

Basketball Rule Book



**“Train up a child in the way he should go; even when he is old, he will not depart from it.”
Proverbs 22:6**

CYL BASKETBALL RULES

INTRODUCTION

Welcome, players, coaches, parents, and fans to Catholic Youth League (CYL) basketball. CYL basketball is a recreational league, whose main purpose is to develop the Catholic values of our players, both in life and in sports. A strong emphasis is to be placed by coaches on building character, sportsmanship, athleticism, self-discipline, and skill development.

Should you have any suggestions, questions, comments, or concerns about CYL basketball, please address them with your team coach, school CYL Director, or the League (via email: webmaster@catholicyouthleague.org).

CODE OF CONDUCT

Coaches, players, and parents will adhere to the CYL Code of Conduct. Coaches will at all times respect the dignity of all players, officials and League Representatives. Coaches will respect the decision/calls of the referees and ask that their team and team fans also respect those decisions as well.

Coaches are reminded that they also have responsibility for the actions of the team's fans. If the officials judge the fans actions to be excessive, they will first ask the coaches to calm down the individuals in question. If the problem continues, they will inform the Director who will take steps, including removal of disruptive spectators or forfeiture of the game, to restore order.

Officials will warn Coaches of any disruptive actions. Any player, coach or spectator who is ejected MUST LEAVE the facility immediately. They will be deemed in violation of the League's Code of Conduct and will be subject to disciplinary action.

RULES

CYL follows Florida High School Athletic Association basketball rules, with the following exceptions and clarifications.

1. Equipment

a. Game balls: Kindergarten and first grade will use a junior-size ball (27.5 inch). All second through fifth grade teams and girls in grades 6 and 7 will use a WNBA or NCAA women's size ball (28.5 inch). Boys in grades 6 and 7 will use a regulation-size ball (29.5 inch). If league divisions are not in alignment with these specifications, the larger sized ball will be used.

b. Personal gear: Player uniforms are CYL T-shirt, school P.E. shorts, sneakers and socks. A headband or wristbands may be worn. Rubber/cloth (elastic) bands may be used to control hair. Players may not wear equipment that is deemed inappropriate or dangerous to other players, as determined by a referee or league official. Team uniforms should be of consistent style and not be altered in any way. No jewelry, including earrings, is permitted.

c. Basket height:

- Kindergarten and first grade – 8 ft.
- Second grade – 9 ft.
- All others – 10 ft.

2. Team Size/Playing Time/Substitutions

Grades K-2

a. Team size: Teams shall have a maximum of twelve (12) players.

b. Playing time: Each player MUST play a roughly equivalent amount of time in each game as his/her teammates.

c. Substitutions: Substitutions may be made during any dead ball situation.

Grades 3-7

d. Team size: Teams shall have a maximum of ten (10) players.

e. Playing time: All players MUST play a minimum equivalent of two full quarters (four half quarters). The League's goal is for each player to play a roughly equivalent amount of time in each game as her/his teammates.

f. Substitutions: Substitutions may be made at the end of each quarter or at the automatic (official) timeout at the 5 minute mark (approximately) of each quarter. This will ensure a measurable and equitable amount of playing time for each player.

g. Exceptions: All players must play according to the stated playing time requirements except in the following circumstances:

1. In cases of extreme exhaustion, injury or other medical condition that restrict play. A player who is bleeding must be removed from the game and can not re-enter until they are sufficiently bandaged. A substitute may be used while the injured player is being attended.
2. In cases of disruptive behavior, dangerous play, or poor sportsmanship.
3. In cases of fouling out or removal by the referee.
4. In cases where the player has arrived after the second quarter of play was complete.

Coaches that fail to follow the playing time rules are in violation of the CYL Code of Conduct and may be subject to disciplinary action.

3. Game Duration/Scorekeeping/Timekeeping

a. Game Duration and Timing: All games are divided into four 10 minute quarters with a running clock the entire game. There will be a one minute break between the first/second quarters and third/fourth quarters. Halftime intermission for all grades is three minutes.

b. Timeouts: Two 1 minute timeouts per team are permitted per game in grades 3 and above. An automatic (official), 30 second timeout will be taken near the five minute mark of each quarter (discretion of the officials as to when play will be stopped) to allow for any substitutions a team may want to make. Grades K-2 will not have timeouts, as two games may be played simultaneously.

c. Clock Operation: The clock will continue to run during foul shooting, and will only be stopped for official or team time-outs. After the clock is stopped by either a team or official timeout, play resumes only when the ball is touched “live” by a player on the court of play. The referees will indicate when the clock should be re-started.

The clock starts on the following after such a time out:

- A player touches a ball after a missed free throw that hits the rim
- The ball is thrown inbounds and then touches another player on the court of play

The clock does NOT start after such a time out when:

- The ball is handed to a free throw shooter
- The shooter hits or misses a free throw (if two or more shots were awarded)
- A free throw misses the rim entirely
- The ball is handed to a player on the sidelines to throw an inbounds pass
- The ball is thrown inbounds but goes out of bounds prior to being touched by another player on the court.

d. Scorekeeper and Timekeeper: Grades K-2 will not keep score. For grades 3 and above, each team must provide a scorekeeper or timekeeper. The league will provide score sheets. Individual fouls, team fouls, and timeouts will be recorded during each game. Game results/scores will only be kept during tournament games. Score sheets for all games are to be turned in to the on-site CYL Director upon conclusion of the game.

e. Tie Games and Overtime [Tournament only]: Tournament games ending regulation with a tie score will be resolved by playing a 3 minute overtime period. Additional 3 minute overtime period(s) will be played if needed. One additional timeout is allowed for each overtime period. The alternating possession arrow will determine the initial possession in each overtime period.

4. Coaches and Referees

a. Coaches: Coaches must remain on their side of the center court line during the game. Only one coach per team may be standing while the ball is in play.

b. Referees: Every Kindergarten, 1st, and 2nd grade team must provide one referee per game. Direction and supervision provided by on-court referees should be equal and supportive of both teams' efforts. Referees for grades 3 and up will be provided by the league.

5. Violations/Penalties/Fouls

Grades K-2

a. Defense: Defense may not be played until the ball has crossed the half court line. It will be the responsibility of the coaches and referees to get the players back on defense and keep the flow of the game going. No triple teaming is permitted by any team in any grade.

b. Fouls/Free Throws: When a team is fouled or guarded illegally, that team will be given possession of the ball at half court. There will be no free throws. Instead, play will stop, possession of the ball will go to the team fouled, and the ball will be thrown in from out-of-bounds adjacent to the spot of the foul or at half court, whichever is closest to the basket.

Grades 3-7

c. Defense: Grades 5 and above can "press" full court (i.e. defend on their offensive end of the court). Other grades may not play defense until the ball has crossed the half court line. No triple teaming is permitted by any team in any grade. The first infraction for an illegal defense each half will result in a warning. Subsequent infractions during each half will result in a technical foul against the defending team and the awarding of one free throw.

d. Defensive Exception: Full court defense, as noted in section 5c, is permitted as long as the defensive team does not lead by 10 points or more. A team leading by 10 or more points may play only half court defense. In the spirit of CYL sportsmanship, teams with significant leads should work additional passing, limit fast break goals, feature secondary players, etc.

e. Free Throws: 3rd grade boys and 3rd/4th grade girls combined will shoot free throws one foot in front of the regular free throw line. These players are allowed to cross the free throw line with shooting momentum so long as that momentum is not used to gain a rebounding advantage. All other grades/divisions will shoot free throws from the official line. Five fouls or two technical fouls will result in disqualification; a technical foul is also considered a personal foul.

f. Technical fouls: Technical fouls will be called for unsportsmanlike behavior, as determined by the referee. Whenever a player receives a technical foul, the player will be removed from the game for the remainder of the period. If the player receives a second technical foul, he/she will be ejected from the game. If a coach receives a technical foul, the opposing team will be awarded two free throws and possession of the ball. A second technical on the coach will result in the coach being ejected (he/she must leave the gym), two free throws being awarded, and possession of the ball being given to the opponent.

All incidents involving technical fouls will be reviewed by the CYL Sportsmanship Committee to determine appropriate disciplinary action. Any incident involving a player or coach being ejected from a game will result in a minimum two game suspension, with potential further action determined by the CYL Sportsmanship Committee.