

TOURNAMENT RULES

TOURNAMENT DIVISIONS:

Junior Division — Girls between the ages of 12-14 years of age (up to 8th grade)

Junior Division — Boys between the ages of 12-14 years of age (up to 8th grade)

Since the exact date for the cut-off of a particular age group will vary from diocese to diocese, any player that is eligible for their parish team according to their diocesan rules will be eligible for the Mid-Atlantic Tournament. A player must be on the parish roster for the regular season to be eligible for the Mid-Atlantic. All-Star teams are not permitted.

National Federation of State High School Association Basketball Rules will be used with the following exceptions:

PLAYING TIME:

All games will play four (4) quarters of eight (8) minutes each. The clock will stop on all whistles. There will be one (1) minute intermission after the first (1st) and third (3rd) quarters and five (5) minutes between halves.

TIME OUTS:

Three (3) full and two (2) 30-second time outs per game.

PRESS RESTRICTIONS:

No team, having a twenty (20) point lead, may press an opponent. They must fall back on defense and allow the opponent to penetrate the three (3)-point line or the equivalent before applying any pressure on the ball. The first violation will result in a verbal warning by the game officials. Any additional violations will result in a technical foul on the team committing the violation.

UNIFORMS AND LEGAL NUMBERS:

It is recommended that team uniforms meet specifications listed in the Federation Rule Book. The Mid-Atlantic Committee recognizes that some CYO parish teams have limited funds and uniforms may not be identical or numbers may not meet Federation guidelines.