

## **SSYO POLICY AND RULES FOR CUB BASKETBALL**

**November 2025**

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.

### **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 4<sup>th</sup> 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.

## **SSYO POLICY AND RULES FOR CUB BASKETBALL**

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### **PENALTY FOR ANY TECHNICAL FOUL**

**Coach has 15 seconds to send in replacement player for player receiving a technical foul.**

**1<sup>st</sup> offense-coach will receive a delay of game warning.**

**2<sup>nd</sup> 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.

([ssyomn@aol.com](mailto:ssyomn@aol.com))

## **SSYO POLICY AND RULES FOR VARSITY BASKETBALL**

November 2025

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

### **VARSITY LEVEL**

The Varsity level of sports enables coaches to develop players to their fullest potential. Competition afforded at this level allows players to excel behind the efforts of coaches who must constantly study the game to be a better teacher. The goal is to allow each player the opportunity to participate. Season will consist of 12 games.

### **GAME INFORMATION**

Game time will be two 14 minute STOP time halves 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.**

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

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

NO PRESS when you are ahead by 20 or more points.

Last seven (7) minutes of the second half will be running time only if one team is up by 20 or more points.

If lead drops to 10 points or less, stop time will be resumed.

### **STOP TIME THROUGHOUT THE GAME (EVEN WHEN RUNNING TIME RULE IS IN PLACE): FOR THE FOLLOWING REASONS:**

1. SHOOTING FOULS
2. TIME OUTS
3. INJURY

Regulation High School size basketball will be used for boys.

Regulation Women's size basketball will be used for girls.

### **PENALTY FOR ALL TECHNICAL FOULS**

**Coach has 15 seconds to send in replacement player for player receiving a technical foul.**

**1<sup>st</sup> offense coach will receive a delay of game warning.**

**2<sup>nd</sup> offense coach will receive a bench technical.**

Technical foul is a shooting foul and offensive team 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 ([ssyomn@aol.com](mailto:ssyomn@aol.com))

### **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.

## SSYO POLICY AND RULES FOR BASKETBALL – CUB AND VARSITY

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### ELIGIBILITY TO PLAY:

Students must be a registered member of SSYO member school or church to participate in any and all programs offered by the SSYO. Any exceptions must be approved by the SSYO Director. All participants must appear on the team's roster or roster additions which can be made throughout the season. **Players are only allowed to be rostered and participate on one SSYO team.** Rosters must be turned in to the league office one week before the season begins. **Players must participate in 70% of league games to be eligible for post season tournaments.**

### SCORERS AND TIMERS:

Host site school must provide competent scorers and timers. These persons should be properly trained on the rules and specifics of running the clock in host gym. Only authorized persons, not more than three, will be allowed to be at the score table. SCORES must be reported to the league [ssyomn@aol.com](mailto:ssyomn@aol.com) as soon as possible after games are completed.

### GAME TIME AND DAYS:

At least two games will be scheduled in each gym per game day whenever possible. ANY TEAM NOT IN THE GYM AND READY TO PLAY 10 MINUTES AFTER THE SCHEDULED TIME WILL FORFEIT THE GAME. Teams may play the "forfeit game" but the game will stop 15 minutes before the next scheduled game to allow for warm-up time. Officials must officiate the "forfeit game". Teams MUST NOT arrive at the game site more than 30 minutes before their scheduled game time.

### UNIFORMS:

All players must be in proper uniforms for any and all games. Teams must have matching uniform shirts with numbers clearly marked on the back. **IF T-SHIRTS ARE WORN UNDER THE JERSEY, IT IS RECOMMENDED THAT ALL PLAYERS WEAR A WHITE T-SHIRT.** Uniform shorts must all be the same color. No boxer shorts or leggings may be worn under the uniform shorts if they show below the uniform shorts. Biker shorts may be worn under the uniform shorts but must be solid color only and closely match the uniform shorts.

**Teams with reversible jerseys should wear WHITE for home games and DARK for away games. HOST SCHOOL MUST PROVIDE PINNEY'S IF NEEDED WHEN TWO TEAMS HAVE SIMILAR UNIFORMS.**

**HEADBANDS: BLACK, WHITE OR BEIGE ONLY. NO DESIGNS OR ENHANCEMENTS.**

**Bench Technical Fouls will be given for players out of uniform.**

**NO jewelry is allowed** except religious or medical alert bracelet or necklace. **Religious and 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.**

### WARM UP AND GAME BALLS:

HOST GAME SITE SCHOOL WILL PROVIDE WARM-UP AND GAME BALL FOR ALL TEAMS. Coaches, players and fans **are not allowed** to bring additional basketballs into the game site. Fans and players waiting for the next game are not allowed on the court during time outs, half time and/or between games.

### COACHES

Only two coaches are allowed on the bench during games. A third person may be on the bench as scorekeeper for the team but he/she is not allowed to participate in coaching. **Head coach is the designated spokesperson for the team and ONLY the head coach can speak to the officials. ONLY the head coach can stand during the game. All other coaches must remained seated on the bench.**

## **SSYO POLICY AND RULES FOR BASKETBALL – CUB AND VARSITY**

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### **SUPERVISION:**

All teams must be accompanied by a responsible adult at least 18 years old, whose name is to be on file with the team's roster.

Only the coach and the authorized assistants may sit on the bench with the team. Parents or children other than players must be in an area away from the bench.

Coaches must accompany their team and remain with them while in the locker room. In the case of a coach of the opposite sex, an alternate adult must be used in his/her place.

Coaches are responsible for the conduct of their players and fans. This means before, during, and after games.

Any player, coach, or fan involved in vandalism of any kind will pay for all damages whether it is to facilities or personal belongings.

### **POST SEASON TOURNAMENT:**

All teams are eligible for post season play.

Regular season roster must be used, no combining teams or switching players for end of year tournaments.

**Players MUST participate in 70% of regular season games to participate in the post season tournament.**

Playoffs will be single elimination.

Playoffs will begin as soon as possible after the end of the regular season.

Tournaments are set up based on SCORES REPORTED throughout the regular season.

Final date for reporting scores to be designated by league office.