

Upper Morris County CYO Coaches Association

Leadership and Commitment

The home team is responsible for equipment necessary for the playing of the game.

- A. All games will be played under the National High School Federation rules with the times of the quarters as follows:
- B. 4 TIMEOUT PER TEAM 2 30'S, 2 FULL .
- C.

JV Boys and Girls – 7 Minutes
Varsity Boys and Girls – 8 Minutes

Halftime will be 4 minutes. There will be 4-7 minutes between games.

Overtime periods shall be 3 minutes in length for Varsity & JV.

- D. In JV Boys and JV Girls competition, coaches must provide playing opportunity for at least ten (10) members of the team. The first quarter shall be divided into equal halves. Five different players shall play in each half. In the event of a team having less than ten players, the coach must use all the players, five in the first segment, the rest in the second segment. In such a second segment, the opposing coach may use a new five man unit or only as many new players as the other coach is using. More than 5 different players can be used in either segment. However, no player can in both segments unless there are fewer than 10 players. The team in possession will retain control a half-court. If there is no team control, the second segment will start under the alternating possession rule. This also applies during the 3rd quarter. Violation of zone defense in the first half a warning will be issued. (1) Free throw and possession for each additional violation.
- E. With team that bring six players, they will be required to sit the remaining players in the second quarter
- F. The full court press is banned on both the JV Boys and Girls level except for the last three minutes of each half. JV's must play man-to-man defense the first half of every league game once the ball passes half court. In games between upper tier JV teams pressing is extended to the entire last quarter and all of any overtime periods.
- G. Any varsity or JV team with a 20 or more point lead going into the 4th qtr, both coaches can get together and decide about running the clock for the 4th quarter. The losing coach must to agree.
- H. On all JV levels a team is not permitted to press if they are ahead of 15 or more points. On all Varsity levels a team is not permitted to press if they are ahead by 20 or more points.
- I. Any player or coach who is ejected from a game by an official is suspended for **three games**. Right of appeal applies.
- J. For a particular game, three JV players may move to a Varsity parish team up to a maximum of NINE (9) players on the Varsity team. The player is restricted to play only five (5) quarters on that day. JV players can not play on other JV teams.
- K. The JV Boys Lower tier division will play with the 28.5 ball.