

Catholic Youth Sports
Middle 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

- Only middle school students (grades 6–8) may participate.
- Players who miss more than two regular-season games are ineligible for postseason play.

Roster Size

- Maximum is 12 players. Exceptions made with league approval only.
- Only registered players can participate.

Ball Size

- 28.5” (Size 6) –
 - Girls - JJV, JV and Varsity Divisions
 - Boys – JJV Division
- 29.5” (Size 7) –
 - Boys’ Varsity and JV Divisions

Game Time

- 6-minute quarters (4) - JJV and JV
- 7-minute quarters (4) – Varsity
- Overtime – 2 Minutes – All divisions

Time Outs

- Each team will receive one (1) full timeout and three (3) 30 second timeouts per game.
- Each team will receive one (1) additional timeout per overtime period. Timeouts are retained from previous periods.

Playing Time

- Every eligible player at a game must play some part of all regular season games.
- Eligible players should be in uniform and in the scorebook.

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Pressing Rule

- 15-point no press rule for all levels.
 - Must be behind the 3 point line
- 1st offense will result in delay of game warning.
 - Any offense thereafter will result in an administrative technical foul. These fouls will not result as a team foul toward the bonus.
 - Penalty is two shots followed by ball possession.
- JV and JJV Girls divisions will play with a half court press only.
 - Offensive teams must retreat to half court after a defensive rebound is secured.
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Running Clock

- After a 20-point lead or more in the second half.
- A running clock means the clock does not stop for fouls, dead balls, free throws, etc. Only a time out by a coach or the official stops the clock).
- If the score gets to within 15 points, it will go back to a stopped clock.

Undershirts under uniform

- Entire team **MUST** have the same color shirt under the uniform.

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 the sideline –

- 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.
 - 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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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.
- Playing time may be adjusted at the coach's discretion based on discipline, attendance, effort, team commitment, or game circumstances.
- 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.