GENERAL SUMMARY OF GUIDELINES

MB4

ALL DIVISIONS

A. These guidelines are effective October 1, 2026 and supersede all previous versions
B. All CYC Officials are empowered to enforce the CYC Guidelines according to the spirit of CYC
C. Participating teams are represented by CYC affiliated organizations, composed of boys grades 1st thru 8th grade for Winter League, K thru 8th for Summer League and 8th thru 12th for Prep League

OFFICIALS

- **CYC League Commissioner / CYC Organization Representatives**
- **League Directors (LD)**
  - Appointed by the organization representative to CYC
  - Responsible for maintaining order and managing operations at the gym they are assigned
  - LD should be seated near the scorekeeper's table
  - Shall refer to the latest League Directors document for a full list of duties
- **Referees** – Appointed by CYC and are under the general direction of CYC
- **Scorekeepers and Timekeepers** – Assigned by CYC and are under the general direction of CYC
- **CYC Governing Board and CYC Operations Board**

CYC adheres to the rules as it is adopted annually under the jurisdiction of the National Federation of High Schools (NFHS) Rules of Basketball. California Interscholastic Federation (CIF) modifications and policies may or may not be applicable. The CYC Board of Trustees and Board of Directors can also make modifications to existing NFHS Rules and CIF modifications where it deems appropriate. All CYC league games are played under these rules and any/or all modifications.

ORGANIZATION AND TEAM RESPONSIBILITIES

SCORESHEET

→***MUST BRING A PRINTED AND CURRENT SCORESHEET TO EACH GAME***←	

Requirements	• Current year's version of the CYC Scoresheet
	• All scoresheets must be completed using the online form
	  ○ Completed scoresheet will be emailed to the person who completed the form
	  ○ Exception: date, gym and opponent do not need to be typed out; fill in manually
	• Printed on 8.5" x 11" paper in landscape format (fit on 1 page)
	• Required to have full roster of players listed in numerical order from low to high
	• Do not modify or delete players who do not show up to the game; inform the Scorekeeper and he/she will make the corrections
	• Head Coach and Parent Rep will sign scoresheet **AFTER** each game to verify accuracy
	• Game becomes official, once the referees and other CYC officials leave the gym at the end of the day

Violations	• Handwritten scoresheet is **NOT** an official scoresheet – see penalties below • **NO SCORESHEET – see penalties below**

Scoresheet Violation Penalties	• 1st Violation – Game Played, Warning + Forfeit • 2nd Violation – Game Played, $400 Fine + Forfeit • 3rd Violation – Game Played, $1000 Fine + Forfeit • **NO SCORESHEET** – **NO GAME PLAYED**, $400 Fine + Forfeit

COACHES

Responsibilities	• Be certified by their Organization and have a CYC Coaches Card issued to them to be eligible to be on the bench during game
	  ○ Must be able to show coaches card to a CYC Official (if requested); a digital copy on phone will also be accepted
	• Have a full understanding of the Code of Conduct for CYC coaches and adhere to those guidelines
	• AB506 Certification – Background checks will be obtained per Organization policy
	• Primary Coach will be held accountable for the actions of his/her players and spectators during a CYC activity or event
	• Issuing Organization has the right to revoke Coach's card at any time; CYC will be informed of such action
	• Responsible for managing players playing time to ensure each player has played their allotted 6 consecutive minutes each half (penalties will be issued if deemed in violation)
	• Must have a FULL understanding of the CYC 6-min playing time rule
	• Primary Coach is responsible for ensuring that each player is allowed to play under the guidance of the 6-min playing time rule (See "**Addendum A"** below). Failure to do so will result in penalties.
	▪ First Offense (Game forfeit, $200 fine, Primary Coach suspended the following game)
	▪ Subsequent Offenses (Game forfeit, $200 fine, Primary Coach suspended the following game AND Coaches Card revoked *
	  * Coach may have coaches card returned AFTER meeting with Organization Representative/Official and shows a full understanding of the 6-min rule

# of Coaches on bench	• A maximum # of 3 coaches allowed on bench; only 1 coach allowed to stand; this coach is recognized as the primary coach • if no seating is available for the other coaches, they must stand at the end of or behind the players bench/seats • At least one coach on the bench MUST be at least 18 years old
Concussion Protocol	• Mandatory that all coaches have a full understanding of concussion protocol; have taken training and received a certificate of completion; Organization responsibility to maintain certification; must renew certificate every 2 years • Online concussion training link can be found on the CYC website

FIRST-AID KITS

First-Aid Kits	• Teams are required to provide their own first-aid kits
	  ➢ Bandages, Ice-Packs, Compression, etc…
	  ➢ LD may have some available but not required to provide

PLAYERS

Uniforms	• Teams must have similar, color organization logo jerseys and shorts to play; it does not have to be exactly the same, but must be identifiable with the organization which the team is affiliated • **IF** player has a jersey that is not identifiable with organization, player will not be allowed to play • Home team wears a light colored jersey • Visiting team wears a contrasting color approved by the referee, scorekeeper and/or League Director • Numbers on front and back • **NO** Tape allowed to modify number • Basketball shoes/sneakers only, no slip-ons or dress shoes will be allowed
Accessory Clothing	• Allowable – short sleeve undershirt, knee pads (with or without legging), head bands (no more than 3" wide), rubber bands for hair only, wrist bands • **NOT** Allowable – compression arm sleeves, compression leggings (unless knee pad incl.), plastic head/hair bands, bandanas, head wraps/ties, long sleeve undershirts o Exception: A doctor's note is required for any exception to this rule • All players wearing accessory clothing (incl. undershirt color) **MUST** be the same color as rest of team • Home Team (primary jersey color or white) • Visitor Team (primary jersey color or black) • All accessory clothing must fit properly and deemed appropriate during play • All accessory clothing deemed not allowable and/or not appropriate must be removed prior to game at the discretion of officials or a technical (non-decorum) will be called for uniform violation
Uniform Violation	o If uniform infraction is flagged during course of play, player must correct per instruction from LD o Time-Out may be assessed to allow player to correct • Technical (non-decorum) may be issued if not resolved in a timely manner
Uniform Blood Rule	• Uniform Blood Rule: Any player with blood on their uniform or person must leave the game and the issue is fully corrected within 20 seconds or if their team calls a time-out. o If blood cannot be cleaned, covered, or uniform changed within that 20 seconds, player must leave the game o A time-out can be requested and player can return to game if the blood is cleaned by the end of the time-out o If changing uniform, uniform must be a recognized Organization jersey and if number is different the score keeper and LD must be informed prior to re-entering the game o IF a recognized Organization jersey is not available, player will NOT be allowed to return to game
Playing Time	• Each player must play at least 6 consecutive minutes (per playing time rule) each half when they first enter the game. It is the coaches responsibility to manage each players playing time appropriately. • It is **NOT** the scorekeepers or LD's responsibility to manage players playing time • Each player must play in at least 50% of all scheduled games in Winter League

GAME GUIDELINES - SUMMARY (DIVISION SPECIFIC)

MB4

Back Court Press	Allowed after the 2:00 mark of the 2nd half and less than 16 pts spread ○ Exception: If the ball is brought to the frontcourt, a time out is called and the ball is inbounded into the backcourt, opposing team is allowed to press
Free Throw Shooting	Regulation free throw line; may cross as part of follow through
Scoreboard	Score is shown on scoreboard during game
Three Second Rule	Normal count
Foul Out Rule	Upon player committing their 5th personal foul, player is disqualified from game and must leave immediately ○ Once disqualified, player cannot re-enter the current game being played Any player technical foul also counts toward the players total personal fouls
BONUS FT Rule	1+1 (7th team foul); double-bonus (10th team foul)
Time Outs	4 total = 2 - :30 sec and 2 - full (1 min) time outs per game; OT – 1 - :30 sec time out, no carryover
Basketball Size	Size 6 (28.5") ball

Game Time	2 halves, each half is 20 minutes, 2-5 minutes between halves
Start of Game	a) Must have a minimum of 5 eligible/active players in uniform and on the court to start the game ○ Suspended (and/or injured) players **DO NOT** count as eligible/active players b) 10–min grace period will be given **IF** not enough players are present to start the game ○ After the 10–min grace period is over and there aren't at least 5 eligible/active players in uniform and on the court – **NO** game played, game forfeited and penalties issued
Playing Time	Each player is required to play minimum 6 consecutive minutes per half, first time entering the game each half; No rounding up of seconds ○ Exception: player fouls out, is injured, or becomes ill
Playing Time Rules	a) Playing time is determined by the minutes on the game clock, disregard the seconds. b) Players who start the game (20:00) can be subbed in at the earliest when the clock reads 14:59. c) Scorekeepers are **NOT** responsible to inform coaches of lack of minutes played d) Overtime does **NOT** count towards minutes played
Playing Time Violation	If a playing time violation has occurred and/or discovered during scoresheet review; CYC Commissioner will investigate and confirm – penalty will be issued ○ Game Forfeit and $200 fine ○ Primary Coach suspended next sanctioned CYC game ○ Subsequent infractions will be dealt with more severely ○ Subsequent infractions: Game forfeit, $200 fine and Primary Coach will be suspended and Coaches Card will be revoked by Organization ➢ Coach may have his coaches card returned AFTER meeting with Organization Rep/Official and shows a full understanding of the 6-min playing time rule
Late Arrivals/Early Departures	a) Eligible to enter game at any time after the first 6 minutes of the half during which he arrives and may only enter the game if he is able to play at least 6 consecutive minutes b) Any half that a player plays, the minimum 6 minutes playing time requirement will apply c) Must notify LD of his tardiness

	d) If there is less than 6 minutes remaining in half, player must sit out until the next half begins; otherwise it would be a playing time violation e) If player is unable to play 6 minutes per half, game is NOT considered a "played" game towards the 50% games played requirement
Substitutions	a) **NO** substitutions allowed for the first 6 minutes of each half ○ Exception: player fouls out, is injured, or becomes ill b) Players must check-in with scorekeeper at the table prior to entering the game or may be assessed a delay of game and/or technical foul c) If player does not check-in and scorekeeper doesn't recognize, playing time will start from the time of recognition and is subject to all penalties for time infractions, including delay of game
Stop Clock	a) The clock will stop when a player fouls out of the game and resume when the substitute player enters the game; this does not impact the coach's 30-second limit to replace the player who fouled out b) Player is injured and resumes when the referee determines the player is cleared to play or a substitute enters the game c) Both of these are official's time outs and not charged to either team d) Technical Foul: clock will stop
Stop Time	a) Last 15 seconds of first half b) Last 2 minutes of the game IF point spread is < 16 points at 2 minute mark; will not change regardless of subsequent changes in the score c) Waived upon mutual consent of both coaches and LD d) Referee's official time out or request
3-point Shot	a) Allowed if a three-point line is marked on the court
Free Throws	a) Players may enter key upon release of shooter; Shooter may enter once ball hits the rim b) Players line up starting on the lower block during Free Throws
Tie Game (Overtime)	a) First overtime: two-minute OT period with stop time i. 1 - :30 sec time out per team; **NO** carryovers from regulation b) Second overtime: Sudden death ii. No time outs
Point Spread > 25	a) When the point spread is greater than 25 points, and the primary coach of the advantage team is asked to remove the press by a CYC Official the coach must comply; failure to comply can result in a coach technical and 1-game suspension; continued non-compliance will result in an unsportsmanlike conduct technical issued against the Primary coach with additional penalties
Mercy Rule	a) The Mercy Rule may be called at any time by either coach; at this point, score keeping will stop and the score board will be turned to 0-2; running time b) Once invoked, the Mercy Rule will not be reversed c) Use of the mercy rule does not negate any other violations **d) Team that invokes the mercy rule WILL concede the game**
Injury / Head Injury	See injury / concussion protocol section below

INJURY / CONCUSSION PROTOCOL

First Aid Kit	Each Team should have their own First Aid Kit and be knowledgeable on administering first aid to their own player(s) if necessary • Ice Packs • Bandages • Compression Wraps (ie. ACE Bandage)
Head Injury	a) Any CYC coaches card holder or CYC Official can invoke concussion protocol at any time during a game b) If a head injury occurs on a player at any time during a game, player may only return to play if: i. All involved parties agree there are **NO** signs of concussion ii. Must have a signed written consent from parent on provided CYC injury report form before player will be allowed to return to game c) If a head injury occurs and concussion protocol invoked and concussion symptoms are noted, player may **NOT** return to current game; player can only return to play with: 1. Doctor's note submitted to LD and/or CYC Commissioner; and Signed CYC Return To Play (RTP) form submitted to LD and/or Commissioner

INFRACTIONS

CYC is a **ZERO TOLERANCE** youth basketball league. All violations and infractions will be enforced. All infractions are reviewed by all parties involved (CYC Officials and CYC Governing Board) and are subject to disciplinary action. See full CYC Guideline for types of infractions and subsequent penalties.

Decorum Technical Fouls	1. Profane or abusive language or other offensive language or gestures, trash talking, foul language, and/or taunting towards player or coach 2. Fighting or provoking a fight 3. Flagrant violation of CYC rules 4. Unsportsmanlike Conduct
Ejections	1. Referee may at any time eject, with or without warning, a player, coach, or spectator
Suspensions	1. Player: must sit on bench, at game, dressed in jersey during the period of which he is suspended to count towards suspension; LD and Scorekeeper should be notified of presence; Player deemed inactive and ineligible to play 2. Coach or other Adult: **NOT** allowed to be present in the gym or doorway at any CYC game in any division during the suspension
Non-Decorum	1. Investigated and ruled on by the CYC Organization Rep and/or CYC Commissioner; ALL rulings will considered final

Decorum Technical Foul	Player Penalty	Coach / Assistant Coach Penalty
1 / Season	Min. 1 game suspension assessed beginning with the next game (Winter game and/or Mego)	Min 3 Game Suspension
2 / Season	Min. 3 game suspension assessed beginning with the next game (Winter game and/or Mego)	1 Full Season (1 year) Suspension

2 / Game	Automatic 3 game suspension (Winter game and/or Mego)	Automatic 1 year Suspension from CYC and a) Forfeit of present game being played; b) $400.00 fine to the Organization
3 / Year	Automatic 1 Full Season Suspension (1 year)	

ALL DECISIONS MADE BY THE CYC GOVERNING BOARD ARE FINAL

ADDENDUM A

6-Minute Playing Time Rule Explained

There is a rule in CYC that each player MUST play a minimum of 6 consecutive minutes the first time a player enters a game in each half. CYC will only look at the MINUTES (not seconds) of the time a player enters and exits a game and is noted on the scoresheet. Substitutions are NOT allowed until the clock hits the 14:59 mark of each half.

Example 1: COMPLIANT Player A starts the game (20:00), substitutions will be allowed once the clocks hits the 14:59 mark at the earliest. If Player A gets subbed out at 14:23, this is in compliance with the 6-min playing time rule. The scoresheet will be marked as: IN (20) and OUT (14) = 6 minutes

Example 2: COMPLIANT Player B subs in for Player A at the 13:42 mark, the earliest that Player B can be subbed out for is at the 7:59 mark. The scoresheet will be marked as: IN (13) and OUT (7) = 6 minutes

Example 3: NON-COMPLIANT Player B subs in for Player A at the 13:42 mark, Player C then subs in for Player B at the 8:02 mark. The scoresheet will be marked as: IN (13) and OUT (8) = 5 minutes

Example 4: NON-COMPLIANT Player C comes late to the game and the clock shows 5:59 left in the half. Player C should NOT be allowed to enter the game as they wouldn't be able to fulfill the 6-minute rule. Player C will be allowed to play in the 2nd half. [Winter Only] Player C will not receive credit for a game played