

# Section C: Rules of Play

## In this Section

This section contains information and regulations related to CYB rules of play.

CYB follows standard California Interscholastic Federation (CIF) and National Federation of State High School Associations (NFHS) basketball rules of play unless otherwise specified in this section. Please visit the following websites for more details on NFHS/CIF Basketball Rules of Play:

<https://www.cifstate.org/sports/basketball/rules/index>

<http://www.nfhs.org/activities-sports/basketball/>

The Rules of Play are enforced by the referees hired by CYB to officiate the games. **The call of the referee is final and is not reviewable.**

CYB Rules of Play are presented according to the topics listed below.

<b>Parts</b>	<b>See Page</b>
Part 1 The Basketball Game	20
Part 2 The Basketballs	23
Part 3 The Uniforms	23
Part 4 Before the Game	24
Part 5 The Referees	26
Part 6 CYB League Rules of Play	27
Part 7 Technical Fouls	30
Part 8 Protests	31

## ***Part 1. The Basketball Game***

### **Objective of the Game**

Claremont Youth Basketball in all CYB League divisions (B1, G1, B2, G2, and B3) is a game between two teams of 5 players each, under the direction of a Head Coach and not more than two (2) Assistant Coaches cleared by CYB, played on a regulation basketball court (see Diagrams 1 – 3) in accordance with these rules, under the jurisdiction of one or more referees.

The objective of each team is to win by scoring more points than the opponent. The winner of the game shall be the team that has scored the most points, in accordance with these rules, at the conclusion of a game including any overtime periods.

Diagram 1 - The basketball court for B1, B2 and G1 Divisions.

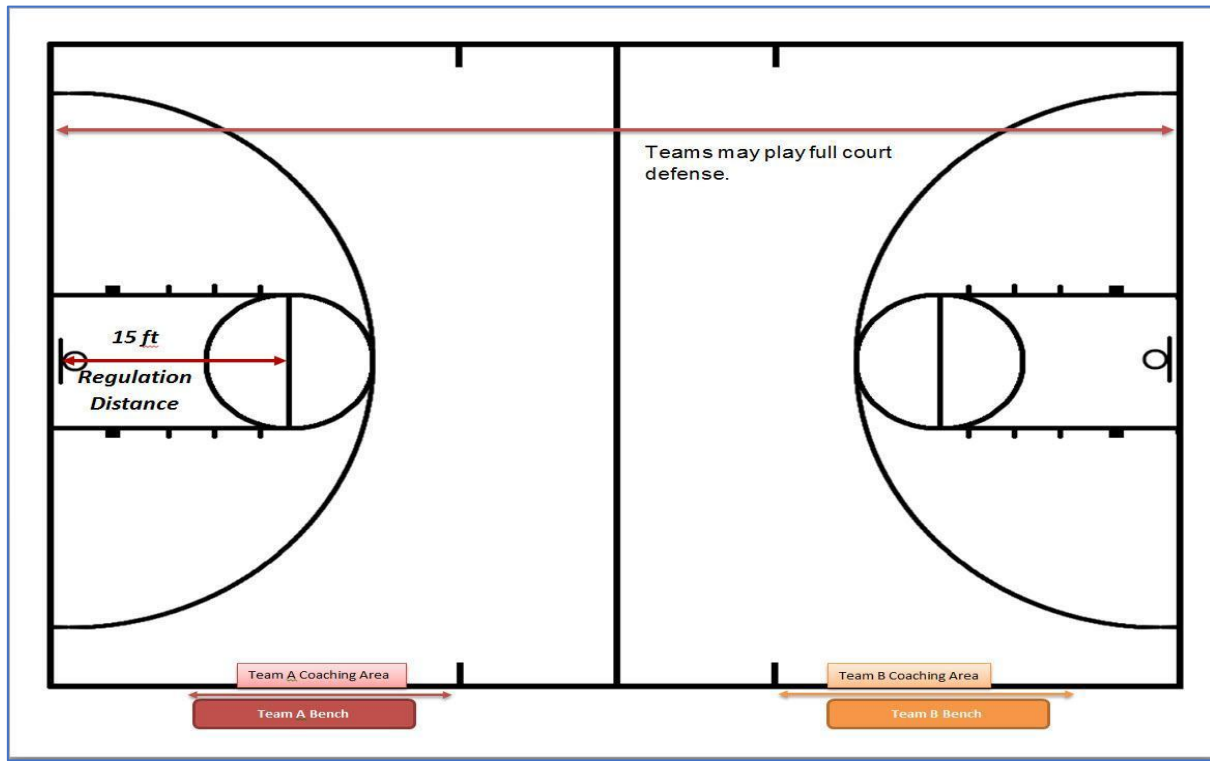
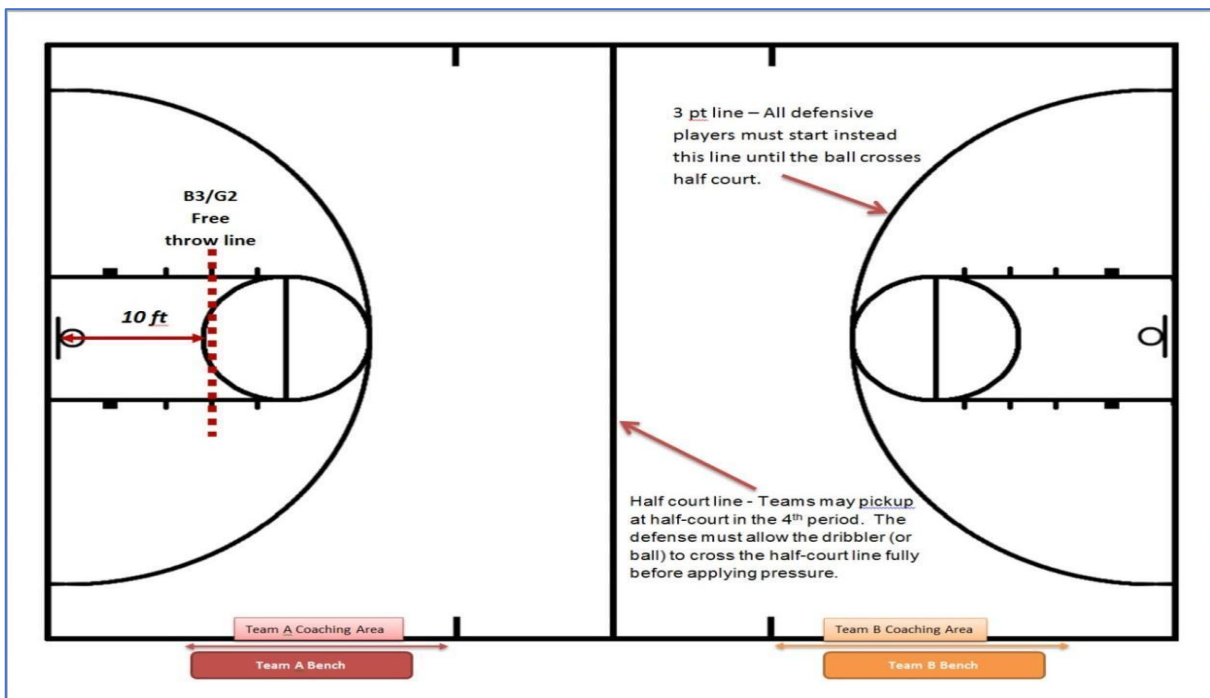


Diagram 2 - The basketball court for B3 and G2 Divisions.



## Time of Play

Each game shall consist of **four (4) ten (10) minute quarters** with a substitution break (NOT A TIMEOUT) called by the official/referee at approximately 5 minutes for player substitution in the first 3 quarters.

There will be a **three (3) minute half-time break**. Periods 1 and 2 shall be the first half and periods 3 and 4 shall be the second half.

## The Clock

The clock shall run throughout the playing periods, with the following exceptions:

1. The clock will stop at approximately 5 minutes into each quarter upon the signal of the official (for substitutions).
2. The clock will stop on all shooting fouls until the ball is in play on the last free throw (as signaled by the official/referee).
  - *Exception - During Mercy Rule (See Mercy Rule under Part 6)*
3. The clock will stop for all timeouts (official/referee or team).
4. During the final two (2) minutes of the 4th quarter, if the difference in score is 15 points or less, the clock will stop on all whistles for the remainder of the game.
  - *Exception - During Mercy Rule (See Mercy Rule under Part 6)*

## Overtime

The first overtime period will be two minutes in length, with the clock running as described above; each successive overtime period will be one minute, with the clock stopping on all whistles.

Coaches are given one timeout in each overtime period.

## ***Part 2. The Basketballs***

CYB uses the following sizes of basketballs for the divisions of The Program:

<b>Division</b>	<b>Circumference</b>	<b>Size</b>
Clinic B3 G2	27.5 in	5
B2 G1	28.5 in	6
B1	29.5 in	7

CYB is responsible for providing game balls of appropriate size for all CYB games. A basketball that has not been provided by CYB may be used in a CYB game provided both Coaches and the CYB Board Member present agree and approve the basketball. Use of a basketball that has not been approved by CYB in a CYB game is prohibited.

## ***Part 3. The Uniforms***

### **Official Uniform**

CYB is responsible for providing each player in The Program with an official CYB uniform that is to be used during participation in CYB games.

An official CYB uniform consists of a reversible basketball jersey top that is Black on one side and White on the other and matching black shorts. The uniform is numbered and numbers are not duplicated within a team.

The “Home” team shall wear WHITE.

The “Visitor” or “Visiting” team shall wear BLACK.

### **Alternative Uniforms**

An Alternative Uniform is any uniform that is not the official uniform provided to the player by CYB but is accepted temporarily (i.e., for the game at hand). The following are examples of Alternative Uniforms and what actions are necessary to allow them to be accepted temporarily:

Duplicate numbers – If two players on the same team have the same number at the start of a game the Head Coach must notify the opposing coach, the scorekeepers, and the referees. If the uniform can be modified to rectify the duplication (i.e., athletic tape), the duplication is considered to be resolved. If the uniform cannot be modified, the player is eligible to play at the discretion of the referee.

Old CYB Uniforms – If a player is wearing an old CYB uniform (prior year(s) uniforms, “hand-me-down” uniforms, etc.) the Head Coach must notify the opposing coach, the scorekeepers, and the referees.

If there are no duplicate numbers, the player is eligible to play provided there is no objection. If there are duplicate numbers, see the regulation above.

## **Undershirt**

It is permissible for players to wear an undershirt under their CYB uniform provided the color of the undershirt **matches the color of the uniform**. This means a white undershirt is to be worn when the team is the Home team wearing white and a black undershirt is to be worn when the team is the Visiting team.

Any color other than white or black is not acceptable unless it is cleared with the referee prior to the start of the game. If the referee has the authority to request the player to remove an undershirt that does not match the uniform in order to be eligible to play.

## **Jewelry**

Players must not wear jewelry such as, but not limited to, rings, watches, earrings, bracelets, necklaces, nor any hard cosmetic/decorative items. This rule applies regardless of the composition of such jewelry, hard cosmetic items, or hard decorative items.

*Exception: Jewelry that alerts medical personnel to a specific condition is permissible.*

## **Casts/Braces**

Hard casts **may not** be worn during the game by players or referees.

Soft casts and braces are permissible provided that no hard material is exposed and the referee approves.

# ***Part 4. Before the Game***

## **Required Personnel**

In order for a CYB game to be official the following parties are necessary to be present:

- Scheduled teams and Coaches
- Referee(s)
- Scorekeeper(s)
- CYB Board Member Chaperone(s)

If a team is not able to supply a coach, it is permissible for a CYB Board Member or parent from a player on the team that has been authorized by a CYB Board Member to serve as coach for that game.

The Board has committed to providing a CYB Board Member Chaperone to be present at each game site on game days. Any concerns from coaches, parents, fans, scorekeepers, or referees are to be directed to the CYB Board Member Chaperone.

## Seating

Teams (players and coaches) shall sit on the same side of the court as the scorekeepers. Referees are able to sit behind the scorekeeper table. The CYB Board Member Chaperone is also allowed to observe the game from behind the scorekeeper table. Fans are not permitted to be in the area behind the team benches or scorekeeper table unless they need to make contact with the CYB Board Member Chaperone.

Fans shall sit in the stands on the opposite side of the court from the players, coaches, scorekeepers, and referees. The CYB Board Member Chaperone is also allowed to observe the game from the stands.

*Exception: Due to the arrangement of the CHS West gym (small), fans are positioned on the same side of the court as the players and scorekeeper. In this situation, the first (or bottom) row is reserved for the CYB teams and is not to be used by fans unless necessary due to accessibility concerns.*

*Exception: For CYB3 games, one team has the option of sitting on the opposite side of the court from the opposing team and thus on the same side of the court as the fans (see Diagram 4).*

## Team Benches

The "Home" team shall occupy the bench to the left of the scorekeeper table.

The "Visitor" team shall occupy the bench to the right of the scorekeeper table.

Each team will warm up on the basket opposite the bench they are occupying such that the team is playing defense in front of their bench in the first half and offense in front of their bench in the second half after the change of sides at halftime.

## Referee- Coach Meeting

Prior to the start of each game, Coaches are encouraged to have a pre-game meeting with the referee(s). This provides an opportunity to meet the referee(s) and discuss any concerns or questions that may be relevant to the proceeding game.

## Game Preliminaries

Before the game begins, the referee, Head Coaches, CYB Board Member Chaperone, and scorekeeper (as necessary) resolve any issues related to Uniforms (Part 3) as well as the following rules as applicable:

### 6 Player Rule (No longer necessary)

- The implementation of the Mandatory Play rules and the four quarter format with substitutions at the half quarter mark eliminates the need for a 6 Player Rule at the start of the game since under this set of rules all players will sit once by the start of the 4th quarter.
- If a team with six (6) players has a player foul out before the end of the 3rd period, the player sitting out **cannot re-enter the game**. He or she must stay out in order to satisfy the requirement to sit out per the Mandatory Play rules. A team may finish a period with fewer than five (5) players.

### Late Player Arrival

- If a player arrives after the start of the game, that player's participation will begin at the start of the next full half quarter. Example: If a player arrives at the end of the first full half quarter and missed the entire first full continuous 5 minutes of the 1st quarter, this player has met the player participation rule of having to sit out one full continuous 5-minute period before the start of the 4<sup>th</sup> quarter. The player would be eligible to play quarters 2-3-4.

## **Game Day Protocol**

Coaches are expected to have their team ready as the game is approaching. The game sites have outdoor courts available for teams to use prior to the game.

Coaches and teams are expected to allow the teams participating in the prior to their game to conduct their cheer, handshake etc. Incoming teams should also allow finishing teams to collect gear, water bottles etc. before occupying the bench area. Incoming teams are allowed to place their gear well behind the bench they will occupy and begin on-court warm ups. Players can move their gear to the bench after the prior team leaves.

At the beginning of each game and each period of play – Coaches shall meet with their team on the court near half court so the scorekeeper can see each player's number. The scorekeeper is responsible for ensuring game participation rules are followed so it is necessary to have players face the court with their backs to the scorekeeper. The coach should not be in between players and scorekeeper.

## **Forfeit**

The game will be forfeited if one team is not ready to play 10 minutes after the scheduled game time. A minimum of four players on the court is required to start a game. A game may continue as long as there is at least one eligible player on the court. Referees are required to remain at the game site and work an organized practice game or controlled scrimmage, leaving adequate time to start the following game on schedule. *Games that result in a forfeit are recorded in the official score as 2-0.*

## ***Part 5. The Referees***

### **Independence**

The referee(s) (a.k.a. officials) that are contracted with CYB are an independent entity from CYB and are not considered an entity of CYB.

### **Authority**

The referee(s) are responsible for officiating the game according to the rules described in this and the referenced publications.

The call of the referee is final.

### **Concerns**

Any concerns related to the officiating of a game, either past or future, shall be directed to the CYB Board.

## ***Part 6. CYB League Rules of Play***

CYB has developed the following rules that apply to the CYB League Divisions (B1, G1, B2, G2, B3) to facilitate fair play, competition, and further the mission of CYB as a recreational basketball league.

If a rule is not explicitly described here, the default governing guidelines are the CIF/NFHS basketball rules.

### **Timeouts**

Each team is permitted **four (4) timeouts per game**. No more than three (3) timeouts may be used per half (two periods) and no more than two (2) timeouts may be used in a single period (regular or overtime). Timeouts may not be carried into overtime. Each team will be permitted one timeout for each overtime period. The Head Coach or any player on the court may request timeouts.

An "injury timeout" does not count against the teams permitted three timeouts per game and is awarded at the discretion of the official/referee.

### **Defense**

#### Mandatory "Man to Man/Person to Person"

- All teams and all divisions are **REQUIRED** to play **MAN TO MAN/PERSON TO PERSON** defense **for the first 5 weeks (Week 1- Week 5)** of the regular CYB season.
- Enforcement of **illegal defense call** will be at the discretion of the official/referee.

#### Penalty for Illegal Defense (all divisions)

- One warning per half, followed by a technical foul for each infraction after the warning.

### **Press/Backcourt Defense**

#### **B3 and G2**

Once a team secures the rebound and is advancing in transition, **players cannot play defense (in the back court)** and **must allow a ball handler to cross half court with reasonable cushion** as to not present themselves as half court pressing.

- *Exception:* 4th quarter Press (see below).
- Teams can half-court court press in the 4th quarter. However, the defense must allow the dribbler (or ball) to cross the half-court line fully before applying pressure.
- Teams may full-court press only during the last two (2) minutes of the 4<sup>th</sup> quarter and overtime(s).

Exception: Mercy Rule



## **B2**

Teams may play FULL COURT defense at any time during the game.

*Exception: Mercy Rule*

## **B1 and G1**

Teams may play FULL COURT defense at any time during the game.

*Exception: Mercy Rule*

## **Zone Press: Week 1 - Week 5**

In the B1, B2, and G1 divisions, teams may employ a full court zone press (i.e., 2-2-1, 1-2-2, etc.) at any point in a game in the first five (5) weeks of the season. For B3 and G2 divisions, in the 4<sup>th</sup> quarter only. However, teams must fall back into a man to man/person to person defense once the press is broken. A broken press is when the ball is advanced past the press and into the front court (past the mid court line).

## **Free Throws**

Players occupying a marked lane space may enter the lane upon the release of the basketball by the shooter. The shooter may not advance into the paint (across the FT line) until the ball has touched the rim of the basket.

### For all Divisions:

- **Bonus:** On the 7th and subsequent team fouls of each half, a bonus (1 and 1 free throws) will be awarded.
- **Double Bonus:** On the 10th and subsequent team fouls of each half, double bonus (two-shot foul) penalty free throws will be awarded.

There are specific rules regarding free throw shooting for each division as outlined below:

Division	Regulation
B3 G2	The free throw line will be ten (10) feet from the backboard (see Diagram 2 in Part 1. Under Rules of Play). <b>The shooter's foot can touch but not cross completely over the line.</b> Six (6) players maximum plus the shooter may occupy the lane. Players will be lined up on the inside of the lane. Players not occupying the lane must remain above the top of the key.
B2	The free throw line will be the regulation fifteen (15) feet. The shooter must start behind the free throw line, but is allowed to finish over the line. The shooter may not advance from their finishing position to a rebounding position until the ball strikes the rim.
G1 B1	The free throw line will be the regulation fifteen (15) feet. The shooter may not cross the free throw line and may not advance past the free throw line to a rebounding position until the ball strikes the rim.

## Mercy Rule

If the score differential is 30 points or more before the 4<sup>th</sup> quarter, winning team may not full court press. Winning team can continue to play any defense allowed. If by the start of 4<sup>th</sup> quarter, the score differential game will be moved to a running clock until the score difference returns to 15 points or less. Running clock before the 4<sup>th</sup> quarter will stop on all free throws, team/official timeouts and injuries. Running clock in the 4<sup>th</sup> quarter WILL NOT stop on free throws.

## Mandatory Play

**EVERY** rostered player that is present at the start of a game will participate in a minimum of three (3) half quarters by the start of the fourth (4<sup>th</sup>) quarter. For the purpose of this rule, a "half quarter" is defined as either the first continuous 5 minutes or the second continuous 5 minutes of quarters 1, 2, and 3.

**A player MUST NOT sit out a full standard quarter in the first three (3) quarters. I.e., a player cannot sit ALL of the 1st quarter, I.e., all players must play in each of the first 3 quarters.**

Each player IS REQUIRED to sit out at least one-half quarter (5 full minutes) BEFORE the start of the fourth (4<sup>th</sup>) quarter.

*Playing for any length of time in a given period constitutes having played that period and therefore is no longer considered a period that the player has sat out. This is particularly important to note in the event of an injured player.*

Mandatory Play ends at the conclusion of the 3<sup>rd</sup> quarter and - there will be free substitutions of players in the 4<sup>th</sup> quarter. Although there is no requirement for mandatory play in the 4<sup>th</sup> quarter, coaches are strongly encouraged to play all players during the 4<sup>th</sup> quarter.

*Exception:* If a team has 5 or fewer players.

**The mandatory play rule must be satisfied by the end of the 3rd quarter.**

#### VIOLATION OF THE MANDATORY PLAY RULE:

If a team does not comply with the player participation rules, the offending team shall forfeit the contest, but only after the coach of the offending team has been advised of the violation and all efforts in the spirit of fair-play and sportsmanship to resolve the situation have been exhausted. Any protest (by either coach) must be entered in the official scorebook or requested of a present Board Member before the game is completed. The Commissioner must be notified within three (3) days of the protest by the coach of the team filing the protest. The CYB Board will then rule on the protest before the next scheduled game.

Additionally, any coach that is determined to have violated the player participation rules or discouraged players from participating in CYB games when they were otherwise healthy and able, will be subject to disciplinary action by the CYB Board as follows:

- First offense: Coach receives a written (email or paper) warning.
- Second offense: Coach is suspended for the next scheduled game.
- Third offense: Coach is suspended for the remainder of the season.

#### **Injured/Sick Player**

If a player is injured or becomes sick and is unable to continue playing, the coach of the player will direct the scorekeeper to enter the player's name, number, and period of play in the scorebook. The player will be ineligible to re-enter the game, and no player participation penalty will be imposed.

If a player is injured or becomes sick and is temporarily removed from the game as they are able to continue playing, the player will be eligible to re-enter at the discretion of the coach and the referee. Injured or sick players who recover **should** be re-inserted in the game. The partial period of play will constitute one full period for the injured player. If an alternate player is substituted in for the injured player, the **alternate player is still required to sit out one full period**. A team may play with fewer than five (5) players if no alternate player is substituted in for the injured player.

Approved substitution options if an Injured/Sick Player situation is encountered:

1. Play temporarily with less than 5 on the court (if player can likely return quickly)
2. Players removed from the game for up to a full 10 minutes or longer must have a parent/guardian sign a release permitting their child to re-enter the game. Release forms are kept at the score table.

If a player receives an injury that bleeds, that player must be removed until the bleeding stops and the wound is bandaged. All wounds will be treated; any blood on the jersey must be removed to the satisfaction of the referee.

### **Additional Rules for B3 and G2 Divisions**

CYB has implemented several rules for our youngest CYB League divisions, B3 and G2. These rules are intended to help promote the development of these young players.

The following rules are specific to B3 and G2:

#### *Time in Key*

An offensive player may be in the key for five (5) continuous seconds. An offensive player in the key for more than 5 seconds will cause the ball to be awarded to the defense. The key in B3 and G2 is the area inside the lane below the 10-foot free throw line.

During Weeks 1 - 10: traveling and double dribble violations will be enforced per normal regulations. Traveling and double dribble grace period will no longer be allowed.

#### *Pre-Game Free throws*

Before each game, each player for each team will be allowed to shoot one free throw from the division free throw line. In the event that one team has fewer players than the other team, the team with fewer players will be allowed to have players shoot a 2nd free throw until the total number of shots for both teams is equal. A player may not shoot more than 2 free throws.

Any made free throws are reported to the scorekeeper and add to the teams score prior to the start of the official game.

### ***Part. 7 Technical and Flagrant Fouls***

Technical fouls can be assessed by the referee(s) for two types of infractions:

1. Technical violation of the rules
2. Player/Coach Conduct
3. Flagrant Foul violation

#### **Technical Violation**

This type of infraction is the result of a violation of a rule of play. Examples of a Technical Violation include but are not limited to:

- Illegal defense
- Player substitution violations
- Illegal timeout called
- Mercy rule violation

This type of violation is assessed against the team and does not count towards the ejection of a player or coach.

## **Player/Coach Conduct**

The referee(s) also has the authority to assess a player or coach a technical foul for conduct. The assessment of this type of technical foul shall be at the discretion of the referee(s) and is not subject to review or appeal.

Any player or coach that amasses two technical fouls for conduct shall be ejected from the game.

For particularly egregious violations, a referee may assess a double technical foul on a player or coach resulting in immediate ejection.

## **Flagrant Fouls**

Flagrant Foul Penalty 1: Unnecessary contact committed by a player against an opponent. This is not to be confused with an intentional foul (common foul to stop the clock). Flagrant Fouls are assessed at the discretion of the official/referee and can be further escalated to a technical foul if the official/referee deems necessary.

Flagrant fouls carry a penalty of two free throws and the team that was fouled retains possession.

## **Disciplinary Action**

Any technical foul assessed whether for a Technical Violation or Conduct will be noted by the CYB Board Member Chaperone in the weekly chaperone/game report to The Board.

Any coach or player receiving multiple technical fouls resulting in an ejection or being ejected outright from a game will be subject to disciplinary action by the CYB Board as follows:

First offense: Coach or player is suspended for the next scheduled game.

Second offense: Coach or player is suspended for the remainder of the season.

### ***Part 8. Protests***

Protests shall be considered only when based on the violation of a playing rule (player substitution/Mandatory Play rule). No protest shall be considered on a decision involving a referee's judgment.

Protests regarding the Mandatory Play rule are covered in the Part 6 of this Section.

There are no protests in the CYB Clinic.