

Training

- Goal is 9'
- Ball size is 28.5"
- Foul line is normal. No violation called on shooter unless he/she crosses 1st lane marker.
- Four quarter game with 6 minute quarters. One minute interval between quarters and 5 minute halftime.
- Teams may be called for delay of game for not hurrying on substitutions, dead balls, and free throws. The first violation will result in a warning. Any subsequent violations will result in one technical foul shot and possession of the ball.
- No backcourt defense until fourth quarter. Team clearly losing possession of ball must drop back on defense and may not challenge offense until offense crosses center line completely (body and basketball). The first two violations of back-court defense rule will result in a warning and the offense taking the ball out of bounds. Any subsequent violation will result in the offense shooting one technical free throw and retaining possession. No backcourt defense will be allowed when a team is leading by 10 or more points.
- Out of bounds plays being passed from front court to back court can be contested by the defense if the ball had previously advanced over the center court.
- Players can not be double teamed until they pass the circle passed mid court.
- 3-pointers will NOT be counted.
- Overtime period is 2 minutes.
- Each team will have 3 full time outs & 2 thirty second time outs per game. Overtime - each team will have 1 extra time out.
- Head coaches are responsible for the conduct of all personnel on their bench. A team may only have one coach standing at any given time.
- All players must play one full quarter in the first half and play no more than 3 quarters per game. Open substitution is allowed in second half.
- Teams must have five players in a game at all times unless players are not available due to injury or disqualification.
- All other high school basketball rules will apply.
- Any player or coach that receives 2 technical fouls in one game will be ejected from the game. The SCYB Board will determine any further action. SCYB Board reserves the right to use judgment in the cases of fighting or behavior problems.
- Teams must have five players to begin a game. A 5 minute grace period will be given. If four players are present, teams may play a 4 on 4 game, with the team with more players receiving a forfeit win.