General Rules |

- National Federation High School rules will govern CYO leagues, unless stated otherwise. NFHS rule books may be purchased online at www.nfhs.com
- Scorebooks are kept by each team for each game, and the official book will be the book of the home team.
    - The home team is the second team listed on the schedule. *(Example: Christ the King at Saint Rose)*
- Lineups are to be submitted to the scorers' table with the team's full roster, starting lineup, and coaches' signatures.
    - Officials will record game-day scores and record on CYO game-day cards & team lineup sheet.
- **Game Roster:** A roster indicating jersey number and name of each player must be submitted to the opposing coach ten (10) minutes before the start of the game. The list should be prepared in numerical sequence and starters must be designated. Rosters are limited to no more than 15 players.
- **Game time:** Game time is forfeit time. If one team is not present and ready to play at the scheduled time for that contest, their opponent may accept a forfeit victory for that contest.
- **Rescheduling of Games:** Coaches and Athletic Directors may not re-schedule games outside of the CYO Office. Games re-scheduled for coach or player conflicts will result in a forfeit and will not be counted in the standings. The CYO office will facilitate a re-schedule through
- **Team Minimum:** A team must be able to field the minimum number of players (5) at game time or the game is forfeited. If a player fouls out, becomes ill or injured, and is unable to finish the game, the team may finish the game with no fewer than 3 players. If an ejection forces a team to have fewer than 5 players, the game is forfeited at that time. If the team is unable to field a minimum of 5 players, they may pull up from a lower division, but must notify the CYO office in advance in writing and inform the opposing coach and officials prior to the start of the game. Players must be on another roster from the same parish. Players may not play down a division.

    Example: St Anthony Varsity team may pull up a player from St Anthony JV team, but may not have a player from any of St Anthony's Varsity teams play down.
- Excessive forfeits may result in exclusion from the end of season tournament.

League Divisions |

MINOR	CADET	JUNIOR	HIGH SCHOOL	
3rd – 4th	5th – 6th	7th – 8th	9th-12th	
Hoffman – Blair – Thomas Bronze Silver Gold 3rd Grade 3rd & 4th 4th Grade	Hoffman – Blair – Thomas Bronze Silver Gold 5th Grade 5th & 6th 6th Grade	Hoffman– Blair– Thomas Bronze Silver Gold 7th Grade 7th & 8th 8th Grade	JV 9th & 10th	Varsity CYO State 11th &12th
No Standings	League Standings			
No Tournament	League Tournament			

Division Guidelines |

- Athletic Directors may request that their team play up a division if they feel their team would be better suited for a higher level of competition. Teams may not play down a division.
- Teams comprised of combined grade levels may have no more than two players from the grade above to still be eligible to play in the lowest division without CYO Office approval.

- Example #1: St Anthoy has (5) 10th graders and (2)11th graders. This team could be entered in the JV Division with a mostly all 10th grade team. Approval from the CYO office is not necessary.
- Example #2: St Anthony has (5) 10th graders and (3) 11th graders. This team could be entered in the Varsity Division OR would need approval from the CYO Office to enter into the JV Division.

High School Divisions |

High School	
Toledo Metro JV | Teams not competing for CYO State Freshman – Sophomore	Toledo Metro Varsity | Teams competing for CYO State Junior - Senior
Hearthstone – Hoffman & Donovan	
High School Girls – Thomas	

Pre-Game Procedures |

Pre-Game Conference

- The officials, coaches, and team captains will meet in front of the scorer's table to go over rules, sportsmanship, and the home team will provide the game ball.
  - The home team is the second team listed on the schedule. *(Example: Christ the King at Saint Rose)*
- Game roster and starting lineup will be verified, and updates/changes may still be made.
- ***CYO All Play Rule*** will be reviewed, and any "dressed" player who is not playing due to injury or other justification must be reported at this time to the officials and opposing team.
  - ***Failure to Report*** **|** Failure for a coach to report an injury or a justified reason for not playing a rostered player may result in a forfeit for the team and suspension for the coach.

Pre-Game Prayer |

- All teams will line up at center court to recite the "CYO Prayer" and Pledge of Allegiance.

Post-Game Procedure

- Postgame handshake to show sportsmanship and respect for the opponent and the game itself.
- Coaches from both teams are to review and sign the home team's score book and report the score and outcome of the game using the CYO League Score Submission Link.

Game Duration		ALL High School Divisions							
		Warm-Up	*Length*	*Time between Quarters*	*Halftime*	*Overtime*	*Standings*	*Post-Season*	*Game Clock*
Girls	**Thomas**	5min.	Four 8min. Quarters	1min.	8min.	4min.	Yes	Yes	Stopped Clock
Boys **Toledo Metro**	**JV & Varsity**	5min.	Four 8min. Quarters	1min.	8min	4min.	Yes	Yes	Stopped Clock

Boys **Hearthstone**	**Donovan & Hoffman**	5min.	Four 8min. Quarters	1min.	8min	4min.	Yes	Yes	Stopped Clock

Stopped Clock | Girls HS, Toledo Metro Varsity Boys, and Hearthstone League will play with a stopped clock.

- The clock stops for the following reasons on the referee's whistle: a foul, a timeout, or out-of-bounds plays "dead ball" play.

Standings | High School will have standings for the regular season

- Coaches from both teams are to report scores using the league/division Score submission link.
- Standings will be updated weekly with or without updated scores/outcomes.
- Any controversy with the reported score, the CYO Office will refer to the official book which will be that of the home team

Timeouts |

- Regulation
  - Each team has five timeouts
    - Three 60-second (Full) & Two 30-second (Half)
- Overtime
  - One additional 60-second timeout is granted for each overtime period
  - Carryover - Unused timeouts from regulation can be carried over into overtime.

POST-SEASON TOURNAMENTS

Hearthstone Tournament | Hearthstone will host an end-of-season divisional tournament to determine the Donovan Division Champions and the Hoffman Division Champions. Participation in this post-season tournament is optional. The results of the divisional tournament will be used to determine seeding for the Diocesan Tournament, should a team choose to enter.

Toledo Metro JV Tournament | This is a postseason tournament for the JV division only. Participation is optional, and the tournament will take place during the Toledo CYO Diocesan Tournament. Teams that choose to enter this tournament will not be eligible for participation in the Ohio CYO State Tournament. Only JV teams may enter this tournament.
Tournament Fee: *$75* ***Behavioral Tournament Deposit:*** $200

Toledo CYO Diocesan Tournament | Participation in the Diocesan Tournament is optional, and teams wishing to participate must register before the stated deadline. To be eligible, teams may

compete in either the Hearthstone League or the Toledo Metro Varsity or JV divisions during the regular season. **Teams entering the Diocesan Tournament must agree that**, if they advance to the Final Four** and become **eligible for the Ohio CYO State Tournament**, they will represent Toledo CYO and the Diocese of Toledo by participating in the Ohio CYO State Tournament. Teams will forfeit their tournament deposit if they withdraw from or fail to participate in the State Tournament.*
Tournament Fee: *$100* ***Behavioral & State Tournament Deposit:*** $200

Toledo CYO Diocesan Girls Tournament | Participation in the Diocesan Tournament is optional, and teams wishing to participate must register before the stated deadline. To be eligible, teams must compete in the Toledo CYO Girls HS Division. **Teams entering the Diocesan Tournament must agree that, if **they place in the top three** and become **eligible for the Ohio CYO State Tournament**, they*

will represent Toledo CYO and the Diocese of Toledo by participating in the Ohio CYO State Tournament. Teams will forfeit their tournament deposit if they withdraw from or fail to participate in the State Tournament.

Tournament Fee:** $100* ***Behavioral & State Tournament Deposit: $200

Behavioral & State Tournament Deposit is required at the time of registration. Checks must be separated from the tournament fee, made payable to **Toledo CYO**, and will be secured in the Diocese of Toledo Safe (they will not be cashed).

Deposit checks will be shredded provided there are no behavior issues involving coaches, players, or spectators throughout the tournament. Any incidents—including technical fouls, which will be reviewed—occurring before, during, or after games may result in the forfeiture of the $200 deposit and immediate removal of the team from the tournament.

Ohio CYO State Tournament | A boys' and girls' high school basketball tournament featuring teams from the Diocese of Cleveland CYO, North Valley CYO (Cincinnati), and Toledo CYO. Each organization hosts the tournament once every three years. Toledo CYO last hosted in 2025. This tournament is available only to eligible teams, teams that finish in the top three of the Girls Diocesan Tournament or top four of the Boys Diocesan Tournament. Additional information will be provided each year to each of the eligible teams.

Equipment & Game Regulations		High School Divisions		
		Basketball Size	***Distance of Free-Throw Line***	**Game Regulations**

Girls	**Thomas**	28.5"	15'	• *Home team will supply the game ball/ Referee must approve the game ball.*
				• ***Uniform**
					Every player must have a number on the back of their jersey. All numbers must be legal jersey numbers and only include: 0,1,2,3,4,5*
					  ○ *Undershirts must be the same color as the rest of the team.*
					  ○ *Players must be in matching color basketball shorts.*
					• ***PROHIBITED***
					  ○ ***ALL JEWELRY** – must be removed. Covering of piercings with Band-Aids and/or tape is not permitted.*

Toledo Metro	**JV**	29.5"	15'	
	Varsity			
Hearthstone	**Hoffman**	29.5"	15'	
	Donovan			

Play Adjustment by Divisions |

CYO Structure		High School Divisions			
		Scoring	**Timeouts**	**Overtime /Timeouts**	**Start of Game Possession**
Girls	**Thomas**	***No Dunking** |* Attempting to dunk or hanging on the rim will result in a technical.	*Three Full Timeouts* *Two Half Timeouts*	***One 4-Min. OT*** *One Full Timeout granted for OT.* *Unused timeouts may carry over to the OT period.*	*Jump Ball*
Toledo	**JV**	***No Dunking** |* Attempting to	*Three Full Timeouts* *Two Half Timeouts*	***One 4-Min. OT***	*Jump Ball*

Metro	**Varsity**	dunk or hanging on the rim will result in a technical.		*One Full Timeout granted for OT.* *Unused timeouts may carry over to the OT period.*	
Hearthstone	**Hoffman**	***No Dunking |*** Attempting to dunk or hanging on the rim will result in a technical.	*Three Full Timeouts Two Half Timeouts*	***One 4-Min. OT*** *One Full Timeout granted for OT.* *Unused timeouts may carry over to the OT period.*	*Jump Ball*
	Blair				
	Thomas				

Overtime | OT period in the Regular season VS OT period in Tournament play.

- Regular season will have one 4-minute OT period. If teams are still tied at the end of regulation and OT, the game may end in a tie.
- Tournament Play | Overtime periods will continue if teams are still tied at the end of regulation until there is an overall winner.

Standings | Will be updated weekly

- It is the responsibility of both coaches to report the final score of the game by using the provided CYO score submission link.
- Regular season standing will be calculated by record.
- Tie in standings
  - **For a two-team tie**
    - *Head-to-head record*: The team with a better record in games played against each other wins the tiebreaker.
    - *Common Opponents*: If the tie continues, teams' records are compared against common opponents, starting with the highest-ranked teams and then moving down the standings.
    - *Points Allowed*: The tie will be broken by comparing the total points allowed; the team that allowed fewer points will have the higher seed.
  - ***For a three-team or more team tie***
    - *Head-to-head record:*
    - Common Opponents
    - Points Allowed
  - ***If a tie remains***
    - Draw or coin flip: If all other tiebreaker rules fail, a random draw or coin flip is sometimes used to determine the final standings.

Highlighted Game Play Rules	**High School Division**		
	Girls	**Toledo Metro** JV & Varsity	**Hearthstone**
Backcourt Timeline	10 Seconds		
5 Seconds Closely Guarded	An offensive player is holding or dribbling the basketball within 6ft of an opponent. A player can legally hold the ball for up to 5 seconds, dribble for up to seconds, and hold it again for up to 5 seconds before a violation is called. These actions cannot all exceed five seconds combined. The count continues even if the defenders switch.		

Substitutions	Either team may substitute on any "dead ball"- timeouts, fouls, violations, or free throws.
Clock Stoppage	The clock stops for timeouts, fouls, out-of-bounds plays, and player injuries. A running clock will be used in the second half if the score differential reaches 35 points or more, but this clock reverts to regular timing if the score difference falls below 30.

Mercy- Blowout Rule	**High School Division**		
	Girls	**Toledo Metro** JV & VARSITY	**Hearthstone**
Running Clock	A running clock will be used in the second half if the score differential reaches 35 points or more, but this clock reverts to regular timing if the score difference falls below 30.		
Promoting our Faith & Good Sportsmanship	Coach's discretion, but highly encourage Leading team up by: 20+ : No fast breaks 25+: No Pressing Defense		

Running up the score doesn't teach good sportsmanship, player development, or competitive balance. Instead of challenging players, it can lead to complacency, disrespect, and a decline in skills, while also risking injury and demotivating the losing team. Proper handling of a blowout involves focusing on skill development and sportsmanship, often by substituting less-skilled players to give them game experience.

Team Bonus & Technicals	**High School Division**		
	Girls	**Toledo Metro** JV & Varsity	**Hearthstone**
Team Bonus	A foul in the "bonus" will result in two free throws. There is no longer 1 & 1 free throws.		
Technical Foul	A technical foul will result in two free throws and possession to the fouled team.		

Team "Bonus" | The "bonus" refers to a penalty situation where a team that has committed a certain number of fouls in a quarter sends the opposing team to the free-throw line for fouls that would normally only result in an inbound pass.

- When a team commits its ***fifth foul*** in a quarter, the opposing team is in bonus, all common fouls result in two free throws, and the team's foul count resets at the start of each quarter.

Technical Foul | A penalty for unsportsmanlike conduct, rule infractions, or a non-contact violation by a player, coach, team, or spectator. All technical fouls will be recorded, reported, and reviewed by the CYO office.

- **<u>Players Conduct and Game Management Procedure</u>**
  - ***First technical***
    - Removal from game – may remain on bench
  - ***Second technical*** (of the season)
    - Removal from game – may remain on bench
    - Suspended for the season
- **<u>Coaches Conduct and Game Management Procedure</u>**

- ***First technical***
  - Ejected from the game and must leave the gym before the game can resume
  - ***$50 Coaching Fine Paid to parish athletics***
  - Suspended for the next game and future games until the fine is paid and approved by the AD.
- ***Second technical***
  - Ejected from the game and must leave the gym before the game can resume
  - ***$100 Coaching Fine Paid to parish athletics***
  - Suspended for the remainder of the season
  - Must retake the Toledo CYO Coaching Class

- **Spectator Conduct and Game Management Procedure**

If an official must stop a game at any time due to misbehavior from spectators or fans, an official timeout will be called. The officials will then address the issue with the coaches only. At that time, the officials will issue either a warning or a technical foul to the team associated with the misbehavior.
Officials should never directly address spectators. It is the coach's responsibility to communicate the warning or technical foul to their spectators and to ensure the behavior stops immediately.

- ***First Incident:***
  - The officials will stop playing and issue a warning to the coach regarding the spectator behavior.
- ***Second Incident*** (any spectator on that team):
  - A team technical foul will be issued. The coach must ensure the offending spectator is informed and removed from the facility.
  - Spectator is suspended for two games
- ***Third Incident*** (any spectator on that team):
  - The game will be terminated immediately and recorded as a forfeit loss for the offending team, regardless of the time remaining or the current score
- ***If a spectator is removed from a game/gym twice in one season***
  - The spectator is suspended for the remainder of the regular and postseason play. This includes the Diocesan Tournament.

Post Game Code of Conduct

Once the game has concluded, there is absolutely no reason for anyone to argue with or berate a referee, coach, staff member, or opposing parent. Anyone who approaches a referee, coach, staff member, or another spectator in an aggressive, threatening, or disrespectful manner **after a game** will receive an automatic suspension of **at least one (1) game.**

Coach & Player Conduct |

The CYO Official(s) oversee the game and have the authority to disqualify players, coaches, or spectators for unsportsmanlike conduct.

- This includes warnings and could result in immediate removal from the gym.
- Any coach, spectator, or player being removed will be removed from the gym for the remainder of the day.
- An official has the authority to stop a game, and if the individual refuses to leave, it could result in discontinuing the game and automatic forfeit for the team that the individual is representing.
- An official report will be made, and the player, coach, and/or team may be suspended after review by the CYO Administration/Office.
  - This includes damage to the property or misconduct with the building.

Violations and Penalties |

Violations of CYO rules and regulations shall subject a member parish/school to any or all, but not limited to, the following: censure, probation with competition, probation without competition, forfeiture, suspension, and expulsion

Good Sportsmanship |
As a coach and/or spectator, leading by example through sportsmanship means demonstrating respect, fair play, and positive behavior both on and off the court. This includes showing respect for opponents, officials, and teammates, as well as handling both victory and defeat with grace. By embodying these qualities, coaches and spectators inspire our young athletes to do the same, fostering a positive and ethical sporting environment.

CYO Prayer

Lord God, we thank you for bringing us together today and ask that you watch over and guide us.
Help the athletes use their talents to the fullest and remain injury-free.
Help the coaches teach these young athletes not only about the game, but more importantly, about being good Christians.
Help the game officials do their best to enforce the rules and remain fair at all times.
And help the spectators to be considerate of all players, coaches, officials, and each other.
Thank you for giving all of us the opportunity to put our faith into action today. *-Amen*