

# Claremont Youth Basketball - CYB

## RULES OF PLAY

Last Revision, 10/04/04

### *Section I: General Rules*

**A. Safety First:** The players' safety and health is the first concern of Claremont Youth Basketball. **The referees may stop the game at any time** to determine the condition of a player who may be injured or suffering from health problems. Play shall resume as soon as reasonable.

#### **B. Coaches Conduct**

- (1) Sportsmanship is the expected conduct for all coaches. Additionally, the head coach is responsible for all conduct of his or her team on the court, the bench, and for spectators viewing the game who are associated with the team (parents, family, and friends).
- (2) **Coaches are encouraged to sit** during games. However, the head coach only may stand in the area immediately in front of their team bench.

### *Section II: Rules Governing Time of Play*

**A. Length of Game:** Each game shall consist of five (5) eight minute periods.

**B. Half time:** There will be a three (3) minute half time break. Periods 1 & 2 shall be the first half, and periods 3, 4, and 5 shall be the second half.

**C. Clock:** The clock shall run throughout the playing periods, with the following exceptions:

- (1) The clock will stop on all shooting fouls until the player is given the ball at the line for the first shot. The clock will stop for all timeouts (referee or team).
- (2) During the final two (2) minutes of the 5<sup>th</sup> period, if the difference in score is 15 points or less, the clock will stop on all whistles for the remainder of the game.

**D. Overtime:** The first overtime period will be two minutes in length, with the clock running as described in **C. (3)** above (regulation/stop clock); each successive overtime period will be one minute, with the regulation/stop clock.

**E. Timeouts:** Each team is permitted three (3) timeouts per game. 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.

**F. Forfeit:** The game will be forfeited if one team is not ready to play 10 minutes after the scheduled game time. A minimum of five players is required to play a game. 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.

### *Section III: Rules Governing Play*

<b>Key to Divisions:</b>	<b>Division 3</b> 3 <sup>rd</sup> & 4 <sup>th</sup> grades	<b>Division 2</b> 5 <sup>th</sup> & 6 <sup>th</sup> grades	<b>Division 1</b> 7 <sup>th</sup> & 8 <sup>th</sup> grades
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### A. Defense

- (1) **Division 3:** Teams may play zone or man-to-man defense at any time during the game. Zone defense is highly recommended.

Once a team secures the rebound and is advancing in transition, players cannot play defense until they have put one foot on or inside the three-point-line. All defensive players must keep one foot on or inside the three-point-line until the ball crosses the half court line.

*Exception:* In a fast break transition, defensive players may defend when the ball crosses the half court line.

*Exception:* 5<sup>th</sup> quarter (see **B. Press** (1), below).

- (2) **Division 2:** Teams may play zone or man-to-man defense at any time during the game. A combination of zone and man-to-man defenses are highly recommended. Once a team secures the rebound no backcourt pressure is allowed during the first four periods.
- (3) **Division 1:** Teams may play zone or man-to-man defense at any time during the game.
- (4) **Penalty for illegal defense** (Divisions 3 and 2 only): One warning per half, followed by a technical foul for each infraction after the warning.

### B. Press

- (1) **Division 3:** Teams may pickup at half court in the 5<sup>th</sup> period. The defense must allow the dribbler (or ball) to cross the half-court line fully before applying pressure. Teams may full-court press during the last two minutes of the 5<sup>th</sup> period and overtime(s). *Exception:* Mercy Rule.
- (2) **Division 2:** Teams may half-court press at anytime during the game; full-court press is permitted only in the 5<sup>th</sup> period and overtime(s). The defense must allow the dribbler or a pass in flight to cross the half-court line fully before applying pressure in the half-court press. *Exception:* Mercy Rule.
- (3) **Division 1:** Teams may half- or full-court press at anytime during the game. *Exception:* Mercy Rule.
- (4) **Penalty for illegal press:** One warning each half, followed by a technical foul for each infraction following the warning.

### C. Free Throws

- (1) **Division 3:** The free throw line will be ten (10) feet from the backboard. The shooter's foot can touch but not cross completely over the line. Six (6) players maximum plus the shooter may occupy the lane. Players not occupying the lane must remain above the top of the key.

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- (2) **Division 2:** The free throw line will be one foot short of the regulation free throw line. Six (6) players maximum plus the shooter may occupy the lane. Players not occupying the lane must remain above the top of the key.
  - (3) **Division 1:** The free throw line will be the regulation fifteen (15) feet.
  - (4) No player may enter the lane until after the ball has struck the rim.
  - (5) For all Divisions on the 10<sup>th</sup> and subsequent team fouls of each half, double bonus (two-shot foul, not a 1-1) penalty free throws will be awarded.
- D. Mercy Rule:** If a team has a 25-point lead at any time during the game, the scorekeeper shall notify the referee to implement the mercy rule. The team with the lead cannot employ any press and must use a zone defense where all players must keep both feet inside the 3-point area at all times. The clock will run continuously except for time-outs, until the point difference is 15 points or less. In the fifth period only, the coach of the team that is behind shall select the top three players on the opposing team to be removed from the game until the lead is 15 points or less.

### *Section IV: Rules Governing Player Participation*

- A. Player Participation:** Each player must play one full continuous period in each half. Each player must sit out one full continuous period before the start of the fifth period. Player participation shall be fulfilled by the end of the 4<sup>th</sup> period. *Exception:* Five and Six Player Rules.
- B. Substitution:** No substitution during a period is allowed until the fifth period. During the fifth period and overtime, players may be substituted freely. *Exception:* Injury or health problems.
- C. 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 period.
- D. Injury or Health Problems:** 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, 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. **The substituting player is still required to sit out one full period.**

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 official.

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- E. Practices:** If a player misses consecutive practices without an excuse, the coach will notify the parents of the player. If the player misses a third consecutive practice, the coach will notify the parents and the Commissioner and the player can be declared ineligible to participate in the next scheduled game at the discretion of the Commissioner and the coach. The Commissioner and the coach's decision may be appealed to the Board of Directors.
- F. Five Player Rule:** If only five (5) players for a team are present and physically able to play, that team will be penalized. Two (2) penalty points will be awarded to the opposing team at the start of each period except overtime. If a sixth player joins the team prior to the end of the game then the **Six Player Rule** will be enforced from that point forward.
- G. Six Player Rule:** If only six players for a team are present and physically able to play, that team will be penalized. Two (2) penalty points will be awarded to the opposing team at the start of the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> periods except overtime. If a seventh player joins the team prior to the end of the game then the penalty phase will stop from that point forward.

If a team has six (6) players to start the game, the opposing coach will choose the player to sit out the 1<sup>st</sup> period. In this situation only four (4) of the six (6) players are able to sit out one full continuous period during the game and two (2) players are allowed to play the entire game.

If a team with six (6) players has a player foul out before the end of the 4<sup>th</sup> 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 one full continuous period. A team may finish a period with less than five (5) players.

- H. Failure to Follow the Player Participation 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 must be entered in the official scorebook 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.

### *Section V: Additional Rules*

**A. Division 3: 1<sup>st</sup> Pass/Backcourt Rule:** After the defensive team secures the rebound, the first pass must be completed in the backcourt before the ball can be advanced to the frontcourt.  
*Penalty:* The referee will issue one warning per half, after which one technical foul will be awarded.

**B. Division 3: Time in the Key Rule:** An offensive player may be in the key for five (5) continuous seconds. An offensive player in the key for more than five seconds will cause the ball to be awarded to the defense.