Catholic Youth Sports
Grade School Basketball Rule Addendums*
Version 2026 -2027

The Middle School program follows standard FHSAA Basketball rules except as noted below. These modifications are intended to ensure a safe, fair, and positive experience for our young athletes.

Eligibility

- All players that register will be placed on a school team by the school's Athletic Director

Roster Size

- K-2
  - Maximum number of players is 10
  - COED Teams
- 3-5
  - Maximum number of players is 12
  - 3rd – Coed
  - 4th & 5th – can be gender specific
    - Must have 4 teams in the division for a gender specific league
    - School Athletic Directors and CYS will work together once teams are declared

Court Size

- K-2
  - Cross Court with 8ft baskets
- 3-5
  - Full Courts with 10ft baskets or Cross Courts with 10ft baskets

Players on Court

- K-2
  - 4 per team
- 3-5
  - 5 per team

Ball Size

- 27.5" (Size 5) – ALL LEVELS

Gameplay

- **Play Time** – **every player should have an equal amount of playing time**
- Four (4) Ten-Minute Quarters with running clock
- 30 second water break between first/second quarters & third/fourth quarter
- Half-Time – 2 Minutes
- Officials may shorten half equally if teams are not ready on scheduled time.
- NO OVERTIME

Last Update Date: September 2026

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Substitutions

- K-2
  - Should be done at the 5 minute mark for each quarter
- 3-5
  - Should be done at the 5 minute mark for each quarter
  - Can be done at any dead ball by an official

Time Outs

- K-2
  - None
- 3-5
  - One (1) time out per half

Scorekeeper/Timekeeper

- K-2
  - None
- 3-5
  - None
- K-5
  - No score will be kept

Offense

- K-2
  - Violations will be subject to a "Spot Restart" on the court, from the spot of the violation
  - Weeks 1 & 2 – officials can use discretion to allow multiple warnings for an offensive violation
  - Weeks 3 thru 6 – officials will allow 1 attempt for the same player to correct the offensive violation from the "spot restart"
    - If the offensive violation occurs again, the official can call the violation and assess a turnover

Defense

- Colored Wristbands
  - K-2 – shall use them to help in the development of their defensive skills and easily understand what player they guard on opposing team
- K-2
  - Players can not steal the ball when the opponent is dribbling it
- 3-5

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Version 2026 -2027

- Defensive players can steal the ball on passes and loose balls in the offensive teams front court only
- Players should not be able to steal the ball from the ball handler/dribbler
- No double teaming on the ball handler/dribbler

- All grades MUST permit the opponent to cross half the court
- No PRESSING at any grade level
- Triple teaming is prohibited at all levels

Free Throws

- K-2
  - None – fouled team gets ball possession
- 3-5
  - Can shoot free throws
  - One foot in front of regular free throw line

Uniforms

- All athletes will wear CYS Shirt & CYS Shorts

NO JEWELRY

- **Including earrings - NO BANDAIDS or TAPE over ears to cover earrings**.
- Except for Medic Alert Labels that must be worn inside the uniform, taped to body or under cloth wristband**.**

Noisemakers

- The use of artificial noise producing devices (air horns, megaphone, whistles, etc.) by teams or spectators prohibited at all games.

Coaches on court –

- Each team can have up to five (5) coaches on the Roster
- Each team can have up to three (3) coaches at a game/sideline.
- K-2
  - One coach for each team is permitted on the court during active play but shall not impede active play.
- 3-5
  - Only one coach may stand in the bench area during active play.
- Coaches receiving a technical foul may no longer be permitted to stand during active play.
- All three (3) coaches must have a Blue CYS lanyard with CYS ID badge and a CYS coaches' shirt.

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Coaches and Parents are expected to realize this is a developmental league and should treat all players and officials with respect and kindness.

CYS Coach Responsibility - Code of Conduct & Sportsmanship

- CYS coaches represent Catholic Youth Sports and serve as **sport ministers**, modeling Catholic values both on and off the field/court.
- Coaches are expected to teach and demonstrate:
  - Teamwork
  - Sportsmanship
  - Commitment
  - Compassion
  - Dedication
- Coaches must always place the physical, emotional, and spiritual well-being of their student-athletes above winning.
- Coaches are expected to treat all players, coaches, officials, parents, and spectators with respect and dignity.
- Coaches must avoid "running up the score" and always demonstrate good sportsmanship.
- Violations of the CYS Code of Conduct may result in disciplinary action by the school and/or Catholic Youth Sports Administration.
- Any coach who is ejected from a contest must leave the facility immediately. The Athletic Director/Site Administrator must notify CYS Administration immediately following the incident. Ejected coaches will serve a **minimum one-game suspension**, with additional disciplinary action determined following a review of the incident.

Coaches are expected to live by the **Golden Rule** in all practices, games, & interactions.