

I. BASKETBALL LEAGUE RULES



A. Safety First

The safety and well-being of our players is always CYAA's main concern. Referees may stop games at any time to investigate the condition of a player who may be hurt and shall resume play as soon as reasonable. Coaches are not required to remove the player on the court for injuries.

The player may remain in the game at the discretion of his coach and the referee. The player's safety is the determining factor.

B. Pre-Game Conference

Coaches and referees shall meet prior to tip-off. CYAA will allow deviation to these rules as long as both coaches and a CYAA Director agree and notify referees prior to tip off.

C. Running Clock Stops Only For:

1. Time outs: Head coach or player on the court may request time-out.
2. Shooting fouls: Clock stops when referee indicates a shooting foul. Scorekeeper stops clock at whistle. Clock restarts when the shooter receives the ball from the referee for the initial free throw.
3. One minute break between periods to make substitutions. This is not a time-out.

Coaches may instruct players while they line up at the scorer's table.

D. Half Time

The 1st and 2nd quarters shall constitute the 1st half. The 3rd and 4th quarters and all overtime periods shall constitute the 2nd half. Half time shall be (3) three minutes in duration for all divisions.

E. **Time-outs**

Time outs will be 45 seconds. In all Divisions each team will be allowed two time-outs in each half and one for each overtime period. Unused time-outs cannot be carried over to the second half or into overtime. There will be one time-out for each overtime period. Unused time-outs cannot be carried over to the second half or into overtime.

F. **Free Throw Bonus**

Penalty free throws will be shot on the 7th team foul in each half. Bonus free throws are 1 plus 1 (if the first shot is made, a second shot is awarded.) There are no 2-shot double bonus situations.

G. **Fouling Out**

Upon committing a 5th personal foul, a player is disqualified from further play in that game. Only a player who has met all conditions of these Rules can replace the disqualified player.

H. **Mercy Rule**

When a team builds a sustained and growing lead greater than 10 points, 15 for Division 1.

- Defensive pressure shall be scaled down.
- Team with lead shall encourage lesser skilled players to score and handle ball.
- Referees may call time out at their discretion to meet with both coaches regarding scaling back.

Despite this mercy rule, all players must sit out at least 1 Quarter unless this is not possible due to low player turnout.

I. **Length of Playing Periods**

1. Division 4&K: 2 eight-minute periods per half. Four 8-minute periods totaling 32 minutes per game.
2. Division 3: 2 eight-minute periods per half. Four 8-minute periods totaling 32 minutes per game.
3. Division 2: 2 ten-minute quarters per half. Four 10-minute quarters totaling 40 minutes per game.
4. Division 1: 2 ten-minute quarters per half. Four 10-minute quarters

totaling

40 minutes per game.

5. Overtime periods: 3 minutes each for all divisions

J. **Defensive Pressure**

Only man-to-man defense is allowed in Divisions 3, 4 & K. Zone defense, in any form, will be a **VIOLATION**. After one referee warning, a zone defense violation will result in a technical foul.

Division 1 & 2 may use both Man-to-Man and Zone defense during the game.

Remember, CYAA emphasizes skill development. If full or half-court pressure causes several players to not participate fully due to lesser ball handling/passing skills coaches should promote a less aggressive defense (half-court or 3-point line).

Division 1:

Full-court pressure can be applied from beginning of game.

If one team up by 15 or more points and climbing, full court pressure shall stop.

Division 2:

Half court pressure can be applied from beginning of game. If one team up by 10 or more points and climbing, defensive pressure shall be scaled down.

Division 3:

Defense must set up inside 3-point arc. Then, Defensive Pressure can be applied beyond 3 point circle after the ball passes half court

Division 4 & K:

- Defense must set up inside 3-point arc. Then, Defensive Pressure can be applied after ball passes 3 point line.
- “**No stealing the ball off the dribble for K division**” Stealing passes and blocking shots are both allowed. Member may not tie up the ball, unless going for loose ball.
- Defensive Pressure: All defenders must keep both feet within the 3-point line at all times.

All Divisions:

If one team up by more than 10 points and climbing, 15 for division 1, defensive pressure shall be scaled down.

K. Overtime Period

Each overtime period is 3 minutes. Consecutive overtime periods will be played until a tie is broken at the end of an overtime **if time permits**.

L. Official Score

Score will be recorded by referee. Referee will keep track of participation requirements, time outs, jump ball possession, team fouls, and personal fouls.

M. Player Participation

- Each player must play at least half of the game.
- No player may play 4 quarters unless all players have played 3 quarters first.
- No player may sit out 2 quarters until all players have sat out one quarter (this mostly applies to teams with low number of players).
- In Divisions 3, 4 and K, all players must play full quarters without substitution unless a player is injured and cannot continue.
- If a player fouls out before playing half of the game, this half-game player participation requirement is waived for that player.

N. Player Substitutions

- Divisions 4 and K: player substitutions may only occur between periods unless injury causes a player to be unable to continue.
- Division 3: player substitutions may only occur on a time-out in the second half unless injury causes a player to be unable to continue.
- Division 2: player substitutions may only occur on a dead-ball in the second half unless injury causes a player to be unable to continue.
- Division 1: player substitutions may only occur on a dead-ball in the second half unless injury causes a player to be unable to continue.



II. PENALTIES AND VIOLATIONS

A. *Technical Fouls*

1. Inappropriate Contact:
 - a. Pushing a player, coach, or referee.
 - b. Fighting or hitting.
2. Inappropriate Behavior:
 - a. Profanity - profanity **WILL NOT** be tolerated.
 - b. Arguing, disregarding a referee's instructions.
 - c. Inappropriate gestures.
 - d. Inappropriate attire – determined in sole discretion of referee.
3. Technical Foul Procedure
 - a. Coach may designate any player currently in the game as the shooter.
 - b. All players, (except shooter) from both teams must wait behind the half court line for 2 free throws.
 - c. Ball possession is then awarded to the fouled team at the backcourt sideline.
 - d. If a shooting foul is committed at the same time as the technical foul, the shooting foul is assessed before the technical foul.
4. Disciplinary Actions
 - a. For Players:
 - i. First time: player will sit out the remainder of the current game.
 - ii. Second time: player will sit out one entire game but must suit up and sit on the bench.
 - iii. Third time: player is expelled from the league.
 - b. For Coaches: Coaches who are assessed a second technical foul during the season are subject to expulsion as a coach from the league.

B. *Personal Fouls*

Inappropriate body contact made during play. The referee will blow a whistle, raise a closed fist in the air and point to the player who committed the foul with the opposite hand.

1. Offensive Fouls

- a. **Charging:** When an offensive player pushes or runs into a defensive player who is stationary with both feet on the floor. Charging usually occurs when a player with the ball is driving to the basket.
- b. **Elbowing:** When an offensive player tries to make room or create space by extending elbows while being closely guarded.
- c. **Holding:** When an offensive player holds any part of the defensive player (hand, arm, jersey, etc.)
- d. **Illegal pick/screen:** When an offensive player is moving or when an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.
- e. **Hand check:** When an offensive player knocks away a defensive player's hand or arm.

2. Defensive Fouls

- a. **Blocking:** Illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.
- b. **Reaching In:** Illegal personal contact resulting from a defender attempting to steal the ball.
- c. **Over the Back:** Illegal personal contact resulting from a defender reaching over another player's shoulder while attempting to rebound or gain control of the ball.
- d. **Holding:** Illegal personal contact resulting from a defender holding any part of the offensive player (hand, arm, jersey, etc.)
- e. **Shooting Foul:** Illegal personal contact resulting from a defender interfering with an offensive player's ability to make a shot. A shooting foul must occur while the offensive player is in the act of shooting.

3. Personal Foul Procedure

- a. Scorekeeper records a team foul and a personal foul for every foul committed.

Foul Type	Team Fouls	Player Personal Fouls	Action
Any		More than 5	Player has fouled out and may no longer play in the game
Non-shooting	Less than 7		Ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.
Non-shooting	More than 7		Player who was fouled is awarded one free throw. If he/she makes his/her first shot, then he/she is awarded another free throw.
Shooting 2 point shot missed			Player who is fouled is awarded two free throws. If second free throw is missed, ball is live for continued play.
Shooting 3 point shot missed			Player who is fouled is awarded three free throws. If third free throw is missed, ball is live for continued play.
Shooting shot made			Player who is fouled is awarded one free throws. If free throw is missed, ball is live for continued play.

- b. If last free throw is made, ball is given to the team that committed the foul. They get the ball at the nearest baseline, out of bounds, and have 5 seconds to pass the ball onto the court.
- c. If a player is injured on a shooting foul and cannot continue, coach can have any eligible player shoot the free throw(s). Player shooting the free throw(s) must stay in the game for the remainder of the period.
- d. Free throws are organized in procession. The shooter takes his place behind the free throw line. Three people from the defensive team and two people from the shooting team line up along the sides of the key.

Three line up on one side and two on the other. A defensive player always takes the place closest to the basket. The remaining four players, two from each team, must remain behind the three point line and the free throw line extended (an imaginary line extended from the free throw line in both directions to the sidelines).

C. *Violations*

1. Time Violations

- a. **In-bounds:** Upon receiving the ball from the referee, an offensive player has 5 seconds to throw the ball to another player on the court.
- b. **Backcourt:** The offensive team must advance the ball past the half court line within 5 seconds (10 seconds in Division 1 if full court pressure is applied).
- c. **Lane Violation:** Any offensive player cannot occupy a position in the key, including on the lines, for more than 5 seconds. If a shot is taken, the 5 second count starts over.
- d. **Closely Guarded:** Player with the ball must advance the ball within 5 seconds if a defensive player is within arms length (closely guarded).

2. Free Throw Violations

- a. **Shooter Violation:** The shooter's feet must remain behind the free throw line and remain outside the key lines until the ball hits the rim.
- b. **Loose Ball Violation:** The last free throw must hit the rim.
- c. **Lane Violation:** Players cannot enter the key until the free throw hits the rim.
- d. **Distraction Violation:** A defensive player may not move to the key lines once the referee has awarded the ball to the shooter.
- e. **Line-Up Violation:** Referee will ensure that offensive and defensive player line up properly for a free throw. No violation will be called.

3. Moving Violations

- a. Traveling:
 - i. Player with ball takes more than 2 steps without dribbling the ball.

- ii. Player with ball picks up or slides pivot foot or drops to one knee.
- iii. Player with ball lying down rises to one knee or stands.

b. Double Dribble:

- i. Player with ball stops dribble and then restarts the dribble.
- ii. Player with ball dribbles ball with two hands at once.

c. Carrying or Palming: Player dribbles the ball in such a way that it rests and stays in the palm of the hand.

d. Inbounds: Player passes ball from sideline or baseline onto the court with at least one foot inbounds.

e. Out of Bounds:

- i. Player's foot touches on or outside the sideline or baseline when player has the ball. If player is in the air, player is not out of bounds until the player touches out of bounds.
- ii. Ball touches on or outside the sideline or baseline.
- iii. Ball touches the backside of the backboard.
- iv. Ball hits the basketball post.

d. Jump Ball / Held Ball: two or more players from opposing teams possess the ball at the same time, and control cannot be obtained. Possession is awarded by referee and alternates from one team to the other. Scorekeeper keeps track of alternating possession.



III. GAME CONDUCT

A. *Start of Game*

After devotions and prayer at center circle with players and fans, referee will call for starting players to line up on the center court line with more skilled players lined up closest to the center of the court and less skilled players closest to the sidelines (Division 3, 4 and K only). Coaches will assign man-to-man defensive assignments and players will introduce themselves and shake hands. (Division 1 & 2 may play zone)

B. *Jump Ball*

Referee explains to each team which basket is theirs. Two players come to the center circle and referee throws ball up. Both players try to tip the ball to another player on their team.

C. *Referee Positioning*

Referee Positioning: Referees will remain on opposite sides of the court. One referee will be under the offensive basket. The other referee will be near half court.



IV. DIVISION RULES

A. Division K Co-ed Boys and Girls (4-5 year olds)

1. Hoop: 8'
2. Ball: 27.5 cm
3. Free Throws: 7' to 10' from face of backboard
4. Instructional play through first 4 games. Referee's discretion for games 5 through 8.
5. Defensive Press: See (J.) Defensive Pressure
6. Pre-Game Free Throws: Each player will shoot a free throw prior to the start of the game. Each successful free throw will be recorded and count in the team's overall score. Coaches will simultaneously administer the free throws at each team's respective baskets. Both teams will shoot an equal amount of free throws. A team with fewer players than their opponent will be awarded additional free throws to balance the total team attempts. The team's coach shall select shooters who have missed their first free throw attempt to balance the total attempts. If all players have made free throws, the coach may select any player to shoot the extra free throws. Players who made free throws may not attempt a second shot until all teammates have made a free throw

B. Division 4 Boys or Girls (6-7 year olds)

1. Hoop: 9'
2. Ball: 27.5 cm
3. Free Throws: 7' to 10' from face of backboard
4. Instructional play through first 2 games. Referee's discretion for games 3 and 4.
5. Defensive Press: See (J.) Defensive Pressure
6. Pre-Game Free Throws: Each player will shoot a free throw prior to the start of the game. Each successful free throw will be recorded and count in the team's overall score. Coaches will simultaneously administer the free throws at each team's respective baskets. Both teams will shoot an equal amount of free throws. A team with fewer players than their opponent will be awarded additional free throws to balance the total team attempts. The team's coach shall select shooters who have missed their first free throw attempt to balance the total attempts. If all

players have made free throws, the coach may select any player to shoot the extra free throws. Players who made free throws may not attempt a second shot

- C. Division 3 Boys or Girls (8-9 year olds)
 - 1. Hoop: 10'
 - 2. Ball: 28.5 cm (27.5 for girls)
 - 3. Free Throws: 7' to 10' from face of backboard
 - 4. Instructional play first 2 games
 - 5. Defensive Press: See (J.) Defensive Pressure
 - 6. Don't run up the score (see (H.) Mercy Rule)

- D. Division 2 Boys or Girls (10-11 yr olds)
 - 1. Hoop: 10'
 - 2. Ball: 29.5cm Regulation (28.5cm Regulation for girls)
 - 3. Free Throws: A shooter's foot may touch but not cross over the line.
 - 4. Defensive Press: See (J.) Defensive Pressure
 - 5. Don't run up the score (see (H.) Mercy Rule)

- E. Division 1 Boys or Girls (12-14 year olds)
 - 1. Hoop: 10'
 - 2. Ball: 29.5cm Regulation (28.5 cm Regulation for girls)
 - 3. Free Throws: A shooter's foot may not cross over the line until the ball hits the rim.
 - 4. Defensive Press: See (J.) Defensive Pressure
 - 5. Don't run up the score (see (H.) Mercy Rule)

All Star Game Rules (Divisions 1, 2 & 3)



A. Player selection

1. 4 Team Division

- i. 4 players selected per team by head coach
- ii. Top 2 teams select 5 players
- iii. Teams will consist of 9 players

2. 6 Team Division

- i. 3 players selected per team by head coach
- ii. Top 2 teams select 4 players
- iii. Team will consist of 9 players

3. 8 Team Division

- i. 2 players selected per team by head coach
- ii. Top 2 teams select 3 players
- iii. Team will consist of 9 players

4. 10 Team Division

- i. 2 players selected per team by head coach
- ii. Team will consist of 10 players

B. Coach Selection

1. Division heads will select two coaches from each division to coach all-star team

C. Team Selection

1. Teams will be determined by Basketball Director.

D. Game rules

1. Normal division rules apply with the following exception:
 - i. Substitutions may occur on any dead ball during the game.