

Northern Virginia Junior CYO (NVJCYO)

# BASKETBALL RULES

as of October 2016

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The following rules are the official NVJCYO Basketball rules. These rules supplement the standard Virginia State High School Basketball ("State") rules as governed by the National Federation of State High School Associations ("Federation") and shall govern in the case of an inconsistency with State or Federation rules. The league rules include some excerpts from the NVJCYO Bylaws. In the event of an inconsistency, the Bylaws take precedence.

## **NVJCYO Basketball Policy:**

***NO GIRLS WILL BE PERMITTED TO PLAY ON A BOYS TEAM***

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### **Entry (3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup>) Grade Leagues**

1. Each coach must play each child on his/her/team at least, one quarter (7 minutes) worth of playing time per game.
2. If a child is not able to play, the coach is responsible for informing the opposing coach and Acting Commissioner that such child will not be playing as well as the reasons why. Acceptable reasons are illness, injury or disciplinary reasons.
3. A coach is not required to play a child the required 7 minutes if the child suffers an injury, becomes ill, is incapable of continuing to play, or fouls out of the game.
4. Any violation of this rule must be brought to the attention of the Acting Commissioner. The Acting Commissioner will report all circumstances surrounding the situation to the League Commissioner.
5. The League Commissioner, after investigation, **will** enforce the following penalties:
  - \*\* 1st infraction - Oral and written warning to the offending coach
  - \*\* 2nd infraction - Suspension of coach for one game.
  - \*\* 3rd infraction -- Suspension of coach for the rest of the season.

Any sanctions, either oral or written, will be conveyed to coach and the Parish Rep via email by the Commissioner.

### **6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade Leagues**

1. Each coach is strongly encouraged to play each child at least 7 minutes worth of time in the 6<sup>th</sup> grade league.
2. Each coach is strongly encouraged to play each child at least 7 ½ minutes worth of time in the 7<sup>th</sup> & 8<sup>th</sup> grade leagues.

## SECTION 1 -- PLAYER ELIGIBILITY / ROSTERS / WAIVERS

**\*\*A PLAYER MAY NOT BE ROSTERED ON MORE THAN ONE NVJCYO TEAM**

a. Each player must be enrolled in the parish school or CCD program of the participating parish prior to the end of the first month of the current school year and be properly rostered in accordance with paragraph e., below. In addition, each player must be regularly attending the parish school or CCD program of the participating parish throughout the school year, or be certified by the Pastor that said player is participating in the home schooling program. A player from his/her home parish may play for another parish only if the following criteria is met:

1. A properly executed NVJCYO Waiver Request Form must be submitted to the Vice President of the NVJCYO
2. The player's parish must be an existing participating NVJCYO parish.
3. The player's parish does not have an existing team.
4. The player's Parish Representative will then contact the neighboring parishes to determine if the neighboring parishes have room for another player. If there is no room, the Parish Representative will contact the Vice President of the NVJCYO and a team will be assigned as close to the Parish as possible based on availability on the other parishes' teams.

b. Each player also must meet the following age/grade criteria:

- 8<sup>th</sup> grade or below and will not have reach his/her 15<sup>th</sup> birthday prior to the next June 1.
- 7<sup>th</sup> grade or below and will not have reach his/her 14<sup>th</sup> birthday prior to the next June 1.
- 6<sup>th</sup> grade or below and will not have reach his/her 13<sup>th</sup> birthday prior to the next June 1.
- 5<sup>th</sup> grade or below and will not have reach his/her 12<sup>th</sup> birthday prior to the next June 1.
- 4<sup>th</sup> grade or below and will not have reach his/her 11<sup>th</sup> birthday prior to the next June 1.
- 3<sup>rd</sup> grade or below and will not have reach his/her 10<sup>th</sup> birthday prior to the next June 1.

No second grader may play on any team in any league in the NVJCYO. There is one and only one exception. Only **ONE (1)** second grader may play on a 3<sup>rd</sup> grade team and only if the 2<sup>nd</sup> grader is necessary to make the 8<sup>th</sup> player on the 3<sup>rd</sup> grade team so that the 3<sup>rd</sup> grade team meets the minimum number of players to form a team.

c. Waivers to the eligibility criteria (paragraphs a. and b.) will be considered on a case-by-case basis. Each waiver request must be submitted to the Commissioner by using the official NVJCYO Waiver Request Form. Any child who needs to have an eligibility rule waived in order to participate in NVJCYO activities, will not participate in practices, games or other

manners, until such waiver is approved. If a coach allows an ineligible player to participate, he/she is subject to suspension.

- d. Each player shall have a completed official NVJCYO Permission and Release Form before participating, The Permission and Release Form must be kept on file at the home parish, and is subject to review by league/Diocesan officials. A new completed form shall be submitted for each NVJCYO sport.
- e. Individual team rosters (on official NVJCYO Roster Forms) must be submitted to the Commissioner by the date established.
  - 1. If a coach fails to submit his/her roster and permission forms by the due date established, he/she will not be permitted to coach in his/her first game.
  - 2. If the roster and permission forms are not submitted by the second and final deadline date established by the League, the team will not be permitted to play in December.
  - 3. If the roster and permission forms are not received by December 20, the team may not participate at all during the season.
  - 4. In addition each team must roster a minimum of 8 players. A team will not be eligible to enter the league without 8 players. No exceptions.
- f. After the start of the league, additions to a roster must be submitted and approved in accordance with the waiver clause (paragraph c.) and be accompanied by a fully executed supplemental official NVJCYO Roster Form.
- g. A player's eligibility will not be affected by his/her participation in a basketball program sponsored by another organization.
- h. No waivers to these eligibility rules will be considered in any of the following instances:
  - 1. When a potential player does not attend either a parish school or CCD program as in section (a) above. Exception: if a potential player is being home schooled, a waiver may be granted upon written confirmation from the parish Pastor that the child is a member of that parish
  - 2. When a potential player is in grade 9 or above, even if he/she meets the age requirements.
- i. If a parish wants to have 3 teams in a league the following criteria must be followed;

1. A waiver must be submitted to the Vice President
2. There must be at least 27 player in that grade
3. There must be room in the league to support a 3<sup>rd</sup> team (See Nick)
4. If there is limited room in the league and more than one parish wants to have a 3<sup>rd</sup> team, then
  - i It must be determined that all players must be only CYO players and **not** rostered on some other team
  - ii If the above criteria is met then the parish who first sends and receives the waiver first will be admitted

## SECTION 2 -- EQUIPMENT / UNIFORMS

- a. Coaches shall attempt to have their players wear tennis or other athletic shoes that are in good condition so as to assure proper protection of the gymnasium floors. Old worn shoes may collect dirt or gravel that may scar and damage the floors, especially hardwood floors. No one may wear street shoes while performing on playing surfaces.
- b. Game basketballs shall be decided upon by the two opposing coaches and the game officials. Each team should have a good, preferably leather, basketball to submit before each game for consideration to play. Game basketballs should meet the specifications set forth by the Federation. Leagues will use the size ball designated as follows:

Girls 3 <sup>rd</sup> Grade – 28.5 size ball	Boys 3 <sup>rd</sup> Grade – 28.5 size ball
Girls 4 <sup>th</sup> Grade – 28.5 size ball	Boys 4 <sup>th</sup> Grade - 28.5 size ball
Girls 5 <sup>th</sup> Grade – 28.5 size ball	Boys 5 <sup>th</sup> Grade - 28.5 size ball
Girls 6 <sup>th</sup> Grade – 28.5 size ball	Boys 6 <sup>th</sup> Grade - 29.5 size ball
Girls 7 <sup>th</sup> Grade – 28.5 size ball	Boys 7 <sup>th</sup> Grade - 29.5 size ball
Girls 8 <sup>th</sup> Grade – 28.5 size ball	Boys 8 <sup>th</sup> Grade - 29.5 size ball

- c. Players shall be uniformed and have identifiable numbers. The league may loan pull-over jerseys to one team at a game in the event that the two opposing teams have the same or nearly the same color schemes. When there is a color scheme conflict, the visiting team will wear the pull-overs.
- d. Uniforms may include non-standard basketball numerals. The league does not have a regulation on the width of the uniform trim. However, every effort should be made to conform to the standard rules for uniforms made by the Federation. No uniform shall be worn in such a way as to attempt to confuse an official or the opposing team.
- e. The only garment that may extend below the game short is "compression" pants. Those pants must be similar in color to the predominant color of the game shorts and must be unadorned and of a single solid color. Boxer type shorts and/or sweatpants will not be

acceptable at any time. Any player in violation of this rule will not be permitted to play until the uniform meets the above standards.

- f. Any shirt worn beneath the game jersey must be similar in color to the predominate color of the body of the jersey and must be unadorned and of a single solid color. Any player in violation of this rule will not be permitted to play until the uniform meets the above standards.
- g. If, for medical reasons, an exception must be made to rules e. or f., a signed doctor's medical excuse must be presented to the Commissioner prior to scheduled game play.
- h. All jerseys must be tucked into uniform shorts. The only exception will be the girls uniform where the jersey is made to be worn outside the uniform pants. Normally this type of jersey has trim all the way around the jersey.
- i. There will be no wearing of jewelry by any boy or girl in any league of the NVJCYO. This includes pierced earrings. The wearing of band aids to cover the earrings on the ear is prohibited by the Virginia State High School Basketball Rules which the NVJCYO follows. No bobby pins or any metal or hard substance will be worn in the hair. Wrist bands other than sweat wrist bands of any kind are prohibited.
- j. For 3<sup>rd</sup> grade leagues, the height of the rim shall be (8) feet from the playing surface. For 4<sup>th</sup>-8<sup>th</sup> grade leagues, the rim shall be regulation (10 feet) from the playing surface.

### **SECTION 3 -- PLAY OF GAME / SCORING / TIME**

- a. Games shall start promptly at their designated time. No cancellations or rescheduling shall be made without the prior approval of the Commissioner.
- b. For each game, the first team listed on the official league schedule shall be the home team.
- c. The visiting team shall provide a capable and responsible person to be the official time keeper for the entire game, using the equipment provided.
- d. The home team shall provide a capable and responsible person to be the official scorer for the entire game. Unless the Commissioner makes other arrangements, the home team's score book shall be the official score book. The official scorer and the timekeeper must be seated together at the scorer's table and remain neutral. No one else will be seated at the table. The score keeper or time keeper shall not cheer or coach players of teams or the time keeper or score keeper will be asked to leave the table.

- e. Each coach shall have the team's players listed by number in the official score book, at least five minutes prior to the start of the game. One technical foul shall be assessed for an administrative error in the official score book. (For example adding a player or players after the game has started)
- f. A forfeit occurs if a team is not ready to play within fifteen (15) minutes after the scheduled game time. The coach has the option of starting the game at scheduled game time if his/her team has at least four (4) players. Alternatively, the coach may elect to use the 15 minute time period as a “grace period”, to see if a fifth player arrives. If at any time during the grace period a fifth player arrives, the game will begin immediately. However, once the 15 minute grace period starts, the coach gives up the right to start with 4 players. At the end of 15 minute grace period, if there is no 5<sup>th</sup> player present, then the game is a forfeit.
- g. Regulation play
  - 1) 3<sup>rd</sup> & 4<sup>th</sup> grade leagues will play 4 seven (7) minute quarters.
  - 2) 5<sup>th</sup> & 6<sup>th</sup> grade leagues will play 2 fourteen (14) minute halves
  - 3) 7<sup>th</sup> & 8<sup>th</sup> grade leagues will play 2 fifteen (15) minute halves
  - 4) There will be three (3) minutes between halves
  - 5) Five (1) minute time outs per game shall be allotted each team. A time out shall not exceed one (1) minute
- h. Overtime
  - 1) In the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> grade leagues, there will be a maximum of two overtime periods, each consisting of three minutes. If the game is tied at the end of the second overtime period, the game will go to sudden-death, without a clock. The first team to score after two overtime periods will be the winner.
  - 2) In the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade leagues, in case of a tie after the second half, three minute overtime periods shall be played until a winner is determined.
  - 3) One (1) extra time out per overtime period shall be allotted each team
  - 4) All unused time outs from regular scheduled playing time will be advanced to the overtime period(s)
- i. Pressing

- 1) In the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> grade leagues, there will be no defense in the back court.
  - i The defensive team must remain 3 feet from the half court line to allow the offensive team room to cross half court. Once the offensive player with the ball completely crosses the half court line, or passes the ball over the half court line to a teammate in the 3 foot zone and the player in the 3 foot zone has control, then the defense may then advance to try to take possession of the ball from the offense.
  - ii From the last minute of the 4<sup>th</sup> quarter until the end of the game (into any overtime periods) or the last minute of any overtime period, if the offensive team is leading and calls a timeout, the ball must be inbounded into the forecourt from the foul line extended, not at the half court line. If the ball is entered into the backcourt, then it is a backcourt violation.
- 2) In the 6<sup>th</sup> grade leagues, there will be no press in the back court by a team leading by more than ten (10) points
- 3) In the 7<sup>th</sup> grade leagues, there will be no press in the back court by a team leading by more than fifteen (15) points
- 4) In the 8<sup>th</sup> grade leagues, there will be no press in the back court by a team leading by more than twenty (20) points
- 5) The first time a pressing rule is violated the referee will give a warning to the leading team. Thereafter a technical foul will be assessed for each time a violation occurs.

j. Fouls

- 1) All bonus fouls will be shot on the 7<sup>th</sup> team foul per half
  - i All fouls (personal and technical) on a team, including the coach, will count toward the 7 for each half.
  - ii Technical fouls will be added to personal fouls to reach the bonus situation
- 2) All team fouls at the end of regular playing time will advance into the overtime period(s)
- 3) All technical fouls will combine with personal fouls for player disqualification
- 4) In the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> grade leagues, all fouls will be taken from a line marked (2) feet in front of the regulation foul line. If there is no modified line present on the floor then the referees will have the player shoot from the 15 foot line and allow

the player to jump over the 15 foot line. As long as the shooter is not taking advantage of this concession, the referees will have sole judgment.

- k. The high school three-point rule will be in effect for the 7<sup>th</sup> & 8<sup>th</sup> grade leagues and only in the gyms where the three-point line is clearly established. The three-point rule will be used in both 6<sup>th</sup> grade leagues for the 2016-2017 season on a trial basis. Future use in the 6<sup>th</sup> grade leagues will be evaluated at the conclusion of the 2016-2017 season.
- l. The **winning** coach shall call the scores into the commissioner or his/her designee within 24 hours of the end of the game. Failure to do so will result in a loss to both teams
- m. Coaches shall remain seated while on the bench. If a coach stands to help direct his/her team only the head coach shall stand. The head coach should then return to the bench and return to his/her seat. If a head coach, assistant coach, or bench receives a technical foul the head coach must then be seated the entire time during play of game. (Coaches should be reminded that by standing it blocks the view of the score keeper and time keeper and could promote mistakes.)
- n. Two referees shall be arranged for each game.
  - 1) If only one referee is present for a regular season game at its scheduled game time, the game will be played as scheduled and will be considered an official game. If no referees are present, a fifteen (15) minute grace period will take effect. If at least one referee arrives during the grace period, the game will begin immediately and will be considered an official game. If the grace period expires and no referees are present, then the game will not be played.
  - 2) If only one or no referee is present for a playoff game, the game may not start. The fifteen (15) minute grace period from scheduled game time will then go into effect. If the second referee arrives during the grace period, the game will begin immediately.
- o. If a team forfeits two games in the regular season, then the team is not eligible to play in the tournament.

#### **SECTION 4 – PROTESTS**

- a. A game may be protested in a case of a rule discrepancy, but not in the case of a judgment call. An official protest shall be made at that point in the game when the discrepancy occurred, not at a later time, and shall be designated clearly in the official score book by the scorekeeper and referee at that point in the game. The protesting coach must present his/her protest to the Commissioner in a written statement within 24 hours of the game's end.

- b. When officially submitted in writing, the protest must be accompanied by a twenty dollar (\$20) protest fee, deposited with the NVJCYO Treasurer. The protest then will be reviewed by the Commissioner and another one or two experienced basketball people not directly connected to the league. Their decision will be final as to whether there were grounds for a valid protest and as to whether the protest is upheld or denied. If upheld, the protester will have his/her fee refunded, but if denied, forfeited.

## **SECTION 5 -- TOURNAMENT / AWARDS**

- a. After the regular season is completed, a champion will be determined based upon the league structure established by the Commissioner.
- b. The structure and seeding in any post-season tournament will be determined by the Commissioner with approval of the Basketball Program Manager.
- c. The following awards will be granted:
  - 1. **Sportsmanship** award -- to the team/s selected by the coaches and Commissioner which showed the best attitude and cooperation in each division.
  - 2. **Regular season** champion, second and third place for each division. -team trophy each. If there are only 4 teams in the division, only first and second place trophies will be awarded.
  - 3. **Tournament** champion and runner up for each division tournament -team trophy each.
  - 4. **Individual Trophies** - Tournament Champion, Tournament Runner-up for Division I only. Division I tournament Champion is considered the league Champion. If a team wishes to compete for the individual trophies they must play in the division one (1) tournament. Ask the commissioner and he/she will place the team in the division one tournament.

## **SECTION 6 -- DISCIPLINE / SUPERVISION / FACILITY RULES**

- a. Coaches, players, cheerleaders, and spectators shall abide by the gym and school rules set forth by the NVJCYO and by officials of the facilities used by the league. This includes the following rule among others: **NO FOOD, NO CHEWING GUM, NO DRINKS, AND NO SMOKING** in the gyms. Water fountains are outside each gym, so teams should not need to bring water bottles.

1. Any spectator with food or drink in a gym will be asked to leave the facility and not return.
  2. *Any player with food or drink on the bench will be asked to leave the bench area, removed from the score book, and will be required to watch the game from the stands.*
- b. Each coach is expected to see that the team adheres to the facility rules and to oversee any other aspect of the behavior of the team. Each coach is expected also to advise the team's supporters of the rules of facilities and to take an active part in preventing or stopping any misbehavior (including abusive language) by the team's supporters. Any spectator, participant, or coach exhibiting misbehavior shall be subject to suspension or expulsion by the Commissioner, Acting Commissioner, or other NVJCYO officials from that activity or any future NVJCYO activity. **Remember: referees, timekeepers, and scorers are only human.** Sports can teach skill, but more importantly youth sports should teach restraint and keeping a sense of humor.
- c. The Commissioner will appoint an Acting Commissioner for all of the games. Acting Commissioners may do more than one game in a row as determined by the Commissioner. Duties of an Acting Commissioner are indicated in the Appendix to these rules.
- d. If coach or player is ejected for unsportsmanlike conduct from a game, the coach or player will be suspended for one game. If the player or coach is ejected a second time the player or coach will be suspended for 3 games. If the player or coach is ejected a third time the player or coach will be suspended for the rest of the season.

## **SECTION 7 -- RULE CHANGES**

A decision to change, add or delete a rule or procedure must be submitted to the Executive Board by the Commissioner who will notify all affected coaches as soon as possible.

## **SECTION 8 MISCELLANEOUS**

**Definition -- NEIGHBORING PARISH:** A neighboring parish is defined as a parish that shares common borders.

**CORPUS CHRISTI** is a combination of two parishes St. Anthony and St. Philip. A Representative is assigned to Corpus Christi. The Representative of Corpus Christi will be the coordinator of both parishes through Corpus Christi. If individuals from St. Anthony or St. Philip wish to play, they will play on the Corpus Christi teams. If a team is formed from the individual Parishes a representative must be appointed and reviewed by the Executive board.

## Appendix A

### **DUTIES OF AN ACTING COMMISSIONER**

In general, an Acting Commissioner (AC) is appointed by the Commissioner to see that facility and league rules are observed at a string of league games. Much of the work of an AC is to support the decisions of the officials. If necessary in situations of questionable safety, an AC is expected to use his/her own judgment to delay, interrupt, or terminate a game. If necessary in situations of misbehavior, an AC is expected to use his/her own judgment to expel a spectator, participant, or coach or even to terminate a game. An AC must be mature, dependable, coolheaded, and firm. An AC must try to see both sides of an issue and exercise discretion when he/she is actually needed to resolve a problem.

Typically, these are an AC's specific responsibilities:

1. Coaches are notified if games are canceled because of sudden inclement weather. (The Commissioner will inform the AC and officials.)
2. All necessary equipment is in the gym when needed (e.g., time clock, horn, scoreboard, scorebook, and pull-over shirts).
3. A timekeeper and scorekeeper have been designated.
4. Referees sign the score book at the end of each game to validate the score and certify their presence.
5. No one is smoking, eating, chewing gum, or drinking in the gym.
6. Spectators are:
  - a Seated in the stands or appropriate chairs during the play of the game
  - b Kept off the playing area at breaks in the action and between games
  - c Not loitering or playing in the school halls
7. The gym and surrounding area are supervised if he/she is coaching his/her own team's game.
8. All equipment is collected at the end of the games and passed on to the next Acting Commissioner.
9. The Commissioner is notified if:
  - a Game is not played for any reason

- b Spectator, player or coach is ejected from a game
- c Referees do not show up for game

10. The AC must be a coach or assistant coach. If someone other than the Coach or assistant coach(s) wishes to perform the duties of the AC, the person must be someone who knows and understands the duties of the AC. Anyone not a Coach or assistant coach must receive permission from the Commissioner to be an AC.

11. If an AC does not perform his/her assigned times:

- a First Infraction – One game suspension of the coach and make up the number of AC games missed
- b Second Infraction – Three (3) game suspension of the coach and make up the number of AC games missed
- c Third Infraction – The coach will be suspended indefinitely

12. If the AC is not certified as a Building Director through the County, the AC must have someone with him/her during the assigned times who is certified or the AC will forfeit a game as in item 11 above.

## Appendix B

### **Movement of Teams between Division for Tournament Play**

If a Commissioner moves a team/s from a higher division to a lower division then the team/s from the higher division will be seeded in first place in the lower division. For example if the 7<sup>th</sup> and 8<sup>th</sup> place team in Division 1 is moved to Division 2 then the 7<sup>th</sup> place team from Division 1 will be seeded in first place in Division 2 and the 8<sup>th</sup> place team from Division 1 will be seeded in second place in Division 2 etc.

If a Commissioner moves a team/s from a lower division to a higher division then the team that is moved from the lower division will be seeded in the middle in the upper division. For example if the first place team in division 2 is moved to the first division for the tournament, then the team from division 2 will be seeded 5<sup>th</sup> place in a 8 team division. If multiple teams are moved then the positions may be different depending on the number of teams in the division.