

1. Boys will play 5 on 5 with 10 foot baskets using intermediate (28.5) basketballs.
2. No pressing in the backcourt for the 4th graders. 4th grade Players are not allowed to play defense past the mid-court line. Defenders must fall back to half-court or beyond when offense takes ball out after a made basket or gets a defensive rebound. Coaches are strongly encouraged to instruct their players to pick up opponent at 3-point arc as a general rule of thumb. Rule objective is to give opportunity for everyone to bring the ball up court and work on dribbling skills. 5th graders may press until they are leading by 10 or more points.
3. High school students referee the games. ALL ADULTS in the CAA program (coaches and parents) MUST help us set the proper example for the players by ALWAYS treating our referees with respect. There should be NO INTERACTION between referees and fans. The general rule of thumb is; coaches coach, players play, referees officiate, and fans cheer positively. Everyone needs to maintain a high level of sportsmanship.
4. Most games are played at Pioneer Ridge Middle School (PRMS) and Chan HS (CNHS). Referees and CAA Basketball leadership are responsible for setting up and tearing down the gym at the start and end of game days. Help from parents, players and coaches is always appreciated to set up and put away the floor runners, chairs, and portable scoreboards.
5. Games will consist of 8 – 5 minute periods. Players will be rotated at each period break. Period breaks are intended mainly for rotating players, and referees are instructed to keep period breaks to no longer than one minute. Halftime break is 3 minutes. Running time is used in periods 1-3 and 5-7 – clock stops only for timeouts or at end of period. Periods 4 and 8 are running time for the first three minutes, and stop time for the final two minutes. During stop time, the clock stops on referee whistle, as well as for timeouts, bonus free throws and end of period. Clock starts when the ball is touched by a player inbounds.
6. All players receive equal playing time. Have your player rotations set before the game, using our Equal Playing Time Tool. Use the formula of (Total # of Periods / Number of Players) to determine how many periods each player should play. Each game has 40 available periods (8 Periods X 5 Players), therefore use the guidelines below to determine the number of periods each player should play based on the number of players you have for the game:
 - a. 10 players = 4 periods each player
 - b. 9 players = 4 players play 5 periods and 5 players play 4 periods
 - c. 8 players = 5 periods each player
 - d. 7 players = 5 players play 6 periods and 2 players play 5 periods
 - e. 6 players = 4 players play 7 periods and 2 players play 6 periods
 - f. 5 players = all players play all 8 periods
7. Referees are instructed to follow standard high school basketball rules as they officiate the games, with the exceptions provided on this document. Traveling, three seconds in the lane, back-court violation (over and back), out of bounds, personal fouls (emphasize FAR LESS physical contact than in high school games), technical fouls, held ball, lane infractions on free throws, carrying or palming the ball – all of these violations are expected to be called.
8. A scoreboard operator will be “recruited” from the parents at Saturday’s games. Both teams should use their scorebook to track running score for the game, and to record personal fouls, team fouls, and team timeouts for both teams.
9. If teams are tied at the end of regulation, one 2 minute overtime will be played. If still tied after one overtime, a “sudden victory” period will be played, with the first team to score winning the game.
10. Teach your players to match up at the start of each period with the most appropriate opponent for defensive purposes. You should not have to go onto the court to personally match them all up.
11. Teams must use man-to-man defense. Switching off screens is allowed. Help defense within the three-point arc is allowed. Help defense outside the three-point arc is not allowed. This does not mean that the player with the ball can be double- or triple-teamed just because they are inside the three-point arc. Please teach your team to play solid man-to-man defense, and to be prepared to help when appropriate. Referees will use judgment to call defensive infractions. Result of a defensive infraction is a technical foul if referee warning is not heeded.

12. Free throws are awarded on all shooting fouls. Offended player will shoot 2 foul shots. 1-and-1 free throws will be awarded after 7 team fouls each half, and 2 free throws at 10 team fouls or more. Teach kids how to line-up for free throws quickly, and how to block out. All players except shooter may enter the lane once shooter has released free throw from their hands. Ball must hit rim before shooter may cross into the lane. Keep track of fouls for both teams, 5th foul and the player is out of the game.
13. No zone defenses on inbounds plays. Every player must guard an opponent.
14. Stealing is allowed off the dribble. Promote playing defense with feet. Don't deter aggressiveness but please discourage any reaching in and slapping at the ball that creates excessive contact. Let's try to create some offensive flow. Referees will be encouraged to call reaching fouls.
15. Each team is allowed 3 one minute timeouts per game. Keep track of timeouts in your scorebook.
16. Player substitutions are limited to period breaks, with the following exceptions; 1) Injured player – refs should stop clock to allow for sub, 2) player has 3 personal fouls in first half – sub at next dead ball, 3) player has 4 fouls in second half – sub at next dead ball.
17. Technical fouls are assessed in part based on the judgment of the referee, and will be assessed primarily due to unsportsmanlike conduct. Examples include excessively physical play, inappropriate language, disrespect toward referees (by anyone – player, coach, spectator). We ask the refs to first issue a warning to stop the unsportsmanlike conduct, and if the warning is not heeded, they may call a technical. Technical fouls may also be assessed for defensive infractions, as stated above. In addition, technical fouls may be assessed for failure to remove a player from the game after their 5th personal foul, or calling more than your allotted three timeouts – these infractions will most likely be pointed out to the refs by the opposing scorebook keeper, if they choose to do so. Result of a technical foul is 2 points for the other team, and the other team gets the ball out of bounds nearest the infraction.

Please do your best to avoid giving the refs any reason to consider a technical foul.

18. HAVE FUN! THANKS for your time, effort, enthusiasm and sportsmanship!

COACHES: Be competitive but don't let winning take precedence over teaching fundamentals and sportsmanship. Above all, teach kids to respect their coaches, teammates, referees and opponents. You are the role model. If you are having fun and displaying good sportsmanship, the kids will follow your example.