



**Catalyst Catholic
Catholic Youth Ministries**

**High School Basketball
Rules and Regulations**

Updated 11/8/2022

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- 1. Purpose** - High School Basketball is a competitive league intended to form Christian community among our youth and to provide wholesome recreation. All teams are encouraged to foster good sportsmanship.
- 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. Age Restriction**
 - i. Any Catholic high school youth that will not be (19) years old or older before March 1st is eligible to play.
 - c. Minimum Participation Rule and “Playing Up”**
 - i. Non-Catholic youth will be permitted to play on a high school team if a parish does not have enough participants to field a high school team.
 1. Teams are limited to (2) players participating under the minimum participation rule.
 2. Minimum participation players must be active participants in a parish or religious education program.
 3. In the event that a parish does not have enough players to field a team, a player may play for another parish, given that the player has received written permission from a priest at their parish or their parish’s youth minister, which allows them to play at another parish.
 - d. Dual play** - Participants MAY NOT play for a public school team and a parish team at the same time.
 - i. If a participant is cut or drops from his public school team before January 1st the Director of Athletics may reclassify that participant’s eligibility.
 - 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 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. **Training Requirements**
 - Background Check
 - Safe and Sacred online training
 - Coaches Orientation
 - Concussion Awareness online training
- e. **Policy Violations** - Violations of Deanery Policy and of the “Catalyst Coach’s Code of Conduct” can result in penalty, suspension, or expulsion from league play by the Director of Athletics.
- f. **Supervising Adult**– A coach or other adult (21) or older will remain on site with high school participants during practices, games, and in the locker room.
 - i. Game play may not begin unless a supervising adult is present.

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 10:00 pm.
- c. **Contest Guidelines** - The season will consist of (8) regular season games.
 - i. Game start times will be scheduled as follows:
 - Sundays 1:00 pm – 9:00 pm
 - Weekdays 5:30 pm - 9:00 pm

5. **Team Structure**

- a. **Team Size** - Parishes may submit 9 – 15 participants per team.
 - i. A parish may submit multiple teams.
- b. **Cuts** - Cuts are discouraged in the Catalyst leagues
 - i. Parishes are encouraged to split into (2) teams before cuts from a single team are made.

- ii. If a participant is cut from his parish team before Deanery games begin the Director of Athletics can reclassify that participant's eligibility and they may play for a different parish team if there is need for additional players.
 - iii. No player that is eligible should be denied participation in the Catalyst league.
- c. **Rosters** - Rosters (complete with participant's first name, last name, and jersey number) need to be submitted to the Director of Athletics a week before games begin.
- d. **Stand in players** - A stand in player rostered to another parish team may be used during game play if the following conditions are met:
 - The game will be delayed if a stand in player is not used.
 - Both head coaches have been notified that a stand in player will be used.
 - Officials have been notified that a stand in player is being used.
 - Notification has been provided to the Director of Athletics either by text or email prior to conclusion of the game.
 - Teams that use a stand in player will have the game recorded as a loss with a win recorded for the opposing team.
- e. **Organizational issues** – Organizational issues must be brought to the Director of Athletics prior to the start of the season for approval.
- f. **League Assignment**
 1. All teams will play in a single league.
 2. A separate boys and girls league will be established if registrations allow.
 - a. No Co-Ed teams will be offered.

6. **Game Specifics**

- a. **Game Play** - Teams will play (5) versus (5)
- b. **Ball Size** – 29.5
 - i. Both teams need to have a ball available for the official to choose a game ball.
- c. **Uniforms** –
 - i. Numbered uniforms (1-55) with parish logo are required for all participants.
 - ii. Shorts with pockets cannot be worn.
- d. **Team Assignment** – Each team will bring an official scorebook and scorekeeper (16) years or older to each game.
 - i. **Home Team**
 1. The home team will be listed first on the schedule.
 2. The home team will provide a volunteer to keep the book during game play.
 - ii. **Away Team**
 1. The away team will be listed second on the schedule.
 2. 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) hour for playing time.
 - i. **Warm Ups** – (8) minutes of warm up time will be allotted to each team with the team.
 - 1. Officials reserve the right to limit warm up times to (5) minutes in order to maintain game schedules.
 - ii. **Quarters** – Games will consist of (10) minute quarters with (30) seconds allotted between quarters.
 - iii. **Halftime** – Halftime will be allotted (5) 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 (3) minutes.
 - 1. Overtime sessions will be played until a winner is determined.
- c. **Timeouts** –
 - i. Each team will receive (2) 30 second time outs per half with no carryover.
 - ii. Overtime will grant a team (1) additional 30 second timeout per overtime session.
- d. **Fair Play Rule** – Participants will be allotted a minimum of (10) 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.
- 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** –Substitution may NOT be made during the remaining 30 seconds of the 1st or 3rd quarter.
- g. **Standings** – Standings will be kept and communicated to Youth Ministers and Coaches after game scores have been reported to the Director of Athletics.
- h. **Mercy Rule** – NO mercy rule has been established.
- 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 (5) 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.
- j. **Game clock** – The clock will run continuously except for the following circumstances:
 - Time Outs
 - The last (2) minutes of the 2nd or 4th quarter.
 - As the official designates
- h. **Technical Fouls**
 - i. A technical foul against a bench or coach will result in the opposing team receiving (4) free throws and possession of the ball.
 - ii. Any player that receives (2) technical fouls for unsportsmanlike conduct (language violations included) in the same game will be removed from play.
 - iii. Any coach that receives (2) technical fouls shall be ejected from the game and the hosting parish's gym.
 - 1. If the offending coach is the only supervision available, play will end and the team shall forfeit the game.
 - 2. Any team receiving (3) technical fouls during the same game will end game play and a forfeit will be declared.
 - 3. Officials may end a game at any time due to unsportsmanlike conduct or if deemed appropriate.

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 Monday 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:
 - 1. **Team Trophy:**
Tournament Champion

9. **Officiating**

- a. **Officials** – Regular season games will be assigned (2) sanctioned official. Tournament games will be assigned (2) sanctioned 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 Zoeller 502 649 2906.
- iii. Games may begin with only (1) official present if both head coaches agree at the start of the game.

10. **Catalyst 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 cancelled** in the event that school is cancelled due to weather.

a. **Rescheduling Policy** – Every attempt to reschedule games cancelled 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**