

BCYBL

General Rules

- Games will consist of four (4) ten (10) minute quarters, running clock.
 - Clock will stop during the last minute of each half on all whistles and during the last minute of the 1st and 3rd quarters during foul shots.
 - There will be one (1) minute between quarters and a five (5) minute halftime.
- Each team will get three (3) full (60 second) timeouts.
- The rules are the same for JV and Varsity with one exception: at the JV level, on a foul shot, the shooter may step/jump over the foul line but may not be the first one to touch the live ball.
- Only man-to-man defense is allowed and NO double teams.
- Help defense is allowed at the discretion of the officials and should only be permitted in cases where a ball handler is going towards the basket, at or near the lane.
- Switching is permitted but should be done in a manner that the defender is following their player to the point of the switch and not just occupying a spot and waiting for a player to come to them on the switch.
- Full-court man-to-man defense is allowed in the second half.
 - If a team is leading by fifteen (15) points or more they may not press.
 - In the 4th quarter, there will be no press by either team if the score differential is fifteen (15) points or more.
 - If the score drops below a fifteen (15) the press may again be utilized.
- There will Mercy Rule in effect if the score differential reaches twenty (20) points at any point during the second half.
 - The clock will only stop during injuries and timeouts.
 - If there is a foul as time expires the lane shall be cleared and the shooter will be awarded the shots, only if said shots are relevant.
 - One the Mercy Rule is in place it does not end regardless of the score.
- All technical fouls will be accompanied by a two (2) minute “cool down” period.
 - Officials should notify the scorekeeper to mark the time of the foul.
 - Officials should notify the coach that the player must exit the game for a minimum of two (2) minutes.
 - It is the responsibility of the coaches, from both teams, and score keeper to monitor the two (2) minute time frame.