

C.Y.B.L is governed by the Virginia High School rules and referees will enforce VHSL rules with the following exceptions which are specific to CYBL.

Outside Practices (practices not scheduled by CYBL or held at CYBL approved facilities) Policy:

CYBL does not support, promote, or endorse basketball practices held outside of what has been approved and scheduled by the league. Should your team practice outside of the scheduled events on the website, then CYBL absolves itself of any liabilities incurred during such event.

Scrimmages:

No out of league scrimmages are allowed without prior approval from league president. If approved, any team wishing to scrimmage outside of the league will need to sign a liability waiver. If approved any team wishing to scrimmage out of league teams in a CYBL gym will need prior approval from League Director. The opposing team must have proof of insurance before being allowed to scrimmage.

Inner League scrimmages are encourage. All teams wishing to scrimmage inner league must notify League Director prior to having the scrimmage.

Playing Time, Full Court Press, Defense and Other General Rules:

<p>Minimum Playing Time*</p>	<ul style="list-style-type: none"> All players must receive a minimum of 12 minutes playing time for the entire game. After the first five minutes of each half, all non-starters must enter the game and remain in the game for at least 5 minutes. ***Teams with 11 athletes must bring in the 11th player into the game in the beginning of the 2nd and 4th quarter**** It is encouraged to use the quarter breaks for substitutions.
<p>Maximum Playing Time*</p>	<ul style="list-style-type: none"> Each player must sit out at minimum 5 consecutive minutes per half.
<p>Full Court Press</p>	<p>The following apply to all divisions that allow full court pressing. Please see division specific rule summary below to see differences in press time allowed by division.</p> <ul style="list-style-type: none"> No press is allowed by the winning team if the point spread is 15 or greater. A team losing by 15 or more may press in the division specific press time allowed. If the point spread is less than 15, both teams are allowed to press in the division specific press allowed time.
<p>Defense</p>	<p>Peewee Division:</p> <ul style="list-style-type: none"> Only 2-3 zone defense are allowed. Each defensive player must have at least one foot in the lane while playing defense Defense ARE allowed to jump out of the box. Must reestablish a foot in the paint before jumping out again.

	<p>Exception: During the last 2 minutes of the 2nd & 4th quarters only, the defensive team is allowed to play defense out of the lane up to the 3 point line arc. Defensive players will be allowed to jump outside the 3 point arc when attempting to block a shot.</p> <p>Minor Division:</p> <ul style="list-style-type: none"> • Man-to-Man defense is mandatory for Minor division for first three (3) quarters • Only 2-3 zone defense is allowed in the 4th quarter. • All defenses are allowed in the last 2 minutes of the game including full court press. <p>PLEASE SEE MAN-TO-MAN GUIDELINES AT THE BOTTOM OF THIS PAGE.</p> <p>Junior and Senior divisions:</p> <p>The defense is coach's choice, zone defense is allowed although a mix of Man-to-Man and zone is encouraged.</p>
Protests	<p>Any Protests (example, the opponent not following playing time rules) must be submitted in writing to the Division Director within 48 hours of the violation, otherwise the protest will not be accepted.</p>

*** Coaches who do not follow the minimum and maximum playing time rules will be immediately contacted by the league office which will determine what action, including game forfeiture and possible dismissal from the league, is warranted.**

*** Players who arrive more than 5 minutes past the start of the game are not subject to the minimum and maximum playing time rules.**

Division Specific Rule Summary - 2016-2017

Division	Ball	Basket	Foul Line	Rules for division
Biddy Ball	27.5	7.5'		<ul style="list-style-type: none"> • No score will be taken only stats for the game • Players must pass the ball 2 times before shooting • No foul shots. If a player is fouled in the act of shooting then team will remain in possession of the ball. • Every player will be allowed to shoot in every game • No full court press at any time. • Upon possession of the ball by the defensive team via rebound or steal, the opposing team will retreat to the defensive end of the court • Only 2-3 zone defense is allowed. Each defensive player must have at least one foot in the lane while playing defense • Players are not allowed to jump out of the lane when the opposing team has possession of the ball. • All baskets count as 2 points. No 3 pointers. • Consecutive shot rule: 1 player is not allowed to shoot more than 3 times in a row make or miss

Peewee	27.5"	8.5'	15/12'	<ul style="list-style-type: none"> No full court press at any time. Upon possession of the ball by the defensive team via rebound or steal, the opposing team will retreat to the defensive end of the court Only zone defense are allowed. Each defensive player must have at least one foot in the lane while playing defense Players ARE allowed to jump out of the lane when the opposing team has possession of the ball and attempting a shot. Players must establish a foot back in the paint before attempting to jump out again Each team will be given two warnings for illegal defenses per game, after which a technical foul will be assessed. During the last 2 minutes of the 2nd & 4th quarters only, the defensive team is allowed to play defense up to the 3 point line. Man to Man or 2-3 zone will be allowed <ul style="list-style-type: none"> During this time the 3 pointer will be counted since the defense is allowed to pressure to the ball up to the 3 point line. Teams are allowed to jump out pass the 3 point line to attempt a block shot. All baskets count as 2 points. No 3 pointers until last 2 minutes of the 2nd and 4th quarter. <p>Consecutive shot rule: At no time in the game will a player be allowed to take more than 3 consecutive shots in a row make or miss.</p> <p>Game Flow: The game is to be played continuously. At no time shall a team impede the flow of the game by deliberately stalling the game on offense. If the referee determines that a team is impeding the flow of the game by stalling, a warning will be issued on the first offense. A second infraction will result in a turnover and the opposing team will inbound the ball from half court.</p>
Minor	28.5"	10'	15'	<ul style="list-style-type: none"> No full court press until the last 2 minutes of the 4th quarter. No pressing or trapping at the half court line when the ball is brought up court the first time per possession, thereafter regular half court rules apply. Unless a fast break situation, the initial defensive contact should be in the area around the top of the key at the 3 point line Free Throws: A player at the free throw line will be able to jump over the line during free throws with no penalty. However they must remain where they land until the ball hits the rim.
Junior	28.5"	10'	15'	<ul style="list-style-type: none"> 2nd half and overtime full court press is allowed
Senior and Super Senior	29.5"	10'	15'	Full court press is allowed any time

* For the 15'/12' foul line divisions, players have the option to move up to 12' if not able to get the ball to the rim from 15' (their first attempt of the game must be from 15'). For these players, any return trips to the foul line during the same game will be shot from 12'.

Other CYBL Specific Rules:

Subject	Rule
Game Volunteers	<ul style="list-style-type: none"> • Each team is responsible for providing a volunteer to work either the game clock OR the scorebook. • Home Team works the scorebook • Visitor Team works the game clock
Game Attire	<ul style="list-style-type: none"> • Home team will wear light color uniform • Visitor team will wear dark color uniform • Players are only allowed to wear a shooter shirt in pregame warm-ups and during the half time break. No sweat suits, jackets, pants, etc... • No jewelry permitted, including pierced ear studs and earrings. • No wrist bands of any kind are allowed to be worn during games. • Jerseys must be tucked in. • Players must wear tennis shoes. • Team members must wear CYBL provided jerseys unless there is a case where the player is waiting for jersey delivery, in which case the player must wear a similar color to his or her teammates.
Forfeits	<ul style="list-style-type: none"> ○ Each team must have at least 4 players to start the game, otherwise a forfeit is called at game time. ○ A maximum grace period of 5 minutes will be given to each team who has less than 5 players at the beginning of the game. ○ If a team doesn't have at least five players by the end of the first quarter/1st 10 minutes, the game will be declared a forfeit and the team with at least five players will be awarded a victory ○ If both teams have less than 5 players the game will be declared at tie ○ Players may not be "borrowed" to make up a full 5 to avoid forfeiture.
Clock Management	<ul style="list-style-type: none"> • Games are to be started at their scheduled time. Games are not allowed to be started early due to coaches having multiple teams and parents with multiple children. • Teams will have at the minimum 3 minutes to warm-up prior to game starting. • Games - there will be four 10-minute quarters and the clock will stop briefly at the five minute mark of each quarter for substitutions.

Subject	Rule
	<ul style="list-style-type: none"> • The clock will run continuously except for time outs and in the last two minutes of the 4th quarter. • In the final two minutes of the game, the clock will stop on all dead ball situations. • The clock will not stop in the final two minutes if there is a difference in score of 15 POINTS OR MORE in all divisions except Peewee Division. • The clock shall not re-start after a clock stoppage or time-out until the ball is touched by a player on the court. In case of made free throws in the final two minutes, the clock shall not start until ALL free throws are completed and the ball is thrown in bounds. • Halftime will be limited to three (3) minutes.
Substitutions	<ul style="list-style-type: none"> • After the first 5 minutes of the first and third quarters, all non-starters must come in to the game and remain in the game for at least 5 minutes. • It is encouraged for coaches to use the quarter breaks for substitutions. • The Minimum and Maximum playing time rules specified at the top of this page strictly apply to game substitutions. • Players must wait for the referee to wave them in to the game. • The clock will stop briefly at the 5:00 mark of each quarter for substitutions. • **Exception: Senior Division will be allowed to sub at will**
Timeouts	<ul style="list-style-type: none"> • Each team is limited to three (3) one-minute time-outs <u>per game</u> and one time-out for overtime. • The three regular time-outs may be taken at any time. • Regulation time outs don't carry over to overtime time outs. • In an overtime game, each team gets one timeout. • **Senior Division will get four (4) one minute time outs per game and one timeout in over time.
Overtime	<ul style="list-style-type: none"> • If the game is tied at the end of regulation, there will be one (1) two minute overtime period with the clock stopping on dead-ball situations. • If time permits the League Director can approve another one minute overtime period with the clock stopping on dead-ball situations • If the game remains tied at the end of the OT period, the game ends in a tie except in playoff games where two minute overtime periods will continue until there is a winner.
Game Court	<ul style="list-style-type: none"> • No persons except players and officials are allowed on the gym floor during games, timeouts, and halftime.

Subject	Rule
	<ul style="list-style-type: none"> This includes player's siblings and players from other teams waiting for their game, who are not allowed to "shoot around" or other occupy the gym floor during timeouts or halftime.
Fouls	<p>CYBL follows VHSL guidelines for fouls, including but not limited to:</p> <ul style="list-style-type: none"> 5 fouls by one player in a game will result in fouling out of the game. 7 fouls by a team in one half will result in the "bonus" 1 and 1 foul shooting for the other team. 10 fouls by a team in one half will result in the "double bonus" 2 shot foul shooting for the other team.
Technical Fouls	<ul style="list-style-type: none"> A technical foul results in a personal foul and a team foul. Any player or coach receiving two technical fouls in a game will be ejected from the game, and will be suspended for their team's next game. Technical fouls are penalized two foul shots by a player on the offended team, selected by the coach, and possession of the ball. Any coach receiving a total of 3 technical fouls in a single season will be suspended from coaching for the remainder of that season. Can only be reinstated my League Officer.
Rule Violations that will result in Ejection from Gym and League	<ul style="list-style-type: none"> Foul Language- Zero Tolerance Policy. Any player, coach, parent, or guest who uses foul language will be subject to disciplinary action by the League Office up to suspension Any player that participates in or instigates a fight will be subject to at least a one game suspension. Any coach, parent, or guest who participates in or instigates a fight will be subject to at least a 4 game suspension Fighting or assault on a referee is an automatic ejection, and will be reviewed for possible suspension from the league for the season. Two technical fouls in one game. Any coach receiving more than two technical fouls during the season will be subject to disciplinary action by League Office, up to suspension for the remainder of season. All gym ejections will be reviewed by the CYBL Board for possible longer suspensions. This includes parents, coaches, spectators, players, etc. <p>All players, coaches, parents, and guest are to follow the policies for Henrico County Schools & Parks and Recreation for bringing any offensive materials or weapons onto school property. Failure to follow those policies will result in suspension until reinstatement by the League Office.</p>

Subject	Rule
Tiebreakers for Playoff Seeding	<p>In case two teams are tied at the end of the regular season, the following process will be followed to determine the final seeding:</p> <ol style="list-style-type: none"> 1. Best head-to-head record; if split or multiple teams have same record 2. Point differential with a maximum amount of points of 15 for a single game. 3. Quality Wins Winning Percentage: calculate the winning percentage of each tied team against the highest seeded team; if the same, then go to the second highest seeded team; and so on; if still tied then 4. Least points given up for the entire season 5. Coin Flip
Food and Drink	<p>At no time are food or drinks allowed to be brought into the gymnasiums. This is mandated by Henrico County Department of Parks and Recreation and it will be strictly enforced.</p>

CYBL: Revised on Jan. 2017

Man-to-Man Defense Guidelines

Minor Division

Over the years various definitions of man-to-man defense have been used, cited, and debated in youth basketball. This has caused substantial confusion for coaches, players, referees, and fans. To bring some consistency to this subject the following Guidelines are to be used:

1. **MAN TO MAN DEFENSE:** Each defensive player must guard a different offensive player. The distance between the defensive guarding player and the offensive guarded player will be dependent on whether the guarded player has the ball or not and the position of the guarded player to the ball as well as the guarded players position on the floor. There is no requirement that the two (2) best players guard each other.
2. **DOUBLE-TEAMING:** Double-teaming occurs when two defensive players guard the same offensive player whether he or she has the ball or not. Double-teaming at any time is permitted in the general area of the free throw line extended to the baseline on a player with the ball. Double-teaming between the general area around the top of the key and half court is prohibited.
3. **SPREAD OFFENSES:** Spread offenses and clear outs designed to isolate a team’s best player to take advantage of the requirement of man-to-man defenses and which emphasize one-on-one basketball at the expense of team basketball, are prohibited. The defensive players may establish positions to be able to assist the defensive player guarding the player with the ball.
4. **DISTANCE:** There is no requirement that at all times a defensive player be within any set distance of the offensive player he or she is guarding. However, the defensive player must move with the player he or she is guarding, rather than simply occupying an area of the court. If a player does not move with his or her man, this constitutes a violation of the spirit of the man-to-man rule.
5. **SWITCHING OR HELP DEFENSE:** Defensive players may switch in the event of a screen or a pick. Furthermore, a player may leave the player he or she is guarding to switch to or help on a player with the ball who has beaten the player who was guarding him or her.

Social Media Policy:

Guidelines All C.Y.B.L. Members shall abide by the following guidelines when using social media:

1. Be positive and respectful, and always take the high road. When disagreeing with others' opinions, remain appropriate and polite. If you find yourself in a situation online that is becoming antagonistic, ask the C.Y.B.L. Board or your sport coordinator for advice on how to disengage from the dialogue in a polite and respectful manner that reflects well on C.Y.B.L.
2. Do not post content that would harm C.Y.B.L. or damage C.Y.B.L.'s reputation. Remember that even while you are on your own personal time, you are a representative of C.Y.B.L., and people may interpret your online postings or social interactions as though they were official C.Y.B.L. statements.
3. Use good judgment when posting comments on any official C.Y.B.L. sites. Bear in mind that your comments can create liability for C.Y.B.L. If you are unsure whether a comment is appropriate to post, either do not post it or obtain prior approval from the Board.
4. Be smart about what you publish. Once something is posted, it exists online forever. Ask yourself, "Would I want to see this published in the new C.Y.B.L. per or posted on a billboard tomorrow or ten years from now?" If the answer is "no," do not post.
5. Encourage others to engage in positive interactions on social media. If you are concerned about any C.Y.B.L. Member's use of social media, please bring your concerns to the attention of your sport coordinator or a member of the C.Y.B.L. Board.
6. Personally identifiable information (information, such as a name and date of birth and/or a street address which, when taken together, can identify a particular individual) should not be disclosed in any manner on official C.Y.B.L. social networking sites without the approval of the sport coordinator or C.Y.B.L. Board.

Violations of the Social Media Policy the C.Y.B.L. Board of Directors shall have the authority to monitor and enforce this Social Media Policy. The C.Y.B.L. Board of Directors, and any individual appointed by the Board of Directors, shall have the authority to remove any inappropriate or offensive comments from official C.Y.B.L. sites and to block any individual or organization from posting on any official C.Y.B.L. social media platform if they determine, in their sole discretion, that such removal or block is in the best interests of C.Y.B.L.. Any violation of this policy shall be reviewed by the C.Y.B.L. Board, who will then determine if disciplinary action is warranted. The failure of any C.Y.B.L. Member to adhere to this Social Media Policy shall be considered a violation of the C.Y.B.L. Code of Conduct and will be subject to any or all of the following disciplinary actions up to and including termination of the individual's involvement in C.Y.B.L.

Board Members: suspension or permanent removal from C.Y.B.L. Board.

Players: Game suspensions including ineligibility for AllStar Games.

Coaches: Suspension for current season, removal of evaluation responsibilities, permanent C.Y.B.L. suspension.

Parents: Temporary or permanent suspension of attendance at any C.Y.B.L. event / game and your child being suspended temporary or permanent

