

# CFPO Youth Sports

## 2026 Basketball Ball / Coaches Rules

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The CFPO-PAL 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 1<sup>st</sup> game. (by Sept. 1<sup>st</sup> 2025)
- MM- Boys/Girls 8 ft goals / 27.5 ball
- PW- Boys/Girls 9 ft goals / 28.5 ball.
- JR – Boys/Girls 10 ft goal / 28.5 ball
- SR Boys – 10 ft goal / 29.5 ball (regulation size ball)
- SR Girls- 10ft goal/ 28.5 Ball
- Players can play up to the next age bracket, 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. Player 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 2 minutes of the game.
- Each team will be given four- 30 second time outs per game / 2 per half. No Carry-over.
- Half time will be **3 minutes** in length.
- Sr. teams will play regulation basketball. Junior, PeeWee and Mighty Might 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 PeeWee 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. Mighty Might teams may play zone defense in the first half they just cannot double team cover until the second half. **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 **8 minutes in each game**.
- A coach may cut a player's playing time down to **4 minutes** due to players misconduct and/or missed practices. Coaches must tell the parents before playing time is cut. All parental complaints should be addressed with the director of CFPO basketball.
- All teams must finish the game with at least 4 players.
- District Games will have one 2-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 shoot out. The winner of the shootout will win the game. Mighty Might teams will proceed directly to a shoot out for their overtime period. *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).* **There will be no overtime in non-district games.**
- **New Mercy Rule 01/01/2024:** If a team is LEADING by 25 points at halftime or any time after the half, a mercy rule will go into effect.

### Coaches Rules

- A maximum of 2 coaches are allowed on the sidelines. One Coach may stand and the other two must remain seated. One Coach is allowed on the court with the MM players, one standing, or seated.
- Coaches and players are responsible for cleaning up the bench area after their games.
- Two Technical fouls on any coach will result in suspension from the game and that coach must leave the building.
- Each team will be held 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.
- Any Coaches, Fans or players that engage in a physical confrontation will be banned from CFPO facilities/ games for the remainder of the season. Two ejections from the facility will result in a ban from CFPO for the remainder of the season.

- Referees will oversee each game and have the authority to enforce all rules pertaining to the game and conduct of coaches and spectators.
- **REMEMBER: This is league play NOT select basketball. Be POSITIVE** with the players you teach/coach. Coaching is about building kids up, not tearing them down.