

CHANTILLY YOUTH ASSOCIATION

Basketball House League Rules 2017-2018

Winter Season

1 January 2018

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 of 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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CYA Basketball

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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 won/lost 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. The CYA Basketball program will not tolerate a "winning at all cost" mentality.

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.

Each player will have an experience that lasts a lifetime. Each player needs our demonstrative care to enable him or her to become a strong and responsible adult.

2. GENERAL

The CYA Basketball Program House League program 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 are 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 House 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 12th. Under no circumstances will a player be allowed to play outside his or her grade level without written approval of the CYA Basketball Board. If a parent wants their child in grades 2-10 to play up at a higher-grade level or play down at a lower grade level, they must file an appeal with the CYA Basketball Board prior to the start of the season (1st graders cannot play up). The League Administrator for the grade the parents want the child to play in is encouraged to consult with the league coaches before making a recommendation to the CYA Basketball Board. The CYA Basketball Board reserves the right to set any criteria that it deems appropriate to determine whether the child will qualify to play at the higher or lower level and to ascertain whether or not the child meets these criteria. Any family found to be attempting to circumvent this rule by falsifying their child’s grade or birth date may have their child denied participation in the CYA Basketball Program for that season and no refund of monies will be provided.

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 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 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 house league boys or girls team in grades 2-8 or boys team in grades 9-12 may have more than ten players without permission of the Basketball Board; however, grade 1 boys and girls teams and 9-12 girls 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 relevant 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 or two (1-2) games per weekend from December through February, with the goal being a 12-game regular season. 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, which may occur on weeknights. 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 unless sanctioned by the Basketball Board (with the exception of the high school girls Friendship League, which participates in a multi-organization program). 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 at school gyms 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 not available for CYA use until school officials in consultation with County recreation authorities decide otherwise. Teams must vacate the facility immediately.** The coach can call the Neighborhood and Community Services Hotline at (703) 609-8870 for clarification on the gym use or if the gym is found to be locked and, in some instances, Neighborhood and Community Services may be able to get the gym made available for CYA use or unlocked.

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 will be 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 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 and to alert their players. This information can be obtained by watching the FCPS Channel 21 on Comcast, Cox or Verizon, by calling the FCPS emergency information hotline at (800)839-3277 or the FCPS gym closure hotline at (703) 324-5264, or by going to the FCPS website (<https://www.fcps.edu/>). Coaches and parents are encouraged to sign up for the Fairfax County message service that will broadcast alerts 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 game days for alerts from FCPS (if they signed up for this service) or CYA Basketball. FCPS usually makes their decision on weekend school closings by 6 am.

The private facilities used by CYA Basketball—NoVA Field House, Hoops Plus, and The Campus—do not follow FCPS gym closure directives. Instead, game cancellations at NoVA Field House, Hoops Plus and Loudoun Campus due to inclement weather are decided upon by the CYA Basketball Board in consultation with the management of these facilities and the Cardinal Basketball Officials Association. This information will be posted on the CYA websites and broadcast by CYA Basketball or can be obtained by calling NoVA Field House

at (703)268-5780, Hoops Plus at (703) 430-8489 or The Campus at 703-544-9403.

As soon as CYA Basketball receives information about inclement weather-related cancellations at the schools or the private facilities used by CYA Basketball, announcements are posted to the Basketball page of the CYA website (www.chantillyyouth.org/basketball) and the CYA scheduling website (<http://cyabasketball.assn.la>). CYA will also endeavor to send out a mass e-mail as soon as possible to all CYA Basketball Winter participants. In certain circumstances, CYA Basketball may cancel games due to unsafe driving conditions even if FCPS or the private facilities have not yet made a decision to close their gyms.

All other postponements shall be made at the direction and approval of the League Administrators. The League Administrators 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 supervised practices or games), or use non-basketball related equipment.

Only water is allowed in the gyms and hallways. No food or drink (other than water) may be brought into the school.

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; they are also responsible for reporting broken equipment and serious injuries that occur in the gym. This means making sure that no food or drink (other than water) are brought into the gym, that kids are not running or bouncing basketballs in the hallway or the gym (except when engaged in supervised practices or games), that players or spectators are not using non-basketball equipment, that no school notices or artwork is tampered with, that any broken or damaged equipment or serious injuries are reported to the County. Damage to school equipment or serious player or spectator injury may entail filing an incident report with Fairfax County. Information about the building director program, as well as an informational video and test, are available online (<https://www.fairfaxcounty.gov/ncs/athletics>). Upon passing the test, volunteers are sent an VBD certificate by the county.

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.

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 certificate 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 the first weekend of January.

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 Basketball 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 (Herndon MS, Carson MS, and Franklin MS,), CYA is required to hire a paid Building Director from Fairfax County 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 white and the visiting team will wear purple. Any player not having this jersey or shirt may be declared ineligible for the game. All shirts/jerseys must be tucked in at all times during the game.

Shorts or loose long pants are required. There are no rules concerning the length or color of shorts or pants unless they pose a safety hazard. 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 Jewelry, glasses, watches, wristbands

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. No exceptions to this rule are permitted.

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. Any blood on the court must be cleaned up before play recommences.

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 and Boys 1st and 2nd grade, and Girls 3rd grade: 8.5'
- Boys 3rd grade and Girls 4th 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 2nd – 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 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 the name of 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. Teams who meet the minimum starting roster requirement described above may continue to play as long as they can field at least two players.

Any team failing to meet these requirements will forfeit the game. The game will only be rescheduled if authorized by the Basketball Board.

5.7 Game Interruptions

Games which are interrupted due to unforeseen circumstance (e.g., power failure, fire alarms) 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 space permits.

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. 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. **Note:** If practical, the table can use a stopwatch or timekeeping app in place of the clock.

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 if and only if 4 players are not ready to play within 5 minutes of the scheduled start time (no requirement for a 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 is found by the Basketball Board Sportsmanship Committee to have failed to comply with the player participation rule;
- 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 the same spot.
 - 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 1-6** 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 (1 minute) 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 (1 minute) 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 during the regular season. Teams cannot carry over unused time outs from the first half to the second half. Teams get 1 timeout during each overtime period (no carryover) during the playoffs only.

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 one overtime period of 3 minutes for Boys 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. Girls grades 9-12 do not play overtime during the regular season nor do teams in grades 2-3. A one-minute break is normally permitted between overtime periods, if time permits.

During the playoffs for grades 4-8, up to two 2-minute overtime periods may be played if needed to determine the winner; if the score is tied after the 2nd overtime, sudden death (first basket wins) is used for each subsequent overtime needed to determine a winner. **No time outs are permitted in overtime for grades 4-8 even during playoffs.**

For boys and girls grades 9-12, as many 3-minute overtime period as needed to determine a winner are played during playoffs. **One time out is permitted in each overtime (no carryover) during playoffs.**

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. For girls grades 9-12 there are no restrictions on who can play during overtimes as long as the minimum playing time requirements have been met during the first 4 quarters.

5.14 Game Length and Curfew

Boys/Girls Grades 1-6 and Boy/Girls Grades 7-8 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 length 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, 2nd, 3rd and 4th Grade Leagues (no guarding in backcourt)

Guarding in the backcourt by the defensive team is not allowed anytime the offensive team has the ball in their backcourt. Possession shall be determined by the referee's judgment and shall include, but not be limited, to rebounds, steals, throw-ins, etc.

Free Zone (Grades 1-3 only):

The "Free Zone" is that area on the court between the mid court 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 through 3rd grade leagues. Free zone has two parts.

1. Once the offensive team crosses the midcourt line, 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, it may, at its option, select to take the throw-in from the sideline or the backcourt area. This option must be indicated to the Referee by the offensive team before each throw-in. Once the offensive team takes a throw-in from its backcourt into its backcourt/free zone area, the "no pressing in the backcourt" rule is in effect and the 10-second backcourt count will start.

Whenever guarding in the backcourt is prohibited, the following rules apply:

- The defensive players must leave the backcourt area and fall back to the offensive team's front court once the team playing in their backcourt has gained possession of the ball after a turnover, missed shot, or basket.
- No defensive player in the offensive team's backcourt will interfere with nor actively play the ball and/or offensive player.
- 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.

- If the offensive team is dribbling the ball from their backcourt to their front court, the defensive team must allow the offensive dribbler to obtain uncontested front court status (both feet of the dribbler and the ball all touching the front court at the same time) before engaging the offensive team. The defensive player has to be an arm's length from the offensive player at the time that player obtains front court status.

Penalties for violation of the Guarding in the Backcourt Rule

The following penalties will be applied for violations of the guarding in the backcourt and free zone rules:

- Any infraction of the “no pressing” rule or “free zone” rule by the defensive team will be called as a violation against the defensive team. The ball will be awarded to the offensive team as a throw-in at the nearest out-of-bounds spot to the violation.
- The referees will issue a warning for first two violations of the free zone or no pressing rule. 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 pressing rule or free zone rule is intentional or planned, a two-shot team technical will be called against the defensive team (and charged to the coach) even if it is only the first or second violation in the period.

5.15.2 Girls 5th and 6th Grade Leagues (backcourt press allowed only in 2nd half)

Defense is allowed in the backcourt on a live ball situation (turnover or rebound) in all quarters. In the first half only, pressing in the backcourt is not allowed on throw-ins in the backcourt: this means that, when the offensive team is inbounding in the backcourt during a dead ball situation, the defensive team must retreat to the front court to begin their defense and cannot defend the ball when it is being inbounded in the backcourt (i.e., no backcourt press can be set up in dead ball situations). Once the ball crosses into the front court, the defensive team can defend normally. In the second half, both teams are allowed to press in the backcourt on dead ball situations as long as the Crush Rule is not in effect (see section 5.17).

5.15.3 Boys 5th-12th and Girls 7th-12th Grade Leagues (backcourt press permitted all game)

Guarding and use of a press in the backcourt is permitted in all quarters for 5th and 6th grade boys and all Boys/Girls leagues 7th grade and above, subject to the provisions of the “Crush Rule” (see section 5.17 below).

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 once their offensive player crosses an imaginary line that is drawn from the top of the key to either sideline. 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 or trapping is not permitted under CYA rules for grades 1-4 except under very restricted circumstances. Specifically, more than one defensive player cannot cover a single offensive player unless that player is in an imminent position to score. To clarify the intent of this rule and make enforcement by the referees easier, being in "an imminent position to score" will henceforth mean any offensive player, with or without the ball, in the lane area/paint (excluding the key area). In the lane/paint, any defensive players are allowed to help stop an offensive player from scoring, dribbling or getting the ball. The offensive

player in the lane does not need to have the ball (for example, if the offense attempts to post up their tall player in the lane, more than one defensive player can help prevent that player from getting the ball or 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). No trapping is permitted outside the lane. 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 in grades 1-4. However, when a change of possession occurs, the defensive players while retreating (in accordance with the no backcourt defense rule) are allowed to set up initially in an area until the opposing offensive player assigned to them crosses an imaginary line drawn from the top of the key to either sideline. If the referees observe that defensive players continue to cover an area rather than a player, then the team should be warned against using an illegal zone defense. After the second warning, a technical foul should be assessed against the bench.

CYA encourages all players to be a part of the offense. There is no limitation on offensive sets, except for a clear-out offense (in which a single player handles the ball in isolation and all other team players are instructed to stand on the sides of the court out of the way). The referees should issue a warning if they perceive that the offensive team is using a clear-out offensive set.

5.17 Crush Rule

Girls Grades 5-6: Teams in grades 5-6 ahead by 10 or more points at any time during the game will not be allowed to guard in the back court, press and/or have half court traps. Remember that Grades 1-4 are never allowed to guard in the back court.

Boys Grades 5-6: Teams ahead by 10 or more points are not allowed to contest an inbound pass in the backcourt; 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 in the front or backcourt under all other circumstances (turnover or rebound).

Boys grades 7-12 and Girls grades 7-8: Teams ahead by 15 or more points are not allowed to contest an inbound pass in the backcourt; 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 in the front or backcourt 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; 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 in the front or backcourt under all other circumstances (turnover or rebound).

Moreover, 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 may also recommend to their team to make more passes on offense before shooting and use a half-court rather than fast-break offensive set. Another recommended strategy to avoid a blowout is to have players play at different positions that they are used to (for example, guards playing in the post positions or post players serving as guards). Shifting to a loose zone below the half court on defense is another such technique. Coaches who are judged by the Basketball Board to be consistently running up the score on weaker teams may be sanctioned.

Whenever the score difference falls below the crush rule threshold for a given league, defense on inbounds passes, presses and traps in the backcourt are again allowed.

If a team in grades 3-8 is trailing by 20 or more points at the start of the 4th quarter, the coach of the trailing team may 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, warm-ups and practices. 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 Substitution 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 2-8

Each player arriving before the start of the second quarter must play a minimum of two (2) full uninterrupted quarters in each game (a “full” quarter is one where the player is in the game for the **entire quarter, barring any injury/illness or disqualification**) and must play at least one quarter in both halves. If the player arrives after the start of the second quarter, then he/she must play at least one full quarter in the second half.

Bench Rule (Grades 2-8): When each team has 7 or more players at the start of the game, each player 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 to replace an injured or disqualified player). 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.

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

Free substitutions will be allowed only in the fourth quarter but are encouraged when possible 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.

6.1.1.1 Special Participation Provision Grades 1-2 (teams with 11-12 players only)

For grades 1-2 only, if a team has more than 10 players present at the start of the game, then each player must play in both halves and must play a minimum 1 ½ quarters for the game. Each player must play at least one full uninterrupted quarter and one half uninterrupted quarter. To achieve this, substitutions may be made in any quarter by this team. Teams with 10 or less players must follow the standard participation rule for grades 1-3.

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 for grades 1-8 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, 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. The player participation rules must still be observed.
- Any injured or ill player must be reinserted into the game for the substitute as soon as the injured or ill player recovers and is ready to return to the game.

6.1.5 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), must play in both halves, 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.

6.1.6 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.

Bench Rule (Boys Grades 9-12): When each team has 7 or more players at the start of the game, each player 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 to replace an injured or disqualified player). 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.

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

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 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 above is not violated.

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 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 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 Commissioner, Director of Operations or Boys or Girls 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 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 as are substitutions for injury or illness.

7. OFFICIATING RELATED

7.1 Game Officials: Referees

Whenever possible, games will be officiated by at least two CYA-approved basketball officials (three officials may be used for some playoff games). For Grades 1-7, these are officials provided by CYA. For Grades 8-12, these officials are 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 1-8, the CYA official may elect to have an Assistant Coach or spectator assist in officiating the game. House refs or volunteers cannot officiate together with Cardinal officials.

If both 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 unless malicious intent/bias on the part of the official can be demonstrated conclusively to the Basketball Board Sportsmanship Committee.

Whenever CYA officials, not Cardinal Basketball 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 “referee timeout” to meet with both referees (or with the referee mentor if present) and the other head coach. Each team is allotted one such 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 point out 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.

During the game, the tactic of "working the Ref" will not be tolerated. Refs will be instructed to give the Coaches one (1) verbal warning. If coaches persist, they can 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 officials' 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 are 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 are instructed to suspend the game. 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 Referee Commissioner, who will decide whether or not to 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 too many out of league as a result of misbehavior on the part of coaches or spectators, we will not be able to officiate all games adequately. 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 Cardinal Referees

The rules governing the interaction of coaches for the 8-12th grade teams and the Cardinal refs are the same as those governing the local public high schools. Unlike coaches in games officiated by CYA house refs, coaches in games officiated by 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 these games and could result in the

levying of technical fouls or ejection. Any problems with Cardinal referees should be reported to the appropriate league administrator and the CYA Executive Director

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 inadvertent error or judgment calls by the officials. Any errors by the officials (referees, scorekeepers, or timekeepers) in interpreting the rules should be corrected if possible 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 or harass players on the opposing team.

7.2.1 Scorekeeper

The scorekeeper must either be 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 be given 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 and coaches. 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. The scorekeeper 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 of the scorebook. **This running score, and not the score recorded on the clock or the sum of individual player points, 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 half and are allocated to the team whenever a personal foul is called. The scorekeeper must signal the referee when a team reaches 7 team fouls in a half (when teams start shooting 1 on 1 foul shots) and again when a team reaches 10 team fouls (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 the player is disqualified and 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 foul count of the second half carries over into the overtime period. In addition, the scorekeeper should alert the referees when a team accumulates 3 sportsmanship related technical or flagrant fouls, at which time the game is forfeited.

Possession: The scorekeeper should keep track of possession at the top of the scorebook. However, the referees have final discretion.

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 if possible.

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 a player or the referee so indicates. The clock is not restarted between free throws.

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 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 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 and 2: For grades 1 and 2, the timekeeper will reset the score board at the end of each quarter to zero.

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 can be selected by the head coaches after the team has been established. 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 unintended injury is often the result. CYA discourages this tactic for grades 2-8. If coaches nonetheless decide to employ intentional fouls in game situations, they should give their players some code (such as “red”) to signal the intentional foul and be sure to instruct their players how to foul without risking injury to other players. Under no circumstances should anyone 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 intentional 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 not be allowed in the gym during the next game, even as spectators.

Players or coaches who 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 who 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 were 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. **Note:** For the HS girls teams participating in the Friendship League, the first game ejection of a player or coach results in a one-game suspension and the second game ejection in the season results in permanent suspension for the season.

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. Ineligible players include those players currently playing Travel or High School basketball, players not officially rostered on the team, and suspended players. 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, the Chairman, the Director of Operations, 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 bench technical foul assessed against the team and the spectator's removal from the gym. If the referee orders a spectator removal from the gym, then the game only recommences when the spectator leaves.

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. 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.

10 VHS RULE CHANGES 2014-16

The Virginia High School League has implemented two major rule changes in the past few years that have been 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 have been 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.

11 Friendship League Rules: Girls 9-12th Grades

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

1. Quarters are 8 minutes, with 1 minute between quarters and 4 minutes between halves (if time permits). Periods can be reduced to 7 minutes if necessary to maintain the game schedule.
2. Each team receives 2 full time outs per half (use or lose; no carryover).
3. No overtimes are played except during tournaments. Overtime periods in playoffs are 3 minutes with one timeout per overtime period allowed.
4. 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 leading 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 in the back court.
5. 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 (putting a player in for just a short period in the quarter does not meet the intent of this rule). 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.
6. 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).
7. 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).
8. "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.
9. The first game ejection of a player or coach results in a one-game suspension and the second game ejection in the season results in permanent suspension for the season.
10. If a situation is not covered in these Friendship League rules, the appropriate CYA rule applies even for non-CYA teams.
11. Any questions or concerns should be addressed to the commissioner of the Friendship League, Phil Blount (Home 703-281-4143, Cell 703-217-067).

APPENDIX: Winter 2017-2018 Rules Summary

Rule	Boys/Girls 1-3	Boys/Girls 4	Girls 5-6	Boys 5-6	Boys 7-8	Girls 7-8	Boys 9-12	Girls 9-12
Period	7 min.	7 min.	7 min	7 min	7 min.	7 min.	8 min.	8 min.
Overtime ¹	None	1 (2 min)	1 (2 min)	1 (2 min)	1 (2 min)	1 (2 min)	1 (3 min)	None
Timeouts ²	2 per half	2 per half	2 per half	2 per half	3 full, 2 30	3 full, 2 30	3 full, 2 30	2 per half
Basket Height	8.5 feet (3B: 9.5 ft)	4G: 9.5 feet 4B: 10 feet	10 feet	10 feet	10 feet	10 feet	10 feet	10 feet
Foul Line	12 feet	12 feet	15 feet	15 feet	15 feet	15 feet	15 feet	15 feet
Defense	Man only	Man only	Man & zone	Man & zone	Man & zone	Man & zone	Man & zone	Man & zone
Free zone	Yes	No	No	No	No	No	No	No
Press	No	No	2 nd half only	Yes	Yes	Yes	Yes	Yes
Crush rule	10 points	10 points	10 points	10 points	15 points	15 points	15 points	10 points
3-pt. Shot	No	No	No	No	Yes	Yes	Yes	Yes
Playing Time ³	2 full*	2 full	2 full	2 full	2 full	2 full	1 full + ½**	1 ½ total**
Substitution ⁴	4 th quarter	4 th quarter	4 th quarter	4 th quarter	4 th quarter	4 th quarter	Anytime	Anytime

¹Overtime: For grades 4-8 during the regular season, one 2-minute overtime period with a stopped clock is permitted; if no winner is determined at the end of this overtime period, the game is declared a tie. During the playoffs, up to two 2-minute overtime periods may be played if needed to determine the winner; if the score is tied after the 2nd overtime, a sudden death overtime (first basket wins) is used. For grades 1-3 and girls grades 9-12, no overtime period is permitted (except during playoffs for girls 9-12). For boys grades 9-12, one 3-minute overtime period is permitted during the regular season, and as many overtime periods as needed during the playoffs.

²Timeouts: Boys/Girls grades 1-6 and Girls grades 9-12 get 2 full timeouts each half (no carryover) during the regular season. Boys and Girls grades 7-8 and Boys grades 9-12 get 2 30 second and 3 full timeouts for the game. No timeouts are permitted for grades 2-8 during overtime periods. One timeout is permitted during each overtime period (no carryover) for Boys grades 9-12 during the regular season and playoffs; Girls grades 9-12 get 1 timeout during each overtime period (no carryover) during the playoffs only.

³Playing Time (Participation Rules): For grades 1-8, each player arriving before the start of the second quarter must play a minimum 2 full uninterrupted quarters in the game (at least 1 uninterrupted quarter in each half). They are also subject to the Bench Rule below.

*For grades 1-2 only, if a team has more than 10 players present at the start of the game, then each player must play in both halves and must play a minimum 1 ½ quarters for the game. Each player must play at least one full uninterrupted quarter and one half uninterrupted quarter. To achieve this, substitutions may be made in any quarter by this team. Teams with 10 or less players must follow the standard participation rule for grades 1-3.

****For Boys 9-12, players must play one at least 1 ½ quarters, which must include 1 full uninterrupted quarter. For Girls 9-12, players must play in at least 3 quarters for a minimum of 1 ½ total quarters. Boys 9-12 are subject to the Bench Rule below; Girls 9-12 are not.**

Bench Rule: For grades 3-12 (except Girls 9-12) if both teams have 7 or more players present at the start of the game, then each player on both teams must also sit out an entire uninterrupted quarter at some point during the game; if either team has less than 7 players at the start of the game, then this Bench Rule is not enforced for either team.

Substitutions: Substitutions cannot violate the minimum participation rule and for grades 1-8 can only occur in the 4th quarter unless due to injury/illness or disqualification (see exception above for grades 1-2 for teams with more than 10 players). For injury and disqualification substitutions, the playing time in the quarter counts for the player being removed from the game and not for the substitute entering the game. Boys 9-12/Girls 9-12 have free substitution throughout the game subject to the limitations of their respective participation rule.

Participation Disputes: If there is an unresolved dispute between the coaches over player participation or substitution during the game, they should try to correct the issue at the time it occurs; if this is not possible, they must note the issue in the scorebook at the time of the dispute, initial the complaint, and report the issue to the League Administrator & Sportsmanship Coordinator.

Crush Rule: When the crush rule goes into effect varies by league (see Table above) and entails restrictions on guarding in the backcourt. These backcourt defense restrictions do not apply for Grades 1-4 because at those grades backcourt defense is never allowed. For Girls Grades 5-6, teams in grades 5-6 ahead by 10 or more points will not be allowed to guard in the back court, press and/or implement half court traps. For Boys Grades 5-6 and Boys/Girls Grades 7-12, once the crush rule is in effect Teams ahead by 10 or more points (Boys Grades 5-6 and Girls Grades 9-12) or 15 or more points (Boys/Girls Grades 7-8 and Boys Grades 9-12) are not allowed to contest an inbound pass in the backcourt; 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 in the front or backcourt under all other circumstances (turnover or rebound).

Technical fouls: Any player or coach receiving 2 sportsmanship-related technical fouls in a game is automatically disqualified and must also sit out the next game. If a team receives 3 sportsmanship-related technical fouls in a game, then that team forfeits and the game is immediately ended. Players/coaches receiving 3 or more technical fouls in a season are subject to further sanction. All technical and flagrant fouls must be reported to the League Admin and Sportsmanship Coordinator by both coaches.

Other Issues

- If a gym is not available for CYA use for a scheduled event, the coaches should not argue with school officials/custodian but rather both contact the league administrator and call the CRS Hotline (703-609-8870) to see if the issue can be resolved or the game/practice moved. The CRS Hotline should also be called if the gym doors are not open and no custodian can be located.
- If more than two teams show up for a game, the coaches should contact their League Administrator or the Boys/Girls Commissioner to see which teams are scheduled. If that does not resolve the issue, use a coin toss to determine who plays if the teams are in the same league; otherwise, the coaches should ask the referees what age group they were scheduled to officiate and use that to determine which teams play. Games always take precedence over practices.
- If there is no clock at the game, 15-minute quarters with a running clock will be played until a clock arrives. A stopwatch or a scorekeeping app can also be used if available.

IMPORTANT CONTACT INFORMATION

Basketball Chairman: Rick Shryock

- Cell 703-963-5430, Email: basketball@chantillyyouth.org

Director of Operations: Dan Dschuhan [also ref scheduler for Boys grades 8-12 & Girls grades 7-12]

- Cell 571-268-0463, Email: D_dschuhan@verizon.net

Boys Commissioner: Dale Howell

- Cell 571-435-9647, Email: DelbertDLH@hotmail.com

Girls Commissioner: Lee Cooper

- Cell 703-407-5298, Email: lee@coopergrowthstrategies.com

Girls Deputy Commissioner: Meghan Acocella

- Cell 571-337-8040, Email: meghanbealacocella@gmail.com

Quartermaster: Dale Howell

- Cell 571-435-9647, Email: DelbertDLH@hotmail.com

Referee Coordinator (House Grades 1-7 only)/Sportsmanship Director: Rein Kiewel

- Basketball Cell 703-789-0769; Personal Cell 703-346-6092, Email: cyabbref@gmail.com

Asst. Referee Coordinator (House Grades 1-7 only): Monica Despins

- Basketball Cell 703-789-2110; Personal Cell 703-283-3794, Email: cyabbref@gmail.com

Scheduler: Paul Jones

- Cell 703-622-0586, Email: jones_e_paul@yahoo.com

Neighborhood and Community Services

- Gym Hotline: 703-609-8870
- School weather-related closures: <http://www.fcps.edu>

CYA Scheduling Website

- URL: <http://cyabasketball.assn.la>

WHO TO CONTACT:

Gym closures (non-weather related): Call Recreation Dept. Hotline at 703-609-8870

Gym closures (weather-related): Check FCPS website (<http://www.fcps.edu>) or TV Channel 21. Call 703-865-8925 for Nova Field House (14810 Murdock St, Chantilly); 703-430-8489 for Hoops Plus (45496 Ruritan Cir, Sterling); 703-544-9403 for The Campus (100 Powers Ct., Sterling).

CYA House referees (Grades 1-7): Contact Referee Coordinator Rein Kiewel at 703-789-0769 or 703-346-6092 or Asst. Ref Coordinator Monica Despins at 703-789-2110 or 703-283-3794.

Cardinal referees (Grades 8-12): Contact Dan Dschuhan at 571-268-0463 or Rick Shryock at 703-963-5430

CYA gym use conflicts: Contact the League Administrator or scheduler Paul Jones at 703-622-0586.

Scheduling: Contact Paul Jones at 703-622-0586.

Sportsmanship/Safety issues: Contact Rein Kiewel at 703-789-0769 or 703-346-6092 or Dan Dschuhan at 571-268-0463

Equipment: Contact Dale Howell at 571-435-9647.

League Administrators

CYA Basketball Boys League Administrators - Winter 2016-17			
<i>Grade</i>	<i>League Admin</i>	<i>Cell</i>	<i>Email</i>
1	Hillaire Cooke	201-815-1343	Hillaire.cooke86@gmail.com
2	Jonathan Mattiello	703-801-3613	jdmattie@hotmail.com
3	Jason Strong	571-594-1149	jason@jasonstrong.com
4	Scott Madsen	703-926-6266	stmad1@gmail.com
5	Danny Rumford	703-597-5902	dannyrumford@gmail.com
6	Jason Rosensweig	703-798-4982	rosensweigj@gmail.com
7	Josh Taylor	571-351-7199	joshtaylortwo@gmail.com
8	Barry Culman	571-228-7595	bculman@usa.net
9	JP Prochazka	703-867-3972	jprochazka@gmail.com
10	Cathy Awad	703-674-9463	cawad@cox.net
11	Doug Hall	703-597-3745	dwhall2@aol.com
12	Scott Madsen	703-926-6266	stmad1@gmail.com
CYA Basketball Girls League Administrators - Winter 2016-17			
<i>Grade</i>	<i>League Admin</i>	<i>Cell</i>	<i>Email</i>
1	Aida Rivera-Gines	908-370-5207	Aida139@gmail.com
2	Renee Wayment	703-728-2452	renee@wayment.com
3	Charlie Zimmerman	301-996-9445	cjzimm76@gmail.com
4	Mark Murphy	703-627-0501	Murfe94590@aol.com
5	Pat Sweeney	571-436-9905	psween0512@gmail.com
6	Sarah Riccardi	703-505-3217	sriccardi@gmail.com
7 & 8	Shannon Gibbs	703-994-2353	shannonmaygirl@yahoo.com
9 & 10	Phil Vargas	703-476-0218	pavllm4@msn.com
11 & 12	Rick Shryock	703-963-5430	basketball@chantillyyouth.org
CYA Basketball Board Administrators			
Chairman	Rick Shryock	703-963-5430	basketball@chantillyyouth.org
Operations Director	Dan Dschuhan	571-268-0463	d_dschuhan@verizon.net
Registrar	Cindy Aune	703-597-1707	registrar@chantillyyouth.org
Boys Commissioner	Dale Howell	571-435-9647	DelbertDLH@hotmail.com
Girls Commissioner	Lee Cooper	703-407-5298	lee@coopergrowthstrategies.com
Girls Deputy Commish	Meghan Acocella	571-337-8040	meghanbealacocella@gmail.com
Ref Coordinator/ Sportsmanship	Rein Kiewel	703-789-0769 703-346-6092	cyabbref@gmail.com rien.kiewel@verizon.net
Asst Ref Coordinator	Monica Despina	703-789-2110 703-283-3794	despinsm@yahoo.com
Sportsmanship	Rein Kiewel	703-346-6092	rien.kiewel@verizon.net
Quartermaster	Dale Howell	571-435-9647	DelbertDLH@hotmail.com
Scheduler	Paul Jones	703-622-0586	jones_e_paul@yahoo.com
Special Events	Scott Madsen	703-926-6266	stmad1@gmail.com

Webmaster	JP Prochazka	703-867-3972	jprochazka@gmail.com
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