CYBA Recreational League Rules

*MSHSAA rules and penalties apply unless otherwise noted. If a league contains two or more age groups, the rules for the highest age group will be applied (e.g. 3rd – 4th grade girls will play with 4th grade guidelines).

League Rules

Sportsmanship

CYBA code of conduct for players, coaches and fans strictly applied. Verbal and physical abuse of referees, coaches, players and spectators will not be tolerated. Violators may be asked to leave the game, be removed from the facility and/or suspended from the league.

Players

Only CYBA registered and approved players may participate in games. To avoid a forfeit, a team may only pick up a player(s) from another CYBA team in the same age division or younger. ID and/or proof of CYBA registration will be required.

Game Length

- Four 8-minute quarters with running clock
- Clock stops last 2 minutes of each half (2nd & 4th quarters) according to MSHSAA guidelines.

Timeouts

Team receives 3 timeouts per game (each 1 minute long)

Overtimes

- 2-minute overtime with running clock
- 1 time out per team (timeouts do not carry over from regulation)
- Coach may choose to play any 5 players on their team.
- No substitutions (unless there is a foul out or injury)
- If a game remains tied after the first overtime, a 2nd sudden death (1st team to score) overtime will be played.

Substitutions

Substitution rules apply to ALL leagues and divisions using the below guidelines. Coaches will notify referees and/or the site supervisor for any deviation from the substitution rules.

- Mandatory substitution every four (4) minutes during games regardless of the number of players on team (clear team bench every substitution time)
    - Clock will be momentarily stopped for 15 seconds to allow players to enter game.
- No substitutions except during designated times except in these instances:
    - Player injury
    - Player disqualified from game (foul out or technical foul)
    - Player leaving a game early for personal, illness, or emergency reasons.
- Coaches should maintain a written verifiable substitution rotation (may be asked to provide)
- Playing time should be distributed among all players as equally as possible across a game and during the season. (See CYBA substitution guideline sheet for playing time and size of teams)

Penalties for violation:

- *Technical foul assessed to the coach (not unsportsmanlike and does NOT count towards the season cumulative total for the coach)*

- *Coaches who violate substitution rules multiple times during the season are subject to additional penalties including suspension and/or removal from league as determined by a CYBA board member or league coordinator.*

Team Fouls

- Beginning with the 5th team foul each quarter, the opposing team will shoot 2 free throws.
- Team fouls reset every quarter (but not in overtimes).

Technical Fouls

Technical foul rules and penalties are cumulative for the season. Free throw penalties will follow MSHSAA rules: (2 free throws and possession of the ball for the opposing team).

- Player Technical Fouls (unsportsmanlike)
  - 1st technical – Player sits for 2 quarters during same game.
  - 2nd technical – Player ejected from the game and suspended for next game.
  - 3rd technical – Player ejected from the game and suspended for the season.
- Coach Technical Fouls (unsportsmanlike)
  - 1st technical: Coach must remain seated on bench for remainder of the game.
  - 2nd technical: Coach ejected form game and suspended the rest of the season.

Dunking/Grasping the Rim

- No dunking or grasping the rims during practices, games or warm-ups.

Bench Personnel

- All substitute players should remain seated during game play.
- The only people allowed on the bench are players and coaches unless prior board approval has been requested for special circumstances.
- Only two (2) coaches on a team bench at any time
- Only one (1) coach may be standing during the game within the designated coach's area
- Bench coaches shall meet the following guidelines:
  - High school divisions: 21+ years old
  - Kindergarten - 8th grade divisions: 17+ years old

*Younger assistant coaches than outlined can be approved by CYBA board on individual basis

Defense

Since CYBA promotes individual skill development and competitiveness, no zones, trapping or double-teams are allowed through the 5th grade level.

Considerations to evaluate defenses:

- Man-to-man defense has each player guarding another specific player on the other team.
  - Zone defense has a player guarding an area on the court (e.g. the lane)
- A defensive player should be within 6-10 feet of the player they are guarding in man-to-man.
- During fast break transitions to the basket, man-to-man defensive guidelines do not apply.
- "Help" defense is not considered a "double-team" or "zone" as long as the help defender promptly returns to the primary player they are guarding.
- Younger players often struggle to find the player they are guarding in man-to-man defense.

*Referees have final responsibility for interpreting violations. Any coach/team having issues with the defense rules or interpretations should discuss with their league coordinator (not the referees).

Penalties for Violations:

- *1st Violation: Warning to the team*
- *Subsequent Violations: Technical foul on the team (not unsportsmanlike & does not count towards the cumulative total or the team fouls for the quarter)*

Grade Specific Guidelines Rules

Kindergarten (Boys and Girls)
Ball Size: 27.5”
Rim Height: 8.0”
Player Fouls: 6
Defense: Man-to-man only (no pressing, double-teaming or trapping)

1st Grade (Boys and Girls)
Ball Size: 27.5”
Rim Height: 8.0”
Player Fouls: 6
Defense: Man-to-man only (no pressing, double-teaming or trapping)

2nd Grade (Boys and Girls)
Ball Size: 27.5”
Rim Height: 9.0”
Player Fouls: 6
Defense: Man-to-man only (no pressing, double-teaming or trapping)

3rd Grade (Boys and Girls)
Ball Size: 28.5”
Rim Height: 9.0”
Player Fouls: 6
Defense: Man-to-man only (no pressing, double-teaming or trapping)

4th Grade (Boys and Girls)
Ball Size: 28.5”
Rim Height: 10.0”
Player Fouls: 6
Defense: Man-to-man only (no pressing, double-teaming or trapping)

5th Grade (Boys and Girls)
Ball Size: 28.5”
Rim Height: 10.0”
Player Fouls: 6
Defense: Man-to-man only (no pressing, double-teaming or trapping)

6th Grade (Boys)
Ball Size: 29.5”
Rim Height: 10.0”
Player Fouls: 5

Defense: Man-to-man or zone defense (no half-court traps)
Press: Man-to-man press final 4 minutes of the game & overtime (unless up by 10+ points)

6th Grade (Girls)
Ball Size: 28.5”
Rim Height: 10.0”
Player Fouls: 5
Defense: Man-to-man or zone defense (no half-court traps)
Press: Man-to-man press final 4 minutes of the game & overtime (unless up by 10+ points)

7th – 12th Grade (Boys)
Ball Size: 29.5”
Rim Height: 10.0”
Player Fouls: 5
Defense: Man-to-man or zone defense
Press: Man-to-man press final 4 minutes of the game & overtime (unless up by 10+ points)

7th-12th Grade (Girls)
Ball Size: 28.5”
Rim Height: 10.0”
Player Fouls: 5
Defense: Man-to-man or zone defense
Press: Man-to-man press final 4 minutes of the game & overtime (unless up by 10+ points)