

## **2023-24 Region 17 Junior League Rules**

The 2023-24 Region 17 Junior CYO League is meant to be developmental in nature. We certainly promote competitive play, but not at the cost of the integrity of the game for kids of this age/level. What does this mean? This age group is not subject to “tryouts” or “cuts” as they will be subject to in future CYO Basketball programs. As such, the goal is to be as inclusive as possible and create a positive first experience to the world of CYO Basketball. Each game will be a new opportunity for the coaches/referees/volunteers to assess how the game needs to be managed based on the skill-level of the players involved. (i.e. individual player skill, overall team skill, etc.)

### **PLAYING TIME:**

Equal Play: A rostered player is to play half the game (applies to rosters of 10 players or less) or equal to that of his/her fellow teammates (rosters of 11+ players)

(Note: Playoff importance, competitive rivalries are no exception to this rule).

### **TIME/CLOCK OPERATION:**

Games will consist of (2) 20-minute halves. The clock will stop for the last 1 minute of the first half and 2 minutes of the second half. The only other stoppage will be timeouts/injuries.

### **DEFENSE:**

All defense must be “Man-to-Man” in the first half. The first 10 minutes of the second half, teams are permitted to play a zone defense as we are working to make sure players are familiar with zone. The final 10-minutes of the game must be “man.”

- Help defense is encouraged in “dual coverage” areas on the court. However, if a defender outright leaves his “man” to double-team, that will be called a violation.

### **PRESS/FREE ZONE:**

- NO PRESSING IS ALLOWED beyond the “free zone.” The Free zone will be defined as a designated space between half court and the 28 ft. mark. The

28 ft. marks are slightly above the 3-point line. This will allow the offense to at least cross over half court without the ball being immediately turned over.

- The free zone will be eliminated in the last 2 minutes of the game unless a team is up 10 or more points. If a team is up 10 with 2-minutes or less, the free-zone still applies. The other team is fully able to press up to half court.
- Similarly, if a team is up 15 or more at any point during the game, they are to play defense inside the arc early only.
  - To clarify, a defender's feet must remain inside the 3-pt line. Defenders will be permitted to reach across the line as long as both feet are legal.

### **Game Rules:**

- 3- Full timeouts (60-seconds) for the game
- Upon a player's 6 personal foul, they will become ineligible.
- Upon a team's 7 team foul in each half, the opposing team will shoot a 1-and-1 and on the 10<sup>th</sup> foul a double bonus (2 shots) will be awarded. Fouls are to be reset at the end of each half. Overtime fouls will be considered an extension of the 2<sup>nd</sup> half.

### **OVERTIME:**

- The first overtime period will be 2-minutes with the clock stopping only for the last minute.
- Additional overtime periods will be 1-minute stopped clock until a winner is determined.
- Each team is granted (1) 30-second timeout per overtime period.
- Timeouts do not carry over.

\*\*\*Region 17 CYO Junior League administrators reserve the right to change, update, enhance any rules as needed to enhance the playing experience.\*\*\*