



CATHOLIC YOUTH &
YOUNG ADULT MINISTRY

Diocese of Wilmington

Rule Book

Basketball 2024-2025

CATHOLIC YOUTH MINISTRY-BASKETBALL
1626 N UNION ST. WILMINGTON, DE 19806

www.cdowcym.org

catholicyouth@cdow.org

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Basketball Rules 2024-2025

General Game Rules

Applicable to all divisions unless otherwise specified. If a rule is not specifically addressed herein (or in the sections for division-specific rules), NFHS (“Federation”) rules apply. In the event of a conflict between sets of rules, these rules control.

1. Timeouts: All teams will have 5 timeouts per game (three sixty-second timeouts and two 30-second timeouts). The exception to this is the high school teams, who will have four 30-second timeouts.
2. Reporting of Scores: CYM will keep a record of all scores for all games regardless of division. While CYM will only publish standings for the Varsity levels, we will keep track of records in case post season tournaments exist for each age group and will be based off standings.
3. Technical fouls – A player who receives a technical foul must be removed from the game. The player may not reenter the game in that quarter but may reenter as of the start of the next quarter. For both high school and O divisions playing halves rather than quarters, each half should be conceptually split into two. If the technical occurs in the first part of the half they are not eligible to return until the 10-minute mark. This rule applies to overtime periods as well.
4. Coaching Box – the coaching box will begin 28 feet from the intersection of the sideline and endline and extend 14 feet along the sideline in front of the team bench. However, the coaching box may not end less than 6 feet from the scoring table; in the event of smaller courts, the 14-foot length of the coaching box should be moved as necessary toward the endline.
5. Substitutions – all substitutions enter from half-court, on the same side as the team is seated.
6. Season Details:
 - a. Games will begin for all divisions on the first weekend in December except Intermediate and Senior Divisions. We will play games through the third weekend of December, break for Christmas and New Years and then resume the weekend after New Years.
 - b. Playoffs will begin in the middle of February and will end by the last weekend in February or the first weekend in March.
 - c. Each team should receive ten games.

- d. Once the schedule is published, we cannot guarantee we will be able to change games for teams without players or coaches. Many will need to be made up during a practice slot.
 - e. No coach, parent, coordinator should change a game without first notifying the CYM Director of Youth Sports and the appropriate CYM Basketball Coordinator.
7. For divisions that require defense to not be full court, it is NOT a violation of the defensive rule if a defensive player is running down the floor next to the offensive player with the ball provided the defensive player does not make any attempt to play the ball. This is a referee's judgment decision.
 8. Stalling: applicable to Pre JV & JV Divisions; violations will be the sole judgment of the referee(s), and the penalty will be loss of possession.
 9. Violation of press rules – All violations will result in the ball being awarded to the offensive team at the spot closest to the violation.
 10. Any game that is forfeited due to lack of players and/or coaches where officials show up to officiate the game will result in a financial charge to that parish/school likely equal to the cost of the game officials. Forfeited games will not be made up.

Potential Conflicts

1. Please put all conflicts on the pre-season conflict sheet to be accommodated for.
2. Once the conflicts are in, games will not be changed unless it is Parish/School, Church, or Emergency related.

Equipment

1. Any player wearing metal dental appliances must wear a mouth guard.
2. The game ball for all Pre-Junior Varsity, Junior Varsity, and girls' Varsity, will be the women's high school standard size basketball as defined in NFHS rules.
3. The game ball for boys' Varsity and Intermediate/Senior divisions will be the men's high school standard size basketball as defined in NFHS rules.
4. The home team scorebook will be the official book.
5. The visiting team will provide a clock operator unless the home gym provides one for both teams.

6. Uniforms – each team must have shirts of the same solid color on front and back, with visible numbers. It is recommended that teams use reversible jerseys, or have a light colored and a dark colored jersey available.
 - a. In the event of two teams with the same color uniforms, the visiting team will wear pinnies of a contrasting color.
 - b. Wearing shirts with the sleeves ripped or cut off is not permitted.
7. Unlike NFHS rules, the CYM rule is that the color of a t-shirt worn under a uniform jersey need **not** be the same color as the uniform jersey unless an official determines that the differing colors result in a genuine disadvantage to the opposing team. While the t-shirts do not have to be the same color as the uniform, they should be the same color across the team.
8. Players may not wear jewelry during games.
9. Teams must bring their own practice balls. A team should bring no more than four practice balls, and should sanitize them regularly.
10. The home team is expected to supply the game ball.
11. The home team is responsible for leading prayer.

Mandatory Play and Sit Rules

1. Mandatory play rules exist in Varsity Y and O Divisions.
2. Mandatory playing requirement
 - a. All eligible players on the bench shall participate in each game. Failure to do so may result in forfeiture. The CYM Coordinator or Athletic Association President of the respective Parish has the authority to discipline the coach further. Each player is to play 25% of each game. Failure to comply with the spirit of this recommendation may result in disciplinary action by the AAP of the Parish or CYM Office.
 - b. Failure to comply with the minimum playing time during regular season or playoff games may result in forfeiture and further disciplinary actions.
3. Mandatory Sit Rules exist in JV & Pre JV:
 - a. All players must sit the equivalent of one continuous quarter.
 - b. If player is injured opposing coach picks replacement player. When injured player is ready to return, he/she must reenter for replacement player, if not then it will count as a quarter played. Penalty for not adhering to must sit rule will be playing

with only the eligible players for the remainder of the game. Exceptions will be the following: injured player cannot return, a player fouls out of the game, player is ejected from game. In this case opposing coach picks player to play.

- c. Additional Notes to consider on this rule:
 - i. A team with a proper number of players (minimum of 7) that chooses intentionally or unintentionally to ignore this rule should be reported to the CYM office with a picture of the scorebook as support. The head coach and the team will be subject to possible disciplinary action determined by the CYM Sports Director.
 - ii. If the team has only 6 players, the opposing coach can choose who must sit in each quarter. Both teams will have open substitution.
 - iii. The official scorebook should track quarters played until all players from each team have sat the equivalent of one full, continuous quarter. Referees should confirm with the home book volunteer at half time and communicate the additional requirements to each coach at half time. Violations should be brought to the attention of the CYM Sport Coordinator.

Pre-Junior Varsity Rules:

CYM will have a Pre-JV division for boys and a Pre-JV division for girls.

1. When comprising team rosters, coaches/coordinators should be cognizant of roster size, as too few players results in forfeiture. Rosters should ideally consist of a minimum 10 players per team. Anything less must be approved by the CYM Office.
2. Divisions – There will be two divisions for Pre JV. The following guidelines should be used to determine Division I vs. Division II:
 - a. Division I: primarily 4th graders or 3rd graders who have demonstrated a higher degree of skill level;
 - b. Division II: primarily 3rd graders or 4th graders that are just beginning in their basketball journey
3. Defensive Rules:
 - a. Division I: Can play defense at half court for all quarters. If the lead is more than 10 points, the team with the lead must play defense within the top of the arc extended. Once the offense penetrates that imaginary line, the defense is free to play anywhere within that half court.

- b. Division II: For the first three quarters all defenses must be played within the top of the arc extended NO EXCEPTIONS. In the final quarter both teams may play half-court defense provided the lead is 10 or less points. If the lead is more than 10 points, only the trailing team may play defense at half court.
- c. Games are played in 4 quarters, each 5 minutes long, with a 5 minute halftime. The clock will stop on all whistles. There will be no overtime.
- d. Girls must play on the Pre-JV girls team for that parish/school. Boys must play on a Pre JV Boys team for that parish/school. In the event that a primary affiliation does not have a Pre JV Boys or girls team CYM will provide the athlete with a secondary affiliation to another parish/school so the athlete can participate in Pre JV Basketball.

Junior Varsity Rules: Applicable to both boys and girls divisions.

- 1. When comprising team rosters, coaches/coordinators should be cognizant of roster size, as too few players results in forfeiture. Rosters should ideally consist of a minimum of 10 players per team. Anything less must be approved by the CYM Office.
- 2. Divisions: Based on the submission of team requests from each parish/school, there will be two divisions in both boys and girls.
 - a. Division I - Full Press:
 - i. Four 6-minute quarters; no overtime
 - ii. Defense: Teams may play full court defense the entire game unless they have a 15 point lead. In such a case, they must play defense within the top of the arc extended. Once the offense has passed that line, the defense may defend anywhere on that half of the court for the remainder of the possession.
 - b. Division II - Half Press
 - i. Four 6-minute quarters, no overtime
 - ii. Defense: Teams may play defense up to half court the entire game unless they have a 15 point lead. In such a case, they must play defense within the top of the arc extended. Once the offense has passed that line, the defense may defend anywhere on that half of the court for the remainder of the possession.

Varsity Rules: Applicable to both girls' and boys' divisions

- 1. There will three divisions for both boys and girls – C, Y and O

- a. C Division:
 - i. Four 7-minute quarters; 3-minute overtime(s) if required
 - ii. Defense: full court defense regardless of score
 - iii. Mercy clock – If a team is trailing by 25 or more in the second half, the trailing team’s head coach can choose to have a running clock (only stops on timeouts for the remainder of that half). If the lead falls below 25 the clock will resume its normal operations.
- b. Y Division:
 - i. Four 7-minute quarters, 3 minute overtime(s) if required
 - ii. Defense: full court defense the entire game unless a lead of 20 or more points. In such a case, the defense must play within the top of the arc extended. Once the offense has passed that line, the defense may defend anywhere on that half of the court for the remainder of the possession.
 - iii. Mercy clock – If a team is trailing by 25 or more in the second half, the trailing team’s head coach can choose to have a running clock (only stops on timeouts for the remainder of that half). If the lead falls below 25 the clock will resume its normal operations.
- c. O Division:
 - i. Two 15 minute halves, 3 minute overtime(s) if required.
 - ii. Defense: full court defense the entire game unless they have a lead of 20 or more points. In such a case, the defense must play within the top of the arc extended. Once the offense has passed that line, the defense may defend anywhere on that half of the court for the remainder of the possession.
- d. Playoffs – Playoffs will be held for the C, Y, and O Divisions. Playoffs will be single elimination unless otherwise stated below:
 - i. C Division – Teams will be divided into a C1/C2 bracket after their first game of the playoffs. Top seeds may automatically qualify for C1. If there are not enough teams to divide into C1/C2 a double elimination tournament will be considered.
 - ii. If there are not enough teams for a C1/C2 bracket, a double elimination tournament will be considered.
 - iii. In the event the majority of coaches in the Girls C Division prefer a single elimination tournament, CYM may consider moving to a single elimination tournament for C Division for girls only.

- ii. Team placement – If a team is moved from their regular season division to a new division for playoffs by the CYM Director of Youth Sports or the CYM Basketball Coordinators, a point system will be used to determine seeding for playoffs.

Divisional Alignment/Placement

1. All parishes/schools should submit the divisional alignment/team request form by the set deadline. They should consider the following for each age group level:
 - a. Pre JV – primarily 4th grade teams should be in Division I
 - b. JV/Varsity – all parish/school #1 teams should be in the top division (Division I for JV and C Division for Varsity)
2. If a parish/school feels their #1 Varsity team does not belong in the top division, they will be required to attend with their full roster a play-in date during the weekend before Thanksgiving. There will be a group of coaches and coordinators present to help make the final determination. #1 JV teams not entered in the Division I will be considered on a case by case basis.
3. Parishes/Schools may choose to have two teams in the top divisions or the middle divisions if they believe they can compete.
4. The CYM Sports Coordinator and CYM Basketball Coordinators will make the final decision on all division placements, which may not match the division requested by a given team.
5. All teams from every parish/school will be reviewed throughout the year to determine whether their placement was accurate at the beginning of the season.
6. If deemed inaccurate, the CYM Office reserves the right to move them for the playoffs or eliminate them from playoff competition.

Playoff Eligibility:

Varsity Basketball Playoff Rules

(No exceptions will be considered, these rules should be applied when creating team rosters, and shared with Athletic Association Presidents, Parish Basketball Coordinators, Coaches, Parish Athletic Associations, and Parents)

DIVISIONAL ALIGNMENT - In varsity boys and girls basketball, each parish/school is permitted to have one (1) team in the “C” division for varsity basketball if a parish has more than one team. A parish/school may appeal for its 1st team to be placed in a lower division, to be

eligible for playoffs. If through the season it becomes apparent the team should have been placed in the C division, the basketball coordinators in their sole discretion may move the team to the C division for playoffs pursuant. A parish is permitted up to 2 teams in the C division, if the 2nd team's skill level warrants such placement. A parish is permitted up to 2 teams in the Y division; however, exceptions may be made if a team's skill and/or experience warrants it. Coaches are expected to bring those exceptions to the coordinators' attention in good faith. After C and Y placement, all remaining teams for that parish will play in the O division. Playoffs are held for only the C, Y, and O divisions.

The Office for Catholic Youth, Young Adult, and Family Ministry reserves the right to make changes to divisional alignment if circumstances warrant.

PLAYER ELIGIBILITY FOR PLAYOFF TEAMS – Individuals are eligible to play on varsity boys' and varsity girls' basketball teams if one of the following statements is correct:

- a. The immediate family of the participant are registered *and* active member of the parish that is sponsoring the team for a minimum of 60 days prior to the CYM date basketball teams may begin practice. The pastor of the parish is responsible for determining if the family are active members of the parish and criteria can include attending Mass or other parish services and/or participating in parish activities and/or contributions through weekly envelopes. This section also includes active parish members of a neighboring CDOW parish approved by the CYM Affiliation Committee.

OR

- b. The participant attends the parish school, regional Catholic school, or Consolidated Catholic School that is sponsoring the team.

OR

- c. The participant attends Religious Education classes at the parish that is sponsoring the team.

OR

- d. The participant falls under category a, b, or c and their parish or school does not sponsor basketball or their parish teams are full and has therefore been assigned to a different parish by CYM. All related affiliation rules apply.

OR

- e. The participant played in the past as part of the parish program in any sport in the CYM league.

TEAM ELIGIBILITY FOR PLAYOFFS - For a CYM varsity boys' or varsity girls' playoff team to be eligible for participation in the CYM varsity playoffs, the team roster

may not exceed five (5) individuals from category e listed above. Teams can NOT have more category e players than players that fall under categories a, b, c, or d listed above. This will ensure that each parish playoff team has parish members or students from the parish school or students from the parish religious education program playing in the games at all times.

REASONS FOR TEAM INELIGIBILITY FOR PLAYOFFS

- **A team is not eligible for playoffs if a parish elects to add a player to a playoff team roster who does not fall under the qualifying above categories.**
- **More than five (5) players from category e or on a roster.**
- **The number of players from category e out number qualifying players.**
- **New players to the CYM league.**

CYM staff will validate with the parishes and schools every player's parish status and/or religious education and Catholic school enrollment.

Senior & Intermediate Rules

1. Divisions – There will be a division for Intermediate (9th-10th grade) and a division for Senior (9th-12th grade).
 - a. Teams may press for the entire game, regardless of score.
 - b. Games are played in 2 halves, each 20 minutes long, with a 5 minute halftime. The clock will continue to run and will stop only during time outs and on all whistles during the last 2 minutes of the both halves
 - c. Each team is permitted four 30-second timeouts per game.
 - d. There will be no overtime.

Technical/Ejections

1. Fighting: If a player/coach is ejected for fighting, that player/coach will be subject to dismissal for the program year. (CYM Office has discretion to assign additional games). The player/coach will also be placed on probation for the remainder of the season.

- a. If a player/coach is ejected while his team is on probation, that player/coach will be dismissed from the team for the remainder of the season.
 - b. If a coach or parent gets ejected, they must following the reinstatement process. This includes a scheduled hearing of sitting in front of the CYM Sports Coordinator and subcommittee of the CYM Athletic Association Committee.
2. Unsportsmanlike Conduct - If a player/coach is ejected for unsportsmanlike conduct (ex. Language, double technical, arguing with the officials, etc) that player/coach will receive a 1 game suspension (CYM Office has the discretion to assign additional games). Assistant coaches will receive a minimum 2 game suspension for all ejections.
 3. These rules apply to parish/school grounds including parking lots. There should be no incidents in parking lots. It also includes any external venues where players and coaches are representing the parish/school and CYM.
 4. Any coach/player that is serving her/his suspension is not permitted in the gym with their team during that suspension. In the event they are also a parent and the primary means of transportation, they must remain in their vehicle or return home during the game.
 5. It is expected that a member of the school/parish athletic committee be in attendance and the CYM Office should be given advanced warning.
 6. Any player or coach that is ejected twice in a school year will be ineligible to continue to participate in CYM for the duration of that school year in any sport.
 7. Any participant that receives 3 unsportsmanlike technical/violations across the full school year (across all sports) will receive a minimum 1 game suspension in their current season (or the next one of it is their last game of the current season). This will apply to Varsity teams in playoffs as well.

Tournaments

1. Parishes/Schools are free to run and advertise their own tournament
2. Teams may participate in tournament. However, all CYM league and playoff games will always take precedence and be played at their scheduled time.

Standings

1. The coach on the winning team is responsible to submit the scores for accurate standings.
2. Scores are to be submitted on the CYM Website under the Athletics tab. Forms are found under the tabs of the respective divisions.