

CHANTILLY YOUTH ASSOCIATION

Basketball House League Rules

UPDATED: December 2023

ATTENTION

This rulebook is intended to be a general guide to the Chantilly Youth Association (CYA) Basketball Rules and policies, and your responsibilities as a player, coach or spectator. It is for informational use only. From time to time, the CYA Basketball Board reviews its policies, procedures and rules and makes revisions based on the need for and desirability for change. Thus, any policy, procedure or rule outlined in this manual may be modified at any time by the Basketball Board without advance notice. Additionally, depending on the circumstances of a particular situation, the CYA Basketball Board remains free to decide in all cases whether to apply the policies expressed herein to any particular set of circumstances. By registering your child to play in the CYA Basketball league or yourself to coach (whether House or Travel), you agree to become aware of the information contained in the manual and abide by it.

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1. INTRODUCTION

The Chantilly Youth Association (CYA) Basketball Program exists to provide participants an equal opportunity to play basketball in a fun and learning environment that enhances both individual and team development.

We focus on safety and sportsmanship. Having fun, learning the game, and playing as a team are more important than records. Coaches are asked to keep this in mind. Learning about winning and losing is important and needs to be part of the player's development and education process, but the desire to win must be viewed in the proper perspective. Coaches, participants, and parents/guardians need to understand that winning is the result of individual hard work and team development.

Coaches and parents must be dedicated teachers—not only in the game of basketball, but also in sportsmanship and getting along with others. Playing basketball is an opportunity to teach our children about team play and individual contribution.

2. GENERAL

The CYA Basketball Program House League is played in accordance with the National Federation of State High School Associations Rules for Basketball and the Virginia High School Athletic Association Rules for Basketball except as noted in this document. Where these three sets of rules are in conflict, the CYA Basketball rules shall apply.

2.1 Rule Interpretation

The formulation and interpretation of CYA Basketball rules and policies shall be the sole responsibility of the CYA Basketball Board, unless overridden by the main CYA governing board. League Administrators are not permitted to change these rules for their individual leagues without express written permission from the CYA Basketball Board. Individual coaches cannot agree during or prior to a game to alter any of these rules.

Interpretation of CYA Basketball rules during a game shall be the primary responsibility of the referees. If a league administrator or basketball board member is present, they may intervene to help resolve any disagreement about the interpretation of any CYA Basketball rules in a game situation. Only coaches may request a rules interpretation from the referees or league administrators/basketball board members during a game and only during time-outs or at quarter breaks.

2.2 Sportsmanship Responsibility

The CYA Basketball Program emphasizes good sportsmanship. Each coach should review the sportsmanship rules in Sections 8-9 with members of the team and with parents/guardians. All coaches, players and parents/guardians will be expected to abide by the principles of good sportsmanship. All parents/guardians are required to sign the CYA Basketball Sportsmanship Pledge (below) for themselves and their children at the time of registration.

Sportsmanship pledge: “I understand that CYA Basketball is not just about providing an environment for kids to play competitive basketball but also about teaching the values of fair play and sportsmanship. I pledge that both my child and all family members will always respect other players, coaches, referees, league administrators and basketball board members. I will cheer for my child and his/her team. At no time will our family members vocally criticize or boo other players, coaches, referees, league administrators or basketball board members while on school premises. While on school grounds, our family will respect school property; obey all CYA, Fairfax County and Fairfax County Public Schools (FCPS) rules; and will abide by any requests from referees, league administrators, basketball board

members, building directors, or school personnel. I understand that if any family member or I violate this code of conduct, then County officials, school officials, CYA officials, or referees may require that the family member in question leave the facility and that, subject to the findings of the CYA Basketball Board, the family member may be suspended from participating in or attending future games.”

2.3 Age Groups

The CYA Basketball Program House League offers a number of age groups for boys and girls based on their current grade (home-schooled children by default are placed in the house league corresponding to the grade in which they would be placed in the public school system by FCPS according to their birth date). For the Winter basketball house league, the youngest grade shall be 1st and the highest shall be normally 12th. Under no circumstances will a player be allowed to play outside his or her grade level

The CYA Basketball Board and its League Administrator representatives reserve the right to advance a player that is older than other players in the league for the child’s grade level.

Since the CYA Basketball Program abides by the Virginia High School Athletic Association rule that prohibits coed teams, all teams will be made up of same sex players.

2.4 Eligibility

Individuals currently playing on Fairfax County Youth Basketball League (FCYBL) travel basketball teams (CYA or other organizations) are not allowed to play CYA Basketball Program House League basketball during the Winter season. In addition, individuals currently playing on high school varsity, JV, or freshmen teams are not allowed to play CYA Basketball Program House League basketball during the Winter season. Since neither FCYBL nor the high schools play games during CYA’s Spring season, individuals who played FCYBL or high school ball in the Winter are allowed to participate in the CYA Basketball Program House League during the Spring season.

2.5 Team Composition

No CYA Basketball Program house league team in grades 3-8 may have more than ten players (grades 1, 2 and high school teams can roster more than ten players). Players in grades 3 through 12 are generally placed on teams through a draft process. Draft procedures are determined by the CYA Basketball Board and documented in the League Administrator Guide. In those instances where a player is allowed to register after the draft, the Boys/Girls Commissioner and the League Administrator shall determine an appropriate method for assigning the player to a team. Players in grades 1-2 are assigned to teams by the League Administrator based on school and neighborhood.

2.6 Team Practices/Games

When space permits, house league teams in grades 2-10 will have one (1) practice and one (1) game per week from December through February. Gym cancellations may throughout the season force some cancellations of games or practices. Late in the season (due to make-up games) and during the tournaments, the schedule may require two (2) or more games per week. In any case, no team will be allowed more than two (2) practices and one (1) game, or one (1) practice and two (2) games per week during the regular season. Non-CYA scheduled games are not permitted (with the exception of the high school girls Friendship League) without permission from the Basketball Board. In addition, teams cannot schedule extra practices without permission of the League Administrator.

3. FACILITY RELATED

3.1 Gym Cancellation (*Weather & School Events*)

Games or practices will be postponed or cancelled when the school facilities are closed due to inclement weather or when games or practices interfere with school activities. Every effort will be made to notify coaches in advance when school activities prohibit the use of the gym. **Be aware that if upon arrival school authorities say the gym is closed, then the gym is closed until deemed otherwise. Teams must vacate the facility.** The coach can call the Neighborhood and Community Services Hotline at (703) 609-8870 for clarification on the gym use and, in some instances, Neighborhood and Community Services may be able to get the gym reopened.

Fairfax County Public Schools (FCPS) or individual school authorities can close the school gyms due to inclement weather. Whenever FCPS has announced that the schools will be closed due to inclement weather conditions, then all school gyms (but not necessarily the CYA Field House, Hoops Plus, Campus or other commercial facilities) are closed on that day. However, a school closure for inclement weather reasons on Friday does not mean that the gyms will be closed on either Saturday or Sunday. FCPS will make a separate determination for weekend activities and record and post this information on the FCPS hotline and website.

It is the responsibility of each coach to determine whether the school gyms have been closed because of inclement weather. This information can be obtained by watching the FCPS Channel 21 on Comcast, Cox or Verizon, by going to the FCPS website home page (<https://www.fcps.edu/>) or by calling the Neighborhood and Community Services Hotline at (703) 609-8870. Coaches and parents are encouraged to sign up for the Fairfax County message service that can be broadcast both to an email address and a cell phone number (sign up at <https://www.fairfaxcounty.gov/alerts/>). This service will alert coaches to school closings due to inclement weather or other emergency situations. In addition, coaches should check their e-mails on nights prior to game days or the early morning on weekend game days.

The CYA Field House, Hoops Plus, Campus and other commercial facilities do not follow the FCPS gym closure guidelines. Instead, game cancellations at CYA Field House, Hoops Plus, Campus and other commercial facilities due to inclement weather are decided upon by the CYA Basketball Board in consultation with the CYA Field House, Hoops Plus, Campus and other commercial facilities staff and the Cardinal Basketball Officials Association. This information will be posted on the CYA website's basketball page and the CYA basketball scheduling website or can be obtained by calling CYA Field House at (571) 529-6545, Hoops Plus at (703) 430-8489, Campus at (703) 544-9403.

As soon as CYA receives information about inclement weather related cancellations at the schools, CYA Field House, Hoops Plus, Campus or other commercial facilities, these announcements are posted to the Basketball page of the CYA website (www.chantillyyouth.org) and Basketball scheduling website (cyabasketball.assn.la). CYA will also endeavor to send out a mass e-mail to all CYA participants. In certain circumstances, CYA may cancel games due to unsafe driving conditions even if FCPS has not yet made a decision to close the schools.

All other postponements shall be made at the direction and approval of the League Administrators. The League Administrators together with the Basketball scheduler will also determine whether games cancelled due to school closures can be made up and when and where these make-ups will occur.

3.2 Conduct in Gyms

Players and spectators must remain in the gyms during practices and games and use the designated bathrooms. Players and spectators are not allowed to run in the hallways, bounce/throw basketballs (except when engaged in practices or games), or use non-basketball related equipment. School property should be respected at all times.

Only water is allowed in the gyms and hallways. No food or drink (other than water) may be brought into the school per FCPS regulations. At private gym facilities used by CYA, players and spectators must obey all posted rules regarding conduct and food/drink.

After games, teams should make sure to collect all personal possessions and place bottles or trash in appropriate receptacles.

3.3 Gym Volunteer Building Director (Volunteer BD and County BD)

The Volunteer Building Director is responsible for maintaining the orderly conduct of players and spectators while on school grounds and in school facilities. This means making sure that food and drink (other than water) are not brought into the gym, that kids are not running or bouncing basketballs in the hallway or the gym (except when engaged in practices or games), that players or spectators are not using non-basketball equipment, that any broken or damaged equipment is reported to Neighborhood and Community Services (NCS), and that any serious injuries are reported to NCS and the Basketball Board. Damage to school equipment or serious player or spectator injury may entail filing an incident report with Fairfax County NCS. Information about the building director program, as well as an informational video and test, are available online (<https://www.fairfaxcounty.gov/ncs/athletics>).

The home team is responsible for providing an adult, **other than the Head Coach, Assistant Coach, Scorekeeper, or Timekeeper** to serve as the Volunteer Building Director during each game. The Head Coach is encouraged to have several volunteers become certified Volunteer Building Directors. **Each team should have one Volunteer Building Director present at all games, even though the primary responsibility falls upon the home team.** The designated Volunteer Building Director must carry their Volunteer Building Director certificate at all times or be able to access it through their cell phone.

Each Head Coach and the Assistant Coach must become a certified Volunteer Building Director. During practices, each team is required to have a Volunteer Building Director present (which can be the head or assistant coach), and that person is required to display the Volunteer Building Director identification as provided by Fairfax County. The Head Coach must provide the appropriate League Administrator with the names and phone numbers of their designated Volunteer Building Directors by January 2nd.

If your team does not have a certified Fairfax County Volunteer Building Director present during a practice, the Neighborhood and Community Services representative has the authority to require that your team leave the building. If the Neighborhood and Community Services representative finds that neither team has a certified Fairfax Volunteer County Building Director present for a given game, **the home team may have to forfeit that game.**

CYA is fined each time any of its members are found to have violated the Fairfax County regulation requiring that Volunteer Building Directors properly display their Building Director credentials and actively monitor the activities of all players and spectators in the building.

In certain gyms (notably Carson MS and Franklin MS), CYA is required to hire a paid Building Director from Fairfax County or Neighborhood and Community Services. If those paid Building Directors are not present, the school authorities may refuse to allow CYA to practice or play games (especially at Franklin MS). We have no recourse in such instances other than to call the Neighborhood and Community Services Hotline at (703) 609-8870 to request that a Building Director be sent to the school. It is recommended that even in those gyms the teams provide a Volunteer Building Director to help monitor the activities of players and spectators, though the Fairfax County designated building director has ultimate authority.

4. PLAYER EQUIPMENT RELATED

4.1 Player Uniforms and Equipment

During games, all players must wear an official CYA basketball jersey or t-shirt. The home team will wear grey and the visiting team will wear purple. Any player not having this shirt may be declared ineligible for the game. All shirts must be tucked in at all times during the game.

Shorts are required. There are no rules concerning the length or color of shorts unless they pose a safety hazard. Jerseys must be tucked in. No part of the player's undershorts may be showing at any time during a game. Players can wear t-shirts under their jerseys. These should be white or black.

Players must wear the appropriate athletic shoes—basketball shoes are highly recommended for safety reasons. Any player not adhering to this requirement will be declared ineligible.

4.2 Players with Watches, Wristbands, Barrettes, Jewelry or Glasses

Players may not wear watches, thin wristbands, barrettes, or jewelry of any type (including earrings) during games, warm-ups and practices. **Taping of earrings is not permitted under any circumstances.** Earrings must be removed prior to warm-ups for safety reasons. After the start of a game, the official may charge a team with a time out to stop play and correct the infraction. Any player not adhering to this requirement will be declared ineligible for the game.

Players who wear glasses shall have shatterproof lenses. It is highly recommended that players wearing glasses wear goggles to protect themselves.

4.3 Players with Casts, Splints or Braces

Players will not be permitted to play with hard casts, 'soft' casts, splints, or similar hard surface devices under any circumstances. Soft braces are permitted.

4.4 Blood Rule

Players having injuries with visible blood or with blood on their uniforms will not be permitted to play. The player will leave the court as soon as the condition is discovered and may return only after the problem has been resolved. Persons assisting the player should use appropriate precautionary procedures.

5. GAME RELATED

5.1 Game Balls

The ball size for all Girls leagues (grades 2-12) and the Boys 2nd - 6th grade leagues is the standard women's ball (28.5" circumference, ¼" seams). For Boys 7th-12th grade leagues, the standard men's basketball will be used (29.5" circumference, less than ¼" seams). NOTE: The first grade league for their exhibition game uses the special 1st grade balls issued to players at the beginning of the season.

5.2 Basket Height

The basket height for league play will be as follows:

- Girls 1st through 3rd grade: 8'
- Girls 4th grade: 9'
- Boys 1st and 2nd grade: 8.5'
- Boys 3rd grade: 9.5'
- Boys 4th grade and Girls and Boys 5th grade and above: 10.0'

In certain gyms or due to mechanical failures, baskets may not be adjustable. In these circumstances, teams should play and practice with the basket heights that are set. If possible, both baskets should be set at the same height.

5.3 Free Throw Line

The free throw line distance will be based on the grade groups as follows:

- 1st - 4th grade groups: 12 feet
- Grades 5 and above: 15 feet (standard)

5.4 Three Point Field Goals

Three (3) point field goals are not counted in the 1st – 6th grade leagues. For the 7th – 12th grade leagues, three point field goals will be counted if and only if the floor is properly marked.

5.5 Bench Location

The home team shall sit on the right side of the scorekeeper's table (while standing on the court facing the scorekeeper's table). The home team shall wear white and the visiting shall wear purple.

During pregame warm-ups and the first half of play, each team will shoot at the basket on the opposite end of the court from their bench.

Only the players, coach, and one designated assistant may sit in the bench area (defined as the sideline area between the half court line and the foul line extended) during a game. In instances where the coach and assistant are both of high school age, they must provide an adult (at least 25 years old) assistant/supervisor who must also be on the bench. The League Administrator will collect from the High School student coach the name of the adult supervisor(s).

Coaches must remain within the team bench area at all times while the teams are in play. Coaches are not allowed to step onto the court during play—coaches violating this rule may be assessed a technical foul.

5.6 Minimum Players

All teams must be ready to start the game with at least 4 players within 5 minutes after the scheduled game start time (or within 10 minutes of the end of the previous game). For Boys/Girls grades 1-8, a fifth player must arrive by the start of the second quarter; for boys grades 9-12 a fifth player must arrive by halftime; for girls grades 9-12 there is no requirement beyond the 4 players at the start of the game. Any team failing to meet these requirements will forfeit the game. The game will not be rescheduled.

5.7 Game Interruptions

Games which are interrupted due to unforeseen circumstance (i.e., power failure, fire drills) will be continued from the point of interruption as long as time permits. If 3 full quarters can be completed in the allotted time, the game will be considered complete. If not, the League Administrator will reschedule the game to be entirely replayed if the scheduler is able to provide another game slot.

5.8 Clock Missing/Malfunctioning

If there is no clock present at the game or the clock is malfunctioning, a running clock shall be used unless a scorekeeping app is available for use. Each quarter will be 15 minutes in length, with the clock stopping only for time-outs (official or team). The half-time break will be 3 minutes, and there will be a 1 minute break between quarters. It is the scorekeeper's responsibility to keep time and signal the end of each quarter to the officials.

5.9 Game Forfeits

A game shall be declared a forfeit when:

- a team is not ready to play within 5 minutes after the scheduled start time (a minimum of four players must be present to start a game, but 5 players must be available to play by the beginning of the 2nd quarter for grades 1-8 and by the second half for boys grades 9-12); for 9-12th grade girls a forfeit occurs only if and only if 4 players are not ready to play within 5 minutes of the scheduled start time (no requirement for 5th player by halftime);
- a team plays with an ineligible player;
- if, because of disqualification of players, the team cannot field at least two (2) players;
- a team failed to comply with the player participation rule according to a finding by the Sportsmanship Committee upon a protest filing by the opposing head coach (see rule 8.6)
- a team accrues three (3) sportsmanship-related technical fouls in any one game; and/or a team has a player, coach or spectator who has been asked to leave the gym by a game official but refuses to do so.

5.10 Inbounding the Ball (game start, half time, time outs)

The ball will be put into play from out of bounds as follows:

1. At the start of the game, for grades 1 through 6, the ball will be put into play at mid court opposite the scorer's table. For grades 7-12, the game will begin with a jump ball.
2. At the start of each subsequent quarter, for all grades, the ball will be put into play at mid court opposite the scorer's table according to the alternate possession rule.
3. After a timeout is called, the ball will be put into play closest to the location of the ball when the time out was requested.
 - a. If the time out was requested when the ball was out of bounds, the ball will be put into play at a spot determined by the referee.
 - b. If the time out was requested when the team was allowed to run the baseline, i.e. after an opponent's made basket, the ball will be put into play along the same baseline at the intersection with either foul lane line and the team will still be allowed to run the baseline.

- c. If the time out was requested when the ball was in play on the court, the ball will be put into play as follows:
 - i. If the ball was in the lane when the time out was called, the ball will be put into play at the closest baseline at the intersection with either foul lane line.
 - ii. If the ball was between the baseline and the foul line or foul line extended and outside the lane, the ball will be put into play at the closest sideline at the intersection with the foul line extended.
 - iii. If the ball was between the foul lines or foul lines extended at opposite ends of the court, the ball will be put into play at the closest sideline at mid court.
4. After a foul (non-shooting, non-technical), violation, or jump ball is called, the ball will be put into play closest to the location of the ball when the foul, violation, or jump ball was called.
 - a. If the foul, violation, or jump ball was called when the ball was out of bounds, the ball will be put into play at the same spot.
 - b. If the foul, violation, or jump ball was called when the ball was in play on the court, the ball will be put into play as follows:
 - i. If the ball was in the lane the ball will be put into play at the closest baseline at the intersection with either foul lane line.
 - ii. If the ball was between the baseline and the foul line or foul line extended and outside the lane the ball will be put into play at the closest sideline at the intersection with the foul line extended.
 - iii. If the ball was between the foul lines or foul lines extended at opposite ends of the court the ball will be put into play at the closest sideline at mid court.
5. After a technical foul and the subsequent shots, the ball will be put into play at mid court opposite the scorer's table.

5.11 Time Outs

- **For Boys/Girls grades 2-6** each team is permitted two (2) Full (1 minute) time outs per half. Teams cannot carry over unused time outs from the first half to the second half. No time outs are permitted during overtime periods.
- **For Boys and Girls grades 7-8** each team gets three (3) Full (1minute) and two (2) 30-second time outs per game. No time outs are permitted during overtime periods.
- **For Boys grades 9-12** each team gets three (3) Full (1minute) and two (2) 30-second time outs per game. One time out is permitted during each overtime (no carryover).
- **For Girls grades 9-12** each team is permitted two (2) Full (1 minute) time outs per half. Teams cannot carry over unused time outs from the first half to the second half (i.e., use or lose). **Note:** If and only if two CYA teams are playing each other in a CYA facility using CYA or Cardinal referees, then each team may be allowed three (3) Full (1minute) and two (2) 30-second time outs per game.

5.12 Half-Time

The half-time break will be three (3) minutes. If the referees or league officials determine the game is running late, the officials may reduce the break to as little as one (1) minute. Timekeepers should advise coaches and referees 1 minute prior to the end of the half time break that play will resume in 1 minute.

5.13 Overtime

If during the regular season a game is tied after four quarters of play and the curfew time has not yet been reached, the teams shall play one overtime period of two minutes for grades 4-8 and 3 minutes for grades 9-12 (stopped clock not running clock); if the game is not decided in this overtime period, then the game shall be declared a tie. During playoffs, the teams shall play such overtime periods until a winner is determined (with the exception noted below for grades 4-8) or until the gym curfew is reached. A one-minute break is normally permitted between overtime periods, if time permits. **No time outs are permitted in overtime for grades 4-8; one time is permitted for Boys grades 9-12 in each overtime (no carryover).** **NOTE: There are no overtime periods in the Winter Girls Friendship League (Grades 9-12) during the regular season; overtime is permitted only during the tournament.**

For grades 4-8, if a game is still tied after two overtime periods, sudden death (i.e., first basket wins) for the third period and subsequent overtime periods until a winner can be determined.

During playoffs for grades 9-12, if a game is still tied after two overtime periods, the league administrator or board official if present may authorize the use of sudden death for the third and subsequent overtime periods if needed to complete the game in a timely manner.

For Boys/Girls grades 1-8 and Boys grades 9-12 any eligible players (i.e., players who have not fouled out) can play in the first overtime period. However, if a second overtime period is required, any eligible players who did not play in the first overtime period must play in the second overtime period. This cycle continues for any subsequent overtime periods. The bench rule does not apply for overtime periods.

5.14 Game Length and Curfew

Boys/Girls Grades 1-8 play four 7 minute quarters; Boys/Girls Grades 9-12 play four 8 minute quarters as specified above. However, all games must be completed 10 minutes prior to the starting time of the next scheduled game or, if no game follows, 5 minutes prior to the gym end use time. In other words, games should be completed within 65 minutes from the scheduled start time. All play must stopped by the officials at the curfew time and the existing score declared the final score. When it is obvious that the game will not be able to be completed in the allotted 65 minutes, then the game can go to a running clock as long as

the two coaches and referees agree. League Administrators, Deputy Commissioners, Commissioners or the Chairman if present may also make decisions regarding adjusted game times. A tie score will be entered as a tie in the league standings. All playoff games will be played to their conclusion. If a playoff game cannot be completed prior to the building curfew then the League Administrator will schedule a time to complete the game from the point of interruption.

5.15 Guarding in the Backcourt, Press and Free Zone

5.15.1 Boys and Girls 1st-4th Grade Leagues (guarding in the backcourt is not allowed)

Guarding in the backcourt is not allowed by the defensive team after a change of possession and the offensive team has gained control of the ball in their backcourt. Change of possession may occur following a rebound or a turnover. Change of possession and control shall be determined by the referees and will occur when an offensive player clearly possesses and controls the ball after the rebound or turnover. All defensive players must retreat to the offensive team's front court after the offensive team has gained control of the ball in their backcourt. In addition, on an inbound pass in the backcourt, either during continuous play following a made basket or after a dead ball, no defense will be allowed until the offensive team advances the ball across the half court line and all defensive players must retreat to the front court prior to the ball being inbounded.

Free Zone (Grades 1-3 only):

The "Free Zone" is that area on the court between the midcourt line and the top of the foul line circle. It extends from sideline to sideline. The "Free Zone" rule applies only to the Boys and Girls 1st, 2nd and 3rd grade leagues. It may not be marked on each court, but coaches should agree upon and designate a free zone prior to the start of the game. The "Free Zone" rule has two parts.

1. Once the offensive team crosses the midcourt line, the "Free Zone" exists and no defensive player is allowed to enter the "Free Zone" for five seconds. The "Free Zone" no longer exists after 5 seconds or after the ball crosses out of the "Free Zone."
2. Whenever the offensive team is awarded a throw-in in its front court, the coach may, at his/her option, select to take the throw-in from the sideline at the midcourt line. This option must be indicated to the referees by the offensive team coach before each throw-in. This throw-in may not be challenged by the defensive team and the defensive team will not be allowed in the "Free Zone" area during the throw-in. If the offensive team completes the throw-in from the sideline at the midcourt line into its backcourt area, the "guarding in the backcourt is not allowed" rule is in effect, the 10-second backcourt count will start and, once the offensive team crosses the midcourt line, the "Free Zone" exists again and no defensive

player is allowed to enter the “Free Zone” for five seconds or until the ball crosses out of the Free Zone per provision #1 above.

5.15.2 Girls 5th and 6th Grade Leagues (limitations on guarding in the backcourt)

For these grades, limitations are imposed on guarding in the backcourt by the defensive team after a change of possession and the offensive team has gained control of the ball in their backcourt. After the change in possession, one and only one defensive player may remain in the backcourt to play defense. All other defensive players must retreat to the offensive team’s front court. The defensive player may pressure the offensive player until that player makes a definitive basketball move. The offensive player, once gaining possession of the ball, must either dribble with the intent to advance the ball or pass with the intent to move the ball up the court. Once a move has been made, the defensive player must retreat and wait until the offensive player crosses half court.

No pressure is allowed in the backcourt on a dead ball or in situations where the crush rule is in effect. (see section 5.17 below).

5.15.3 Boys 5th and 6th Grade Leagues (guarding and pressing in the backcourt allowed in 2nd half)

For all games, boys teams in grades 5 and 6 guarding and pressing in the backcourt are allowed in the 2nd half of the game, even during inbounds plays, subject to the provisions of the “Crush Rule” (see section 5.17 below).

5.15.4 Boys and Girls 7th-12th Grade Leagues (guarding and pressing in the backcourt allowed entire game)

Guarding and pressing in the backcourt are allowed during the entire game for all Boys and Girls 7th-12th grade leagues, even during inbounds plays, subject to the provisions of the “Crush Rule” (see section 5.17 below).

5.15.5 Enforcement of restrictions against guarding in the backcourt

Whenever guarding in the backcourt is not allowed, the following rules apply:

- After a change of possession and the offensive team having gained control of the ball in their backcourt, all defensive players must retreat to the offensive team’s front court; however, as noted above, in 5th and 6th grade leagues, one defensive player may remain in the backcourt to play defense on live balls as long as the Crush Rule is not in effect.
- No defensive player in the offensive team’s backcourt will interfere with nor actively play the ball and/or offensive player, except in 5th and 6th grade leagues where one defensive

player may remain in the backcourt to play defense (subject to the Crush Rule restriction--see section 5.17 below).

- No defensive player, anywhere on the court [including front court] will actively play the ball while any part of it is touching the offensive backcourt floor or is in the air space above the backcourt floor, or the “Free Zone” for 1st, 2nd and 3rd grade leagues.
- If the offensive team is dribbling the ball from their backcourt to their front court, or from the “Free Zone” to their front court, the defensive team must allow the offensive dribbler to obtain uncontested front court status or clear the “Free Zone” (both feet of the dribbler and the ball in the front court or beyond the “Free Zone” at the same time) before engaging the offensive player with the ball. The defensive player must be an arm’s length away from the offensive player with the ball at the time the offensive player with the ball establishes front court status or advances beyond the “Free Zone.”
- On an inbounds play in the backcourt, for grades 1-5 no defense in the backcourt is allowed until the ball crosses the half court line into the front court; this rule also applies to grade 6 for all games in December and January. For grades 7-12, no defense in the backcourt is allowed during inbounds plays if the Crush Rule is in effect.

Penalties for violation of the Guarding in the Backcourt and “Free Zone” Rules

The following penalties will be applied for violations of the “Guarding in the Backcourt” and “Free Zone” rules:

- Any infraction of the “Guarding in the Backcourt” or “Free Zone” rules by the defensive team will be called as an illegal defense violation against the defensive team. The ball will be awarded to the offensive team as a throw-in at midcourt or nearest out-of-bounds spot to the violation.
- The referees will issue a warning for the first two violations of the “Guarding in the Backcourt” or “Free Zone” rules. The third and each subsequent infraction in the game may result in a two-shot technical team foul against the defensive team. The technical foul will be charged to the bench.
- If at any time the referee judges that a violation of the “Guarding in the Backcourt” or “Free Zone” rules is intentional or planned by the coach, a two-shot technical team foul against the defensive team may be levied. The technical foul will be charged to the coach even if it is only the first or second violation in the period.

5.16 Mandatory Man-to-Man Defense (1st through 4th grades)

All teams in Grades 1 through 4 must play man-to-man defense for the entire game. No zone defenses are permitted. The intent of this rule is to develop better individual offensive and defensive basketball skills and better team play.

Helping man-to-man defense is not only permitted but should be encouraged in order to teach kids fundamental defensive skills. This means that defensive players can pick up offensive players not assigned to them under two circumstances: 1) the defensive player is picked/screened and loses his/her man, or 2) the offensive player gets by his/her defensive player and poses an imminent threat to score. In either circumstance, another defensive player is allowed to pick up the non-covered offensive player and stay with them until the original defensive player has a chance to recover. In addition, players can switch defensive assignments in such circumstances and remain with their new assignments until play stops or they have an opportunity to switch back to their original players (they should be taught to call out "switch" in such circumstances). Note that normally when players are taught man-to-man defense, the weak side players are instructed to play slightly off their assigned offensive players so that they can slide over and pick up any offensive players that break loose of their defenders and are driving to the basket. Defensive players on the ball side of the court must stay within an arm's length of their opposing offensive player. Defensive players not on the ball side of the court are not required to maintain an arm's length distance from their assigned player but are required to be on the same side of the court as their assigned player. Ball side of the court shall be defined as the area to the left or right of an imaginary line drawn down the center of the court from end to end in which the ball is located. Helping defense may occur anywhere on the court and does not need to be confined only to players with the ball. However, helping defense does not allow for multiple players to be guarding a single offensive player simultaneously if that offensive player is outside the lane/paint.

Double-teaming is not permitted under CYA rules for these grades except during a threat to score in the paint. under very restricted circumstances. In the lane/paint, any defensive players are allowed to help stop an offensive player from scoring. Outside of the lane, only one defensive player should be guarding any one offensive player at any time; however, that does not have to be the defensive player originally assigned to that particular offensive player (see helping rule above). Any violations should incur an initial warning from the referee; after two warnings, a technical foul can be assessed, either against the player or bench depending on the referee's judgment as to whether this is player- or coach- initiated.

Zone defenses are not permitted. However, players are not mandated to stay with a specific player for the duration of the quarter.

5.17 Crush Rule

Boys and Girls Grades 1-4: Teams in Grades 1-4 are never allowed to guard in the back court so in effect the crush rule does not apply.

Girls Grade 5 and 6: Teams in grade 5 and 6 ahead by 10 or more points at any time during the game will not be allowed to guard in the back court. Thus, the one defensive player normally allowed to play defense in the backcourt on live balls, under these circumstances must also retreat to the front court.

Boys Grade 5 and 6: Teams ahead by 10 or more points are not allowed to contest an inbound pass in the backcourt; all defenders must fall back to the offensive frontcourt and cannot resume their defense until the ball crosses midcourt. Normal backcourt defense is allowed whenever the ball is live under all other circumstances (turnover or rebound).

Boys grades 7-12 and Girls grades 7-8: Teams ahead by 15 or more points (Boys grades 7-12) or 10 or more points (Girls grades 7-8) are not allowed to contest an inbound pass in the backcourt; all defenders must fall back to the offensive frontcourt and cannot resume their defense until the ball crosses midcourt. Normal backcourt defense is allowed whenever the ball is live under all other circumstances (turnover or rebound).

Girls grades 9-12: Teams ahead by 10 or more points are not allowed to contest an inbound pass in the backcourt; all defenders must fall back to the offensive frontcourt and cannot resume their defense until the ball crosses midcourt. Normal backcourt defense is allowed whenever the ball is live under all other circumstances (turnover or rebound).

All grades: It is strongly recommended that the weaker players be given more playing time if possible under a crush scenario. However, the player participation rules must still be followed. Coaches of the leading team can also recommend to their team to make more passes on offense, help players who have not yet scored get scoring opportunities, and limit fast breaks. Coaches can also advise their teams to fall back on a change of possession (even when not required by rule) or play defense behind the 3 point line.

Whenever the score difference falls below the crush rule threshold for a given league, normal defense is again allowed.

If a team in grades 1-8 is trailing by 20 or more points at the start of the 4th quarter, the coach of the trailing team make a request to the officials that a running clock be used during the 4th quarter. The officials should then inform the leading coach and the scorekeeper and timekeeper. Once the quarter begins, the decision to use a running clock (stopped only during foul shots) cannot be reversed.

Violation of the crush rules subjects the team and/or the coaching staff to disqualification, suspension, probation or any other action the League Administrators find appropriate to recommend to the Basketball Board.

5.18 Dunking/Hanging on rims or nets

Fairfax County Schools have mandated a No Dunking Policy in all warm-ups and games. As guests of the schools, CYA subscribes to this policy. It is highly likely that CYA would be denied further use of a school facility if a basket were to be damaged as a result of dunking or hanging on the rim or net. Thus, all dunking is prohibited during games, warm-ups, and practices. In addition, hanging on the rim or net is also prohibited during games and warm-ups. Referees will be instructed to issue technical fouls against offending teams (including against players warming up with a team who are not on the team's roster). Coaches and Building Directors should monitor their team before, during, and after games. County Building Directors or CYA officials may remove players from the gym who are seen dunking or hanging on the net or rim, with no warning being issued beforehand. Coaches who tolerate this behavior on the part of their players may also be removed. This rule includes the side baskets, which are a frequent target in Elementary Schools.

6. PLAYER PARTICIPATION AND SUBSTITUTIONS

6.1 *Player Participation and Substitutions*

The Player Participation and Substitutions rules vary by grade as described below. There are specific rules for House League Boys and Girls Grades 1-8, House League Boys Grades 9-12, and Friendship League Girls Grades 9-12.

The referees are not responsible for ensuring that participation rules are followed. Before the start of the game, the coaches should make sure that the scorekeeper understands how to track player participation in the scorebook.

6.1.1 *Participation: Boys and Girls Grades 1-8*

Each player arriving before the start of the second quarter must play a minimum of two (2) full quarters in each game (a “full” quarter is one where the player is in the game for the **entire quarter**) and must play at least one quarter in both halves.

If both teams have more than seven (7) players at the start of the game, then each player must also sit for an entire quarter (see the Bench Rule below).

Free substitutions will be allowed only in the fourth quarter, and are encouraged to provide more equitable playing time. **At no time may substitutions violate the participation rule (for example, any player in the fourth quarter who is playing his second full quarter cannot be substituted for except in case of illness/injury or disqualification)**

If a player arrives after the third quarter has started, playing time in the fourth quarter for that player is left to the discretion of the coach. If a player departs before the end of the game, playing time in the third and fourth quarter for that player is left to the discretion of the coach, but the coach should attempt to play the player the minimum one quarter in the second half, if possible. It is the coach’s responsibility to make sure all players on his/her team who arrive before the start of the second half play at least one full quarter in the second half, except if a player departs before the end of the game.

6.1.2 *Substitutions: Boys and Girls Grades 1-8*

Except for those substitutions required due to illness/injury or player disqualification (i.e., fouling out), substitutions are permitted only during the break between quarters or at the stoppage of play during the 4th quarter. Substitutions are not allowed for any player who has not yet completed two full quarters unless that player is sick, has been injured, has been disqualified due to fouls, or poses a safety threat to other players on the court.

If a substitution is required during a quarter due to illness/injury or player disqualification:

- The quarter counts for the injured or disqualified player and not for the substitute.
- Any injured player must be reinserted into the game for the substitute as soon as the injured player recovers and is ready to return to the game. Let the referee know on a dead ball that you would like to sub the player back in.

6.1.3 Participation & Substitutions: Girls Grades 9-12

Player participation and substitution for Girls Grades 9-12 are governed by the Rules of the Friendship League, which allows free substitution throughout the game and mandates that each player must play at least 1 ½ total quarters per game (12 minutes) and must play in three quarters. There are no other restrictions on how many quarters individuals can play as long as all players on the team play 1 ½ quarters and play in each half. See Section 11 below for details.

6.1.4 Participation & Substitution: Boys Grades 9-12

Each player shall play a minimum of one and one half quarters during each game:

- one quarter must be a full, uninterrupted quarter (player may not be replaced with a substitute except for injury or disqualification during the entire quarter), and
- one half quarter shall be a composite one half quarter played anytime during the game (allows free substitution).

All players arriving by the first quarter must play in both halves of the game.

Boys Grades 9-12 are also subject to the Bench Rule defined below.

If a player arrives after the first quarter has started, the coach has the discretion of playing the late player one less half quarter (however, the full quarter must be played). Moreover, if a player arrives after the first quarter has been completed or arrives during the first quarter and is not put into the game, then that quarter can count as his “bench quarter” (i.e., his uninterrupted quarter on the bench). If the player arrives after the third quarter starts, playing time is left to the discretion of the coach.

The two opposing coaches are responsible for ensuring that the player participation rule is followed by both teams; this is not up to the referees to enforce. This player participation rule is intended to make the game more like the regular high school games while at the same time maintaining the player participation requirement that is the cornerstone of the CYA program. The intent of this player participation rule is to have each player participate in a minimum of two quarters per game. While the coaches in this age group have been given

additional flexibility with regards to this rule, the CYA Basketball Board hopes that coaches continue to afford all players the opportunity to play two full quarters.

Free substitution will be allowed as long as each player on the team participates in one full quarter and one-half quarter and the uninterrupted “bench quarter” rule below is not violated.

6.1.5 Bench Rule: Boys & Girls Grades 2-8, Boys Grades 9-12

When each team has 7 or more players at the start of the game, each player on both teams must sit out at least one full, uninterrupted quarter during the game (i.e., during this “bench quarter” that player may not be substituted into the game except as noted below). This promotes adherence to the player participation rule. However, if either team begins the game with 6 or fewer players, then there is no requirement for either team that players sit out an uninterrupted quarter.

An entire quarter by any player missed due to late arrival or early departure meets this bench rule requirement for that player.

NOTE: If a player needs to be substituted for in a quarter due to injury or player disqualification, then a player who is sitting out his uninterrupted quarter can be used only if no other players on the bench are available; that quarter will still count as his uninterrupted bench quarter. Otherwise, the “bench quarter” rule shall not be violated.

Note: This rule does not apply to Girls Grades 9-12 whose teams play in an inter-organizational Friendship League in the Winter season and are subject to that league’s rules.

6.2 Participation Issues/Protests

The scorekeeper is responsible for keeping track of player participation for both teams. It is the responsibility of the scorekeeper to notify the referee and both coaches whenever they believe that there may be a possible violation. The coaches have the responsibility to resolve the player participation rule dispute at the time the violation is brought to their attention. If the dispute is resolved at the time, then the game goes on without any penalties being imposed. However, if the coaches are unable to resolve the dispute within a few minutes, then the game will continue to be played under protest and the objecting coach should note their specific objection in the score book and record their signature and date before play recommences. Following the game, the coach must report his/her protest to the league administrator and the Sportsmanship coordinator for investigation. In those instances where the a Commissioner is present at the game, he/she has the right to make a ruling with regard to a player participation dispute as long as his/her team or child is not playing in the game.

Once a formal protest is filed with the League Administrator, the CYA Basketball Board will review the matter. Should it be determined that a coach has violated the participation rule, the CYA Basketball Board may require that his/her team forfeit the disputed game. Further, the CYA Basketball Board reserves the right to suspend any coach for willfully violating the player participation rule and the sportsmanship requirements outlined in this handbook.

6.3 Player Removal from Game

If in the view of the officials or both coaches, a player on the floor constitutes a threat to the safety of other players due to his conduct, then that player can be temporarily removed from the game notwithstanding the above participation rules. This case should be handled in the same fashion as are substitutions due to injury or illness.

7. OFFICIATING RELATED

7.1 Game Officials: Referees

Whenever possible, games will be officiated by two CYA-approved basketball officials. For Grades 1-6, these are officials normally provided by CYA. For Grades 7-12, these officials are usually provided by the Cardinal Basketball Officials Association (if Cardinal officials are not available, CYA may provide its own officials). When only one official is available for grades 1-6, the CYA official may elect to have an Assistant Coach or spectator assist in officiating the game. House refs cannot officiate together with Cardinal officials.

If the scheduled officials fail to show up for the game, the head coaches of both teams shall appoint two mutually agreeable Assistant Coaches or spectators to officiate the game. If the two coaches cannot agree on the officials, the game shall be considered a forfeit for both teams and counted as a loss for both teams in the League Standings.

All decisions of the officials are final. No error by an official or incorrect interpretation of a rule by an official constitutes grounds for a protest or reversal of the game outcome.

Whenever CYA officials are assigned as referees, the two referees and two coaches shall meet five minutes prior to the game beginning and introduce themselves. The CYA officials shall write the names of the coaches on their pay cards.

7.1.1 Coach interaction with CYA Referees

If either coach has an issue with how a game is being called by CYA house referees, he/she can request a timeout to meet with both referees (or with the referee mentor if present) and the other head coach. Each team is allotted one “referee timeout” per game. This timeout is not charged against the regular timeouts of the team. During a referee timeout the teams shall remain on the court and may not be directed or coached by either head coach or assistant. If either Head Coach requests a meeting with the officials, both Head Coaches must meet with the officials and can ask questions or indicate their concerns. The points raised should be of a general nature: the play seems to be getting rough so maybe we need to ask both teams to settle down or call the game tighter; could you please warn the kids against hand checking or bumping, could you please watch out for moving picks and point these out to the kids; could you please watch out for and call more traveling violations so that the kids learn; etc. At no point will a Coach criticize any particular call that has already been made or complain about any particular play or player. At no point will a coach raise his/her voice when interacting with the officials. The officials will be instructed to listen and try to take into account the coaches concerns for the remainder of the game to the best of their ability. This can be a very intimidating situation for our youth referees and thus needs to be handled with the proper decorum. If we find that coaches cannot interact calmly and respectfully with

our youth referees, then this practice will be suspended and the coaches will not be allowed to talk to the CYA referees during games. Note that this rule only applies in games being officiated by CYA house refs and not in games officiated by Cardinal refs.

During the game, the tactic of "working the Ref" will not be tolerated. Refs will be instructed to give the Coaches one (1) warning. If Coaches persist, they will be assessed a technical foul or asked to leave the gym. The Refs will be instructed to not allow the game to continue in a hostile atmosphere. When coaches harangue the referees and focus on the negative, they send a message to all the players and spectators that the integrity of the game is being compromised. Moreover, it serves no useful purpose: it undermines the official's confidence in their ability and makes them even more hesitant to call violations, distracts them from what is happening on the court, or compromises the neutrality of their calls.

The referees will be directed to first ask the Head or Assistant Coach to stop "working them/yelling at them/asking for a call, etc."; if the behavior persists, they can assess a technical foul on the Coach or ask the Coach to leave the gym. If a Coach is asked to leave the gym and refuses, the Refs will be instructed to suspend the game until the coach leaves. If the coach does agree to leave, then he/she must assign his coaching responsibilities either to an Assistant Coach or a parent. All such occurrences will be reported to the appropriate Referee coordinator who assigned the referees, who will then pass along the information to the Referee Commissioner, who may or may not take further action.

If at any time a Coach feels that the game is "out of control" and the health and safety of their player is at risk, they should pull their team off the floor and immediately contact their League Administrator and the Referee Commissioner to help resolve the situation. No outcome of any game is more important than the safety and well-being of our players.

We need to keep in mind that our CYA referees are usually teenagers and not experienced and highly trained adults. If we drive them all out of league as a result of misbehavior on the part of coaches or spectators, we will not be able to have any more games. Thus, it behooves coaches and spectators to show up for the games, cheer and encourage everyone in a positive manner, and, when necessary, discuss issues with the referees in a civilized manner.

7.1.2 Coach interaction with non-CYA Referees

The rules governing the interaction of coaches and Cardinal referees are the same as those governing the local public high schools. Unlike coaches in games using house refs, coaches in games using Cardinal refs do not have the right to a "referee timeout" to discuss the officiating with the referees. Any discussion with the officials should take place during timeouts or quarter breaks only and is at the discretion of the officials. Working the officials is not permitted in the high school leagues and may result in the levying of technical fouls. Any problems with non-CYA referees should be reported to the appropriate league administrator.

7.1.3 Referee Errors and Game Results

All coaches should be aware that it is the policy of both CYA Basketball and the National Federation of High Schools (NFHS) that the results of games will not be reversed in the case of error by the officials. Any errors by the officials (referees, scorekeepers, or timekeepers) in interpreting the rules must be corrected in accordance with NFHS Rules at the time of the error. In the case of scorekeeper error (not alerting the officials at the time of the 7th or 10th team foul or when a player gets their 5th foul, mistakes in the score, etc.) or timekeeper error (not starting or stopping the clock correctly), the error must be corrected in consultation with the referees and both coaches as soon as it is discovered.

The only violations that, if verified by the basketball board, may constitute the basis for reversing the outcome of a game are: 1) willful violation of the participation rule, 2) use of an ineligible player (i.e., a player who is not rostered or has been suspended, or 3) willful violation of the spirit and/or intent of the goals of CYA Basketball as determined by the CYA Basketball Board.

7.2 Game Officials: Scorekeeper and Timekeeper

The scorekeeper and timekeeper are part of the officiating crew. They are not permitted to criticize the referees. They are not permitted to coach players from their team.

7.2.1 Scorekeeper

The scorekeeper must be either an adult or a teenager at least 16 years old. The home team is responsible for providing the scorekeeper before the start of the game; if they cannot provide one, then the visiting team will provide the scorekeeper and the home team will provide the timekeeper. If possible, the scorekeeper should not be associated with the same team as the timekeeper. If the designated scorekeeper has not kept score before, he/she should receive instruction from the referee or coaches prior to the start of the game. Whenever possible, an experienced scorekeeper should be selected.

Scorekeeping Responsibilities:

Game Information: The scorekeeper should make sure prior to the start of the game that the date and location of the game is recorded in the scorebook along with the names of both teams. When the game is over, the scorekeeper should indicate clearly the final score and the winning team.

Player Participation: The scorekeeper should check that the coach has listed all participating players in the scorebook, along with their jersey numbers. Prior to the start of each quarter, each player must check in with the scorekeeper, who is responsible for indicating in the

scorebook that the player is playing that quarter. The scorekeeper is not responsible for enforcing the player participation rules but should advise the referee and both coaches when a player has not fulfilled or has exceeded their player participation requirements (especially making sure that each player plays at least two full quarters, barring injury). Enforcement of player participation is the responsibility of both coaches, as outlined above.

During playoffs, all players must check in with the scorekeeper prior to the start of the game who will record which players are there at the game start. Each coach must initial the scorebook once his players have signed in. The scorekeeper must note any late arrivals.

Scoring: The scorekeeper will keep the running score in the designated area at the top the scorebook. **This score, and not the score recorded on the clock, is the official score.** As a check, the scorekeeper and timekeeper should, if possible, confirm the score after each basket so as to maintain consistency. If the scorekeeper has the ability to do so, he or she can also record individual scoring in the scorebook; however, the running score at the top and not the individual scores is the official score in case of any discrepancies.

Fouls: The scorekeeper is responsible for recording personal fouls, technical fouls, and team fouls in the scorebook. Team fouls are kept by quarter and are allocated to the team whenever a personal or technical foul is called. The scorekeeper must signal the referee when a team reaches 5 team fouls in a quarter (when teams start shooting 2 foul shots). The scorekeeper must also signal the referee when a player reaches 5 fouls (personal plus technical) or 2 technical fouls, at which time they must leave the game. Note that technical fouls assessed against players also count as personal fouls in the team foul count. In addition, if the game goes to overtime, the team foul count of the fourth quarter carries over into the overtime period.

Possession: The scorekeeper can keep track of possession at the top of the scorebook. However, the referees have final responsibility for tracking possession.

7.2.2 Timekeeper

The timekeeper shall be an adult or teenager at least 16 years old. The visiting team should provide the timekeeper before the start of the game. The timekeeper should not be associated with the same team as the scorekeeper.

Timekeeping Responsibilities:

The timekeeper shall be in charge of keeping the official game clock. If the designated timekeeper has not had experience using the clock before, he/she should receive instructions from the referee or coaches prior to the start of the game. Whenever possible, an experienced timekeeper should be designated.

Stopping the clock: The clock is stopped in the following circumstances: 1) the referee stops play for whatever reason by blowing the whistle, 2) the ball goes out of bounds, 3) a foul is called by the referee, or 4) a timeout is called and acknowledged by the referee. The clock is not stopped following a made basket.

Starting the clock: The clock is restarted whenever the ball is put back into play and touched by an inbounds player or the referee so indicates. The clock is not restarted between free throws in 2-free throw situations or 1-on-1 situations (if the first shot is made).

Clock Adjustments: No adjustments shall be made to the clock (i.e., minutes/seconds added or subtracted) unless the timekeeper is so ordered by the referee. Only the referee can make this determination.

Scorekeeping: The timekeeper is also responsible for tracking the score on the game clock. However, **the official score is the score recorded in the scorebook and not that recorded on the game clock.** Whenever possible, the scorekeeper and timekeeper should check with each other following each made basket to make sure that the scores are in agreement.

Game Periods: Each quarter is 7 minutes in length for Grades 2-8; 8 minutes for Grades 9-12. Each overtime period is two minutes in length for grades 2-8, three minutes for Boys grades 9-12 and, during playoffs only, for Girls grades 9-12. The interval between quarters is 1 minute and between halves is 3 minutes. Any adjustments to the game periods (due to curfew restrictions) can only be ordered by the referees. League administrators, commissioners, or the chairman may recommend to the referees that the game period(s) be shortened in order to finish by curfew.

Grades 1-3: For grades 1 and 2, the timekeeper will reset the score board at the end of each quarter to zero. For grade 3, this will be done at halftime.

8. PLAYER/COACH RELATED

8.1 Coaches and Assistant Coaches

Head Coaches shall be selected by the League Administrator subject to Board review. By CYA rule, head coaches must be at least 16 years old and both head and assistant coaches must be at least 3 years older than all the players on their team. Assistant Coaches, who have kids playing in the league, can be selected by the head coaches after the team has been drafted. Coaches under the age of 25 years old must have an adult assistant/supervisor (at least 25 years old). The adult assistant/ supervisor must be at practices and games. During games the adult must be on the bench. The student coach must provide to the League Administrator the name of the adult assistant/supervisor.

8.2 Game Conduct

CYA Basketball demands that players, coaches, and spectators display the proper respect for all the players on the court, regardless of which team they are on. For the players, this means that no trash talking of opposing players or denigration of players on their own team will be allowed. For the coaches, this means that they will at all times do their best to encourage and teach their players and will respect the players on the opposing team. No verbal abuse of any players on either team, even the son/daughter of the coach, will be tolerated during a CYA game. Trash talk (taunting or baiting of opposing players) before, during or after the game is regarded as a violation of the sportsmanship rule and may result in a technical foul or suspension.

8.3 Intentional Fouls

Coaches should not yell “foul” at end of game to signal to their players to commit an intentional foul to stop the clock, as an unintended injury is often the result. CYA discourages this tactic for grades 2-8. If coaches nonetheless decide to use this tactic, they should teach their players some code (such as “blue”) to signal an intentional foul and be sure to instruct their players how to foul without risking injury to other players. Under all circumstances, no one should be fouled intentionally while attempting a fast-break lay-up. CYA house refs have been given the discretion to impose an intentional foul penalty if the coach calls out “foul” to his players and a foul results that, in the referee’s judgment, was the result of that direction. This results in foul shots and the team whose player was fouled retains possession of the ball.

8.4 Technical Fouls and Suspensions

A player or coach who is disqualified from a game by the official due to a second technical foul or unsportsmanlike behavior or conduct will be automatically suspended from the current game and will be ineligible to participate in the next game. These individuals will also not be allowed in the gym during the next game, even as spectators.

Players or coaches that receive 3 sportsmanship-related technical fouls or flagrant fouls in the course of a season will be ineligible to participate in the subsequent game. Players or coaches that receive 4 sportsmanship-related technical fouls or flagrant fouls in the course of a season will be ineligible to participate in the subsequent two games and will be declared ineligible for the tournament. Each subsequent technical foul after 4 in a season requires that the player or coach sit out yet another game. Coaches whose behavior in the opinion of the Basketball board is not in keeping with CYA's sportsmanship guidelines are subject to dismissal at any time during the season. Players whose behavior in the opinion of the Basketball board is consistently not in keeping with CYA's sportsmanship guidelines can be suspended by the Basketball Board pending a review of their continuing participation in the league.

Both coaches are required to submit to the league administrator and Sportsmanship Coordinator within 48 hours (or before the next game, whichever is sooner) a list of any players or coaches on their team or the opposing team who are assessed a technical foul for sportsmanship-related behavior. In those cases where players are removed from games due to technical or flagrant fouls, the coach must submit a written report of the incident to the league administrator. In addition, coaches may be required to submit a follow-up report on sportsmanship violations to the Sportsmanship Coordinator and League Administrator upon Board request. Both coaches must also submit a report whenever a head or assistant coach is removed from the game.

Any participant, coach, assistant coach, player or spectator guilty of any type of physical or verbal abuse towards an official, league officer, coach, player or spectator will be automatically suspended pending the final review of the Chantilly Youth Association Basketball Board and CYA governing board. Further action will be decided as appropriate upon recommendation by the Basketball Board to the CYA governing board.

8.5 Ineligible Players

A coach may protest the eligibility of an opposing player. The protest must be written and filed with the CYA Basketball Code of Conduct committee through the Sportsmanship Coordinator and Director of Operations prior to the end of the regular season.

8.6 Protests

All protests must be filed with the Boys or Girls Commissioner or the Sportsmanship Coordinator within 24 hours after the completion of the game being protested. All protests will be heard by a grievance committee consisting of the Sportsmanship Coordinator, the Referee Coordinator, the appropriate Commissioner (Boys or Girls), the Director of Operations and the Chairman (subject to these individuals all being available and not personally involved in the protest matter). The League Administrator and/or Commissioner will be asked to collect all information related to the protest and present it to the Grievance Committee (if the League Administrator is personally involved in the complaint, then this duty will fall to the Director of Operations or Commissioner). The Grievance Committee will endeavor to make a ruling within 5 days or sooner if necessary. The majority vote of the Grievance Committee will determine if the protest is upheld; if it is upheld, then the Grievance Committee will make a ruling on the remedy to be imposed.

9 SPECTATOR-RELATED

Coaches are responsible for controlling the spectators on their teams. Spectator violation of CYA's sportsmanship violations may result in a technical foul assessed against the team and the spectator removal from the gym.

For games officiated by CYA house refs, if a spectator is demonstrating disruptive unsportsmanlike conduct, then the CYA house referees can stop play and request that the spectator act in a sportsmanlike manner; if the spectator refuses or continues to be disruptive, the referee can eject them from the gym and play will continue only after they have left. For those games officiated by Cardinal referees, the referee can eject any disruptive spectators from the gym and levy a bench technical against the team.

9.1 Respect for Players

CYA Basketball's mission is to provide a fun environment for our kids to learn to play basketball, learn and display the ethics of sportsmanship, fair play, and teamwork, display respect for others, and develop self-confidence. Winning is of course exciting but cannot be the only or even the primary goal.

Given this philosophy, CYA Basketball demands that players, coaches, and spectators display the proper respect for all the players on the court, regardless of which team they are on. For the spectators, this means that, while they can of course cheer on their own team, they may not boo the other team, denigrate or harangue players on their team or the opposing team, or attempt to distract the players on the opposing team while the game is being played (for instance, by purposefully making noise during foul shots).

Any violations of this policy should be reported to the league administrator, deputy commissioners, commissioners, or the chairman who will investigate any incidents and take further action as deemed appropriate. Spectators in violation of this policy may be barred from future games at the discretion of the basketball board.

9.2 Interaction with Officials

Spectators are strictly forbidden from haranguing or criticizing the referees during or after a game. While spectators of course have the constitutional right to comment to other spectators on how the game is being called, they are not to address their comments at the referees directly or try to communicate to the referees indirectly by making loud comments to other spectators. While spectators are encouraged to complement the referees after the game if they thought that they did a good job; any criticism of the referees should be directed not to the referees themselves but rather to the Referee Coordinator or Assistant Coordinator. Any

spectator found violating these guidelines may be asked to leave the gym by either the referees or any league or board official and may be banned from attending future games.

9.3 Behavior in gym

Parents are expected to control their children who are in the gym as spectators. Children are not allowed to run around or bounce basketballs in the hallways or to shoot basketballs during halftime or the breaks between quarters. They should remain on the sidelines as spectators. In addition, no one is allowed to bring any food or drink into the gyms, with the exception of water bottles for players only.

10 VHS RULE CHANGES 2014-16

The Virginia High School League has implemented two major rule changes last year that will be implemented for all the CYA Leagues. Note that these rule changes may or may not be enforced in the Girls Friendship League at non-CYA venues such as Madison HS, Fairfax HS, Robinson HS, Lake Braddock HS and Lanier MS as these games may not be officiated by Cardinal Referees.

10.1 Foul Shots

On foul shots, players (except the shooter and players outside the lane) are allowed to enter the lane upon the release of the ball from the shooter's hand (previously they could not enter the lane until the ball touched the rim).

In addition, once the referee hands the shooter the ball to begin his or her free throws, players and coaches can be assessed a technical foul for talking if the referee judges that such talking is a potential distraction to the shooter.

10.2 Hand Checking

New restrictions are being placed on hand checking by defensive players. At no times will defensive players be allowed to place both hands on a ball handler or to rotate hands on a ball handler; a foul will be assessed if they do so. In the past, a defender is allowed to keep one hand or forearm on an offensive post player without the ball; however, once the post player receives the ball and becomes a ball handler, defensive players will not be allowed to keep a hand or forearm on the offensive player. Any violation may result in a foul being called.

10.3 NFHS 2023 - Rule 4-8-1 »»» Say Goodbye to the “1 and 1”

Teams will reach the “bonus” and shoot two (2) free throws for common fouls when opponents commit five (5) fouls in EACH QUARTER. Team fouls will RESET at the end of each quarter. Early observations:

- Will this practically eliminate or at least reduce the possibility of two (2) correctable errors: failure to award a merited free throw and awarding of an unmerited free throw?
- The end of game (EOG) strategy of fouling to extend the game will occur sooner.
- Officials will have to confirm team foul totals are reset at the start of each quarter.
- Coaches, players and fans will be limited to a maximum “5-0” scoreboard discrepancy as empirical proof that we’re not “calling it both ways”!

11 Friendship League Rules: Girls 9-12th Grades

The Friendship League plays by high school rules with the following exceptions:

1. Quarters are 8 minutes, with 1 minute between quarters and 3 minutes between halves (if time permits). Periods can be reduced to 7 minutes if necessary to maintain the game schedule.
2. When a CYA team is playing a non-CYA team, each team receives 2 time outs per half (use or lose; no carryover); when two CYA teams are playing each other, both teams get 3 full and 2 30-second time outs per half. No overtimes are played except during tournaments.
3. No backcourt press is allowed when the ball is being inbounded in the back court against a team behind by 10 or more points. Defenders of the winning team should fall back to their backcourt in such situations. Backcourt defense is permitted when the ball is live; the restriction only applies when the ball is being inbounded.
4. All players must participate in 3 quarters (except when injured, late or leaving early). The goal is to give each player significant playing time of approximately 1 ½ quarters. If there are less than 10 players present, coaches should attempt to play each player a full quarter or two partial quarters each half. Free substitution is allowed and no maximum is placed on any individual player's time if all players meet the minimum.
5. Teams can play the entire game with just 4 players and are given 5 minutes from the official start time to have 4 players ready to play before forfeiting. Games will start on time as long as each team has a minimum of 4 players. Game may continue as long as each team has 2 or more players (one if the team is ahead).
6. Home team should wear lighter color and visitors the darker color. Second team listed on the schedule is home team and is responsible for providing building director and clock operator. Visitors provide the scorekeeper (can be switched).
7. "Illegal" numbers (i.e., numbers not ending in 0-5) and colors (i.e., undershirts or shorts not matching jersey colors) are not subject to penalty.
8. If a situation is not covered in these Friendship League rules, the appropriate CYA rule applies even for non-CYA teams.
9. Any questions or concerns should be addressed to the commissioner of the Friendship League, Phil Blount (Home 703-281-4143, Cell 703-217-067)