

# DIOCESE OF TOLEDO

## CYO BASKETBALL

### **New Free-Throw Regulations for 2008-09 Season**

The National Federation of State High School Associations has made a significant change for free throws beginning this season. The Ohio High School Athletic Association has adopted this rule change and since CYO basketball follows most of the OHSAA rules this new rule has been adopted for all CYO junior (7<sup>th</sup> & 8<sup>th</sup> grades) and CYO high school leagues. **This new rule will NOT be used for our CYO cadet (5<sup>th</sup> & 6<sup>th</sup> grades).**

The new rule has eliminated the two marked lane spaces closest to the end line. Therefore all players will move up one lane space during a free throw (from where they used to line up). The rationale for this rule change was in attempt to reduce some “rough play” in the free throw lane during free throws.

This means that the spot closest to the end line (on each side of the lane), which was previously occupied by the non-shooting team, will now be vacant. The non-shooting team will now occupy the next spot, which was previously occupied by the shooting team.

There will still be four players from the non-shooting team and two players from the shooting team allowed to line-up in the lane for a free throw, but everyone will move one spot closer to the shooter.

The rationale for not using this new rule for our CYO cadet leagues is due to the fact that the cadet foul line is moved up three feet closer to the basket and therefore the two players from the non-shooting team closest to the shooter would be lined up even with the shooter which would make it very difficult to “check the shooter out”.

This new rule is listed on page 44 of the 2008-09 CYO Basketball Handbook, but the rule in the CYO Handbook does not address the fact that the new rule will NOT be used in the CYO cadet leagues.