

I. CYAA 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 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.
4. Clock stops in last 2 minutes of the game if score is within 5 points for divisions 3 and up only.

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.

For all divisions, any team ahead by 20 points or more at any point in the second half must play defense behind their three-point arc. First offense: Warning, Second and all additional offenses: 2 shot technical.

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 ten-minute periods per half. Four 10-minute periods totaling 40 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 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).

Man to Man Defense: All players must be within two arm lengths of the player they are defending at all times up to the three-point line with two exceptions:

- Help defense when a team mate is beat by opposing offensive player.
- Double team of player with the ball.

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:

- Defense must set up inside 3-point arc. Then, Defensive Pressure can be applied beyond 3-point circle after the ball passes the 3-point line.
 - Offense has 10 seconds to bring the ball inside 3-pt line. Time starts when ball passes half court.
 - If ball is not forwarded inside 3-pt line in allotted time defenders may come out to defend up to half court.
- Stealing passes and blocking shots are both allowed. Member may not tie up the ball, unless going for loose ball.

Division 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.

K. Overtime Period

First overtime period is 2 minutes. Second over time is 1 minutes. If game is still tied after 2nd overtime it shall go into sudden death, next basket wins.

L. Official Score

Score will be recorded by referee and or official score keeper. Stat keeper 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 have played more than a quarter more than any of their team mates by the end of the game.
- No player may sit out longer than 1 quarter.
- No player can play 3 quarters unless everyone else has played at least half the game.
- No player can play 3 ½ quarters unless everyone else has played at least 2 ½ quarters.
- No player can play the entire game unless everyone else has played at least 3 quarters.
- If a player fouls out before playing half of the game, his/her participation requirement is waived for that game.
- Player participation requirements:
 - 10 Players – Every player plays half the game
 - 9 Players – You have 2 extra quarters of playing time to divide evenly among your players. You can give an extra quarter to 2 players or an extra half quarter to 4 players.
 - 8 Players – You have 4 extra quarters of playing time. You can give 4 players an extra quarter of time or 8 players an extra half quarter
 - 7 Players – You have 6 quarters of extra playing time to divide evenly among your players. You can have 6 players play 3 quarters and 1 player play half the game.
 - 6 Players – You have 8 extra quarters, 4 players could play 3 quarters, and 2 players the entire game.
 - 5 Players – Every player plays the entire game

N. *Player Substitutions*

- Substitutions may only occur between periods or at mid-point of a quarter unless a player is injured and cannot continue.
- For Divisions 4 & K at the 4-minute mark.
- For Divisions 1, 2 & 3 at the 5-minute mark.
- Substitutions may occur in first or second half
- Players must be ready to check in at table 30 seconds before entering game

O. *Player Shortage*

- In the event a team has less than 6 players in uniform, the coach may recruit another Cyaa player in the same division or below.
- If team recruits 2 or more players, or any player from the opposing team, or from a higher division the game will be forfeited, and their team will record a loss.
- A minimum of 4 players are required on each team in order to proceed with the game.

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 or board member.
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. Player shall be ejected from game for fighting and serve a minimum of a one game suspension. Additional penalties up to expelled from the league may be imposed.
 - b. Player who uses profanity during the game will sit out the remainder of the current game, additional penalties from the league may be imposed.
 - c. Player receiving a technical foul will sit out remainder of quarter.
 - d. Player receiving two technical fouls in a game will be ejected from the game, additional penalties from the league may be imposed.
 - e. Players serving a game suspension must suit up and sit on the bench the entire game.
 - b. For Coaches: Coaches who are assessed a second technical foul during the season are subject to suspension and or expulsion as a coach from the league depending on severity.

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 | 7 or more per half | | 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 throw. 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 4 seconds. If a shot is taken, the 4 second count starts over.
- d. **Closely Guarded:** Player with the ball must advance the ball within 5 seconds' if a defensive player is within arm's 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 is released from shooters hands.
- b. **Loose Ball Violation:** The last free throw must hit the rim.

- c. **Lane Violation:** Players cannot enter the key until the free throw is released from shooter's hand.
- 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 theirs is. 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 old's)
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 to 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 number 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 Co-ed Boys and Girls (6-7-year old's)
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 number 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
 7. Once ball passes half court players have 10 seconds to move ball within the 3pt line.
- C. Division 3 Boys or Girls (8-9-year old's)
1. Hoop: 10'
 2. Ball: 28.5 cm (27.5cm 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 old's)

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 old's)

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 (Divisions 1, 2 & 3)

A. Teams

1. All teams will consist of 10 players
2. There will be 12 teams, boys and girls division 1, 2 & 3

B. Player selection

1. 4 Team Division
 - i. 5 players selected per team by head coach
2. 6 Team Division
 - i. 3 players selected per team by head coach
 - ii. Top 2 teams select 4 players
3. 8 Team Division
 - i. 2 players selected per team by head coach
 - ii. Top 4 teams select 3 players
4. 10 Team Division
 - i. 2 players selected per team by head coach

C. Coach Selection

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

D. Team Selection

1. Teams will be determined by Basketball Director.

E. Game rules

1. Normal division rules apply.

COACHES VS HIGH SCHOOL ALLSTARS TEAM

For the last four coach's games it has historically been against CYAA alumni, this year to make it a little more interesting the coaches game will be vs the High School all stars. If you are interested in playing in it, please let the Director know.