GENERAL SUMMARY OF GUIDELINES

PW1

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 5 consecutive minutes each half (penalties will be issued if deemed in violation)
	• Must have a FULL understanding on the substitution guidelines
	  ○ Referee/Scorekeeper will stop clock every 5 minutes, or closest to it, for required substitution and the bench must be cleared of all players
	  ○ Players MUST report to scorers table for substitutions and wait for referee to be called into the game

# 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 similar color 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 ○ 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	• If uniform infraction is flagged during course of play, player must correct per instruction from LD ○ 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.
	  ○ If blood cannot be cleaned, covered, or uniform changed within that 20 seconds, player must leave the game
	  ○ A time-out can be requested and player can return to game if the blood is cleaned by the end of the time-out
	  ○ 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
	  ○ IF a recognized Organization jersey is not available, player will NOT be allowed to return to game

Playing Time	• Referees will stop clock every five (5) minutes, or closet to it, for required substitution, and the bench must be cleared of all players; players cannot play more than ten (10) consecutive minutes, unless there are less than 7 players on the bench • Each player must play in at least 50% of all scheduled games in Winter League

GAME GUIDELINES - SUMMARY (DIVISION SPECIFIC)

PW1

PW1 is a progressive development league. All provisions contained in these guidelines are subject to review and may be revised or changed by CYC and implemented during the season. Org Reps and LD will be notified by the CYC Commissioner of any changes implemented. Org Reps are responsible for relaying these changes to their respective teams.	
Back Court Press	Not Allowed at any time during game
Defense	Defense cannot guard/play defense outside the 3-point arc line
Free Throw Shooting	Designated free throw line (1 foot in front of the regulation FT line); may cross as part of follow through; LD should place tape at the designated line prior to game (see Appendix "A" below for diagram
Scoreboard	Score is not shown on scoreboard during game
Three Second Rule	Extended 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
Time Outs	1 - :30 sec time out per half
Basket Height	8 feet
Basketball Size	Size 5 (youth 27.5") ball
Coach on floor	• 1 coach per team will be allowed "on court" during "live" play (optional); must not interfere with play of game, opponent coach, officials; must not "coach" opponents player(s) • "On court" means on the bench side of the court from end line to end line ONLY; see Appendix "B" below for diagram

Uniform (modification)	a) Teams are required to wear uniforms with numbers b) T-shirts are acceptable if all the same style and color with numbers, until uniforms are acquired c) Teams must have uniforms by the 5th game or request an extension
Game Time	a) 2 halves, each half is 20 minutes, 2 minutes between halves b) Clock will be stopped every 5 mins (or close as possible) to allow for substitution of players
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 c) Game will start with JUMPBALL at division line center circle a) Alternating Possession Arrow will determine thereafter
Playing Time / Substitutions	a) 5, 5, 5, 5 b) Players must check-in with scorekeeper at the table prior to entering the game or may be assessed a delay of game c) Referee/Scorekeeper will stop clock every 5 minutes, or closest to it, for required substitution and the bench must be cleared of all players d) Players cannot play more than ten (10) consecutive minutes, unless there are less than 7 players on the team/bench e) Play will be resumed after substitution stoppage by Point of Interruption (POI)

Defense	a) Defense cannot guard/play defense outside the 3-point arc line b) **NO** back court press is allowed c) Double-teaming is allowed; but no ball stealing o Referee will stop play, explain and return the ball to team for inbounds
Violations	a) Violations will not constitute turnover possession to opposite team i. Traveling, Double-dribbling, etc… b) Referee will quickly explain violation and promptly return the ball to team for inbounds c) Coaches are asked to reinforce this teaching aspect d) **NO** five (5) second inbound violation will be called
Free Throws	a) **NO** free throws for BONUS (7th team foul or 10th foul in the half) b) Free throws will be administered for all shooting fouls c) Free throw line will be a designated line that is 1 foot in front of the regulation FT line d) Free throw shooter may cross the line on follow through e) Free throw shooter cannot attempt a rebound on release and after ball hits the rim, unless it spontaneously bounces back to player
Tie Game (Overtime)	NO Overtime in PW divisions
Referee Duties (unsportsmanlike conduct)	a) At referee's discretion, any "violent", flagrant or unsportsmanlike conduct by a player a Technical Foul will be called b) Coaches will be required to immediately remove involved player(s) and explain, educate and address the issue c) Substituted player may re-enter the game at next dead-ball substitution after the explanation of issue
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.

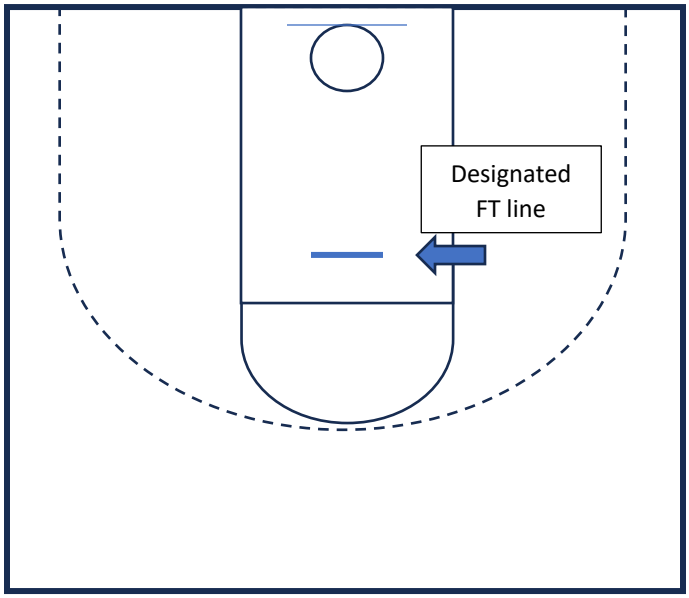
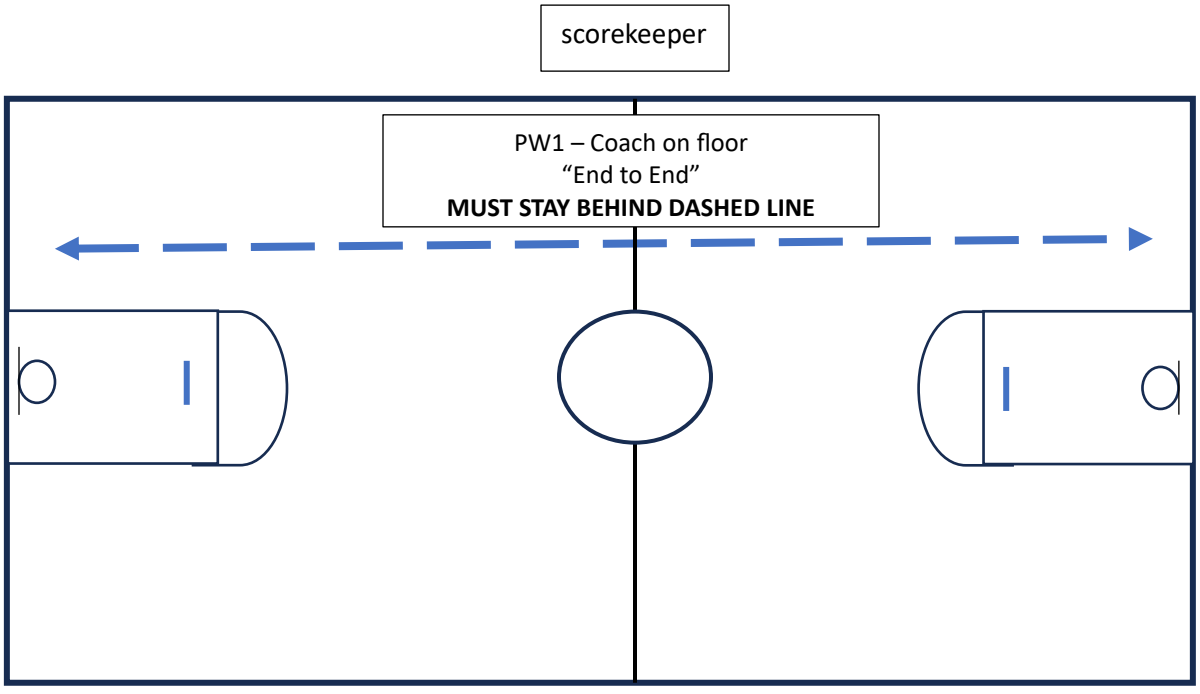
Decorum Technical Fouls	1. Profane or abusive language or other offensive language or gestures, trash talking, foul language, and/or taunting towards player or coach 2. Fighting or provoking a fight 3. Flagrant violation of CYC rules 4. Unsportsmanlike Conduct
Ejections	1. Referee may at any time eject, 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

APPENDIX A

Appendix A – PW1 Free Throw Designated Line



Appendix B – PW1 Coach on floor