

## SPRING LEAGUE Basketball Rules 2025



### 1. PRESSING RULE: Teams may use full-court press only under these conditions:

- 3rd - 4th Grade Teams may press in the last 3 minutes of the game and only less than 15 points ahead.
- 5th-10th Grade Teams may press if less than 20 points ahead.

### 2. THREE POINT LINE:

- For 5th- 6th , 7th- 8th and 9th-10th Grade Teams, if the court has the 3 point line, then the game must be played with the 3 point shot.

### 3. BALL SIZE:

- All Girls Teams and Boys 3rd- 4th Grade Teams use the 28.5" (Women's standard) basketball.
- All Boys Teams, starting with 5th – 6th Grade use the 29.5" (Men's standard) basketball.

### 4. TEAMS FOUL LINE:

- Girls 3rd - 6th Grade 12 Feet from backboard
- Girls 7th - 8th Grade 15 Feet from backboard
- Boys 3rd - 4th Grade 12 Feet from backboard
- Boys 5th - 8th Grade 15 Feet from backboard

## **5. FOUL BONUS:**

- Bonus situation begins with the 5th team foul, free throws are two shots.

## **6. FOUL SHOOTING/ENTERING LANE:**

- Players may step in on the release of the foul shot for ALL divisions.

## **7. AMOUNT OF TIME IN A HALF and OVERTIME PERIOD:**

- All Divisions will play 2, 18 minute halves. The clock will run continuously until the final 3 minutes of each half. In the final 3 minutes of each half, the clock will stop on every whistle. The clock will start when the ball becomes live (legally touched) on the court. Note- The clock will stop on whistles (stoppage of play) at or under the 3 minute mark. The clock will not automatically stop at the 3 minute mark. The clock will stop for timeouts.
- All overtime periods will be 3 minutes in length. The clock will run continuously until the last 1 minute of each period. The clock will stop on every whistle in the last 1 minute of each overtime period.

## **8. New: C DIVISION PLAYING TIME:**

- In the spirit of CYO, we encourage all players play equal playing time. With the added C Division to the Spring League for the 2023 season, it is the coaches responsibility to manage their team equal playing time in the C division.

## **9. PLAYOFFS:**

- The A Division will conduct playoffs, the C Division will not conduct playoffs at the end of the season.

## **10. SCORE:**

- Opposing coaches are asked to communicate with each other in keeping the score respectable in unbalanced games. The table below outlines the allowed victory margin. If the point differential in the final score is much greater than the limits set, the game may result in a forfeit.

- Teams Final Score  
Girls and Boys 3rd - 4th Grade No more than 15 points  
Girls and Boys 5th – 10th Grade No more than 20 points
- Each Coach is responsible to make results are updated on the website within 24 hours after a game is played. The exact score should be reported.

#### **11. TIME OUTS:**

- Each team will be permitted 2 full timeouts each half. They do not carry over “use them or lose them”.
- Teams will be permitted 1 additional timeout for each overtime period.

#### **12. COACHES PER TEAM:**

- Up to two coaches ONLY may sit on the bench.

#### **13. PLAYOFFS:**

- Any team with two forfeits during the season will be ineligible for playoffs.
- All team fees must be paid before a team is eligible for playoffs.

#### **14. OFFICIALS:**

- Official will paid by the League.
- Contact the Supervisor of Officials to discuss a problem involving an official.

#### **15. GAME CANCELLATIONS:**

- Games Cancellation due to reasonable reasons must be emailed to [wpcyoschedule@gmail.com](mailto:wpcyoschedule@gmail.com) by 7pm on the Wednesday preceding a weekend game(s). Any game canceled after Wednesday deadline, the team cancelling will be required to pay both official fees and is at risk of forfeit. Any team that "no shows" or does not notify the league will be responsible for both official fees and the facility fee. It is the responsibility of the coach of each team to be proactive in ensuring they can field a team. There are many conflicts in the spring, but with proper planning

and communication, most conflicts can be avoided. Please do your best to play the games as scheduled.

#### **16. ROSTERS:**

- Coaches will be sent instructions via email and instructed to upload rosters to website, or rosters may be submitted by email to [wpcyoschedule@gmail.com](mailto:wpcyoschedule@gmail.com) by the first game. Teams that do not submit rosters will forfeit all games until the roster is received. The roster may not be changed after it is submitted if the games have begun.
- Instructions will be sent to coaches and managers. ONLY rostered players can play on a team and there is no adding players for a game - unless the other team agrees beforehand AND the team with the non-rostered players takes a forfeit. A Player may only be on one CYO Spring League Team Roster. Team rosters are limited to 15 players.

#### **17. MISCELLANEOUS:**

- Dunking is NOT permitted in any CYO division, not during warm-ups nor during games.
- No shot clocks will be utilized.
- All uniform shirts must have parish/school/club name printed on the front.
- Players shall remove all jewelry and hair accessories prior to start of game. Players are not permitted to wear tape over any jewelry (including earrings.)
- Players are not permitted to wear sneakers with lights, springs or wheels.
- A player or coach who is ejected from a game will be suspended one game for the first offense and will face possible expulsion from the League on the second offense.
- Players involved in a fight will be suspended depending on the severity of the incident and may face expulsion. Second offense will result in immediate expulsion. A coach involved in a fight will face immediate expulsion upon consultation with the Archdiocese of NY CYO Office and the Advisory Board.