**CFPO Youth Sports**

**2023 Basketball Ball / Coaches Rules**

**CFPO Basketball Contacts: Frank Calabrese (830) 708 1836, Tina Gullion 512-781-6350, Stacy Gullion 512-618-3081**

**The CFPO Youth Basketball League will follow the rules set forth by the National Federation of State High Schools. With the following exceptions:**

**Basketball Rules:**

* All players must be the appropriate age for their divisions at the time our 1st game.
* Mighty Mites - 8 ft goals / 27.5 ball
* Pee Wee - 9 ft goals / 28.5 ball
* Jr’s – 10 ft goal / 28.5 ball
* Sr’s – 10 ft goal / 29.5 ball (regulation size ball)
* Players can play up but never down / only if they are one year away (ex – a 10 yr. old Jr can move up to the Sr division but not a 9 yr. old Jr)
* Players can only play on one team. Players must finish the season with the team that they started the season with.
* The Sr. teams will begin each game with a jump ball at center court. All other age divisions will start with the designated home team having the first possession. All jump balls will be decided by alternating possessions.
* The games will have 8-minute quarters with a running clock, EXCEPT for the last 3 minutes of the game.
* Each team will be given 4-time outs per game / 2 per half. No Carry-over.
* Halftime will be 5 minutes in length.
* Sr. teams will play regulation basketball. Jr. and Pee Wee teams will also play regulation basketball with the exception that they are not allowed to full court press until the last 2 minutes of the game. Jr. and Pee Wee teams must play man to man defense for the entire first half of the game; the type of defense played in the second half is optional. No team will be allowed to full court press if they are winning by 15 points or more.
* Three-point shots will count
* All players must play a minimum of 12 minutes.
* A coach may cut players' playing time down to 6 minutes due to players misconduct and/or missed practices. Coaches must tell the parents before playing time is cut. All parental complaints should be directed to the director of CFPO basketball.
* All teams must finish the game with at least 4 players.
* There will be one 3-minute overtime with a running clock; each team will have one time out. If the score remains tied after the overtime period, each team will pick players for a free-throw shootout. The winner of the shootout will win the game. *The number of players shooting will be the number of players on the smallest team (if one team has 7 players and the other team has 9 players then 7 from each team will each shoot 1 free throw).*

**Coaches Rules**

* Two Technical fouls on any coach will result in suspension from the game and that coach must leave the building.
* Each team will be accountable for the behavior of its spectators. Any abusive language from spectators will result in a technical foul charged to that team and the spectator will be removed from the building.
* All coaches will refrain from the use of profanity at practices and games.
* Referees will oversee each game and have the authority to enforce all rules pertaining to the game and conduct of coaches and spectators.
* DON’T argue with another coach on the court. DON’T ever permit players to become involved in a dispute between coaches.
* PRACTICE self-discipline. Don’t expect more discipline from your players than of yourself.
* ENJOY the KIDS – they are what coaching is all about. Their success is your reward.
* **Be POSITIVE** with the kids you coach. Coaching is about building kids up, not tearing them down.