



SCYB TRAINING LEAGUE RULES

In general, Referees will defer to KHSAA and NFHS rules & Regulations for all SCYB games with the following exceptions explained below:

SECTION 1. General Time and Player Rules

1. Games will consist of four quarters, with each quarter being 6 minutes. The clock will stop on all dead balls. If a team gets up by 20 points or more, it is a running clock for the rest of the game (still stop on free throws and timeouts).
 - a. There will be 1-minute intervals in between quarters and a 5-minute halftime.
 - i. Referees and/or SCYB members running the clock/book, reserve the right to shorten the halftime interval based on game schedules throughout the day.
 - b. Overtime periods consist of 3 minutes.
 - c. Teams may be called for delay of game for not hurrying on substitutions, dead balls, and free throws. The first violation will result in a warning. Any subsequent violations will result in one technical foul shot and possession of the ball.
2. Each team will have 3 full timeouts and 2-30 second timeouts. Each team is awarded 1 extra timeout in overtime, only if they have used all previous timeouts.
3. All players must play one full quarter in the first half and play no more than 3 quarters per game. If a player plays the 1st and 2nd quarters (b/c there are less than ten players) that player cannot split time in the second half. That player must only play 1 more full quarter. No substitutions are allowed in the first half unless a player is unable to play. **Open substitution is allowed in the second half.** A player can only play 4 quarters if the team has 7 or less players before the start of the 2nd quarter.
4. Teams must have five players to begin a game. A 5-minute grace period will be given. If four players are present, teams must play a 4 on 4 game, with the team with more players receiving a forfeit win.
5. Teams must always have five players in a game unless players are not available due to injury or disqualification.
6. The Home Team as designated by the online website Schedule will wear the Light or (brighter) color side of jersey. Away Team will wear the Darker Color Side. See *(Figure 1) for Bench location and Proper Warm up goal.
7. Only one coach is allowed to stand and coach within the coaches' box at a time. See *(Figure 1) The other coaches must remain seated during game play. (A team may have no more than 3 total coaches on the bench)

SECTION 2. Offense and Defense Rules

1. Three (3) pointers are counted.
2. Foul shots will be made from the normal 15ft free throw line. Violations will NOT be called on the shooter if he/she jumps over the line or lands with feet touching the line; BUT the shooter cannot advance to the ball before it touches the rim. Free throws are played on the Release when the ball leaves the shooters hand.
3. DEFENSIVE COACHING:
 - a. No backcourt defense in the first half (1st/2nd quarters). Team clearly losing possession of ball must drop back on defense and may not challenge offense until offense crosses halfcourt line completely (body and basketball). The first two violations of back court defense will result in a warning and the offense taking the ball out of bounds. Any subsequent violation will result in the offense shooting **two** technical free throws and retaining possession.
 - b. backcourt defense (or a press) is allowed in the 2nd half (3rd/4th quarters).
 - c. No backcourt defense will be allowed when a team is leading by 15 points.
 - d. All Out of bound's plays being passed from front court to back court can be contested by the defense if the ball had previously advanced over the center court.

SECTION 3. Conduct & Discipline Rules

1. Head coaches are responsible for the conduct of all personnel on their bench, including assistant coaches.
2. A team may only have one coach standing at any given time. The first offence will result in a warning from the referee(s). Any subsequent violations will result in a technical foul and possession of the ball for the opposite team.
3. Any player that receives 2 technical fouls in one game will be ejected from the game. The SCYB board will determine any further action. SCYB Board reserves the right to use judgement in cases of fighting or behavior problems.
4. A coach who receives two technical fouls and/or is ejected from the game will automatically be required to serve an immediate one game suspension not to include the game from which they were ejected. A coach ejected from two games will not be allowed to coach the remainder of the year. Coaches may appeal these suspensions to the executive board of directors.
5. Parents and spectators are to refrain from yelling and taunting the players, coaches, referees, and other spectators. Under NO circumstances should a parent or spectator EVER approach a referee or opposing coach prior to, during, or after the game with a complaint.

SECTION 4. Clock/Book Rules

1. One member from a home team and one member from an away team is responsible for keeping the clock and the book for a game other than their own. This is typically the head coaches or assistant coaches from another team. For the Friday night games, each team will swap. The schedule is as follows:

	Thursday @ (lemons Mill)		Friday @ (lemons Mill)		Saturday @ (SCOLA "PHOENIX")			
	6:30PM	7:40PM	6:30PM	7:40PM	8:30AM	9:40AM	10:50AM	12:00PM (Bantam)
Game Time	A	B	C	D	E	F	G	H
Clock/Book	B	A	D	C	F	E	H	G

EXAMPLE: Play Game time A keep Clock book for A time

2. The only people allowed at the clock/book table are the Home and Away team personnel responsible for keeping the clock/book and any SCYB board member.
 - a. Family members, players, children, etc. are not allowed at the table. Exceptions can be made upon request to a SCYB board member.
3. If a HEAD COACH has a discrepancy with the clock/book or personnel responsible, it is OK to question the accuracy, if it is done in a respectful and appropriate manner. Assistant coaches are not allowed to question or approach the table for discrepancies but are allowed to approach the table to ask game specific questions like foul count or timeouts remaining.

SECTION 5. Equipment

1. The goal will be set at 10'ft.
2. Ball size is 28.5" (size 6). (a.k.a. women's ball WNBA)
 - a. Practice balls - Each team will be awarded one (1) practice ball for the season, which must be returned at the end of the season. League coordinator(s) are responsible for ensuring all team balls are collected.

Changes Log

Date	Change made by:	Details of change
1/13/2024	MJG	Cleaned up schedule, Ball size, changes log
7/28/2024	MG & JG (board vote)	Conduct and Discipline Added #4 item for Coach ejections automatic game suspension.
7/28/2024	MG	Added Figure 1
8/8/2025	MG (board vote)	Free throw played off release. Press allowed at start of 2 nd half if lead is less than 15 pts. 3 pointers will count
9/24/2025	MJG	Updated clock/book time & schools example
10/12/2025	Board Vote	Sec.2 offense Rule 2. Free throw shooter is in violation if touches or jumps over the free throw line.

11/2/2025	MJG Board Vote	Reverse, 10/12/2025 rule change decision from Sec.2 offense Rule 2. Free Throw shooter adjustment to OK for over the line but not advance to ball
9/20/2026	Board Vote Change	Changed Goal height to 10'ft.

FIGURE 1.

