CATHOLIC ATHLETIC ASSOCIATION

2026-2027 CAA Basketball Rules

Minnesota State High School League Rules/National Federation High School Association (NFHS) Rules will govern all levels of play with these exceptions and points of emphasis:

Time Limit:

- Eighth grade leagues will play two fourteen-minute halves with stop time.
- Seventh, sixth and fifth leagues will play two twenty-minute halves with running time.
    - **The clock will stop during free throws, timeouts, and when play stops in the final two minutes of each half.**
- Eighth grade leagues will have **running time if there is a 20-point win margin** or more with 7 minutes to play in the second half (fourth quarter). Fifth, Sixth and Seventh grade leagues, running time the last two minutes of the second half if there is a **20-point winning margin**.
    - If the winning margin moves back to **below 15 points** within the fourth quarter for eighth grade or last two minutes of the game for fifth, sixth and seventh grade, the clock will go back to stopped clock.
- **For ALL grade levels, during running time at any point of the game the clock will always be stopped for free throws and time outs.**

Basketball Sizes:

- Fifth, sixth, seventh and eighth grade girls use a regulation size women's basketball 28.5.
- Fifth and sixth grade boys' leagues use a regulation size women's basketball 28.5.
- Seventh and eighth grade boys' leagues use a regulation size men's basketball 29.5.

Overtime periods:

NEW: Overtime will operate just like our playoff rules in the past. If a game is tied at the end of the last regular period, teams will play overtime.

- One overtime period of two minutes in length with stopped time. If the score is not tied by the end of this period, then the game is over.
- If the game is still tied after the first overtime period, then a 2nd overtime period that is 2 minutes in length with stopped time will be played. Continue adding a 2-minute overtime period until the game is no longer tied at the end of the period.
- There is NO sudden death rule anymore.

Three-point goals:
A three will be recognized in gymnasiums with proper floor markings. Referees will make this determination prior to games beginning.

Equipment:

- There shall be no penalty for **incorrect uniform designs**.
- Each team will furnish a game ball for each game, and the referee will select the game ball.

Time Outs:
Each team is allowed **three one-minute and two thirty second timeouts**.

Girls Fifth and Sixth Leagues ONLY
Players may shoot free throws from twelve feet rather than fifteen feet. In gyms without a twelve-foot mark on the floor, the referee should determine where the shooter may shoot from.

Defense Half Court:

- **Fifth, Sixth & Seventh Grade Girls & Boys** there will be no zones of any kind – All defense will be person to person.
- **Fifth, Sixth & Seventh Grade Girls and Boys** may double team only in the lane and you must be within 6 feet of your person when in the front court.

Team Press

- A press is defined as playing defense in the backcourt following a throw-in like after an out- of-bounds, a timeout, an official stoppage, a violation, or a made basket.
- There is no press allowed in **seventh, sixth or fifth grade leagues** until the fourth quarter/last 10 minutes of the second half. Press must be person to person, no zone full court press.
    - Challenging a player up the court after a rebound is not considered a press even if it begins in the backcourt. This is the most misunderstood rule in the CAA. Prove to your team and parents that you know it!
    - **Good Sportsmanship:** A team winning by a margin of 20 points or more should consider falling back and not challenging a player up the court off a live ball.
- A team winning by a margin of **20 points or more shall not press after a throw-in**. Playing defense in the backcourt after a rebound is not considered a press since play continues without a throw-in.



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HELPING DEFENSE DEFINITION – Boys and Girls **Fifth, Sixth & Seventh** (added in 2017)

We wish to encourage all players at this level to learn defensive fundamentals so teams will play person to person with a helping defense. Helping position is defined where a player is between the ball and the person he/she is guarding. The player should be able to make a triangle by pointing to the ball and to the person he/she is guarding. We wish to avoid the play of one on one only, so if the offensive players are continually being uninvolved or inactive by design, the defense has the right to defend their basket and not stand out of the normal playing area. Therefore, if the person being guarded is on the opposite side of the floor from the ball, a player may position him/herself as far over as the middle of the lane. Also, if the offensive player beats the opponent and dribbles the ball to an area where a player is playing appropriate defense, the defensive player can defend in that area. Double teaming is only allowed in the lane in a helping situation. Players who help must recover to guard their person, or their teammates must switch the players they are guarding.

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Basketball Administrative Guidelines

1. Each team must submit a complete roster to the CAA. The CAA must approve all roster changes. Every player must be a student at the school they are representing. Exceptions to this policy may be requested by written appeal to the CAA.
2. Postponement or change of a game must be requested forty-eight hours in advance.
3. Each team must supply a competent scorekeeper; the referee will designate which person will function as the official scorekeeper. The home team must supply a competent person to operate the scoreboard and clock.
4. No player may play on more than one CAA team, a student-athlete who plays on a ninth grade, tenth grade, junior varsity or varsity high school team shall be ineligible for CAA play.
5. Games shall be forfeited only by decision of the CAA, or by decision of the referee who may declare a forfeit when conditions warrant. Conditions leading to a forfeit might include but are not limited to intentionally violent play, verbal or physical abuse of an official or opponent, or the perception of an official that personal or athlete safety cannot be assured.
6. A player or coach who is ejected from the game shall leave the game immediately and shall not be allowed to participate again until consultation with the CAA.
7. The CAA will only accept protests pertaining to misinterpretations of the rules. The judgment of an official shall not be grounds for protests or appeals.
8. Bylaws for each sport are available from the Minnesota State High School League at Minnesota State High School League website
9. Rulebooks, for purchase, are available from the National Federation of High School Sports