



Intramural Basketball
Grades 2 thru 12
Rules and Regulations
(version: 10.26.16)

St. Rose CYO
2 Bayview Avenue
Massapequa, NY 11758
www.saintrosecyo.com

PURPOSE:

The following guidelines are written to ensure a better understanding of what to expect from the St. Rose CYO Intramural Basketball program, as well as what the program expects from YOU. Anyone attempting to negate the intent of these rules and/or policies is subject to suspension and/or expulsion from the program.

CYO - NO TOLERANCE POLICY:

Coaches, Players, Officials and Spectators are expected to conform to accepted standards of good sportsmanship and behavior as stated below.

St. Rose of Lima CYO promotes good sportsmanship by our athletes, coaches, officials and spectators. We request your cooperation by supporting the participants and officials in a positive manner.

Profanity, verbal threats or other intimidating actions directed at officials, athletes, coaches or team representatives will not be tolerated and are grounds for suspension and/or removal from our program.

You represent St. Rose of Lima and our Community and should do so with dignity, honor and pride during all practices and games, either at home or away. We thank you for your cooperation and look forward to a positive and rewarding experience for all.

RULES & REGULATIONS (General):

1. Disciplinary Action:

- a) Any violations of the **CYO - NO TOLERANCE POLICY** will be referred to the CYO Conduct Board for discipline.

2. Players:

- a) Each player must pay his/her fees in full prior to participating in our program.
- b) Players are required to play AT their grade level.

3. Coaches/Assistant Coaches:

- a) Each grade Coordinator will choose his/her coaches from a list of volunteer's contingent upon the approval of the Board of Directors.
- b) Only Head Coach will attend the draft.
- c) Assistant Coaches will be assigned and notified post draft, once the teams are chosen.
- d) All coaches will be Virtus trained.
- e) Our coaches are a reflection on St Rose and our ministry. They should handle themselves at all times accordingly. If a coach or player does not handle themselves according to our Moral and Ethical standards, it can result in a suspension and or expulsion from the program.
- f) Coaches are responsible for the gym during their practice and games. They are required to make sure everyone behaves properly and that there is no food or drinks (only water is allowed, except for St Rose where Gatorade is allowed) allowed into gym.
- g) Coaches should report any incidents (injury, property damage etc.) within the school to the CYO Security personnel immediately.

- h) The HOME Team Coach is responsible for reading the St Rose CYO No Tolerance Policy prior to the start of each game. This is mandatory. A copy of this policy is given to every coach at the start of the season and can be found on the CYO website (www.saintrosecyo.com) under Intramural Basketball > Rules / Guidelines.
- i) Coaches and Assistant Coaches are required wear the St. Rose CYO Coach shirt at games.

4. Team Conduct (games/practice):

- a) It is our goal that each game and practice should end 5 minutes before the next teams are due to start. Referees and security personnel will be made aware of this goal so that they can help to facilitate a smooth transition in and out of our gyms and parking lots. The safety of our CYO participants is a priority.
- b) Teams waiting to participate should be seated along the sidelines or in the stands.
- c) ONLY COACHES will bring a basketball to games, players should not bring a basketball to the games.
- d) NO shooting at the baskets during timeouts or intermission. Coaches and referees are asked to enforce this.
- e) Parents must escort players and siblings to and from the gyms. Children should NOT be left unsupervised at any time.
- f) NO dribbling of the basketball or running in the hallways is permitted.
- g) Spectators, please refrain from coaching from the sidelines and arguing with officials. These actions do not create a positive atmosphere for the players. The coach should coach and only the "head" coach should "calmly" and "respectively" question our officials.
- h) ABSOLUTELY NO food or drinks are allowed in the gyms (except water bottles) as per the Massapequa Public School Regulations. If water spills, please clean it up promptly.

5. Scheduling:

- a) It is intended that each intramural grade division will play at least 10 games during the regular season, along with weekly practices.
- b) Bump-outs - If a practice and/or game is cancelled due to weather, school sponsored activities or a facility related issue, St. Rose CYO will make every effort to reschedule. CYO will try to accommodate the rescheduling of bump-outs, but it is NOT guaranteed.

6. Officials:

- a) The referees shall be in control of the playing area. They are to receive complete cooperation from all involved.
- b) Any inappropriate behavior will be communicated to the Disciplinary Committee for review.
- c) In the event that no referee appears 10 minutes after the scheduled start of the game, the game should begin ASAP with a volunteer referee mutually agreed upon by both coaches. The result of the game WILL be official. Once the referee(s) arrive, the game will be turned over to them.

7. Security:

- a) Each school will be assigned a St. Rose CYO employed security supervisor.
- b) Security personnel will be in charge of the facility and accorded the respect of all involved.
- c) Security personnel will be equipped with a first aid kit and ice packs.
- d) Security personnel will report any incidents that occur within the school to the CYO Security Director immediately.

8. Equipment:

- a) Players will be given a reversible jersey prior to the season.
- b) No hair clips, jeans or jewelry.
- c) Players must wear shorts or sweats and sneakers only.

9. Awards:

- a) All players in grades K thru 4 will receive a participation award at the end of the season.
- b) In Grades 3 & 4, one player per team will be presented " The Pastor" award. This is an award for Sportsmanship and is CYO's highest honor.

RULES & REGULATIONS (Grades 2 & 3):

Team will be selected based on the St. Rose CYO Draft Process. The goal for this grade level is to INSTRUCT the players in a positive manner and to make the games/practices a fun learning experience.

1. All players on the team will have EQUAL playing time.
2. Game Score will NOT be kept.
3. There will NOT be playoffs.
4. Games do NOT have referees.
5. Coaches will be on the court to instruct during each game.
6. The coach will stop play if there is an infraction and explain reason for the foul.
7. The game will start with a jump ball.
8. Man to man defense only – NO ZONES.
9. NO double-teaming.
10. NO pressing.
11. The defense cannot pick up the ball handler until they reach half court.
12. The defense cannot touch the ball while the offensive player has control of the ball. Teach the player not to reach in and slap at the ball.
13. The defensive players can intercept passes, pick up loose balls, and get rebounds.
14. The free throw line will be 12 ft. from the backboard.
15. Basket Height: 2nd Grade – 8 feet, 3rd Grade – 10 feet.
16. Ball Size - 'youth'.

RULES & REGULATIONS (Grades 4 thru 12):

Team will be selected based on the St. Rose CYO Draft Process. Games shall be played in accordance with the current National Federation of High School Basketball rules, except for modifications stated below.

1) Home Team Designation:

- a) The home team is designated on the posted schedule on the Teamwall. See CYO website (www.saintrosecyo.com) under CYO Account / Teamwall for information on accessing Teamwall.
- b) Grades 5-12:
 - i. The home team will keep the official scorebook for the game and communicate with the opposing coach in order to keep all information (stats) current.
 - ii. At half time of every game, the 2 "book" keepers should review player fouls and game score to make sure they concur.

2) Game Time Limits:

- a) Games will be played in two 20-minute halves.
- b) The clock will run continuously during the game except during the following instances:
 - In the *last 10-seconds of the first half* of the game, the clock will stop on dead balls.
 - In the *last 2-minutes of the second half* of the game, the clock will stop on dead balls.
*Exception Grade 5 only: In the last minute of the game, do not start the clock until the ball crosses half court after a dead ball.
 - In *overtime*, the clock stops on all stoppages of play.

3) Overtime:

- a) If regulation time ends in a tie:
 - Grade 4 – No overtime.
 - Grades 5-12 Regular Season: There will be one 2-minute overtime period. If overtime ends in a tie, there will be a sudden death overtime to follow. First team to score a point in sudden death OT wins.
 - Grades 5-12 Playoffs: There will be one 2-minute overtime period. If overtime ends in a tie, there will be a second 2-minute overtime period. If the second overtime ends in a tie, there will be sudden death overtime. First team to score a point in sudden death OT wins.
- b) A jump ball will begin each overtime period.

- c) For all overtime periods (regular season and playoffs) the first minute will follow the Feldman Rule and the bottom 5 draft picks will play. If a team only has less than 8 players, the other team can match draft picks to play OT.
- d) Each team receives 1 timeout per overtime period.

4) Games - Player Minimum:

- a) Each team must start the game with 5 players. A forfeit will occur after 10 minutes from the scheduled start or if beginning late for any reason (at the referee's judgment).
- b) If a team begins with 5 players and a player fouls out, the game continues with 4 players. If subsequent players foul out, it is up to the coach to either continue play or forfeit the game.

5) Substitutions:

- a) There will be no "lining up" the teams by the coaches for Grades - 5th -12th grade.
- b) Coaches will NOT be allowed on the court at any time during the game. For grades 4th-12th.

6) Timeouts:

- a) Each team is allowed two 30- second timeouts per half.
- b) No carryovers and only 1 timeout per overtime.
- c) Halftime will last 2 minutes.

7) Fouls:

- a) Each player gets 5 personal fouls per game.
- b) On the 7th team foul, a team will shoot 1-1.
- c) On the 10th team foul, a team will shoot 2 free throws.
- d) Intentional foul – The player will shoot 2 free throws and the team that was fouled gets the ball back.

8) Playing Time - Bernie Feldman Rule (Grades 4-12):

St. Rose CYO Intramural Basketball is an instructional league. It is OUR goal that ALL participants have a fair amount of playing time. Please note that the 'Feldman' rule is mandatory and the "bottom five" player must play in but NOT be limited to 15-minutes of the game. Make every effort to substitute players as fairly and evenly as possible.

The foundation of the 'Feldman' rule is the player 'ranking'. Players are 'ranked' at the end of every season by the coach and grade coordinator. Teams for the current season are selected based on these 'rankings' thus creating the draft order. Please remember that player 'rankings' are NOT to be shared with anyone other than Coaches. Note: If a Coach does NOT have their player 'rankings' and/or draft order, please notify the grade coordinator prior to the first game.

The 'Feldman' Rule:

- a) Each player MUST play at least 15-minutes per game out of a 40-minute game.
- b) The 'bottom five' draft picks MUST play the first 5-minutes of the first half and the first 5-minutes of the second half of each game. This rule is designed to ensure that the players with an equal skill set have an opportunity to play against one another.

How to determine the 'bottom five' players:

- Coaches must list their players in draft order in their scorebook and share this information with the opposing team coach prior to start of the game. If a player is not in attendance, their name must be crossed out. Subsequently, if a player arrives late, the opposing coach must be notified.
- It is the responsibility of both Coaches to identify their 'bottom five' players. This is not an exact science since it is dependent on the players in attendance for that game and their 'rankings'. Both coaches should agree that they have enough players with rankings of 5 thru 10 to field a 'bottom five'. If a coach needs to include a players with rankings of 1 thru 4 in their 'bottom five', then they must notify the opposing coach so they have an opportunity to counter. There should never be a situation where one team is playing its 'bottom five' and the opposing team is playing top ranked players. In addition, if either team does not have enough players in attendance to field a 'bottom five', then part B of 'Feldman' rule should not be enforced.

- Unranked Players – It is the responsibility of the coach to determine the players ‘rank’ based on his/her ability compared to other players on your team. Once the coach determines the player’s rank, the player must be placed in the appropriate draft order in the scorebook. An unranked player that turns out to be a top draft pick should NOT be playing in the ‘bottom five’. Please notify the grade coordinator of any changes to your teams draft order.
- Incorrectly Ranked Players - It is the responsibility of the coach to identify players that were incorrectly ‘ranked’ from last year and then adjust the players ‘rank’ based on his/her ability compared to other players on your team. Once the coach adjusts the player’s rank, the player must be placed in the appropriate draft order in the scorebook. Please notify the grade coordinator of any changes to your teams draft order.

9) Standings/Playoffs (Grades 5-12):

- a) Team will NOT be allowed to participate in the playoffs if:
 - i. Team wins 3 or more games with a final score differential that meets or exceeds 25 points.
 - ii. The Coach does NOT submit the end of season ‘player rankings’.
- b) Playoff Seeding will be determined by:
 - i. Win/Loss record if all teams within a division play an equal number of games
- OR -
Games Won percentage if teams within a division play an unequal number of games
 - ii. Tie Break: Head to Head then coin toss.

RULES & REGULATIONS (Grades 4 - 12) - Grade Specific Modifications:

❖ **Grade 4:**

- a) The coaches will follow the FELDMAN Rule throughout the game. This is mandatory.
- b) All players on the team will have equal playing time.
- c) The score will be rolled back to zero at halftime of every game. *No overtime.
- d) Scores will NOT be entered into the website and there are NO standings for this grade.
- e) There will NOT be playoffs.
- f) Man to man defense only – NO ZONES.
- g) NO double teaming of the ball EXCEPT:
 - a. On a direct drive to the basket.
 - b. In the key area .
 - c. Defender must be within 6ft. of his/her man.
- h) When a group of offensive players remove themselves from the offense (clear out) no defender will be forced to play them until they clearly join the offensive play.
- i) NO pressing.
- j) The defense cannot pick up the ball handler until they reach half court.
- k) The defense can steal off the pass only. No stealing off the dribble.
- l) The defensive players can intercept passes, pick up loose balls, and get rebounds.
- m) Ball Size - 28.5.

❖ **Grade 5:**

- a) The coaches will follow the FELDMAN Rule throughout the game. This is mandatory.
- b) Score and Standings WILL BE kept. The winning team will report the score to the Grade Coordinator within 24 hours of the game.
- c) There WILL be ‘single-elimination’ playoffs for this age group.
- d) Man to man defense only – NO ZONES.
- e) NO double teaming of the ball EXCEPT:
 - a. On a direct drive to the basket.
 - b. In the key area .
 - c. Defender must be within 6ft. of his/her man.

- f) When a group of offensive players remove themselves from the offense (clear out) no defender will be forced to play them until they clearly join the offensive play.
- g) NO PRESSING
- h) The defense cannot pick up the ball handler until they reach half court.
- i) The defense can steal off the pass and the dribble.
- j) In the last minute of the game, the clock starts when the ball crosses half court only after a dead ball.
- k) Ball Size - 28.5.

❖ **Grade 6:**

- a) The coaches will follow the FELDMAN Rule throughout the game. This is mandatory.
- b) Score and Standings WILL BE kept. The winning team will report the score to the Grade Coordinator within 24 hours of the game.
- c) There WILL be 'single-elimination' playoffs.
- d) Zones ARE allowed.
- e) Double-teaming IS allowed.
- f) Both teams MAY press in the last 5 minutes of regulation and in overtime. Exception: Team with a 10 point or more lead my not full court press but must retreat to half-court defense.
- g) Ball Size - 28.5.

❖ **Grade 7 -8 Boys:**

- a) The coaches will follow the FELDMAN Rule throughout the game. This is mandatory.
- b) Score and Standings WILL BE kept. The winning team will report the score to the Grade Coordinator within 24 hours of the game.
- c) There WILL be 'single-elimination' playoffs.
- d) Zones ARE allowed.
- e) Double-teaming IS allowed.
- f) Both teams MAY press in the second half of regulation and in overtime. Exception: Team with a 10-point or more lead my not full court press but must retreat to half-court defense.
- g) Ball Size
 - a. Boys - 'regulation'.

❖ **Grade 7/8/9 Girls:**

- a) The coaches will follow the FELDMAN Rule throughout the game. This is mandatory.
- b) Score and Standings WILL BE kept. The winning team will report the score to the Grade Coordinator within 24 hours of the game.
- c) There WILL be 'double-elimination' playoffs.
- d) Zones ARE allowed.
- e) Double-teaming IS allowed.
- f) Both teams MAY press only in the last 5 minutes in the second half of regulation and in overtime. Exception: Team with a 10-point or more lead my not full court press but must retreat to half-court defense.
- g) Ball Size
 - a. Girls - 28.5

❖ **Grade 9 thru 12:**

- a) The coaches will follow the FELDMAN Rule throughout the game. This is mandatory.
- b) Score and Standings WILL BE kept. The winning team will report the score to the Grade Coordinator within 24 hours of the game.
- c) There WILL be 'double-elimination' playoffs.
- d) NO 3-point shots.
- e) Pressing IS allowed at all times. Exception: Team with a 10-point or more lead my not full court press but must retreat to half court defense.
- f) Ball Size
 - a. Boys - 'regulation'.
 - b. Girls - 28.5.