

Playing Guidelines – Intramural 2025-2026

Revised: November 28, 2025

CYBL Chelmsford Youth Basketball League



PLAYING TIMES

- **Cadet** Boys & Girls & **Junior** Boys – eight 3-minute segments, all stop time
- **Senior** Boys & **Junior** Girls – eight 3.5-minute segments, all stop time
- **Halftime:** A maximum of a 3-minute half time will be allowed if time permits, this is not to be used for shooting (Site Manager’s judgment)
- **Overtime:** There will be at most TWO overtime periods (OT) which will be 2 minutes of stop time each. A coach may choose to start any 5 players in OT. If there is a 2nd OT, then anyone who was on the bench must play. Each OT will start with a jump ball and teams will shoot at the same goal they ended the game. If the game is still tied at the end of the 2nd OT, it will end in a tie.
 - **Exception: CYBL Madness Tournament:** End of season tournament games will not end in a tie

PLAYING TIME GUIDELINES

1. All players present at the start of the game must play a minimum of 4 segments and a maximum as designated below and on the CYBL Score Sheet
 - a.

# of Players:	Max # of Segments:
10 players	4 segments
9 players	5 segments
8 players	5 segments
7 players	6 segments
6 players	7 segments
5 players	8 segments
 - b. A team cannot start a game with less than 5 players
 - c. A team MAY finish a game with less than 5 players
2. No player can play more than 3 consecutive segments
 - a. Exception: Team starting with 5 or 6 players
 - b. Exception: Players have fouled or are unable to play due to injury
3. Late Arriving Players:
 - a. If a player arrives after the start of the game, but before the 4th segment, they must play a min of 3 segments
 - b. If a player arrives after the start of the 4th segment but before the 6th, they must play a min of 2 segments
 - c. If a player arrives after the start of the 5th segment but before the 7th, they must play a min of 1 segment
 - d. The Site Manager must be notified when a player arrives late. The player should already be on the score sheet
4. Violation of the 3 Consecutive Segment Rule:
 - a. A technical foul will be charged to the coach (administrative) and 2 shots will be awarded plus possession of the ball. If a player is put in a 4th consecutive segment and the technical foul is called, that player is removed from the game.
 - b. The illegal player is charged for playing that segment and must also sit out the next segment

NOTE: A 2nd violation of this rule in the same game or any subsequent game will also result in a 1 game suspension of the coach for the next scheduled game unless there is an appeal

BALL SIZE

- **Cadet Girls** – 27.5”
- **Cadet Boys** – 28.5”
- **Junior Girls** – 28.5”
- **Junior & Senior Boys** – 29.5”

SUBSTITUTIONS

- Substitutions can only be made at the start of each segment, unless there is an injury or unusual circumstance
 - Injury or Foul Out Substitutions:
 - Substitutions are permitted for players with health problems (e.g. open cuts, asthma, ankle sprain) – the player is not allowed to return to the game during the same segment
 - A coach may sit a player down for disciplinary reasons or inappropriate behavior at any time during a game in order to settle the player down or prevent a bad situation. The opposing coach and the scorer's table should be notified. The player may return to the game if appropriate (but not during the current segment).
 - If a player is injured or fouls out, that player will be charged with playing that segment if they have played more than half of the segment.
 - The new player will only be charged with playing the segment if they enter the game before the mid-way point
- No substitutions are permitted for players in foul trouble
- If the Site Manager believes that a player has purposefully removed themselves from a game either by intentionally fouling out, faking an injury or by simply quitting, the Site Manager reserves the right to select the replacement player so that neither team receives an unfair advantage. All other play time guidelines will apply

TIMEOUTS

- Each team receives 4 timeouts per game, 1 additional timeout for each overtime period (timeouts carry over into OT)
- A change in segments is not an additional time out. Officials will be instructed to keep the pace moving. If a team does not inbound the ball after the 5 second count a violation will be called. Coaches may call a timeout if needed in between segments.

FULL COURT DEFENSE

- NO FULL COURT DEFENSE will be allowed during the first three weeks of the season for ALL divisions. The below rules will go into effect in the 4th week of the season.
- The Full Court Defense restrictions vary by division as follows:
 - Cadet Boys and Girls: NO DEFENSE above the 3-point arc
 - Junior Boys:
 - No full court defense of any kind in the first 7 segments of the game
 - Full Court press is allowed in the final (8th) segment only, but not by the leading team if the lead is 10 points or more
 - Junior Girls and Senior Boys Divisions – No full court defense of any kind if the lead is 10 points or more
- A Technical foul *may* be assessed after the first warning (Site Manager's judgment)

MISCELLANEOUS

- **NO JEWELRY** - Players may not wear any necklaces, watches, rings, earrings, or other jewelry while playing
- Coaches are required to provide a legibly filled out score sheet with all player names, present or absent (preferably in numerical order) prior to the start of the game or be subject to a team technical foul (administrative).
 - Adding additional players or making changes to the score sheets after the start of the game may be a technical foul
- The possession arrow will alternate for the entire game and does **not** stay with the team losing by a certain amount
- 3 point baskets are NOT counted in the Cadet Girls or Junior Boys divisions
- Coaches must remain in "Coaches Box" area (the area between the foul line extended and the mid-court mark inside the half court line on the each side of the court). After a 1st warning, a technical foul may be assessed
- Total number of coaches, including Head Coach, allowed on the Bench and sideline during games is limited to only 2 people
- **No Zone Defense** - no Zone Defense permitted. Man to Man Defense should be taught to build strong foundational understanding of basketball defense
- Cadet Boys division will not keep score
- Cadet Boys division will be managed and regulated for timekeeping and fairplay by the Division Director and Coaches (no Site Manager or Scorekeeper)

FOULS and FREE THROWS

- Player will be disqualified on 5th **personal foul**
- **FREE THROW BONUS** – Double Bonus Free throws on 10th foul of each half
- Shooting Free Throws
 - The players along the lane are permitted to enter the lane for a rebound off a missed free throw once the ball **leaves the shooters hand.**
 - The shooter may not break the plane of the free throw line until the ball has contacted the rim. Players who are lined up outside the three point line are not permitted to break the three point line or the foul line extended until the ball has contacted the rim.
 - **EXCEPTIONS:**
 - Junior Divisions - will start from behind the foul line, but will be permitted to jump over foul line on follow thru, but must not continue forward until the ball hits the rim
 - Cadet Divisions - will be permitted to do same or shoot from the first lane mark in front of the free throw line, but not continue over that line until the ball hits the rim
- If the Site Manager believes that a player has purposefully removed themselves from a game either by intentionally fouling out, faking an injury or by simply quitting, the Site Manager has the right to select the replacement player so that neither team receives an unfair advantage. All other play time guidelines will apply
 - A technical foul may be assessed if the Site Manager feels that action was induced by the coach
- **TECHNICAL FOULS**
 - 2 cumulative technical fouls (unsportsmanlike) by a player or coach in 1 season will result in an automatic suspension for 1 game. If occurring during a game the player or coach will be removed immediately. A coach will be told to leave the building. A player will be guided by the site director as to where to go. The suspension will be served in the following game. There is NO appeal.
 - 3 cumulative technical fouls (unsportsmanlike) by a player or coach during the season will result in the player or coach being suspended immediately and for the remainder of the season, including playoffs, unless there is an appeal.
 - Site Managers are permitted to call technical fouls from the table
 - A player or coach who is removed from a game for fighting, pushing or other physical contact (Flagrant foul) will be subject to a two game suspension

EXAMPLE SCORE SHEET

- Players listed in order by number, preferably
- Names hand-written or printed legibly with their jersey number
- Includes: Date, Location, Division, Team Name, Color, and Coach Name

CYBL GAME SCORE SHEET																													
Game Date:	12/3/2022	Gym:	Parker	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Team Name:	Avengers	Opponent:		27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Color:	Blue	Color:		53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78
Coach's Name:	Nick Fury	Division:	Cadet Boys	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104

Segments Played	Player's Name	#	Fouls	1st Quarter		2nd Quarter		3rd Quarter		4th Quarter		Overtime		TOTAL POINTS
				Seg #1	Seg #2	Seg #3	Seg #4	Seg #5	Seg #6	Seg #7	Seg #8	OT #1	OT #2	
1 2 3 4 5 6 7 8	Steve Rogers	10	1 2 3 4 5											
1 2 3 4 5 6 7 8	Tony Stark	12	1 2 3 4 5											
1 2 3 4 5 6 7 8	Wade Wilson	15	1 2 3 4 5											
1 2 3 4 5 6 7 8	Scott Lang	20	1 2 3 4 5											
1 2 3 4 5 6 7 8	Sam Wilson	23	1 2 3 4 5											
1 2 3 4 5 6 7 8	Steven Strange	24	1 2 3 4 5											
1 2 3 4 5 6 7 8	Bruce Banner	32	1 2 3 4 5											
1 2 3 4 5 6 7 8	Clint Barton	33	1 2 3 4 5											
1 2 3 4 5 6 7 8	Peter Quill	35	1 2 3 4 5											
1 2 3 4 5 6 7 8	James Rhodes	41	1 2 3 4 5											
1 2 3 4 5 6 7 8			1 2 3 4 5											
1 2 3 4 5 6 7 8			1 2 3 4 5											
1 2 3 4 5 6 7 8			1 2 3 4 5											
TOTAL POINTS SCORED:														

MAXIMUM # OF SEGMENTS ALLOWED
 10 players - 4 segment max
 9 players - 5 segment max
 8 players - 5 segment max
 7 players - 6 segment max
 6 players - 7 segment max
 5 players - all segments

No more than 3 consecutive segments unless a team has less than 7 players

TEAM FOULS:					
1st Half	1	2	3	4	5
	6	7	8	9	10
2nd Half	1	2	3	4	5
	6	7	8	9	10
Warning:					

TECHNICAL FOULS:	
1.	
2.	
3.	

TIMEOUTS CALLED:	1	2	3	4	5 (OT1)	6 (OT2)

Scorer: _____ Site Manager: _____