



PROUDLY SUPPORTING YOUTH BASKETBALL SINCE 1978

CONEJO

**YOUTH BASKETBALL
ASSOCIATION**

2025-2026 CYBA Rules

NOTES

- All CIF basketball rules, as represented in the National Federation High School Basketball Rules Book, will apply, unless otherwise modified by the CYBA rules below.
- The Boys and Girls Intramural Directors may amend rules for a particular season based on unique circumstances (such as 9 player rosters, mixed-grade divisions, etc.) These amendments will be reviewed with Division Directors, Coaches, and Officials for implementation.

1. LEAGUE OBJECTIVES AND SPIRIT OF THE RULES

- 1.1. The purpose of the CYBA is to provide training in the sport of basketball in an atmosphere of good sportsmanship and fair play with an equal opportunity for growth of individual skills, team play and the true enjoyment of playing basketball. The following rules should be interpreted consistently with this philosophy and should not be used as a tool to achieve victory on a technicality.

2. SPORTSMANSHIP

- 2.1. Every effort must be made by coaches, players, and spectators to exhibit good sportsmanship.
- 2.2. Only Head Coaches and players may address referees about issues related to the game, which includes the scorer's table. At TOCC, Head Coaches must approach the Division Director and are not to approach referees about game related issues. ANY violation may result in a technical foul.
- 2.3. Any Technical foul for conduct (coaches, players, spectators) may result in immediate ejection.
- 2.4. Anybody ejected from a game must receive CYBA board approval prior to attending another game.

3. GYM RULES

- 3.1. No food or drinks (including sports drinks) are allowed inside gyms, except water.
- 3.2. Home teams will sit on the side closest to the scorer's table and will shoot at the basket opposite the scorer's table in the first half.



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4. GAME BALLS SIZES

4.1. Ball Sizes for Boys

- Divisions K-2 27 inch
- Divisions 3-5 28.5 inch
- Divisions 6+ 29.5 inch

4.2. Ball Sizes for Girls

- Divisions K-4 27 inch
- Divisions 5-8 28.5 inch

5. BASKET HEIGHTS

- 5.1 K, Girls 1, Girls 2, Boys 1: 8 feet
- 5.2 Boys 2: 9 Feet
- 5.3 All 3rd-8th Divisions: 10 Feet

6. PLAY TIME REQUIREMENTS

- 6.1. Coaches must provide a complete roster to the scorekeeper prior to the start of the game. All players, whether in attendance or not, must be listed. Coaches must indicate any players not in attendance, and any players present but not be playing due to illness, injury, or any other reason.
- 6.2. A team may start a game with four players. Three or fewer players present at the start of the game constitutes a forfeit.
- 6.3. All eligible players present to start the game must play a minimum of one full, uninterrupted quarter per half.
- 6.4. No player may play more than three quarters unless every player has played three full quarters by the end of the game. Any exception to this must be cleared with both the Division Director and opposing coach prior to the start of the game.
- 6.5. Players arriving late but before the start of the 3rd quarter are required to play at least one uninterrupted quarter. Players arriving after the start of the 3rd quarter may play at the coach's discretion. Any player arriving after the start of the 4th quarter is ineligible to play. If multiple players arrive late, the rules applicable to each late player will apply individually. The playtime requirements for the players present at the beginning of the game will not change.
- 6.6. If one team has seven or more players and the other team has six or fewer players, the team with 7+ players may elect to play one player for four quarters.
- 6.7. There are no playing time requirements during overtime.

7. SUBSTITUTIONS

- 7.1. Substitutions may only be made between quarters except for the 4th quarter unless you have 9 + players active for a game. The team with 9+ players shall have free substitutions during the game. Normal substitutions can be made in the 4th quarter in accordance with mandatory playing time rules outlined above.



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- 7.2. A substitute player must report to the scoring table and must not enter the court until called by the referee. Failure to follow this procedure may result in a technical foul.
- 7.3. Substitutions must be made known to the opposing coach, who can request a player matchup (Grades 1-4).
- 7.4. A player leaving the game due to illness/injury will be credited with playing a full quarter for mandatory playtime requirements. The coach of the ill/injured player must select from the players who have played the least at the time of the injury. The replacement player will not be credited with playing time while in for the injured player. The injured player will re-enter the game as soon as he/she is able to play again, at which time the replacement player will leave the game.

8. GAME DURATION AND CLOCK STOPPAGE

- 8.1. Quarters will be 10 minutes in length for all Divisions.
- 8.2. For Division 1-2 games, there will be a running clock (see below). It is up to coaches to start games with 10 minutes remaining in each quarter. The allotted time before quarters should be used for players to get water and a quick rest, and to match-up players using colored tape so that they know whom to guard.
 - Clock starts at 16 minutes once previous game ends, giving teams time to warm-up and matchup.
 - Clock starts at 13 minutes following end of 1st quarter.
 - Clock starts at 16 minutes following end of 2nd quarter. Each player will line up to shoot two free throws. If a player makes one or two free throws, the player will be awarded one point.
 - Clock starts at 13 minutes following end of 3rd quarter
- 8.3. In Division 1-2, there is a running clock except for the last minute of the game if the score is less than a 10 point differential.
- 8.4. In Divisions 3-8, the time between quarters will be 1 minute with a 3 minute half time intermission
- 8.5. In Divisions 3-8, the clock stops during time-outs and at the whistle during the last two minutes of the 2nd and 4th quarters if the score differential is less than 20 points (see section 11 for overtime).
- 8.6. If a time out is taken following a shooting foul or during free throws outside of the stop clock period, the running clock will resume once the free throw shooter is given the ball.

9. SCOREBOARD

- 9.1. The score on the scoreboard of a team ahead by 20 or more points will be displayed such that the differential is no more than 25 points.

10. TIME OUTS

- 10.1. All time-outs will be one minute long



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- 10.2. Divisions 1-2 will have two time-outs per game
- 10.3. Divisions 3-8 will have four time-outs per game
- 10.4. Teams get one time-out during overtime with no carry-over of time-outs from regulation time
- 10.5. For all time-outs, the ball will next be put in play at the sideline/baseline nearest to where the ball was located when the time-out was called. After a made basket, the inbound passer will have the ability to run the baseline.

11. OVERTIME

- 11.1. No overtime for 1st/2nd grade divisions, 3rd-8th grade divisions will have overtime if the game is a tie at the end of regulation
- 11.2. The first overtime period is 4 minutes, stopped clock in the last minute
- 11.3. The second overtime period is sudden death (first point scored)
- 11.4. For semi-final and final playoff games only, the second overtime is two-minutes, all stopped clock. If still tied after the 2nd overtime, the game will be decided in a sudden death 3rd overtime.

12. REQUIRED DEFENSES

- 12.1. The intent of required defenses is to ensure CYBA basketball is a team game, involving all players from both teams. If a coach or a player limits or prevents involvement of teammates in a game, it will be addressed by the Gym Administrator, with a warning being given to the head coach.
- 12.2. Divisions 1-4 must play man-to-man defense.
- 12.3. Divisions 5-8 may play a zone or man-to-man defense.
- 12.4. In Divisions required to play a man-to-man defense, if a team has only 4 players, that team may play zone defense. If a team with 4 players plays zone, the opposing team may also play zone.

13. MAN-TO-MAN DEFENSE

- 13.1. In man-to-man defense, a defensive player must be guarding, or be aggressively moving toward guarding, any offensive player that is no more than three feet beyond the 3-point line.
- 13.2. Guarding a player means remaining within three feet of that player
- 13.3. In man-to-man defense, an offensive player may not be double-teamed by multiple defenders unless the offensive player is inside the key AND has the ball. If an offensive player is legally double-teamed and subsequently moves outside the key with the ball or passes the ball, that player can no longer be double-teamed.
- 13.4. Temporary double-teaming during a screen is allowed but cannot be sustained, as the defensive players must make an immediate effort to move to guard separate players unless the player being double-teamed is in a scoring position (see 13.3).



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- 13.5. In man-to-man defense, players may switch which offensive players they are guarding, but the switch must occur immediately, such that the no offensive player is being illegally double-teamed.
14. ISOLATION (applies to Divisions 1-4)
- 14.1. The offensive team may not isolate players away from the basket in order to get an offensive advantage. Isolation rules are intended to prevent one or two offensive players from going one-on-one or running a two-on-two pick and roll while minimizing the opportunity for help defense.
- 14.2. The 1st and 2nd isolation infractions by a team will result in a warning to the coach.
- 14.3. Starting with the 3rd infraction, technical fouls will be assessed.
- 14.4. A player that is lost and accidentally covering the wrong person will be told to find their player and will not be given a warning unless the issue persists.
15. TRAPPING
- 15.1. Trapping is defined as 2 or more defenders guarding a player with the ball outside the key.
- 15.2. Divisions 1-4 cannot trap at any time
- 15.3. Divisions Boys 5 and Girls 5, trapping is allowed inside the 3-point line, but is not allowed outside of the 3-point line at any time, including during press
- 15.4. Divisions Boys 6, trapping is allowed inside the 3-point line, and is allowed beyond the 3-point line only during press time
- 15.5. Divisions 7-8 (incl. Girls 6th), trapping is allowed anytime.
- 15.6. The first infraction of illegal trapping will result in a warning
- 15.7. The second infraction if deemed intentional will result in a technical foul
16. TIME LIMITS
- 16.1. All Divisions must cross half court within 10 seconds, or it will result in a turnover.
- 16.2. All Divisions must inbound the ball within five seconds, or it will result in a turnover.
- 16.3. Time limit for offensive players in the key:
- Divisions 1-2, no time limit
 - Boys Divisions 3-6 and Girls Divisions 3-5, five-second time limit
 - Divisions 7-8 (incl. Girls 6th), three-second time limit
17. SAFE ZONE (Applies to Divisions 1-4)
- 17.1. The “safe zone” is the area on the offensive side of half-court, between the half-court line and the established hash marks (may vary court by court).
- 17.2. Divisions 1-2 - The defense cannot apply pressure in the safe zone. After five seconds, referees will instruct the offense to dribble or pass the ball past the safe zone. If needed, referees may stop play to provide instruction.
- 17.3. Divisions 3-4 - Once the offensive team crosses half court into the safe zone, the defense must play behind the safe zone and not apply pressure on the offensive



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until a) the offense crosses the safe zone hash marks, or b) five seconds pass, at which time the referee will instruct the defenders that they can pressure the ball-handler.

- 17.4. In Divisions 3-4, safe zone rules do not apply when pressing is allowed
- 17.5. Once a team passes the hash mark, they cannot go back to re-establish the safe zone
- 17.6. On an out-of-bounds throw-in pass where the ball is received behind the safe zone mark, the Safe Zone is re-established. Defensive players may not go beyond the safe zone mark to steal the pass.

18. PRESSING

- 18.1. Pressing is defined as guarding opponents in the backcourt
- 18.2. Divisions 1-2, no pressing anytime
- 18.3. Divisions 3-6, pressing is allowed only during the last two minutes of the 2nd and 4th quarters, the last minute of a first overtime, and at any time during any 2nd or 3rd overtime
- 18.4. Divisions 7-8, pressing is allowed any time
- 18.5. No pressing if a team is leading by 20 or more points
- 18.6. During non-press time, once a player gains complete control of a defensive rebound in the backcourt and does not make an attempt to start a fast break, the opposing players must retreat and allow the offensive team to bring the ball up court uncontested.
- 18.7. Continued pressing violations by the defense may result in a technical foul

19. FAST BREAK

- 19.1. A fast break is when the offensive team quickly advances the ball from the backcourt in an effort to beat the opposing team to the basket
- 19.2. Fast breaks are allowed unless the team is ahead by 20 points or more, in which case the offense must allow the opposing team time to get into defensive position

20. FREE THROWS

- 20.1. Free Throw Distance:
 - Boys and Girls 1-2 9 feet (bottom of the circle around the free throw line)
 - Boys 3-4, Girls 3-5 12 feet (3 feet in from the foul line)
 - Boys 5-8, Girls 6-8 15 feet (regulation foul line)
- 20.2. Divisions 1-2: Players may enter the key when the shot hits the rim
- 20.3. Divisions 3-8: Players may enter the key when the ball leaves the shooter's hand, except for the shooter who must wait until the ball hits the rim
- 20.4. Divisions 1-4 – Shooters must shoot from behind the line but it is not a violation for the shooter to cross the line after the shot. However, if the shooter crosses the line and is the first player to touch the ball on a missed free throw it is a violation.



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21. FOULS

- 21.1. Five fouls by a player result in disqualification. The coach of the fouled-out player will select the replacement from the players on the bench with the least playing time played
- 21.2. A team may continue with fewer than five players if no other legal player is available.
- 21.3. Offensive fouls count as team fouls, but never result in free throws.
- 21.4. Teams shoot 2-shots on the 5th team foul of each quarter. The fouls reset to 0 at the end of every quarter.
- 21.5. All shooting fouls are 1, 2 or 3 free throws.
- 21.6. Excessive swinging of arms or hands by defensive players during free throws is not allowed. The first offense will result in a warning, and subsequent offenses may result in a technical foul.
- 21.7. There is no continuation rule for shooting fouls; the shooter must be in act of shooting.
- 21.8. In the case of a technical foul or intentional foul, the offended team will be awarded two free throws and possession of the ball at mid-court. Any player may shoot the free throws.
- 21.9. Technical fouls on players count as personal and team fouls. Technical fouls on coaches and spectators count as team fouls.

22. FORFEITS and PROTESTS

- 22.1. Teams are expected to play games as scheduled. No postponements will be allowed. Games will be declared a forfeit should any team not be ready to play 10 minutes after the official start time, unless the gym Director or Executive Board Member in charge of that gym, based upon his or her discretion, believes an additional reasonable delay is justified.
- 22.2. No games may be protested based on the judgment call of a referee. All judgment decisions by referees are final.
- 22.3. To protest a game, the coach must notify the gym Director, who will note the protest on the official score sheet, including the reason, time remaining and score. Within 48 hours of the completion of the game, the protesting coach must submit a complete written report to the Division Director, outlining the reason for the protest.
- 22.4. CYBA will appoint a protest committee to review protests. This committee will consist of at least 3 league representatives, none of whom represent any team involved in the protest. A hearing and decision of the protest will be completed at least 24 hours prior to the next regularly scheduled game and all coaches involved will be notified. Decisions of the protest committee are final.

23. TIEBREAKERS FOR PLAYOFF SEEDING PURPOSES

- 23.1. No playoffs for 1st and 2nd grade divisions or during the CYBA Spring League for any division



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- 23.2. In the event of a tie in the standings in a division at the completion of the regular season, tiebreaker criteria are as follows:
- 1) Head-to-head record
 - 2) Fewest average points allowed (excludes forfeited games)
 - 3) Fewest technical fouls for disciplinary reasons
 - 4) Coin flip