**Basic Rules and Guidelines**

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| |  |  | | --- | --- | | **Under 8** (as of Sept. 1 of prior year) 1 Hour Sessions 5/6 min. Quarters Youth Ball (27.5") 8 ' 6" rim 1 or 2 referees 1 scorekeeper | **Under 10** (as of Sept. 1 of prior year) 1 Hour Sessions 5/6 min. Quarters Youth Ball (27.5") 10' rim 2 referees 1 scorekeeper | | **Under 12** (as of Sept. 1 of prior year) 1 hr. 15 min Sessions 6/7 min. Quarters Women's Ball (28.5") 10' rim 2 referees 1 scorekeeper | **Under 15** (as of Sept. 1 of prior year) 1 hr. 15 min Sessions 6/7 min. Quarters Full Size Ball (29.5") 10' rim 2 referees 1 scorekeeper | |

**Proper Registration and Attire Rule**:  
In order to participate in practice or games, players must be properly registered   
with the CYBA and in proper attire including (issued) uniform and basketball shoes.   
No hats or jewelry are allowed.  
  
**Everyone Plays Rule:**  
Players shall play equally through the course of the season, regardless of their ability.  
This means that at the end of the season all players should have played approximately   
the same number of quarters, assuming that they made it to the same number of games.  
On a weekly basis the following guideline should be used by coaches:  
  
*If there are 5 players present, each plays 4 quarters.  
If there are 6 players present, 2 players play 4 quarters and 4 play 3 quarters.  
If there are 7 players present, 6 players play 3 quarters and 1 plays 2 quarters.  
If there are 8 players present, 4 players play 3 quarters and 4 play 2 quarters.  
If there are 9 players present, 7 players play 2 quarters and 2 play 3 quarters.  
If there are 10 players present, each plays 2 quarters.*  
  
**Coach's Rule:**  
 All coaches shall support the mission of the CYBA by providing a positive  
and encouraging environment for the players and the referees.   
This includes, among other things, refraining from abusive verbal   
comments to players, refraining from questioning the referee's   
calls during play, remaining in the "coach's box" during play, etc.  
  
**No Zone Defense Rule:**  
Teams shall use "man to man" defense in which each player is assigned   
to guard a player on the opposing team. At the beginning of play each   
player should be instructed to match up with a player on the opposing team.   
Zone defenses are not allowed.  
  
**No Backcourt Press Rule:**  
Teams shall not use a backcourt press on defense.  
Once the defensive team has gained possession of the ball in   
the backcourt (and thereby becomes the offensive team),   
the other team shall immediately move to the opposite side   
of the mid-court line before playing defense.  
  
**No Backcourt Penalty Rule:**  
For the Under 8 and Under 10 divisions, offensive teams shall not   
be penalized when the ball crosses back across the mid court line.   
  
**Lopsided Game Rule:**  
When a game score becomes lopsided (for example 12 points difference),   
the coach of the leading team shall adjust offensive strategy and players on   
the floor in order to minimize the final score differential.  
  
**Points on Fouls Rule:**  
A player shall be awarded two points when they are fouled on an unsuccessful shot.   
A player shall be awarded three points when they are fouled on a successful shot.  
  
**Technical Foul Rule:**A technical foul will be assessed to any player who uses profanity,   
is physically or emotionally out of control or is verbally abusive to a player,   
parent, referee, coach or official of the CYBA.   
Such player shall be immediately removed from the game.  
  
**Five Fouls Rule:**A player who receives his/her fifth personal foul will be removed from   
the game or may be left in the game at the opposing coach's discretion.  
  
**No Timeouts Rule:**Because of the limited time for games, no timeouts are   
allowed except for injury timeouts called by the referees.  
  
**Substitution Rule:**  
Substitutions are only allowed in the middle of the fourth quarter for the purpose   
of providing equal playing time. A timeout is not required for this substitution.  
  
**Progressive Rules Rule:**The rules above are intended to modify and complement the   
current National Federation of High School basketball rules.   
All other NFHS rules apply.   
The more technical rules of basketball may be applied by the referees on   
a progressive basis through the age brackets and through the season.  
  
Any player, parent or coach who observes instances of violation   
of the above "rules", that is not noticed or appropriately dealt with   
by the referee, is encouraged to report the issue to CYBA Board   
Member for follow up action.   
We all need to work together to make the CYBA   
experience a memorable and positive one.