

**CYS Sports and Fitness
2012-2013 Basketball Rules**

Teams participating with outside organizations are governed by that league's guidelines, codes of conduct, uniforms, fundraising requirements, and practice locations. The CYS Sports' program abides by the National Federation of State High School Associations rules and local/national Army rules and regulations, with the following exceptions/additions:

(a) Parents and spectators are not allowed in the player's bench area. Only coaches and players are allowed in the player's bench area. Head Coaches will not have more than two (2) team Assistant Coaches in the player's bench area during the games. Teams will police their areas before departing.

(b) Coaches Rule/Box:

1) 8U Coaches or designated representatives

- One representative will be allowed to walk outside of the coaches' box, but not further than the free throw line and not in front of the score table.
- Another representative will be allowed to travel up and down one sideline. The home team decides the side of the court he/she wishes to travel for the first half. The teams will switch sides at halftime. This person is expected to help his/her team set-up the player positioning during free throws.

2) 10U and 12U Leagues – Must remain in the coaches' boxes at all times.

(c) Each child will be given a CYS team shirt with a number. Teams are not allowed to have duplicate numbers. Coaches are asked to check their shirts, prior to distribution, to ensure every child has an individual number.

(d) Players will not, "foul-out," in the 8U League. Coaches must check with the official scorekeeper after each game to monitor the number of fouls received by each player on his/her team. Coaches will instruct and correct players that have excessive fouls. 10U and 12U players are disqualified when they commit their fifth foul.

(e) Length of Quarters/Time:

8U League

- Four quarters
- Each quarter will be 8 minutes with a running clock (until the last 2 minutes of the 2nd and 4th quarters).
- Half time will be 5 minutes.
- THE CLOCK WILL RUN DURING A FREE THROW ATTEMPT UNLESS:
 - The free throw is attempted in the last 2 minutes of the second and fourth quarters
 - The free throw is attempted after a time-out;
 - **NOTE:** In the above situations, the clock will not be restarted until the ball is put back into play after the conclusion of the free throw attempts.

10U League - four (4), five (5) minute quarters (regulation clock)

12U League - four (4), six (6) minute quarters (regulation clock)

14U Girls, 14U Boys and 17U Boys – Leagues will be determined by FCPR.

All Leagues

- One (1) minute will be allowed for time-outs
- Four (4) time outs per regulation game
- One (1) minute intermission between quarters and overtime
- Five (5) minutes for halftimes. When a team has cheerleaders, the halftime will be extended by one (1) minute per cheerleading squad. One minute will be used for each cheerleading routine. Basketball teams will not resume warm-ups until the cheerleading squads have cleared the court at halftime.

(f) Balls will be issued to each coach, who must bring them for every practice and game. Players are not to bring personal balls to practice or games. Ball sizes are as follows:

- 8U – Junior size ball
- 10U – 28.5 Ball
- 12U – Regulation Ball

(g) Keeping score and forfeits:

- 8U – No score is kept for this league. If a team does not have five players to start a game, they may request to borrow players from the opposing team. Pennies will be worn by the team with fewer players. Referees are required to officiate these games.
- 10U & 12U – Score will be kept in both leagues. Each team must start a game with five players and have at least four to continue a regulation game. If a team does not have five players to start a game or four to continue, they may request to borrow players from the opposing team to play. The win will automatically be awarded to the team who lends the opposing team their players. Pennies will be worn by the team with fewer players. Referees are required to officiate these games.
- All leagues - A five minute grace period will be given for a team's first game. All other games must start on-time.

(h) Overtime

- 8U – Will not have overtime
- 10U – Will not have overtime in the regular season. Overtime will be effective in the tournament. Overtime will be a 2.5 minute period with a regulation clock. The all play rule does not apply in overtime.
- 12U – Overtime will apply in the regular and post season games. Overtime will be a 3 minute period with a regulation clock. The all play rule does not apply in overtime.

(i) Basketball goal height for 8U is 8 feet. All other Leagues will use a regulation 10 ft. goal.

(j) Free throw lines

- 8U & 10U – A line approximately 12.5 feet from the basket. CYS will show the officials.
- 12U – Regulation line 15 feet from the basket.

(k) Sports & Fitness has adopted a **MERCY RULE**: If a team has a fifteen point advantage in the fourth quarter, the clock will run for the remainder of the quarter.

(l) Participation rules:

- All players in good standing must play at least 1/2 of each quarter.
- There will be an official time-out at the half point of each quarter for substitutions. The clock will be set to half of the time allotted per quarter. When the time expires, the horn will sound to end the sub-quarter or quarter. Example – the 12U league plays six minute quarters. Each quarter will consist of two – 3 minute sub-quarters.
- Possession rules - The alternating possession arrow will determine which team will have possession of the ball at the beginning of each sub-quarter.
- Coaches will have 1 minute during the time-out to go on the court and make the necessary changes.
- NO SUBSTITUTIONS WILL BE MADE PRIOR TO OR AFTER THE HALFMARK UNLESS THERE IS AN INJURY, EJECTION, OR FOUL-OUT. If it is determined by parent or Sports & Fitness staff that an injured player may re-enter the game, he/she may re-enter at the next dead ball as long as it is during the mandatory playing time for that period.
- PLAYERS MUST LINE UP IN FRONT OF THE SCOREKEEPER TO CHECK IN TO THE GAME.
- If a team has less than 10 players present, some players will be allowed to play more than the minimum amount of minutes required. Example: Team A has only 9 players at the game; Ruling: Team A would be allowed to play 1 player more than the minimum amount. No player will play more than one (1) continuous quarter unless there is an extreme shortage of players.
- Coaches are not obligated to play an individual the minimum time under the following conditions:
 - (a). A player is late for start of game
 - (b). A player has unexcused absence from practice/s.
 - (c). A player who has been a discipline problem. CYS and parents must be notified, prior to the game, if restrictions will be placed on a child.
 - (d). A player is injured
 - (e). A player refuses to participate
 - (f). A player who breaks glasses, and cannot continue to play because of blurred vision.

(m). Team Defense

- 8U – A full court press is not allowed at any time. Teams may only play a zone defense which extends from the first volleyball line (past half-court) to the baseline.
- 10U – A full court press is not allowed at any time. Teams may only play a zone defense which extends from the first volleyball line (past half-court) to the baseline, for the first three quarters. Teams may play any half-court defense in the fourth quarter and overtime periods.
- 12U – Teams may only play a zone defense which extends from the first volleyball line (past half-court) to the baseline, for the first three quarters. Teams may play any defense in the fourth quarter and overtime periods.

(n). Penalty for Illegal Defenses:

- 8U – The defense is given a warning and the offense will inbound the ball on nearest sideline or baseline. If a team consistently violates this rule, the official should alert the CYS Director or Assistant Director. The CYS Staff will address the issue with the coach. No technical fouls will be called for illegal defenses in the 8U League.
- 10U & 12U – The defense is given one warning for the first violation and the offense will inbound the ball on nearest sideline or baseline (2 warnings will be given for the first game of the season). The second violation will result in a technical foul which will grant the offensive team two free throws and possession of the ball.

(o). Only **court shoes (such as cross trainers and basketball shoes)** are allowed on gym floors. No running shoes, street shoes, hiking boots are allowed (running shoes scratch the finish on gym floors).

(p). Tournaments: There will be a single elimination tournament for the 10U and 12U leagues. League standings will determine tournament seedings. If a tie exists at the end of regular season, head-to-head match-ups will be considered. For multiple ties, a coin toss will determine tournament seeding.

(q). 3 second rule: This rule will be enforced in the 10U and 12U Leagues, but not in the 8U League.