

Albany CYO Basketball
Game Rules (includes "merged" girls league)
2014 – 2015 Season

Note: the same rules pertain to both boys & girls unless otherwise stated

Game Time

1. Bidy games. 7 minute quarters
2. Junior Games. 8 minute quarters
3. Overtime. 2 minutes
4. No stop on the make

Other Timing

1. 4 full time outs per game. One additional 30 second time out per OT. Unused time outs carry over
2. 5 minutes between games
3. 4 minute half time
4. 3 seconds in the paint juniors. 5 second bidy
5. 10 seconds to cross division line

Pressing

1. Bidy no pressing with greater than 10 point lead.
2. Junior no pressing with greater than 15 point lead.
3. When pressing is not allowed players may not pick up opposing team until the ball / player in control of the ball crosses the 10 second line. Once the defensive team controls a rebound or takes control in the backcourt must back off and move to defensive position on their end of the court. Officials will be expected to enforce these rules and repeated violations may be considered unsportsmanlike technical fouls at the discretion of the officials.

Free Throws

1. Bidy. 13 foot line
2. Junior. 15 foot line
3. Boys lane players – must wait until it hits
4. Girls lane players – on the release
5. 1 & 1 on the 7th team foul of the half. Double bonus on 10th.

The Ball

1. Junior boys use regulation / full sized men's basketball
2. All others use 28.5" (women's sized basketball)