

Central New York Basketball League Rules

Standard NY High School Rules With The Following Exceptions For All Divisions:

Games Time/Rules: Game are (2) 20 minute running time halves. Clock Stops last minute of the 1st half and last 2 minutes of the 2nd Unless there is 20 point lead. **Players are eliminated:** 6th personal foul. **Timeouts per game.** Each team is granted (3) 30 second timeouts per game. **Warm ups:** 3 minute per game and 2 minute half time. **Bonus:** 1 and 1 is on the 10th team foul of the half or under 1 minute of the second half. **Double bounus:** is on the 13th foul of the half. **Overtimes:** Are 2 minutes in length. Running clock 1st and minute and stop time the last minute. All other overtime after 1st over are 1 minute stop time. **Basketball Used:** 4th, 5th and all girls games 28.5 6th grade boys Varsity Boys 29.5

Conduct Any Coach, Player or Fan ejected from a game is not allowed back to league until the Director of Syracuse Select and the Board #38 Head of Officials have discussed ejection and a decision has been rendered.

Technical Fouls, Two points and the ball are awarded to the opposing team. Any Coach or Player who receives a unsportmanship technical foul(s) must meet with league director before their next game. Team rosters. Team are limited to 12 players. Your roster must be turn in on week one, Once a player is on a roster and played a game, that player may NOT play on any other team at the grade level for the rest of the Central new York Basketball league.

Rosters No player may play on two teams at the same grade level at any time. Example: Kyle Pudney who plays on CNS 6th grade can not play on any other 6th grade team at any time in the league. If you are a player in the 5th grade and play on team X in the 5th grade division, you may play on a team in the 6th grade division.

Starting Games Early All teams Must Be ready to play 10 minutes prior to scheduled game time. Game can start 5 minutes early. Example: Your game is schedule at 1:00 pm. The game before your's ended at 12:35 pm. Your game will start at 12:55 pm. NO EARLIER. Only League Director Shawn Pudney can start a game earlier. The answer no.

5th Grade Division Game Rule(s) Exception: No team is allowed to press with a 10 point lead. 9 point lead you may press. 10 point or more and you may not.

A 28.5 basketball will be used in this division.

Only man to man defense is allowed in this division. **4th Grade Division Game Rule(s)**

Exceptions:

A 28.5 basketball will be used in this division.

Man to man defense half court defense is the only defense allowed. Help defense is allowed in the paint.

A man to man defense is allowed in the last minute of the game only. Pressing is not allowed if you are winning by more then 10 points.

Free throw must be shot behind the foul line, but the player may step over the line to follow through. If said player may not go for his rebound until shot hits the rim.