



CATALYST

C A T H O L I C

3-4 Grade Boys and Girls Basketball Rules and Regulations

Appendix 6

Updated 1/18/23

Table of Contents

1. Purpose
2. Eligibility of Participants
 - a. Affiliation Restriction
 - b. Grade Restriction
 - c. Minimum Participation Rule and “Playing Up”
 - d. Dual Play
3. Coaches
 - a. Age Restriction
 - b. Gender Restriction
 - c. Compensation
 - d. Gifts and Awards
 - e. Training Requirements
 - f. Policy Violations
4. Practices and Contest Guidelines
 - a. Liturgical Exclusions
 - b. Touch Guidelines
 - c. Contest Guidelines
5. Team Structure
 - a. Team Size
 - b. Cuts
 - c. Rosters
 - d. Stand In Players
 - e. Organizational Issues
6. Game Specifics
 - a. Game Play
 - b. Ball size
 - c. Equipment
 - d. Uniforms
 - e. Team Assignment
7. Game Protocol
 - a. Prayer
 - b. Playing Time
 - c. Timeouts
 - d. Fair Play Rule
 - e. Scoring
 - f. Substitutions
 - g. Standings
 - h. Mercy Rule
 - i. Forfeiture
8. Championship Play
9. Officiating
10. Catalyst Catholic Policies
 - a. Weather Policy
 - b. Cancellation Policy
 - c. Reschedule Policy
11. Rules and Regulations
12. Exemptions and Modifications

1. **Purpose** – Catalyst Catholic 3/4 grade Basketball is an instructional league and is intended to teach the fundamentals of the game while promoting shared Catholic values.

2. **Eligibility of Participants**
 - a. **Affiliation Restriction** - All participants will be either or both: A registered member of the parish in which they are participating or an attendee of a parish school.
 - i. Participants may play for a different parish in the event that their home parish is not fielding a team.
 - b. **Grade Restriction**
 - i. Youth in (2) grade and under are not eligible to participate in this league.
 - ii. Teams will be divided by grade levels and distribute talent equally between multiple teams.
 - c. **Minimum Participation Rule and “Playing Up”**
 - i. (3) graders will be permitted to play on a (4) grade team if a parish does not have enough participants to field a (4) grade team or if the players skill level warrants.
 1. Teams are limited to (3) players participating under the minimum participation rule.
 - ii. (4) graders are NOT permitted to play in a (3) grade league.
 - d. **Dual play** –
 - i. Participants may play for a public school team and a parish team at the same time.
 - ii. Participants may play for a club team and their parish team at the same time with the understanding that their Deanery team is first priority.
 - iii. Participants may play for only (1) parish team during the season.

3. **Coaches** - All parish coaches will be appointed at the sole discretion of their respective parish.
 - a. **Age Restriction**
 - i. Head coaches must be (21) years or older.
 - ii. Assistant coaches must be (17) years or older.
 - b. **Gender Restriction** – Coaches of teams with participants of the opposite gender will be allowed to coach only if an additional adult of the same gender as participants will be present at all practices and contests and in the locker room before and after.
 - c. **Compensation** - Coaches will receive NO compensation.
 - d. **Gifts and Awards** - Coaches may not exceed a spending limit of \$10 per participant for coach sponsored awards and recognition.
 - e. **Training Requirements**
 - Background Check
 - Safe and Sacred online training

- Coaches Orientation
 - Concussion Awareness online training
- f. **Policy Violations** - Violations of Deanery Policy and of the “Catalyst Catholic Coach’s Code of Conduct” can result in penalty, suspension, or expulsion from league play by the Director of Athletics.

4. **Practice and Contest Guidelines**

a. **Liturgical Exclusions**

- i. Practices and contests may NOT be scheduled that conflict with Sunday Mass times for a parish team on their parish campus.
- ii. Practices and contests may NOT be scheduled during the Easter Triduum: *Holy Thursday, Good Friday, Holy Saturday and Easter Sunday*
- iii. Practices and contests should be limited for observation of the following Holy Days: *The Feast of Mary, Ash Wednesday, Ascension Thursday, The Assumption of Mary, All Saint’s Day, The Feast of the Immaculate Conception, and Christmas.*

b. **Touch Guidelines –**

- i. Touches are defined as chalk talks, film viewings, practice games, inter-parish/public school scrimmages, regularly scheduled practice time, or scheduled games, meets, or matches or tournaments.
- ii. Outside tournaments will be considered as (1) touch.
- iii. Touches will NOT exceed (3) per week.
- iv. NO touch may exceed (1 1/2) hours.
- v. Touches for a single week MAY NOT exceed (4 1/2) hours.
- vi. Touches will conclude NO later than 8:00 pm.

c. **Contest Guidelines** - The season will consist of (8) regular season games.

- i. Game start times will be scheduled as follows:
 - Saturdays 8:00 am – 7:00 pm
 - Sundays 1:30 pm – 7:00 pm
 - Weekdays 5:30 pm - 7:00 pm
- ii. Teams may participate in outside games and scrimmages with other area schools up to a total of (14) additional games during the season.
 1. These games may NOT conflict with Deanery games or be scheduled after the end of the Deanery season.
 2. Teams may NOT use their parish uniforms to participate in games outside of the Deanery season.

5. **Team Structure**

- a. **Team Size** - Parishes may submit 5 – 11 participants per team.
 - i. A parish may submit multiple teams.
- b. **Cuts** – NO cuts may be made.
- c. **Rosters** - Rosters (complete with participant’s first name, last name, and jersey number) need to be submitted to the Director of Athletics the

- ii. **Quarters** – Games will consist of (6) minute quarters with (1) minute allotted between quarters.
- iii. **Halftime** – Halftime will be allotted (6) minutes.
 - 1. Officials reserve the right to limit warm up times to (3) minutes in order to maintain game schedules.
- iv. **Overtime** – Overtime will be allotted (2) minutes.
 - 1. Only (1) overtime sessions will be played per game.
 - a. If a winner is not determined by the overtime session, the contest will be recorded as a tie.
- c. **Timeouts** – Each team will receive (4) 60-second timeouts per game.
 - i. Overtime will grant a team (1) additional 60-second timeout with no carryovers.
- d. **Fair Play Rule** – Participants will be allotted a minimum of (6) minutes per game.
 - 1. The fair play rule could be affected by participant injury or disqualification of participant by officials.
 - 2. Parishes reserve the right to not play a participant that is at risk of injury, due to behavioral or academic issues, or due to lack of attendance at school/practice.
 - 3. Playing time should be equally distributed among participants.
- e. **Scoring** – Scores will be kept in all games and transmitted to the Director of Athletics by the hosting Gym Manager after games end to discourage score running and team stacking.
- f. **Substitutions** – NO substitution rules beyond IHSAA rules have been established.
- g. **Standings** – NO standings will be kept for the 3/4 leagues.
- h. **Mercy Rule** – NO mercy rule has been established for the 3/4 leagues.
- i. **Forfeiture** – If a team is unable to start a match due to the lack of players, coaching staff, or other reasons the game will be deemed a forfeit.
 - i. A minimum of (5) players must be available to start a game but games may be finished with less.
 - ii. A team will be awarded a (15) minute grace period from the scheduled start time of the game before a forfeit is declared.
 - iii. Scores for the match will be recorded as a loss for the forfeiting team and as a win for the aggrieved team.
 - iv. The forfeiting team’s parish will be assessed a \$50 penalty fee to cover officiating and administrative costs.

8. **Championship Play** – NO championship play will be offered in the 3/4 leagues.

9. **Officiating**

- a. **Officials** – Games will be assigned (1) sanctioned official and (1) sanctioned or unsanctioned official.
 - i. Scheduling of officials will be done by the Director of Athletics

- ii. If an official has not arrived by (15) minutes prior to game time, please call Raymond.
- iii. Games may begin with only (1) official present if both head coaches agree.

10. **Catalyst Catholic Policies**

a. **Weather Policy**

- i. Indoor practices and games may be conducted at a hosting parish/school during adverse weather conditions.
- ii. Inquiries about adverse conditions and possible cancellation should be directed to the Catalyst Catholic athletics website at catalystcatholic.org or by contacting Justin Hanks at 760-216-8686 or by contacting your Parish Athletic Director

b. **Cancellation Policy**

- i. Game cancellations, **prior to the beginning of games**, will be at the sole discretion of the Director of Athletics.
 - 1. Cancellations will be announced (1.5) hours prior to game start time and publicized to Parish Athletic Directors.
- ii. Game cancellations, **after games are in progress**, will be determined by the Director of Athletics, Officials, and Gym Managers.
- iii. Games **may or may not be canceled** in the event that school is canceled due to weather.

c. **Rescheduling Policy** – Every attempt to reschedule games canceled due to weather will be made but cannot be guaranteed.

- i. Forfeited games will not be rescheduled.

11. **Rules and Regulations**

- NO zone defense
- No Press or Traps are allowed in this league
- NO obvious clear-out situations. All players are to be involved in the offense.

ALLOWED:

- 5-second count in the lane
- Double teaming/help defense ONLY in the free throw lane.
- A player may attempt a free throw from the 10, 12, or 15 foot line.
- Pick/Screens are allowed