

CYBL Chelmsford Youth Basketball League



Playing Guidelines – Intramural – 2019-2020

Revised: October 11, 2019

The following intramural playing guidelines will be in effect for the 2019-2020 season. The CYBL Board of Directors has approved these rules to be a supplement to the 2019-2020 National Federation of State High School Associations Rule Book:

There are no major Rule Changes for 2019-2020 Season

PLAYING TIMES

- Playing Time Guidelines to be followed (see below).
- Matrix worksheet is recommended, but is NOT mandatory (see attached).
- Game consists of 8 segments with their own set time
- The segment will end with the sound of the horn and the ball will be put in play to start the next segment with the alternating possession arrow
 - The game begins with a jump ball
- Cadet Boys & Girls – eight 3-minute segments, all stop time
- Junior Boys & Girls – eight 3.5-minute segments, all stop time
- High School Boys & Girls – eight 4-minute segments, all stop time
- No substitutions are permitted for players in foul trouble
- Substitutions are permitted for players with health problems only (e.g. open cuts, asthma, ankle sprain) – the player is not allowed to return to the game during the same segment
- If a player must leave the game for either an injury or because they fouled out their substitute will only be charged for playing the segment if they entered the game before the midway point of the segment

CYBL RULES

- Each team receives 4 full timeouts per game, 1 additional timeout for each overtime period (timeouts carry over into overtime)
- There will be ONE overtime period which will be 2 minutes of stop time. Teams will shoot at the same goal they ended the game shooting towards – the OT will start with a

jump ball. If, at the end of the overtime period, the game is still tied, a free throw shoot-out will occur. Each team will pick three players to shoot a free throw and the team to make the most wins. If there is a tie, each team will continue to pick one player to shoot until there is a winner.

- There is no timeout permitted between segments or periods in the Junior and High School divisions (coaches may call a timeout if needed)
 - A maximum of a 3-minute half time will be allowed if time permits, this is not to be used for shooting (Site Manager's judgment)
- Player will be disqualified on **5th foul**
- No two players on a team shall wear the same number. If a player shows up with the wrong shirt one he/she may turn the shirt inside out and play as "0"
 - The Site Manager must be notified and the score sheet has to be updated with the change in number
- Shooting Free Throws
 - The players along the lane are permitted to enter the lane for a rebound off a missed free throw once the ball **leaves the shooter's hand**.
 - The shooter may not break the plane of the free throw line until the ball has contacted the rim or backboard. Players who are lined up outside the three point line are not permitted to break the three point line or the foul line extended until the ball has contacted the rim or backboard.
 - Cadet Division – 1 and 1 on 7th foul (no double bonus)
 - Boys - will be permitted to jump over foul line on follow thru, but will start from behind the line
 - Girls – will be permitted to do same or shoot from the first lane mark in front of the free throw line, but not continue over that line until the ball hits the rim
 - Junior & High School Division – 1 and 1 on 10th foul (no double bonus)
- Pressing is NOT allowed when leads of the following are reached:
 - Cadet Division – 10 points or more (live or dead ball-see below)
 - No press on any out of bounds play in the backcourt (dead ball) except for the last 2 minutes of each half
 - The ball is "dead" after a made basket and when the clock is stopped
 - Pressing is allowed on any live ball (except if lead of 10 or more points)
 - Junior Division – 10 points or more
 - High School Division – 15 points or more
 - A Technical foul *may* be assessed after the first warning (Site Manager's judgment)

- ****NEW** (as of 2019-2020 season): NO PRESS (live or dead ball) will be allowed during the first three weeks of the season. The above press rules will go into effect in the 4th week of the season.
- 3 point baskets are counted only in the Junior and High School divisions
- Coaches must remain in “Coaches Box” area (the area between the foul line extended and the mid-court mark inside the half court line on the each side of the court). After a 1st warning, a technical foul may be assessed
- Bench coaches, during games, are limited to only 2 people
- The possession arrow will alternate for the entire game and does not stay with the team losing by the specified point amount for the division
- There is no rule regarding zone defense. It is permitted, however man to man is suggested
- If the Site Manager believes that a player has purposefully removed themselves from a game either by intentionally fouling out, faking an injury or by simply quitting, the Site Manager has the right to select the replacement player so that neither team receives an unfair advantage. All other play time guidelines will apply
 - A technical foul may be assessed if the Site Manager feels that action was induced by the coach

TECHNICAL FOULS

- 2 cumulative technical fouls (unsportsmanlike) by a player or coach in 1 season will result in an automatic suspension for 1 game. If occurring during a game the player or coach will be removed immediately. A coach will be told to leave the building. A player will be guided by the site director as to where to go. The suspension will be served in the following game. There is NO appeal.
- 3 cumulative technical fouls (unsportsmanlike) by a player or coach during the season will result in the player or coach being suspended immediately and for the remainder of the season unless there is an appeal.
- Site Managers are permitted to call technical fouls from the table
- A player or coach who is removed from a game for fighting, pushing or other physical contact (Flagrant foul) will be subject to a two game suspension
- Coaches are required to fill out a score sheets in numerical order, prior to the start of the game or be subject to a team technical foul (administrative).
 - Adding additional players or making changes to the score sheets following the start of the game is a technical foul

**PLAYING TIME GUIDELINES
2019-2020**

The intent of the Playing Time Guidelines is to assure that all players are played fairly and equitably. The intent of the technical fouls assessed is to penalize those coaches who may abuse the premise of these guidelines. If a question arises as to the interpretation of the following guidelines, the Site Manager in charge of the game will render a decision that is consistent with the intent and spirit of the program. (I.e. violation of the (3) consecutive segment rule v. minimum/maximum number of segments rule)

1. All players present at the start of the game must play a minimum of 4 segments and a maximum as designated below and on the CYBL Score Sheet

a.

# of Players:	Max # of Segments:
10 players	4 segments
9 players	5 segments
8 players	5 segments
7 players	6 segments
6 players	7 segments
5 players	8 segments

- b. A team cannot start a game with less than 5 players
 - c. A team MAY finish a game with less than 5 players
2. No player can play more than 3 consecutive segments
 - a. Exception: Team starting with 5 or 6 players
 - b. Exception: Players have fouled or are unable to play due to injury
 3. Substitutions can only be made at the start of each segment, unless there is an injury or unusual circumstance
 - a. A coach may sit a player down for disciplinary reasons or inappropriate behavior at any time during a game in order to settle the player down or prevent a bad situation. The opposing coach and the scorer's table should be notified. The player may return to the game if appropriate (but not during the current segment).

4. Injury or Foul Out Substitutions:

- a. If a player is injured or fouls out, that player will be charged with playing that segment if they have played more than half of the segment. The new player will only be charged with playing the segment if they enter the game before the mid-way point
- b. If the Site Manager believes that a player has purposefully removed themselves from a game either by intentionally fouling out, faking an injury or by simply quitting, the Site Manager reserves the right to select the replacement player so that neither team receives an unfair advantage. All other play time guidelines will apply

5. Late Arriving Players:

- a. If a player arrives after the start of the game, but before the 4th segment, that player must play a minimum of 3 segments
- b. If a player arrives after the start of the 4th segment but before the half, that player must play a minimum of 2 segments
- c. If a player arrives after the start of the 5th segment but before the 4th quarter, that player must play a minimum of 1 segment
- d. The Site Manager should be notified when a player arrives late. The player should already be on the score sheet

6. Violation of the 3 Consecutive Segment Rule:

- a. A technical foul will be charged to the coach (administrative) and 2 shots will be awarded plus possession of the ball. If a player is put in a 4th segment and the technical foul is called, that player is removed from the game at that point. The illegal player is charged for playing that segment and must also sit out the next segment
- b. NOTE: A 2nd violation of this rule in the same game or any subsequent game will also result in a 1 game suspension of the coach for the next scheduled game unless there is an appeal

7. Overtime:

- a. A coach may choose to start any 5 players in the first overtime session. In subsequent segments, a coach must insert all players that were previously on the bench. A violation of this rule will result in a technical foul and time being stopped to adjust the lineup accordingly.

APPEALS SUBCOMMITTEE

An appeals subcommittee is available to oversee the entire program should problems arise.

Members of the committee include the President (or designee), the Commissioner, the appropriate Division Director, the Director of Officials, a Director-At-Large as appointed by the President, or by the Commissioner in the absence of the President. This committee will hear cases concerning the parties involved. All appeals will be heard at the earliest possible opportunity within one week of the submission of the appeal. Decision will be on majority basis with the President voting to break ties.

If a player or coach is removed from a game by an official, he/she is suspended for the following game. A player, if suspended, must serve the suspension by attending that game and sitting on the bench, NOT in uniform. A coach, if suspended, will NOT be allowed to attend that game. The assistant coach will coach that game. If the assistant coach is not available, the Division Director must be notified and a CYBL board member will coach the game. A player or coach has the right of appeal after the 3rd cumulative technical foul. If he/she chooses that route the Division Director or a CYBL Board Member must be notified within 24 hours and a brief written or verbal description of the incident must be received by the Division Director or a CYBL Board Member within 48 hours. The case will be heard as soon as possible. A player or coach may not participate until a decision is rendered. He/she will not play or coach until he/she appears before the committee. The decision reached will be final with NO further appeal.