

## CYC South-Central Basketball 2018

### CYC South-Central 2018 Season Pre-Game Prayer.

#### Lead Ref:

We want to remind everyone that we are emphasizing sportsmanship and spirit at all CYC South Central basketball games this season. As such, we'd like to ask you all to join us in prayer asking for help with this initiative.

#### Home team coach:

Lord, please help us to remember that in CYC Sports our focus is on Sportsmanship, which means much more than just winning or losing. We would like to pray for the safety of our young athletes, and also that we all share the strength to foster a positive environment for both our teams.

Now, let's all pray our sportsmanship motto together:

Teams Play, Fans Cheer, Refs Officiate and Everyone Stays Positive! Amen...

*Note: for the first few weeks, please ask the coach to read the motto, and then have the fans and players repeat with her/him.*

### Basic CYC South-Central Game Rules.

- 1. Press Line:** The press line is 10 feet from the center line (in most gyms this is the 10 foot volleyball line).
  - 3<sup>rd</sup> & 4<sup>th</sup> Grades: The defending team must allow the offense to advance beyond the 10 foot line before defending. The offensive team has 10 seconds to advance into the front court, and then 5 additional seconds to advance across the press line
  - 5<sup>th</sup> & 6<sup>th</sup> Grades & 7<sup>th</sup> and 8<sup>th</sup> Grade C/D leagues: No pressing on made shots or dead balls until the last 2 minutes of the game. The defending team must wait behind the line until the offense has established full status in the front court. Press can be applied on missed shots or turnovers
- 2. No trapping (3<sup>rd</sup> / 4<sup>th</sup> Grade):** No intentional double-teaming outside the three-point line with the express purpose of trapping the ball handler into a turnover. Zone defenses, help-side defense, and multiple players defending a drive to the basket or a shot are all allowed.
- 3. Time:** For 3-6<sup>th</sup> grades, each quarter is 6 minutes long; quarters for 7-8<sup>th</sup> grade are 7 minutes each. One two-minute overtime is used for 5-8<sup>th</sup> grade; no overtime for 3-4<sup>th</sup> grade. Games can end in a tie.
- 4. Free-throws:** The defensive team players stand in the second lane (above the block); players in the lane can cross upon release of the ball; the shooter cannot cross the line until the ball has hit the rim or backboard; any player outside the lane must stay behind the three-point line until the ball hits the rim or backboard
- 5. Coaches:** Remember that only one coach (the head coach) can stand up during the game. If an assistant coach stands up, the referees will issue one warning. The second time this occurs, the team will be assessed a technical. If there are any questions regarding the score or time, please address during a dead ball or time out, calling over the head referee to assist in the discussion
- 6. Fans:** The district has instructed its referees to not tolerate inappropriate behavior by players, fans, or coaches. Please remember that the head coach is responsible for the behavior of her/his team's fans. If the behavior of a fan warrants a technical foul, it will be called and as a result the head coach remains seated for the remainder of the game. If the behavior of a fan needs to be improved, the referee may ask the head coach to handle the situation, and may instruct the head coach to remove a fan from the gym. If the fan does not leave the gym, then the game is forfeited and ends. In addition, the referees and the gym monitor can also directly ask a coach, fan, or player to leave the gym.