

Central Pennsylvania Boys CYO Rules Matrix (2019-2020)

	BOYS				
	<u>Novice</u>	<u>Intermediate II</u>	<u>Junior Varsity</u>	<u>Intermediate I</u>	<u>Varsity</u>
Size of Game Ball	28.5"	29.5"	29.5"	29.5"	29.5"
Length of Quarters	2 20 min halves (running clock), including free throws. Exception: Last 2 mins of 2nd half, timeouts & injury.	2 20 min halves (running clock), including free throws. Exception: Last 2 mins of 2nd half, timeouts & injury.	6 min	2 20 min halves (running clock), including free throws. Exception: Last 2 mins of 2nd half, timeouts & injury.	6 min
Length of Halftime	5 min	5 min	5 min	5 min	5 min
Length of Overtime	N/A	N/A	3 min	3 min	3 min
Time Outs	1 60 sec.; 1 30 sec. per half (unused timeouts do not carry over)	3 60 sec.; 2 30 sec.; additional 60 sec for each OT period	3 60 sec.; 2 30 sec.; additional 60 sec for each OT period	3 60 sec.; 2 30 sec.; additional 60 sec for each OT period	3 60 sec.; 2 30 sec.; additional 60 sec for each OT period
Full Court Pressure	None. Defense must remain behind 3-point arc until ball crosses half court. (Exception: Fast break)	No press if leading by 15 points.	No press if leading by 20 points. No press if trailing by 20 points in 4th quarter.	No press if leading by 20 points. No press if trailing by 20 points @ the 10 minute mark of 4th quarter.	No press if leading by 20 points. No press if trailing by 20 points in 4th quarter.
Defense	No restrictions	No restrictions	No restrictions	No restrictions	No restrictions
Free Throws	1 & 1 on 7th; 2 on 10th (Free thrower may cross over free throw line as part of follow thru provided they start behind it)	1 & 1 on 7th; 2 on 10th	1 & 1 on 7th; 2 on 10th	1 & 1 on 7th; 2 on 10th	1 & 1 on 7th; 2 on 10th
Minimum Play	All players play 1/4 of game	All players play 1/4 of game	N/A	All players play 1/4 of game	N/A
Mercy Rule*	Yes 30 points in the 2nd half	Yes 30 points in the 2nd half	Yes 30 points in the 2nd half	Yes 30 points in the 2nd half	Yes 30 points in the 2nd half
Illegal Uniform # Rule	No	No	No	No	No
Coaching Box	No	No	No	No	No

*Mercy Rule: A running clock will be instituted once a team is ahead by 30 points in the 2nd half. The clock shall run continuously for the remainder of the game except for an official's timeout, a team-charged timeout, the end of a period, injured player, disqualified player and during free-throw administration.