the contest will receive an immediate technical foul. If in the judgment of the official the comment or gesture was of a severe nature, the coach will be assessed a 2 technical foul and be ejected from the game. The coach will also receive an immediate 2 game suspension and must appear before the sportsmanship committee.

Any coach receiving 3 technical fouls, of a sportsmanship nature, in any one season of play, will receive a 2 game suspension.

Any coach receiving 3 technical fouls, of a sportsmanship nature, and a resulting 2 game suspension in two consecutive seasons, will be disqualified from CYO participation.

### **Players**

Any player that physically or verbally abuses or threatens to abuse an official, administrator, spectator or players of the contest, before, during or after the contest, will receive an immediate 2 technical foul and be ejected from the game. That player will also receive an immediate 2 game suspension and the case brought before the sportsmanship committee. The sportsmanship committee will decide if that coach shall be suspended for the remainder of the season or disqualified from CYO participation.

Any player that verbally makes derogatory or inflammatory comments or gestures toward an official, administrator, spectator, or player of the contest, before, during, or after the contest will receive an immediate technical foul. If in the judgment of the official the comment or gesture was of a severe nature, the player will be assessed a 2 technical foul and be ejected from the game. The player will also receive an immediate 2 game suspension and the case brought before



the sportsmanship committee. The sportsmanship committee will decide if that player shall be suspended for the remainder of the season or disqualified from CYO participation.

### **Parents/Spectators**

Any parent or spectator that physically or verbally abuses or threatens to abuse an official, administrator, spectator or players of the contest, before, during or after the contest, their team will receive an immediate 2 technical foul and the person shall be ejected from the game and receive a two game suspension from attendance at CYO contests. If it is a parent or guardian of a player, that player will also be ejected from the game and receive an immediate two game suspension and the case brought before the sportsmanship committee. The sportsmanship committee will decide if that player shall be suspended for the remainder of the season or disqualified from CYO participation.

Any parent or spectator that verbally makes derogatory or inflammatory comments or gestures toward an official, administrator, spectator or player of the contest, before, during or after the contest, their team will receive an immediate technical foul and the parent/spectator shall be ejected from the game and receive an immediate two game suspension from attendance at CYO contests. The case shall be brought before the sportsmanship committee. The sportsmanship committee will decide if that parent/spectator shall be barred from attendance at any CYO contest for the remainder of the season or barred permanently.