



Basketball Rules

Revised 01 December 2022



Our **CYS Basketball Program** is a true recreational league for any player whether a beginner or a more talented player. Our guidance is for our players to **learn the basics** of the game and to have **FUN!!** These rules are designed to allow all participants equal opportunity to have fun in modified forms of basketball which match the capabilities of the youth. **We are looking forward to a safe, fun, positive, and memorable season. Thank you for your participation!**

Sportsmanship: Parents and coaches are **expected to render positive support** to all youth in the program, as well as to other coaches, officials, staff, and program volunteers. Your coaches will be giving you a Parents Code of Ethics that will need to be signed in order for your children to participate. Please review your Parent Code of Conduct.

- **Coach's & Parents are also Teachers.**
Only good sportsmanship behavior is allowed at our games.
- **Do NOT argue with the Officials, Sports Director, Scorekeepers, or Staff on Duty.**
You may be asked to leave if disrespectful or unruly. Do NOT argue about the score.
Questions, concerns, and suggestions can & will be handled later away from the children.
- **DO NOT CORRECT NOR TRY TO GIVE DIRECTION TO A CHILD THAT IS NOT YOURS!** Please direct all concerns to your coach or another CYS Sports staff on duty.
- **Unruly, unsportsmanlike behavior** will **NOT** be tolerated and you **WILL** be asked to leave.
- **Please write up your concern & EMAIL it to the Sports Director listed below for follow-up.**
- **If a parent receives Disqualification or Ejection**, then **ONLY the Parent**, not the coach, will be asked to leave the vicinity. You have 1 minute to leave, or a team forfeit will result. We do not want to punish the team players or coach for inappropriate adult behavior. Please avoid this by remembering that this is a recreational league. **No profanity or inappropriate behavior.**
- **Should an official eject a coach, parent, or player**, the Sports Director or CYS Staff will be responsible for ensuring the person is escorted out of the building. **The official should return to the center of the court and remain a neutral party until the removal is completed.**
- We play in a "Recreation" league so please emphasize safety, sportsmanship, team play, and good attitudes.
- Please help us to **provide a safe, positive, and fun environment** for our youth.

Age Determination: The age of the player on 1st scheduled game date.

Ball: 5-6 yr. Voit 110, Rookie size, or other brand of same size
7-11 yr. Midsize 28.5
12-15 yr. Regulation size

Hoop Height: 5-8 yr. @ 8' and 9-12 yr. @ 10'

Pre-game Warm-up: **5**-minutes, possibly more if scheduled game time is set to start on the hour

Time in Quarter: Two **20**-minute running clock halves.
Normal stop clock on **LAST 2 minutes of 2nd half ONLY.**
(Keep running if score turned off)
Halftime is **5-minutes.**
NO overtime. Game may end in a tie.
Timeouts - 2 per half at **30** seconds each.

League Play: National Federation High school Rules will be used with the following amendments:

- Be ready 15 minutes prior to scheduled starting time. Clock may be started on scheduled time.
- All Players should have equal starting and playing time.
- **No jewelry.** (Includes rubber bands not used in hair and hard plastic) No taping of earlobes to hide earrings.
- **Last and First names with corresponding numbers** are to be placed in the official scorebook **2 minutes prior to game time.** Coaches are responsible to put in the book. Suggest to make in advance and turn in to scorer
- Team Name, Coaches and Team Management will also be listed on the **official score sheet.** Members not listed on the score sheet will not be allowed in the bench area.
- **5-6 yr.** only: **NO SCORE** will be kept on the clock
 - **NO Jump ball** to start game. Guest team will start game at half court out of bounds.
 - **Defensive players can NOT double team, trap or STEAL the ball while the player has control.** (Holding or dribbling) Inside 3 pt. line is allowed except stealing the ball. (Hands UP)
 - Penalty: Warning and award ball out of bounds.

- **Backcourt Pressing:**
 - **5-6 yr.** No Backcourt pressing allowed at any time. (Once player has control of ball)
 - **7-8 yr.** Only in 2nd half. No pressing if 10 point or more lead.
 - **9-15 yr.** Allowed at all times unless 10 point or more lead.
- **If 20 pt. or more lead, NO half court press, drop back to free throw line extended**
 - Warning on the 1st violation, Technical Foul after for each after for Unsportsmanlike Conduct.
- **3 sec. key violation:**
 - **5-6 yr.** No Violation
 - **7-8 yr.** 5 sec. rule, relaxed rule
 - **9-15 yr.** Normal 3 sec. rule, relaxed rule
- **Traveling:**
 - **5-6 yr.** No Violation
 - **7-8 yr.** Called on obvious & if advantage/disadvantage, very relaxed rule
 - **9-15 yr.** Called on obvious, relaxed rule
- **Double Dribble:**
 - **5-6 yr.** No Violation
 - **7-8 yr.** Called on obvious, allowed to intermittent dribble
 - **9-15 yr.** Called on obvious, relaxed rule
- **Free-throws:**
 - **5-6 yr.** NO freethrows. Awarded ball out of bounds.
 - **7-8 yr.** 10' Shoot only in last 2 minutes of game only (not called for going over line)
 - **9-10 yr.** 12' Shoot only in last 2 minutes of game only (not called for going over line)
 - **11-15 yr.** 15' Shoot only in last 2 minutes of game only
- **Backcourt:**
 - **5-6 yr.** No Violation
 - **7-8 yr.** No Violation but emphasis not taking advantage of
 - **9-15 yr.** Normal rule

Fouls:

- On **shooting fouls** and fouls committed **after sixth team foul** each half, **one point is awarded** to the fouled team and the ball is given to them out of bounds to the nearest spot of the foul.
- On fouls committed when the **basket is made** the 2 or 3 points count, and the fouled team receives the **ball out of bounds**
- **During the last 2 minutes of the game**, unless there is 20+ lead, free throws will be shot as in regular basketball. Bottom spaces located to free-throw line on both sides are not legal to occupy. Max of 2 offensive and 4 defensive players are allowed in marked lanes.
- **Technical fouls are NOT shot.** Two points are automatically added for each technical and the ball given at half court for a team throw-in to the awarding team.

Point Spread:

- If a **20-point** difference with **5 minutes** or less left in the game, the **score will be 0 – 0**, and only the time will remain visible.
- This can be modified at any time by on site Director / Coordinator if needed to remove score earlier to avoid embarrassment or negative environment.

Responsibilities:

- The **Head Coach** is the **ONLY** person allowed to approach the official's or the scorekeepers. A parent may ask immediate questions to their coach or the available CYS Sports Staff on Duty.
- The **Head Coach** is the **ONLY** Coach allowed to **stand in the Bench Area** during the game - not close to table.

Game Cancellations/Delay: (Emergencies, Exercises, Weather, Schools, etc.)

Decisions to play or cancel will be made by the Sports Director NLT 1 hour prior to first game time on Saturday. Coaches will be called as soon as possible and the Facebook manager will be informed to put a notice on Facebook - Like "JBLM CYS" to receive any CYS Sports Information.

*Rules may be changed during the season if the rule is better for safety, play, & our program. Keep most current copy with you at all times for reference and reminders. Any questions, concerns, problems, injuries, or positive suggestions please email the JBLM Sports & Fitness Director at cynthia.a.williams-patnoe.naf@army.mil or call the Sports Office.

*Let us all have a safe, fun, positive, and memorable season. Thank you for your participation and **thank a VOLUNTEER!**

CYS Sports Office (253) 967-2405