

SSYO POLICY AND RULES FOR CUB BASKETBALL

November 2022

The SSYO follows the National Basketball Federation (High School Rules) for basketball with the following exceptions:

CUB LEVEL

The Cub level is an instructional league, and at the end of the season all players should know the basic skills. **It is mandatory that all players participate to some extent in each game** with a goal toward equal participation providing athletes have met the team rules concerning practice and conduct.

Season will consist of 10 games.

GAME INFORMATION:

Game time will be four 10 minute RUNNING time quarters with 2 minute OVERTIMES, if needed. Additional overtimes will be played as needed.

Overtimes ARE NOT sudden death. Games do not end in a tie.

LAST TWO MINUTES OF FOURTH QUARTER WILL BE STOP TIME unless one team is up by 20 points or more, then running time continues unless lead drops to 10 points or less.

IN ADDITION, STOP TIME THROUGHOUT THE GAME FOR:

1. SHOOTING FOULS
2. TIME OUTS
3. INJURY

Four Time Outs will be allowed per game. (Two per half with no carryover).

One Time Out per Overtime and no carryover to other Overtimes.

Regulation Women's size basketball will be used for all Cub games, both boys and girls.

STARTING PLAYERS AND SUBSTITUTIONS

Starting players must be designed to the official scorekeeper BEFORE the game begins.

Substitute players must go to the score table to check-in before entering the game.

Players **DO NOT** go in from the bench. Once checked in, scorekeeper will sound the horn at a dead ball and official will signal player into the game.

FREE THROWS

Cub players at all levels may move up to 13' line to shoot free throws.

Stronger players are encouraged to move back to regulation line.

THREE POINT LINE – NO EXCEPTIONS NO LINE = NO SHOT

Three point shot will only be counted in gyms that have a three point line painted on the floor.

CUB BRONZE AND SILVER DIVISION - BOYS AND GIRLS

The entire game will be played with person to person half court defense. **NO PRESS.**

Throughout the game once the defensive team has secured possession of the ball from a rebound and/or steal, the opposing team must drop back to half court.

CUB GOLD DIVISION - BOYS AND GIRLS

FULL COURT person to person defense is allowed in the 4th Quarter or O.T., unless team is ahead by 10 or more points.

HELPING DEFENSE- ALL CUB DIVISIONS

We wish to encourage all players at this level to learn defensive fundamentals so SSYO teams will play person to person with a helping defense. Helping position is defined where a player is between the ball and the person he/she is guarding. The player should be able to make a triangle by pointing to the ball and to the person he/she is guarding. We wish to avoid the play of one on one only, so if the offensive players are continually being uninvolved or inactive by design, the defense has the right to defend their basket and not stand out of the normal playing area. Therefore, if the person being guarded is on the opposite side of the floor from the ball, a player may position him/herself as far over as the middle of the lane. Also, if the offensive player beats the opponent and dribbles the ball to an area where a player is playing appropriate defense, the defensive player can defend in that area. **Double teaming is never allowed.** Players who help must recover to guard their person, or their teammates must switch the players they are guarding.

PENALTY FOR ILLEGAL DEFENSE Official will give **one warning** to coach for illegal defense and then call a **bench technical** on second infraction.

PENALTY FOR ANY TECHNICAL FOUL

Coach has 15 seconds to send in replacement player for player receiving a technical foul. 1st offense coach will receive a delay of game warning. 2nd offense coach will receive a bench technical.

Technical foul is NOT a shooting foul for Cub teams. Offensive team will be awarded two points and will retain possession of the ball in the defensive end of the court

Any player receiving a technical foul for conduct by judgment of the official is immediately suspended for the game in which the technical foul was given. Upon review by the SSYO Director, the player may be suspended for the next game. The Gym Supervisor/Athletic Director, and both coaches involved in the game in which the technical foul was given must report technical fouls to the SSYO Director.
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JEWELRY - NO jewelry is allowed except medical alert bracelet or necklace. **Medical alert jewelry must be taped in place.** Players may **NOT** put tape over earrings. **Earrings MUST be removed or the player does not participate in SSYO basketball games. NO exceptions.**

