

Diocese of Harrisburg CYO Rules Matrix (2017-2018)

	BOYS				
	Novice	Junior Varsity	Intermediate 2	Varsity	Intermediate 1
Size of Game Ball	28.5"	29.5"	29.5"	29.5"	29.5"
Length of Quarter	2 20 min halves (running clock), including free throws. Exception: Last 2 mins of 2nd half, timeouts & injury.	6 min	2 20 min halves (running clock), including free throws. Exception: Last 2 mins of 2nd half, timeouts & injury.	6 min	2 22 min halves (running clock), including free throws. Exception: Last 2 mins of 2nd half, timeouts & injury.
Length of Halftime	5 min	5 min	5 min	5 min	5 min
Length of Overtime	N/A	3 min	N/A	3 min	3 min
Time Outs	1 30-sec; 1 60-sec per half (unused timeouts do not carry over)	3 60-sec; 2 30-sec; additional 60-sec for each extra period	3 60-sec; 2 30-sec; additional 60-sec for each extra period	3 60-sec; 2 30-sec; additional 60-sec for each extra period	3 60-sec; 2 30-sec; additional 60-sec for each extra period
Full Court Pressure	None. Defense must remain behind 3-point arc until ball crosses half court. (Exception: Fast break)	No press if leading by 20 points. Losing team may not press if losing by 20 points in 4th quarter.	No press if leading by 15 points.	No press if leading by 20 points. Losing team may not press if losing by 20 points in 4th quarter.	No press if leading by 20 points. Losing team may not press if losing by 20 points in 4th quarter.
Defense	No restrictions	No restrictions	No restrictions	No restrictions	No restrictions
Free Throws	1 & 1 at 7; 2 at 10 (free thrower may cross over free throw line as part of follow thru provided they start behind it)	1 & 1 at 7; 2 at 10	1 & 1 at 7; 2 at 10	1 & 1 at 7; 2 at 10	1 & 1 at 7; 2 at 10
Minimum Play	All players play 1/4 of game	N/A	All players play 1/4 of game	N/A	All players play 1/4 of game
Mercy Rule*	Yes	Yes	Yes	Yes	Yes
Illegal Uniform # Rule	No	No	No	No	No
Coaching Box**	No	No	No	No	No

	GIRLS				
	Novice	Junior Varsity	Intermediate 2	Varsity	Intermediate 1
Size of Game Ball	28.5"	28.5"	28.5"	28.5"	28.5"
Length of Quarter	2 20 min halves (running clock), including free throws. Exception: Last 1 min of each half, timeouts & injury.	6 min	2 20 min halves (running clock), including free throws. Exception: Last 1 min of each half, timeouts & injury.	6 min	6 min
Length of Halftime	5 min	5 min	5 min	5 min	5 min
Length of Overtime	N/A	3 min	3 min (sudden death)	3 min	3 min (sudden death)
Time Outs	1 30-sec; 1 60-sec per half (unused timeouts do not carry over)	3 60-sec; 2 30-sec; additional 60-sec for each extra period	3 60-sec; 2 30-sec; additional 60-sec for each extra period	3 60-sec; 2 30-sec; additional 60-sec for each extra period	3 60-sec; 2 30-sec; additional 60-sec for each extra period
Full Court Pressure	Restricted from full court press at any time.	No restrictions	No restrictions	No restrictions	No restrictions
Defense	Man-to-man only. No zone defense or double-teaming other than inside the paint.	No restrictions	Man-to-man only. No zone defense or double-teaming other than inside the paint.	No restrictions	No restrictions
Free Throws	No foul shots until 11th foul (free thrower may cross over free throw line as part of follow thru provided they start behind it)	1 & 1 at 7; 2 at 10	1 & 1 at 7; 2 at 10	1 & 1 at 7; 2 at 10	1 & 1 at 7; 2 at 10
Minimum Play	Approximately equal playing time	N/A	Approximately equal playing time	N/A	Approximately equal playing time
Mercy Rule*	Yes (30 points in the 2nd half)	Yes (30 points in the 2nd half)	Yes (30 points in the 2nd half)	Yes (30 points in the 2nd half)	Yes (30 points in the 2nd half)
Illegal Uniform # Rule	No	No	No	No	No
Coaching Box**	Yes	No	No	No	No

*Mercy Rule: A running clock will be instituted once a team is ahead by 40 points in the 2nd half. The clock will run continuously for the remainder of the game except for an official's timeout, a team-charged timeout, the end of a period and during free-throw administration.

**Coaching Box: During Girls' Novice games, the head coach may stand within the confines of the coaching box, but will receive a one (1) game suspension for every unsporting technical foul received.