

CATHOLIC GRADE SCHOOL ATHLETIC ASSOCIATION

2025-2026 BASKETBALL RULES 4th-8th Grade

(Revised 11-5-25)

1. The rules to be followed are the National Federation of State High School Basketball Rules for 2025-2026. Sets of rules are available from the Oklahoma Secondary Schools Activity Association.
2. The following leagues will be offered to CGSAA member schools as defined below:

A LEAGUE: Any student who has not reached their 15th birthday before September 1, 2025, and who is enrolled in the 8th or 7th grade.

B LEAGUE: Any student who has not reached their 14th birthday before September 1, 2025, and who is enrolled in the 7th or 6th grade.

C LEAGUE: Any student who has not reached their 13th birthday before September 1, 2025, and who is enrolled in the 6th or 5th grade.

D LEAGUE: Any student who has not reached their 12th birthday before September 1, 2025, and who is enrolled in the 5th or 4th grade.

E LEAGUE: Any student who has not reached their 11th birthday before September 1, 2025, and who is enrolled in the 4th grade.

 - a. All players must be enrolled in the school they represent, unless a transfer request has been approved by the commissioner.
 - b. If the school and grade in which a student is enrolled enters a team, the student can only play on that team. A student may not play up a grade, nor can the student play for a team at another school, unless approved by the commissioner.
 - c. Only boys are permitted to play on boys teams, and only girls are permitted to play on girls teams.
 - d. Players may not play up more than one league classification from their normal playing league, according to the grade in which they are enrolled. For example: a child in fifth grade may play in the D league or may move up to the C league, but may not move up to the B league.
 - e. Third grade children and younger may only participate in the Developmental League, and are not allowed to participate in leagues A-E, regardless of age. No students will be allowed to play down a grade regardless of their age.
3. Each team will be allowed one head coach, one assistant coach, and one scorekeeper (scorekeeper must be keeping a scorebook). No one else is allowed on the bench with the players. Players who are injured may sit with their respective team and must be on the league roster.
4. The host gym will provide the official scorebook. The official scorekeeper must sit at the scorer's table. The host gym will be responsible for providing a person to run the clock.
5. Medals will be awarded in each league according to the CGSAA guidelines.

The following rules are variations to the national rules that will apply to all CGSAA league games as approved by the CGSAA board and its representatives.

6. **PLAYING TIME:** A, B, and C leagues will play 6-minute quarters.
D, and E leagues will play 5-minute quarters.
6. **EXTRA PERIOD:** An extra period, if needed due to a tied game, will be 2 minutes in length for all leagues. All additional extra periods will also be 2 minutes in length.
7. Each team will be allowed 5 minutes to warm up before the game. There will be 1 minute between quarters and 5 minutes between halves. Only the players and coaches of the scheduled game are allowed on the court before or during the game, including all time outs. All non-participants shall remain in the stands and off the court.

8. Each team should be at the playing gym 15 minutes before the game.
9. All games will start at the scheduled time unless the previous game has not ended, in which case the game will start 5 minutes after the end of the previous game.
10. The home team will be the team designated as such on the schedule. The rosters of both teams must be presented to the official book at least 5 minutes prior to game time. The home team must provide the game ball. The ball must meet the approval of the referee who is the final judge on the acceptability of the ball.
11. A forfeit will be declared when a team is not ready to play 10 minutes after the scheduled game time, or 5 minutes after the conclusion of the previous game, whichever is later.
12. Teams who play the first game of the day may not take the floor prior to 10 minutes before the scheduled start of the game unless both coaches are present and agree and only with the permission of the gym coordinator.
13. E leagues (both boys and girls) will be allowed to shoot free throws from a line that is nine feet (9') from the goal, and six feet (6') from the normal free throw line. This line should be clearly marked by the gym coordinator prior to play.

D leagues (both boys and girls) will be allowed to shoot free throws from a line that is twelve feet (12') from the goal, and three feet (3') from the normal free throw line. This line should be clearly marked by the gym coordinator prior to play.

NOTE: D League and E League players should line up under the rules of the National Federation of High School Basketball Rules, with 3 players on each side of the shooter even if they are behind the actual shooter.

14. **PRESS RULE: Leagues A, B, and C may press at any time unless the defensive team has a 20-point lead. Leagues D and E may press only in the 4th quarter, and only if the defensive team has less than a 10-point lead. Once the aforementioned lead is achieved the defensive team may not apply a press. In leagues A, B, and C, a press cannot be applied in the backcourt. In leagues D and E, a press cannot be applied past the 3-point line on the defensive end. This includes balls being inbounded in the back court, off steals and rebounds. This is only after a clear change of possession.**

Definition of "Press": A "press" occurs anytime a defensive player is challenging the advancement of the basketball by an offensive player. A press can occur anywhere on the court.

The first violation of the press rule that requires a stoppage of play will be a warning to the head coach. Subsequent violations will result in a team technical foul being assessed against the head coach.

15. Per the National Federation of High School rules, no jewelry of any kind is allowed, except for religious jewelry as explained below. This includes bracelets, necklaces, chains, watches, rings, ear rings, etc. It also includes any posts installed due to a recent piercing of the ears, as well as any item known as permanent jewelry. Wearing tape over jewelry is not permitted. The list is not intended to be exhaustive. Religious jewelry and medical alert necklaces are allowed, but must be worn inside the uniform, and must be taped to the body.
16. The CGSAA is to promote good sportsmanship among the member schools. Each losing coach and team, in a gesture of good sportsmanship, will congratulate the opposing team after the game.
17. The CGSAA promotes good sportsmanship and the development of all children in the league. The following playing rule applies to all teams participating in the CGSAA leagues.

PARTICIPATION RULE

D League and E League will follow a participation rule requiring a minimum of one continuous quarter worth of playing time for each suited player for each league game. Before the start of the game the coach must alert the official scorer of the players and the designated quarter that he or she will play. **Players may only come out of their designated quarter due to injury, ejection, or disqualification.** If a player is removed from their designated quarter due to these reasons during a game, then the coach must denote the reason in the official scorebook. Any health exceptions must be noted in the official scorebook before the game if the player will not participate according to the participation rule. All players with health exceptions must have a League Participation Waiver signed from their parent/guardian and the principal of the school and on record with the CGSAA Basketball Commissioner. Copies of the waiver must be brought to each game. The opposing coach should also be informed. If there are

any questions concerning the participation rule during the game, then the official scorebook must be given to the gym coordinator after the game. It then will be turned over to the Basketball Commissioner. **The game officials are not responsible for enforcement of this rule!** Any violations are to be brought before the official scorer and gym coordinator and all coaches involved.

Violations of the Participation Rule in the D League and E League will be investigated and, if necessary, dealt with immediately. A report of any purported violations will be forwarded to the principal at the respective school. Any punishment handed out by the Basketball Commissioner and/or the Executive Committee will carry with it a two-game suspension for the coach and game forfeiture. If a coach violates this rule with a second offense, then the coach is suspended for one year.

This participation rule applies to all league games and CGSAA sponsored tournament games for the E League. This rule applies to all league games for the D League, but will be waived for the end of the year tournament.

NOTE: *It is the intent of the CGSAA to strictly enforce this rule!*

NOTE: *The Executive Committee of the CGSAA reviews any violations to rule 17.*

18. If a player (both boys and girls) wears an undershirt under his or her jersey, the undershirt must be the same color as the jersey body. The team designated as the visiting team may also wear black undershirts, but all teammates wearing undershirts must wear the same solid color. It cannot be the trim color or plain white, unless the team wears white jerseys. (Note: if your team has reversible jerseys, you must carry undershirts that match when you flip to the other side) If a player wears a leg girdle, it must be the same color as the shorts. The sleeves of the undershirt can be different lengths, and the length of the leg girdles can be different lengths. It is the coach's responsibility to make certain his/her team complies with this rule.
19. If two teams have the same color jerseys, then the home team will wear target jerseys.
20. A prayer will be recited before each game by all players and coaches. The prayer should be led by the home team and should reflect our ideas as set forth by our Association, in accordance with our love of God and fellow participants in the contest.
21. All league games will be completed by the last weekend in February.
22. A coaches meeting may be held prior to the beginning of the season in November. This meeting will be chaired by the Basketball Commissioner. All coaches, both new and old, should attend this important meeting to learn about any specific changes to the rules. Attendance will be taken at the meeting.

RULES PERTAINING ONLY TO E LEAGUE

23. Scores will be kept for each game, but league standings are eliminated.
24. The press rule (see rule #14) will be in effect for league and tournament games. This includes inbounds, after points are scored, and after rebounds.
25. An Oklahoma City CGSAA League Tournament will be held for E League at the end of the season.
 - A. First round games will be held on Thursday, Friday, and Saturday.
 - B. There will be a winners bracket and a consolation bracket.
 - C. A trophy will go to the winning team. This is the league traveling trophy kept for the year.
 - D. Seeding for the tournament will be by the commissioner.
 - E. The Participation Rule will apply during the tournament.
26. All 4th-grade participants will receive a medallion for their efforts during the season.
27. Teams (boys and girls) will use an intermediate size basketball (28.5 centimeters in circumference).

RULES PERTAINING ONLY TO D LEAGUE

28. Scores will be kept for each game. League standings will determine seeding for the year end tournament.
29. An Oklahoma City CGSAA League Tournament will be held at the end of the season.
 - A. There will be a winners bracket and a consolation bracket.
 - B. Trophies will be awarded to 1st, 2nd, and 3rd place teams.
 - C. The Participation Rule will not apply to tournament games.

30. Teams (boys and girls) will use an intermediate size basketball (28.5 centimeters in circumference).

RULES PERTAINING ONLY TO THE C LEAGUE, B LEAGUE AND A LEAGUE

31. C League, B League and A League teams (boys) will use a standard size basketball. (29.5 inches in circumference).
32. C League, B League and A League teams (girls) will use an intermediate size basketball. (28.5 inches in circumference).

TEAM ROSTER RULES FOR LEAGUE AND INVITATIONAL TOURNAMENT

33. The CGSAA Official League Roster is due by November 30. IT MUST BE FILLED OUT COMPLETELY AND SIGNED BY THE SCHOOL PRINCIPAL. Students can only play on 1 team and be on 1 roster. No existing school student may be added to a team's roster once the league season is 50% complete. This includes the remainder of league and year-end tournament games. Newly transferred students may be added to the rosters at any time with the approval of the school principal. **Schools with multiple teams in one league will be allowed to combine teams for CGSAA basketball post season tournaments.**
34. **Parents and coaches may not petition other teams for players. CGSAA Representatives will bring the names of any players from their school that are available due to the lack of a team at the school to the CGSAA meeting for discussion and assignment by the Basketball Commissioner. This will eliminate the perception of teams padding their rosters or coaches running children out of our program. It is our mission to find a place to play for all students in the CGSAA.**
35. **The number of teams in each division from each school must be declared at the November meeting of the CGSAA. Changes to the number of teams may be made through the 2nd Wednesday in November. After that date the fine will be \$100.00 per team added or dropped, until the first draft of the schedules are completed. Once the schedules are completed the fine will be the league entry fee currently being charged.**
36. Forfeits will be \$100.00 per game. The forfeit fee will be distributed as follows: (1) an amount to the declared winner that equals the pro-rata league fee for one game (2) \$20.00 to the host gym as reimbursement for lost concession sales, and (3) the balance retained by the league. 2 forfeits in a season will cause that team and its players and coaches to be ineligible for the city and state tournament. Any exceptions must be presented to the Executive Committee for approval.
37. In the event of a forfeit the game will not be played, rescheduled, or refereed by league officials.

DECORUM FOR THE SEASON

38. While the ball is in play, coaches **must remain in their seats on the bench** except for the spontaneous reaction to an outstanding play. If a coach must discuss something with the official, please do so during a time-out or quarter break, and only by the head coach. Violations of this rule are subject to the officials' interpretation and can result in technical fouls being issued against your team.

NOTE: The officials are there to ensure the integrity of the game. If coaches have a problem with an official, they should proceed under rule #39 (below).

39. All requests from coaches, fans and players must be brought to the CGSAA Basketball Commissioner through the CGSAA representative of the school. **Never** approach officials after the game with complaints. **Any complaints filed by referees will be investigated by the Basketball Commissioner and the Executive Committee of the CGSAA, and may result in a suspension.**

40. Any player ejected from a game for fighting will be suspended for a minimum of 2 games. This includes league and CGSAA-SPONSORED tournament games. Any coach ejected from a game will face a one game minimum suspension. Any coach ejected for the second time during the season (which includes the tournament) will be suspended until the next Executive Committee meeting of the CGSAA. While under suspension, the coach will not be allowed in the building of those teams they were coaching. If the coach is ejected for fighting, then he or she will be suspended until the next meeting of the Executive Committee. At that time he/she may present his/her case. Any parent ejected from a gym will be suspended for a minimum of one game and cannot be in the building. In all cases the Executive Committee will make any decisions on the length of additional suspension beyond the minimum term stated.
41. Suspension will be served at the next scheduled game and means the player, coach or fan in question is not to attend the game. This includes the year end tournament.
42. Any discipline to coaches, players, and fans will be addressed to the representative and principal of that school. Individual member schools have discretion to assess additional measures. It is the mission of the CGSAA to ensure that all schools are informed of problems so they may address them with their coaches, players, and fans.
43. These rules pertain to all CGSAA sanctioned basketball events.
44. All rule violations are subject to discipline by the CGSAA Basketball Commissioner, CGSAA Executive Committee and the CGSAA Representatives and can include suspension.
45. There will be no dunking, intentionally slapping the backboard, or intentionally grabbing the rim or net before, during, or after any game. A violation of this rule could result in a technical foul, ejection from the gym and/or a one game suspension.

NOTE: *Any rule interpretations during the season must be brought to the attention of the representative of that school who will contact the Basketball Commissioner for immediate interpretation. The Executive Committee will resolve at its regular meeting any protests to decisions made prior, during and after the season.*

The following procedures must be followed during each game in E League and D League

1. Every eligible player who is in uniform on the bench and is properly recorded in the official scorebook must play a minimum of one continuous quarter unless a properly completed Participation Waiver was presented before the start of the game to the official scorer and opposing coach. It must also be on file with the Commissioner of Basketball.
2. The official scorer must be notified before the start of the game as to which continuous quarter players are designated to play. Every player must be designated to play one continuous quarter before the game begins and both coaches shall know and record in their respective books those quarters.
3. The official scorer will keep track of the designated quarters in the following manner. The designated quarters are completely blocked out as opposed to the simple (x) or slash (/) used to indicate other quarters played.
4. The Head Coach is responsible for ensuring the player is designated to play prior to game time and shall take it upon himself or herself to ensure proper adherence to all league rules.
5. The official scorer must print/sign the official book. (Full name). The official scorekeeper must sit at the scorer's table. The scorer must be at least 14 years of age.

Most Frequently Asked Questions About the participation rule

Question: What if my player gets into foul trouble during his/her designated quarter?

Answer: A player may not be taken out of their designated quarter unless they are disqualified or injured. This does not apply to anyone with a properly completed waiver. (see rule #17)

Question: What if I have a player who did not make any practices?

Answer: Many schools have a policy that you must attend practice to play. However if the child is suited up for the game and is sitting on the bench then they must play a minimum of one continuous quarter. This is a minimum requirement and

only playing 5 minutes may be sufficient discipline.

Question: I let them play a full quarter prior to their designated quarter. Can you go back and designate the previously played quarter for him/her?

Answer: NO! Before the game starts the quarter is designated and cannot be changed once the game has started. Prepare a master grid indicating which quarter is designated prior to the game and turn it in before the game starts.

Question: I have a player that's been up all night sick?

Answer: Then he/she should not play. As coaches we have responsibility to the entire team. If a child is sick or injured and cannot play five continuous minutes, then they more than likely need to rest and heal. Ensure they are not in uniform.

Question: I have a player who is running late?

Answer: As coaches and parents, we have an obligation to the team and players to ensure we get to our games on time as stated in the rules. If they are late they must be added to the official scorer at that time and may incur a technical foul for changing the official book. They must be designated at that time for any remaining quarter that is left in the game. You cannot assume a late child will ever arrive so only designate a quarter when they arrive. Get to your games on time.

Question: What if both coaches agree to not designate a quarter?

Answer: Any coach who does not follow the rule will be dealt with as listed. It is the intent of this league to ensure strict adherence to the participation rule.

Remember this rule applies to all league games and tournaments for E League, and for league games only in D League.

COACHING REMINDERS

Identify a good scorekeeper for your team. Your scorekeeper must fully understand their responsibilities. Every team should have someone who is able to keep score. Spend the time to train someone.

At the end of each quarter your scorekeeper should verify and compare scorebooks with the official scorebook. This should not be done during the quarter. If there is a discrepancy, then you should bring that to the referee's attention for possible correction.

PLEASE be aware of the players designated for each quarter! It is your responsibility. Again, you must designate players in the official score book prior to game time. **Do not substitute for a designated player!**

You may have to forfeit a game and face suspension from the league. Watch your substitutions carefully. Make certain the correct player comes out of the game.

Before the game starts a team representative must inform the official scorer as to which players are playing and to designate the continuous quarter that he/she will be playing. We recommend you witness the scorer darken the entire box in the scorebook so designating your players. Remember you cannot change the designation once the game begins. The strategy is to coach all your players and get them involved in practice and games so as to help the team with their participation. Kids will naturally get better and probably continue playing if we take the time to make them feel a part of something.

All games will be completed even if there is a clear violation of the participation rule.

At the conclusion of the game the official scorer and coach of the opposing team that saw the violation should notify the gym coordinator as to any violation. The official scorebook should not be given to any coach after the game if there is a violation. It must be turned over to the Gym Coordinator or the CGSAA Basketball Commissioner.

CONDUCT

46. **Students** participating in athletics in the CGSAA should conduct themselves first and foremost as Christian people. They have respect for others, especially other team members and coaches. They listen and respect the authority of the adults who are working with them. They show respect for their opponents and treat them in a positive manner. They control their anger, do not use abusive language, or physically try to harm anyone. At the same time they are striving to compete to the best of their physical ability. Their primary goal is to get better with each practice or game, not to win at all costs.

Coaches participating in athletics in the CGSAA should conduct themselves first and foremost as Christian people. They are to be models of good sportsmanship and Christian behavior. They should respect their players and care for them as a big brother or sister would. The guiding principle is that we are all brother and sisters in Christ and our behavior should reflect that belief. Therefore, a coach should not use abusive language or put downs that tear down a child's self-esteem. This includes showing respect for players and coaches on their team as well as opposing teams.

Parents and fans are also expected to conduct themselves as Christian people. This includes showing respect for players and coaches on their team as well as opposing teams. They should refrain from abusive language and voice their disagreement with the official's calls in the appropriate manner as listed in the rules. Never is booing or personal put-downs appropriate.

Not only should Rule #46 be read by coaches, but it should also be copied and given to every student, fan, parent and coach. Everyone should pull up the rules on the website and read and understand them.