

OAKLAND DIOCESE BASKETBALL RULES UPDATED 2025

All basketball games (league, tournament or practice) hosted by Oakland Diocese Catholic Youth Organization teams will be conducted in accordance with the National Federation of State High School Associations Basketball Rules Book with exceptions and additions noted in these bylaws, adopted by the Diocesan CYO Office, or adopted by the leagues and approved by the Diocesan CYO Office.

LENGTH OF GAME / TIME OUTS: A CYO basketball

game shall consist of four stop-clock quarters. All games shall have one minute rest periods between quarters. All games shall have a minimum five minute rest period between halves. Quarters shall consist of no more than seven minutes stop time.

- 3rd-6th grade play 6 minute quarters.
- 7th and 8th grade play 7 minute quarters.

Four-time outs of one minute duration may be charged to each team during a regulation game. Each team is credited with one additional time out per overtime period.

GAME LIMITATIONS: All games/ practices, including tournament games played on school nights, shall be scheduled so as to be completed by 10:00 p.m. No league shall schedule regular league play on Sundays before noon. (There is no rule against two games in a day for the 2025-2026 season. This rule will stand going forward unless otherwise changed.)

GAME BALL: In all 6th, 7th and 8th grade boys' games, a composition or leather basketball, 29.5" in circumference shall be used. In all girls' games and in boys' 3rd, 4th and 5th grade games a composition or leather ball, 28.5" in circumference shall be used. Leagues may adopt the use of smaller balls for third grade play and younger.

"ALL PLAY" PARTICIPATION RULE: Each Oakland Diocese CYO basketball team must play all healthy, uniformed players according to the following formula. The participation rule applies to the first half of play, during the first and second quarters. (Each player must play the equivalent of two playing periods (equivalent to one full quarter).

- **When teams have 10 or fewer players,** the first half will be divided into four playing periods. All players must complete two full playing periods in the first half (equivalent to one full quarter). Coaches are strongly encouraged to play all players in the second half. There are no free-substitutions during the all play periods, except in the event of an injury.
- **When teams have 11 to 15 players,** the first three quarters will be divided into six playing periods. All players must complete two full playing periods in the first three quarters (equivalent to one full quarter). Coaches are strongly encouraged to play all players in the fourth quarter. There are no free-substitutions during the all play periods, except in the event of an injury.
- **When teams have 16 to 20 players,** all four quarters will be divided into eight playing periods. All players must complete two full playing periods during the game (equivalent to

one full quarter). Coaches are strongly encouraged to play all players in the fourth quarter. There are no free-substitutions during the all play periods, except in the event of an injury.

The end of a playing period will be administered as an official's time out (A playing period is different from a 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 on the sideline nearest the point of last possession. There shall be a center court jump ball to begin the game. The alternating possession procedure shall be used to begin the second quarter and at the beginning of a playing period if no team had possession at the end of the previous period.

Any player arriving to a game after the first quarter and before the second quarter must play continuous time during the game equal to one full quarter, if sufficient time remains. If a player misses the entire first half, a coach is only required to play the player one playing period but is encouraged to play the child more..

In addition, in each game, each child shall play the minimum time equal to the time of one quarter. Athletic Directors shall monitor their program's coaches for compliance. Repeated violation shall be a breach of sportsmanship.

Injury or Disqualification: If a player leaves a playing period due to injury and is able later to reenter, the player must play a subsequent full playing period. If unable to reenter until the second half, the player must play the equivalent of a full, continuous playing period on the clock. A substitute for an injured or disqualified player must play a complete playing period.

Free-Throw Rule:

- Third grade boys and girls will shoot a free-throw from 10ft.
- Fourth grade boys and girls will shoot from the regulation 15ft but can jump over the free-throw line when shooting without penalty.
- Fifth, sixth, seventh, and eighth grade boys and girls will shoot from the regulation 15ft and cannot cross the freethrow line before the ball hits the rim. Follow rules of the National Federation High School Basketball Book.

"NO PRESS" RULE:

A team with a lead of fifteen (15) points or more in the 6th, 7th and 8th grades or ten (10) points or more in the 4th, or 5th grades, may not use a full court press. There is no press beyond the half court line in the 3rd grade.

- **Definition of Press:** None of the players of a team which is holding that lead may guard any opposing player in the back court until the ball, or a player in control of the ball, has passed the half-court line of the opposing team.
- **Press Penalty:** One warning per game, then a technical foul will be called on the offending team for each violation. (Note: The technical foul is a team technical foul.)

- o CYO sportsmanship dictates that coaches should not have their teams pressure an opposing team's players in the half-court area with a large lead.

OVERTIME RULE: Overtime periods shall be three minutes each in length. Oakland Diocese CYO leagues shall play overtime periods either as in the National Federation Basketball Rules Book or the Diocesan Overtime Rule. The Oakland Diocesan Overtime Rule is as follows: In the event of a tie score at the end of a regulation game, there will be a maximum of two 3 minute overtime periods. If the score is tied at the completion of the second overtime period, a one minute rest period shall be taken, followed by a "sudden death" period played under the following rules: 1. If either team leads by two points (either by two free throws or a field goal) at any time during this period, that team shall immediately be declared winner. 2. If after three minutes of the sudden death period neither team has accomplished a two point lead, the team leading.

An example of the all-play rule with 10-players on a team would look like the following unless a player arrives late (see late player rule). The numbers below simply represent a player, not a grading scale of a player's talent from 1 to 10. See 11-15 players and 16-20 players below.

1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	
1 st half	2 nd half	1 st half	2 nd half	1 st half	2 nd half	1 st half	2 nd half
Players	Players	Players	Players	Players	Players	Players	Players
1,2,3,4,5	6,7,8,9,10	11,12,13,14,15	16,17,18,1,2	3,4,5,6,7	8,9,10,11,12	13, 14, 15,16,17	18 (any four)
In the example above, all players met the all-play rule in the second-part of the 4 th quarter.							

1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter
1 st half	2 nd half	1 st half	2 nd half	1st half	2 nd half	All-play rule met. Free substitutions.
Players	Players	Players	Players	Players	Players	
1,2,3,4,5	6,7,8,9,10	11,12,13,14,15	3,6,9,12,15	2,4,6,8,10	1,5,7,13,14	
In the example above, each player completed a full quarter of play by the third quarter. Player 6, for instance, played in the second-part of the 1 st quarter and the first-part of the 3 rd quarter.						

1 st Quarter		2 nd Quarter		3 rd Quarter	4 th Quarter
1 st half	2 nd half	1 st half	2 nd half	All-Play rule met. Free substitutions.	Even though all play rule is met, CYO encourages getting all players into the 2 nd half
Players	Players	Players	Players		
1,2,3,4,5	6,7,8,9,10	1,3,5,7,9	2,4,6,8,10		
In the example above, each player completed a full quarter of play in the first half. Player 7, for instance, played in the second-part of the 1 st quarter and the first-part of the 2 nd quarter.					