



CATALYST

C A T H O L I C

**5-8 Girls & Boys Basketball
Rules and Regulations**

Updated 10/9/23

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1. **Purpose** – Catalyst Catholic 5/8 and 7/8 Grade Boys and Girls Basketball is a competitive league intended to build on learned fundamentals and continue to develop individual and team skills 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. **Minimum Participation Rule and “Playing Up”**
 - i. Players are allowed to play up one grade level.
 1. Teams are limited to (3) players participating under the minimum participation rule.
 - c. **Dual play** –
 - i. 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.
 - ii. Participants may play for a public-school team and a parish team at the same time.
 - iii. Participants may play for only (1) parish team during the season.
3. **Coaches** - All Catalyst Catholic coaches will be appointed at the sole discretion of their respective parish.
 - a. **Age Restriction**
 - i. Head coaches must be (18) 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. **Training Requirements**
 - Background Check
 - Safe and Sacred online training
 - Coaches Orientation
 - Concussion Awareness online training
 - d. **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. **Practice Guidelines** - Practices will not exceed (4) per week for (2) hours for each practice session, totaling (8) hours weekly.
 - i. Practices are defined as chalk talks, film viewings, practice games, inter-parish/public school scrimmages, regularly scheduled practice time, or scheduled games, meets, or matches.
 - ii. Practices will conclude no later than 9:00 pm.
- c. **Contest Guidelines** - The season will consist of a minimum of (8) regular season games.
 - i. Game start times will be scheduled as follows:
 - Saturdays 8:00 am – 8:30 pm
 - Sundays 1:00 pm – 8:30 pm
 - Weekdays 5:30 pm – 8:30 pm
 - ii. Teams may participate in outside games and scrimmages with other area schools up to a total of (16) additional games during the season.
 - 1. These games may NOT conflict with Deanery games or be scheduled after the end of the Deanery season.

5. Team Structure

- a. **Team Size** - Parishes may submit 5 – 14 participants per team.
 - i. A parish may submit multiple teams.
- b. **Cuts** - Cuts are highly discouraged in the 5/6 - 7/8 league.
- c. **Rosters** - Rosters (complete with participant's first and last name) need to be submitted to the Director of Athletics **a week before games begin**.
 - i. No participants may be added to a roster after games begin without the approval of the Director of Athletics.
- d. **Stand in players** – The use of a stand in player will equate to a forfeit. A stand in player rostered to another parish team may be used during game play if the following conditions are met:
 - i. The game will be delayed if a stand in player is not used.
 - ii. Both head coaches have been notified that a stand in player will be used.
 - iii. Officials have been notified that a stand in player is being used.
 - iv. Notification has been provided to the Director of Athletics either by text or email prior to conclusion of the game.
- e. **Team Assignment 5/6 and 7/8**
 - i. Parishes may choose to play as many teams as they want in the “A” division or “B” division (if applicable). Teams in the “B” division will not be eligible for postseason play or awards. The Athletic Director at each parish must tell the Deanery Athletic Director which division their teams will be playing in by the agreed upon deadline.
 - ii. **Parishes may vote to combine leagues in a round robin season with each team playing all teams once during the regular season.**

6. Game Specifics

- a. **Game Play** - Teams will play (5) versus (5)
- b. **Ball Size** – **Boys/Girls 5/6 and Girls 7/8 (28.5) for Boys 7/8 (29.5)**
- c. **Uniforms** – Numbered uniforms with parish logo are required for all participants.
- d. **Team Assignment**
 - 1. **Home Team**
 - a. The home team will be listed first on the schedule.
 - b. The home team will wear light colors.

- c. The home team will provide a volunteer to keep the book during game play.

2. **Away Team**

- a. The away team will be listed second on the schedule.
- b. The away team will wear dark colors.
- c. The away team will provide a volunteer to run the clock during game play.

7. **Game Protocol**

- a. **Prayer** – All matches will begin with prayer by the announcer or assigned volunteers.
- b. **Playing Time** – Matches will be allotted (1.25) hours for playing time.
- c. **Warm Ups** – (8) minutes of warm up time will be allotted to each team with the team.
 - i. Officials reserve the right to limit warm up times to (5) minutes in order to maintain game schedules.
- d. **Quarters** – Games will consist of (6) minute quarters with (1) minute allotted between quarters.
No running clock in any circumstance unless both coaches agree.
- e. **Halftime** – Halftime will be allotted (6) minutes.
- f. **Overtime** – Overtime will be allotted (3) minutes.
 - i. Overtime sessions will be played until a winner is determined.
- g. **Timeouts** – Each team will receive (2) 30 second and (3) 60 second time outs per game.
 - i. Overtime will grant a team (1) additional 30 second timeout per session plus any carryover timeouts.
- h. **Fair Play Rule** – 5/6 players will have a minimum of 6 minutes of playing time. However, on 7/8 there will be a minimum of 3 minutes of playing time. The playing time will be at the coach's discretion.
 - i. The fair play rule could be affected by participant injury or disqualification of participant by officials.
 - ii. 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.
 - iii. Coaches must alert the opposing team before the game about players who will not be subject to the fair play rule.
 - iv. This rule is to protect players from receiving little significant playing time. It is understood that each player may not receive exactly the minimum allotted minutes of playing time, especially on teams with significantly larger rosters of more than ten players. The coach should still try to get each player significant playing time as much as possible.
 - v. This rule will not be in effect during tournament play.
- i. **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.
- j. **Standings** – Standings will be kept and communicated to Parish Athletic Directors and Coaches after game scores have been reported to the Director of Athletics.
- k. **Mercy Rule** – If a 5/6 grade team is winning by 15 points or more, or 7/8 grade team is winning by 20 points or more, they may not play press defense and must let the ball cross the half court line before playing defense. No half-court trap at this point in the game.
 - i. The team that is trailing may still play the defense of their choice, including press defense.
 - ii. This rule will not be in effect during the postseason.

1. **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.
 - iii. A minimum of (5) players must be available to start a game, but the game may be finished with less.
 - iv. A team will be awarded a (15) minute grace period from the scheduled start time of the game before a forfeit is declared.
 - v. Scores for the match will be recorded as a loss for the forfeiting team and as a win for the aggrieved team.
 - vi. The forfeiting team’s parish will be assessed a \$50 penalty fee to cover officiating and administrative costs if they do not show up.

8. **Championship Play -**
 - a. **Scoring Modification** – NO scoring modification has been established.
 - b. **Fair Play Rule Modification** - Fair play rules do not need to be observed during post-season tournament play.
 - c. **Seeding** - Tournament seeding will be completed on the Sunday after regular season play ends and all games are completed.
 - i. Teams will be seeded in the following order:
 1. Overall win/loss record
 2. In event of a tie, head to head match up between the tied teams.
 3. In event of a tie, record vs. top-3 teams
 4. In event of a tie, fewest points allowed
 5. In event of a tie, coin toss.
 - d. **Awards and Recognition**
 - i. Awards will be distributed as follows in the “A” Division only:

Team Trophy:
Tournament Champion and Runner Up
 - ii. **Medals:**
Tournament Champion and Runner Up

9. **Officiating**
 - a. **Officials** – Regular season and tournament games will be assigned (2) sanctioned officials.
 - 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 Zoeller at 502 649 2906
 - 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 Facebook account 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.
 - ii. Cancellations will be announced (1.5) hours prior to game start time and publicized to Parish Athletic Directors.

- iii. Game cancellations, **after games are in progress**, will be determined by the Director of Athletics, Officials, and Gym Managers.
- iv. 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

- i. Catalyst Catholic Director of Athletics can determine additional procedural questions or rules interpretation and can be contacted at 812-923-8355 or (M) 502-649-2906.

12. Exemptions and Modifications