



2010-2011 RCYBA League Rules (5 on 5)

RCYBA is made up of teams by grade level for boys and girls in 4th and 5th grade. Players are eligible to participate if they are currently attending school in the 4th and 5th grade.

Playing Time

All players will play as equal time as possible. There will be four 10 minute quarters; each player will play at least two of the four quarters. The last 2 minutes of each half will be stopped clock, and the clock will also stop for free-throw shooting.

For 4th and 5th grade girls only: the first and third quarters will be for B players and 2nd and 4th quarters will be for A players. There will be kids that qualify for both because of numbers, don't allow your best players to play in the 1st and 3rd period. (This also depends on your numbers for the game).

Uniforms

1. RCYBA Jerseys are furnished and must be worn at all times.
 - a. Jerseys must be tucked in at all times.
2. Players must wear black shorts (all black).
 - a. Under garment support girdles or tights may be worn under the shorts, they must be black in color.
3. Socks must be a matched pair (color and length).
4. Only Manufacturers logos less than 2" in size are allowed on any shorts, socks, sweatbands, T-shirts or any other article of the uniform.
5. T-shirts may be worn under the Jersey.
 - a. All players who elect to wear a T-shirt must wear the same color Tshirt.
 - b. Approved T-shirt colors are: Black, White or Gray.
6. Sweatbands must be worn on wrists or head only.
7. No Jewelry of any kind may be worn.

Specific Grade Level Rules

1. Half court person-to-person defense will be played at all times. No zone defenses are allowed. No full court or half court pressing except for the 4th quarter. During the 4th quarter a team can person-to-person press unless

they are leading by 10 points. There will be no pressing allowed for 4th grade boys.

2. Score will be kept.
3. No 3-point shots will be awarded.
4. There will be no timed violations such as backcourt, lane or held ball.
5. The official women's sized ball will be used.
6. This is an instructional league and should be treated accordingly with some leniency for the rules.

Game Format

1. Games will be four 10 minute quarters with stop clock for the last 2 minutes of each half as well as for free-throws. The clock will stop for all team and official time outs. The clock will start when the ball is put into play.
2. Halftime will be 5 minutes.
3. There will be a minimum of 5 minutes to warm up before each game.
4. Each team will be allowed 2 time outs per half with no carry over.
5. Overtime periods will be 1 minute stopped time with only 1 - 20 second time out allowed per team.
6. After 2 overtime periods, a 3rd sudden death period will decide the game with no timeout allowed by either team.

Zone Defense Defined

A player will be deemed to playing a Zone if he or she does not come half way out from the basket in defending the person he or she is guarding. If the person being guarded is further away from the basket than the 3-point arc, the defender need only come half way between the basket and the arc, not half way from the basket to the person being guarded. The defender on the weak side must also come out towards the player he or she is guarding (at least half way between the basket and the arc). When a player on the offensive team drives to the basket, defenders can double-team the ball (or even triple team the ball) Defenders on the weak side have choice when the ball moves towards the basket. They can either go guard their player or go double-team the ball. They cannot stay part way in the lane. This would be considered a zone. A good switching, double teaming defense is not illegal. A team that sets up to play certain spots on the floor, rather than guard a specific opponent will be considered to be violating this rule. A team will be given 1 warning about violating this rule, after which a technical foul will be assessed against the bench on each subsequent occurrence.

Pressing Defined

When pressing is not allowed and once a defensive player has clear control of the ball, the opposing team must fall back to the other end of the court. They must not challenge the dribbler or attempt to intercept a direct pass unless the player is advancing the ball in an obvious attempt to break away on a fast break. (i.e. passing the ball from under the basket to half court) Defenders can pickup

loose balls or muffed passes. When pressing and trapping are not allowed, the defense can pick up their player at half court, but they cannot trap or double team. (They can only trap or double team when a player is within the 3-point arc and they are driving to the basket) At any time and at any level where pressing is allowed, no team ahead by 10 points or more will be allowed to press. A team will be given 1 warning about violating this rule, after which a technical foul will be assessed against the bench on each subsequent occurrence.

General Rules

MSHSL Rules will govern all situations except what has been stated above and for the following:

1. Coaches and players must be given 1 warning before a technical foul can be assessed, unless the foul is flagrant.
2. A 2nd technical foul (due to unsportsmanlike behavior) will be automatic ejection from the court and adjacent seating area for the remainder of the game. There will also be a 1 game suspension for the next regularly scheduled game.
3. Technical fouls will not be shot. 1 point will be awarded for a player foul (plus the ball). 2 points will be awarded for coach or bench technical (plus the ball).
4. If an injury or foul situation would put a team with fewer than 5 players on the floor, the last player who fouled out may stay or return to the game. Any subsequent fouls on that player will be treated as a bench technical with 2 points and the ball awarded to the other team.
5. There will be no full court pressing by any team that is ahead by 10 points or more.
6. Only 1 coach is allowed to be standing at a time in the bench area. This is a MSHSL Rule and will help clarify directions from the bench for both players and referees.