

# Chesterfield Basketball League

## Playing Rules & Provisions

2024-2025  
Season 48

# Table of Contents

1. Conduct P 5
  - a. Objectionable Language
  - b. Penalties for Unsportsmanlike Technical Fouls
  - c. Bench Technical Fouls
  - d. Coach, Player and Spectator Improper Conduct
  - e. Actions by the Executive Board for Non-Compliance of the Rules
  
2. Association Requirements & Responsibilities P 7
  - a. Concussion Policy
  - b. Chesterfield Schools Smoking Policy
  
3. Coaching Requirements P 8
  - a. General Requirements/League Approval for Coaches
  - b. Division Requirements for Approved Coaches
  - c. Game Restrictions for Coaches
  - d. Chesterfield County Background Check Requirement
  - e. Display of Background Check Card
  - f. First Year Coaches
  
4. General League Provisions P 9
  - a. League Age Requirements
  - b. Residency Requirements
  
5. Player Eligibility P 9
  - a. Age Requirements
  - b. Home School Students
  - c. Restrictions Due to Outside Participation
  - d. Registration Forms
  - e. Formal ID
  - f. Association Residency Requirements

- g. Free Agents
  - h. Association Waivers/Releases
6. League Rosters and Age Divisions P 11
- a. Information Required to Complete Rosters
  - b. Requirements to Change a Roster
  - c. League Age Divisions
7. Practice P 11
- a. Notification of Practice Times and Locations
8. League Schedules P 12
- a. Regular Season Play
  - b. Postseason Play
9. General Game Provisions- All Age Divisions P 13
- a. Rules Authority
  - b. Prohibition Against Changing Rules
  - c. Tie Games
  - d. League Officials Presence at Games
  - e. Requirements of the Clock Operator
  - f. Responsibilities of the Home Team
  - g. Game Start Policy
  - h. Requirements for Scorekeeper
  - i. Authorized Bench Personnel and Bench Conduct
  - j. Coaches Conduct
  - k. Personal Equipment
  - l. Game Score to Initial Non-Press Condition
  - m. Cheerleaders
  - n. Inclement Weather Information
  - o. Protest Procedures
10. Uniforms & Equipment- All Age Divisions P 14

- a. Uniform Requirements
  - b. Prohibited Articles/Jersey Removal
11. Participation- All Age Divisions P 14
- a. Player Participation Rule
  - b. Must Sit Rule
  - c. Policy Allowing Temporary Change From B to A level
12. Game Playing Time- All Age Divisions
- a. Rookie- Bears
  - b. Minors - Intermediate
  - c. Juniors
  - d. Seniors
13. Score Books & Game Rosters P 16
- a. Determination of Home Bench
  - b. Completion of Scorebooks and Rosters
  - c. Reporting Scores
14. Playing Rules and Provisions- All Age Divisions P 17
- a. Senior
  - b. Junior
  - c. Intermediate
  - d. Nets
  - e. Minors
  - f. Cubs & Bears
  - g. Tigers
  - h. Rookies
15. Appendix P 21
16. AMENDMENTS P 22

## Playing Rules and Provisions

Welcome to the Chesterfield Basketball League. The purpose of this League is to develop character and improve the physical well-being of Chesterfield Youth while they enjoy the game of basketball. The following codes of conduct, regulations and general rules have been enacted to achieve the goals established by the League and to provide organization, safety and security for participants and spectators.

### 1. Conduct

The League and Executive Board expects all players, coaches, parents, and spectators to exhibit a high standard of sportsmanship and to observe all published rules and regulations of the Chesterfield Basketball League as well as those of the Chesterfield County Parks & Recreation Department and the Chesterfield School Board. While not attempting to list all actions, which might be considered detrimental to a youth basketball program, it has become necessary to spell out some of them because of the conduct of some players, coaches, parents, and spectators during past seasons. Accordingly, the following actions will result in disciplinary measures being taken:

- a. PROFANITY WILL NOT BE TOLERATED FROM PLAYERS, COACHES OR SPECTATORS AT ANY TIME. COACHES WILL BE RESPONSIBLE FOR THE CONDUCT OF THEIR PLAYERS AND THEIR ASSOCIATION PARENTS AND FANS DURING ALL GAMES.
- b. ONE (1) COACH OR PLAYER TECHNICAL FOUL FOR UNSPORTSMANLIKE CONDUCT will result in a 2 shot penalty. A second Technical foul of any one player or coach will result in ejection. The offending coach or player will be required to IMMEDIATELY leave the PROPERTY before play is resumed, will be suspended for the next regularly scheduled game, and will not be allowed to be present in any gym for any scheduled game until their suspension has expired. Failure to comply with this rule will be grounds for forfeiture of the game by the offender's team. Both coaches from each team must report any ejections for technical fouls to the league at [ChesterfieldBasketballLeague@gmail.com](mailto:ChesterfieldBasketballLeague@gmail.com), level commissioner, their Athletic Director and Association President within 24 hours. Failure to do so will double the above penalty.
- c. Any team that loses TWO (2) games in any ONE (1) season due to forfeiture of the two games because of unsportsmanlike technical fouls will be suspended from further league play for the entire season. The record for the team will not be used to compute any post season standings.
- d. All bench technical fouls will be charged to the offending individual if the offender can be determined by the referee. If the referee cannot determine the offender, the bench technical foul will be charged to the Head Coach.

- e. The REFEREE will warn the Head Coaches when the spectators are displaying improper sportsmanship. The referee may impose a technical foul on the Head Coach if the fans continue improper behavior. These technical fouls will be bench technical fouls and will be charged to the Head Coach.
- f. Any Athletic Director, Commissioner or Officer of CBL, who also serves as a coach, or an assistant coach will exhibit the highest standard of sportsmanship. If a game must be forfeited because of technical fouls, or if there are three (3) technical fouls called against the Coach/Assistant Coach/Athletic Director/ Commissioner/Officer, during a season, he/she could forfeit his/her position with the CBL Board and/or as a Voting Representative.
- g. Should any player or coach participate in a fight, threaten, or challenge any referee or League Official in an unsportsmanlike manner, the offender will automatically be ejected from the game and placed on suspension. The Executive Board will review the incident and determine the appropriate penalty which could result in suspension from further League activities for the remainder of the season (including playoffs). **Should a parent or spectator threaten or challenge, in an unsportsmanlike manner, a referee, CBL and/or League Official or gym security officer, before, during or after a game or participate in a fight, their child (if applicable) will be suspended for a minimum of four (4) games.** The offender (player; coach; parent; spectator) will be requested to leave the property and/or the Chesterfield Police Department will be summoned. If the conduct of a team requires the League to provide Police security at a gym, the League will require the team's association to pay for the security officer.
- h. **Any player, or players who are on the bench and leave the bench during any altercation between players participating in the game, will be ejected from that game, and suspended for the next two games. This will also result in an automatic forfeiture of the game. If both teams have players who leave the benches, it will be a double forfeiture.**
- i. Any player who has been expelled or suspended from CHESTERFIELD COUNTY SCHOOLS CANNOT participate in any CBL practices or games during the suspension period. The above ruling is in compliance with Chesterfield County School policy which requires that students who are on out of school suspension (OSS) CANNOT be on any school property during the suspension. CBL does not consider the suspension period to be completed until the participant has attended one day in school following the suspension period. If a child is sent home due to suspension, the suspension starts at that time, not the following school day.
- j. All coaches, players, other participants, and spectators are additionally

required to abide by the most current version of Chesterfield County Parks and Recreation Code of Conduct as published on the County website and the current County Sports Manual.

- k. Coaches, team personnel, sponsors, parents, spectators, cheerleaders, or associations found to be in violation of the above rules or who take any action which the Executive Board considers to be detrimental to the youth basketball program, are subject to swift and severe disciplinary action rendered by the Executive Board and/or Chesterfield County under provisions of the Code of Conduct. The Executive Board will rule on the merits of each individual case.
- l. If an offender refuses to abide by the above rules or penalties, CHESTERFIELD COUNTY POLICE WILL BE CALLED TO ESCORT OFFENDERS FROM THE CHESTERFIELD COUNTY SCHOOL PROPERTY. The Executive Board endorses the issuing of warrants for the arrest of offending parties, IF NECESSARY.

## 2. ASSOCIATION REQUIREMENTS/RESPONSIBILITIES

- a. CONCUSSION POLICY- Effective July 1, 2014, the General Assembly of Virginia approved an amendment to Code of Virginia 22.1-271.5 regarding concussions. Chesterfield County now requires all co-sponsored recreational programs to have a concussion policy which follows the guidelines outlined in 22.1- 288 271.5. The Chesterfield Basketball League Executive Board has endorsed this requirement, effective July 1, 2014, and requires each association develop a policy and program to provide training to comply with the above law prior to the initiation of the 2024-25 season for practice and/or games. Revised team registration forms will now have an area to indicate the coach has successfully passed the concussion training and the date the training was completed. It shall be the responsibility of each association to ensure this training was successfully completed or the individual applying for a coach's position (head coach or assistant) will be ineligible to coach. The Centers for Disease Control (CDC) offers information for concussion training and certification at [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).
- b. CHESTERFIELD COUNTY PUBLIC SCHOOLS SMOKING POLICY- Effective July 1, 2015, the School Board of the Chesterfield County Public Schools enacted School Board Regulation 4010-R prohibiting the use of tobacco products and electronic cigarettes on all school division property. School property is defined as the interior and exterior of all schools, athletic facilities including concession stands and restrooms, school grounds including lawn areas, sidewalks, driveways, parking lots, playgrounds, and bus loops. It will be the responsibility of each individual association to notify parents and spectators of this policy and request anyone observed violating the policy to safely discard the tobacco product that is in use. This will include any practice times at a school facility as well as games. If an

individual refuses to comply with the policy, they will be asked to leave the premises in addition to other possible consequences. Assistance for your association when a person refuses to comply can be obtained through the Parks & Recreation hotline on 748-1624. The entire policy is available on the Chesterfield County Public Schools website.

### 3. COACHING REQUIREMENTS/RESPONSIBILITIES

The CBL Executive Board must approve all coaches. All team and Association personnel must be of unquestionable moral character. The use of an ineligible coach, whether ineligible for CBL certification and/or County Background Check Policy, shall warrant forfeiture of the game and removal of the coach.

- a. The Head Coach of each team must be at least TWENTY-ONE (21) years of age on/or before the first practice session except for the Senior Division. SENIOR DIVISION coaches must be at least TWENTY-FIVE (25) years of age.
- b. Assistant Coaches must be at least EIGHTEEN (18) years of age except for the Senior Division. SENIOR DIVISION assistant coaches must be at least TWENTY ONE (21) years of age.
- c. At no time shall a team enter into competition with another team (scheduled League Games) without the supervision or coaching of a person at least TWENTY ONE (21) years old. The individual that is acting as Head Coach and/or any assistant coach that is listed on the roster must meet all requirements as established by the Chesterfield County Background Check Policy AND must be certified by the Chesterfield Basketball League
- d. Each team shall have one (1) Head Coach and no more than TWO (2) Assistant Coaches on the team bench at any time. Only 3 coaches are allowed on the bench during a game.
- e. NO INDIVIDUALS, OTHER THAN THE 3 COACHES AND/OR PLAYERS LISTED ON THE ROSTER, WILL BE ALLOWED ON THE BENCH AT ANY TIME DURING A GAME.
- f. All coaches must display a valid Chesterfield County Background Check Card to be on a team bench and participate in coaching during a game. With the addition of being able to print your own coaches card, there will be absolutely no exceptions made if you apply for your card too late.
- g. All first-year coaches must attend a mandatory clinic on playing rules and requirements. All senior coaches must attend a mandatory clinic prior to the beginning of the season. Failure to attend these clinics will prohibit the coach from being approved by the league.
- h. Should a team have an illegal player on the roster and play THREE (3) or more games, the team will become ineligible for any post season participation regardless of their season record. As indicated in these rules, Head Coaches are responsible for team conduct, training and eligibility. If an illegal player is confirmed by the Executive Board, the Head Coach will immediately be suspended from further participation in any League activities.



#### 4. GENERAL LEAGUE PROVISIONS

- a. Basketball sponsored by the CHESTERFIELD BASKETBALL LEAGUE (CBL) is for participants aged SIX (6) years (ROOKIE DIVISION ONLY) through EIGHTEEN (18) years.
- b. Division is decided on age as of December 31.
- c. EIGHTEEN (18) year old players CANNOT participate if they reach the age of nineteen (19) prior to the end of the Senior Division season.
- d. SENIORS: All eighteen (18) year old players must be enrolled in High School as a current student or in an approved Home School Program.
- e. **Enrolling a FIVE (5) year old child with a birthday after the December 31 cut off will result in an illegal player suspension and forfeiture of the season.**

#### 5. PLAYER ELIGIBILITY

- a. Any player shall be eligible to play who has reached the age of Six (6) by December 31, 2024, and has not reached the age of NINETEEN (19) prior to the end of the Senior Division Season.
- b. Children in Home School Programs are eligible to participate providing they are not a member of an official homeschool team as indicated in paragraph 3.
- c. If a player has been listed on the roster of any official high school basketball team, whether public, private, or parochial, during the current school year, the player will be considered an illegal player on any team roster at any Division level with the following exception:
  - i. All Middle School Team players will be allowed to participate but must play on "A" level teams only or a level up on a B team. These players must also participate in the appropriate age division bracket as indicated in these rules.
- d. All players must have a Registration Form filled out and signed by their parent or legal guardian which should be turned in to their appropriate association representative to be filed with the official team roster with the League. Registration Forms are available on the League website.
- e. All players must present a copy of their birth certificate or RealID at the time and place designated by the DIVISION COMMISSIONER if they have not previously registered to participate with Chesterfield Basketball.
- f. The use of an ineligible player in a game shall warrant forfeiture of that game. Ineligible players contained on the COMMISSIONER'S roster shall cause forfeiture of all prior games until the name is removed whether they participate or not. Protests concerning ineligible players must be filed no later than two weeks from the beginning date of the season. NO PROTESTS FOR INELIGIBLE PLAYERS WILL BE ACCEPTED AFTER THIS DATE.

- g. All players must play with the association in the Elementary School District in which he resides and would normally attend as of December 31 of the playing year with the following exceptions:
  - i. Those players who live in an Elementary School District that has no organized athletic association may, with Executive Board approval, participate with any other Association.
  - ii. If an Association located in the player's Elementary School Boundary does not field a team in his age group, these players do not need a written release but will be counted as free agents. They will be allowed to play in any association.
- h. Elementary school players who have been approved to attend a school other than their home school may participate with the school's association of which they are attending without a release from their home association. These players will be considered free agents.
- i. Those players who are cut or released from an Association team shall be allowed to participate with another Association, providing a release is obtained from the home Association and is signed by the President or Athletic Director of that Association and approved by the appropriate DIVISION COMMISSIONER or LEAGUE COMMISSIONER.
- j. Those children of parents who served as a Head Coach, Assistant Coach, or a member of an Association Board of Directors the previous year for an association that is not in the participant's Elementary School boundary may, with Executive Board approval, participate in that Association provided his or her parent serves as Head Coach, Assistant Coach, or member of that Association Board of Directors.
- k. Those children of parents who served as a Head Coach, Assistant Coach, or a member of an Association Board of Directors the previous year for an association that is not in the participant's Elementary School boundary may, with Executive Board approval, participate in that Association provided his or her parent serves as Head Coach, Assistant Coach, or member of that Association Board of Directors.
- l. All waivers must be signed by the home association Athletic Director prior to the final team turn-in. After that date, players not desiring to play for their home association will be assigned to teams by the League Commissioner. A **printed** email or text message attached to the Application to Play can act as the waiver in lieu of having the Application to play signed by the home association.
- m. Those players who live in an Elementary School District that has been redistricted by the School Board and have been assigned to a new school district may participate with the association they participated with during the previous year. A written release will not be required for these players. The same standard applies if a child moves to a new CCPS district.

## 6. LEAGUE ROSTERS AND AGE BRACKETS

- a. **Every Association must present a roster for each team they plan to participate in, for each age bracket.** Rosters are due when requested by the League. Failure to provide team rosters when required may preclude the team from being a participant in the League playing schedule. ONE (1) **typewritten** copy of the certified team roster with the players listed in alphabetical order must be turned in to the Executive Board on the specified due date. The team roster will include all information blocks to be filled out. The rosters must be signed by the Head Coach and Athletic Director. The Head Coach's / Athletic Director's signatures on the roster certify that he/she and all assistants have reviewed and agree to abide by all League rules, certify all information is accurate and all players reside in their Association area or have a valid release. **The roster must also include the email address for the head coach.**
- b. After team rosters have been submitted to the DIVISION COMMISSIONER, a Coach must have written approval from the DIVISION COMMISSIONER to either replace or add additional players and a player shall not be cut from or prevented from being a member of any team, if the player abides by the rules established by the League and Association of which they are a member. The ideal team structure would be to have TEN (10) player rosters. Once team rosters have been submitted to the respective DIVISION COMMISSIONER, no additional players may be added if the team has TEN (10) or more players. Players may be added after January 1 **only** if the team roster falls below TEN (10) players. Once the team roster has been submitted, players may NOT change teams (laterally, backward, or upward) within the Association or change Associations without the DIVISION COMMISSIONER'S approval. If a team roster is changed, a revised copy of the roster shall be submitted to the DIVISION COMMISSIONER. No roster shall be amended for POSTSEASON PLAY. For a player to participate in POSTSEASON PLAY, the player must have been on an active CBL roster for at least 25% of the regular scheduled games. EXCEPTION: If a team folds during the season, players on that team roster will become free agents and may be added to rosters having less than TEN (10) players.
- c. **Division Eligibility - Age brackets are as follows:**
  - i. Rookies- 6-7 years old, 8 with no experience
  - ii. Tigers- 8 years old and under (Recommend first year players, age 7 or 8 play in this League for one year. 6-year-old players ineligible for this Division.)
  - iii. Cubs - 9 Years and under. (7 year olds are ineligible for this Division)
  - iv. Bears – 10 Years and under.
  - v. Minors - 11 Years and under.

- vi. Nets – 12 Years and under
- vii. Intermediates - 13 Years and under
- viii. Juniors - 15 Years and under
- ix. Seniors - 18 Years and under. (Must not turn 19 before the end of postseason games)

## 7. PRACTICE

- a. CBL will act as liaison between the Associations and the Chesterfield County Parks & Recreation Department in scheduling practice times in those facilities which the Parks & Recreation Department has obtained and for which they are responsible. A practice schedule will be distributed by the League to each Association indicating the facility, the days, and the times at which they will have practice. The Associations will be responsible to provide a schedule to their coaches for individual team practices using the assigned times and facilities provided by the League. The association is responsible for checking for gym closeouts and inclement weather closings. Practice will be held on scheduled early release school days; practice will not occur on any scheduled school holiday or closure. **Postseason games will take precedence over scheduled practices. If a postseason game is scheduled in the same gym as your practice, your practice is canceled.**

## 8. LEAGUE SCHEDULES

### Regular Season Play

- a. Senior – Tiger Divisions: Each conference will be provided with a 10-game schedule whereas each Association will play all other Associations in that conference.
- b. Rookie Divisions: The League will schedule required clinics for the first four Saturdays of the season and then an 8-game playing schedule.
- c. Home Team is the first team listed on schedule and shall sit on the clock keepers right.
- d. Conference Champions will be decided by conference games won. Conference games will be determined by the League.
- e. When playing a team twice, the first game is a conference game.
- f. In the event of a tie for positions in the standings, the order of finish shall be decided under following:
  - i. First - Result of head-to-head competition.
  - ii. Second - Toss of a coin.

### Post Season Play

- a. A postseason tournament will be determined by the Executive Board.

- b. The Executive Board will provide a schedule for all POST SEASON GAMES.

## 9. GENERAL GAME PROVISIONS

- a. All games shall be governed by High School Federation Rules, except where these rules have been amended by the Chesterfield Basketball League Playing Rules & Provisions.
- b. Coaches or Teams may not waive any League rule or provision by mutual agreement. If done, a double loss will occur
- c. Tie Games will be decided by the High School Federation Rules
- d. A Supervising League Official may attend each scheduled game. They will introduce themselves to the referee officials prior to the beginning of each game.
- e. A CLOCK OPERATOR, who must be at least a freshman in High School. If a clock operator is not available, the home team will be responsible for finding a clock keeper.
- f. All League games will start at the time listed on the schedule. There is no grace period on starting a game. However, if prior to a scheduled game time, both teams and coaches are present, the game MAY START FIFTEEN (15) MINUTES ahead of the scheduled game time **if both coaches agree.** PLEASE BE PROMPT.
- g. All players and coaches are to be at the gym ONE HALF HOUR prior to a scheduled game time. Coaches should exchange rosters and have score books completed no later than ten (10) minutes prior to scheduled game start time. The first game of the day's series may not have gym access until 15 minutes prior to game start time.
- h. Teams must be present with a minimum of FIVE (5) players and a certified coach at scheduled game time. Failure to provide the minimum number of players at the scheduled game time will result in forfeiture by the offending team.
- i. Each team shall supply a scorekeeper of at least SIXTEEN (16) years of age, with the home team being the Official Scorekeeper. In the event of a discrepancy, the home team book will settle disputes. Scorekeepers must sit at the scorekeepers table and may not coach or cheer from the table.
- j. Only official coaches (who display a valid Background Check Card) and players that are listed on the team roster will be allowed to sit on a team bench. No spectators or other individuals will be allowed to sit on the team bench. All players must remain seated on the bench and will not be allowed to leave the bench except for purposes of substitution, official time out for coaches' meetings, getting water, end of quarter and/or half time breaks or spontaneous reactions to a play. Penalty -TWO (2) SHOT TECHNICAL FOUL CHARGED AS A BENCH TECH TO THE HEAD COACH.
- k. ONE coach may stand in front of their bench area only to instruct or coach their team or player(s). Coaches, while standing, may not question or

comment to any official. Violation of this rule will result in an automatic technical foul on the bench.

- i. Players are not permitted to bring personal basketballs to the gyms on the day of the scheduled game or practices. Coaches are not permitted to issue a basketball to a player until it is time for his team to take the court for warm-up. Penalty - TWO (2) SHOT TECHNICAL FOUL.
- m. After a SENIOR Team has a TWENTY-FIVE (25) point lead, or a JUNIOR Team has a TWENTY (20) point lead, or an INTERMEDIATE, NETS or MINOR A TEAM has a FIFTEEN (15) point lead, the TEAM WITH THE ADVANTAGE MUST NOT PRESS and must play a ZONE defense. The ZONE should be retained BEHIND the THREE (3) point line for SENIOR through MINOR A Divisions. The ZONE defense shall not be extended to the mid-court area in gyms without THREE (3) point marking.
- n. MINOR B, BEAR, CUB, TIGERS & ROOKIE TEAMS ONLY:
- o. When there is a Fifteen (15) point advantage, the team with the advantage must remain in the three-point line. No traps will be allowed after gaining the lead or "advantage". There will be NO DEFENSE allowed in the backcourt except for the last TWO (2) minutes of a regular game or the last ONE (1) minute of any overtime. Penalty- ALL DIVISIONS -TWO (2) SHOT TECHNICAL FOUL. This foul does not count as an unsportsmanlike technical foul but does count toward total team fouls and technical fouls as a CBL rules violation. The obvious intent of this rule is to encourage sportsmanship by ALL TEAMS.
- p. CHEERLEADERS will have Three (3) minutes for their presentations at half time. Cheerleaders are expected to follow their League and Association rules and guidelines. PLEASE NOTE THAT NO PLAYERS ARE TO BE ON THE FLOOR OR BOUNCING BASKETBALLS DURING THE CHEERLEADER'S PRESENTATIONS.  
Penalty - TWO (2) SHOT TECHNICAL FOUL, which will count as a personal and team foul for the offending team.
- q. Inclement Weather: If games are postponed due to adverse weather conditions, Directors and Presidents of each Association will be notified as soon as possible with the date/time for the game changes. Coaches should contact their Division Commissioner if they are in doubt and have not been notified by their Association Leadership. The League Commissioner will reschedule the date, time, and location of all postponed games.
- r. Complaints or protests: if not specifically covered in the rules, must be presented in writing to the Executive Board for consideration. **Intent to protest a game must be announced to the Referee, or League Official before the end of the protested game. Protests must be received in writing by the League Commissioner within 48 hours after the end of the game being protested. Each protest must be accompanied by a fee of \$100.00 to warrant consideration by the League. Said fee will be refunded if the protest is upheld. Protests will be considered for violations of the rules**

only.

## 10. Uniforms & Equipment

- a. Each team must have jerseys as described in the High School Federation Rules
  - i. Players are given one of thirty-seven numbers between 00-05, 10-15, 20-25, 30-35, 40-45 and 50-55.
  - ii. The torso of the jersey can only be a single, solid color, while other areas of the jersey may be other colors.
- b. If used, undershirts must match the outward facing color of the uniform
- c. All players must wear non-marking basketball shoes.
- d. The HOME team shall be responsible to ensure that uniforms colors do not conflict at games. Appeals concerning possible conflicts shall be made to the appropriate Division Commissioner, or the Head Coach or home team will be suspended one game for failure to comply. If one team does not have reversible uniforms and the official has indicated a conflict exists, the team with the reversible uniform will change, regardless of their HOME team status.
- e. Jerseys will not be removed by any players on the bench until the game has been completed and both teams have left the playing floor. Penalty – a TWO (2) SHOT TECHNICAL FOUL CHARGED TO THE OFFENDER as an Unsportsmanlike Conduct Technical Foul.
- f. All players must remove ALL jewelry prior to warm up. Band-aids MAY be placed over earring that are STUDS and cannot be removed. Penalty - TWO (2) SHOT TECHNICAL FOUL PER PLAYER, which also counts as personal and team foul. Any stoppage of game due to improper equipment will result in a TWO (2) SHOT TECHNICAL FOUL for delay of the game.
- g. NO STOCKING HATS PERMITTED
- h. Headbands are permitted.

## 11. PARTICIPATION

### MINOR – JUNIOR DIVISION

- a. **ALL B DIVISION PLAYERS must sit out at least ONE (1) full quarter, from start to finish, during each game.** The violation of the spirit of this rule will be reviewed by the League and/or Division Commissioner and may result in suspension or disciplinary action against the Coach or team. Violation of this rule will result in a TWO (2) SHOT TECHNICAL FOUL per ineligible player. The ineligible player or players must be removed from the game for that quarter. ALL illegal substitutions (based on substitution rules) **must be protested before the end of that quarter.** TEAMS may call an OFFICIAL

timeout to question the substitution rule. This timeout WILL NOT be charged to either team. There are no exceptions for injured players. Every player must still sit a full quarter. Teams may play with less than 5 players other than the start of the game.

- b. **ROOKIES, TIGERS, CUBS AND BEARS DIVISIONS:** All players must sit out at least ONE (1) full quarter, from start to finish, during each game. ALL illegal substitutions (based on substitution rules) **must be protested before the end of that quarter.**
- c. **TIGERS – SENIOR DIVISION:** If a team has no more than 6 players present for a game, the association Director may elect to bring up players only for the scheduled game. No more than 8 Players can be on the bench if players are brought up. **Players can move from B levels to A but cannot move from A levels to B.** A player can only play one game a day and may not return to his original team to play another game on the same day. Players are not eligible to play on multiple CBL sponsored teams. Every “moved” player must still sit a full quarter. The League Commissioner must be notified by email and approve moving players prior to the game. The intent is to prevent possible forfeits.

## 12. PLAYING TIME

### PLAYING TIME

- a. **ROOKIE, TIGERS, CUBS AND BEARS:** 8 minute running clock for each quarter. The clock will only stop the last 2 minutes of the game and the last 1 minute of each overtime. Clock will also stop on foul shots and time outs.
- b. **MINORS, NETS, and INTERMEDIATES:** SIX (6) minute quarters, stopping the clock each time the Official whistle blows. There will be Three (3) minutes between halves and One (1) minute between quarters. Time outs by High School Federation Rules.
- c. **JUNIORS:** SEVEN (7) minute quarters, stopping the clock each time the Official whistle blows. There will be Three (3) minutes between halves and One (1) minute between quarters. Time outs by High School Federation Rules.
- d. **SENIORS:** EIGHT (8) minute quarters, stopping the clock each time the Official whistle blows. There will be Three (3) minutes between halves and One minute (1) between quarters. Time outs by High School Federation Rules.
- e. **All overtime will be Three (3) minutes.** Rookies do not have overtime.

## 13. SCOREBOOKS & GAME ROSTERS

- a. Scorebooks will be furnished by the League (ONE (1) per team).
- b. Each team will provide a **PRINTED GAME** Roster to the opposing team’s scorekeeper listing each player’s name and uniform number in numerical order. Rosters can be returned once scorebooks are complete and do not have to be retained. Coaches will exchange rosters and sign the official scorebook 10 minutes before the start of each game. **Violation of this rule shall result in a TWO (2) shot technical foul.**



- c. **WINNING COACHES** are responsible for reporting game scores by the GroupMe App within 24 hours. Failure to report the scores by the deadline will result in a loss being posted for both teams.

## 14. PLAYING RULES & PROVISIONS PER DIVISION

### Senior A & B Divisions

- a. Senior A & B teams will use a regulation size basketball, 29.5 inches (Size 7).
- b. There is no must sit rule for the Senior Division.
- c. Three (3) point field goals will be allowed.
- d. There will be no pressing allowed in the back court by defensive players once a team has achieved a twenty-five (25) point advantage. Players on the “advantage team” must remain behind the three-point line once they achieve the 25-point advantage. This rule applies to both A & B levels. Violation of this rule will result in a TWO SHOT (2) technical foul.
- e. Dunking is allowed ONLY during games, not practices or warm up periods

### Junior A & B Divisions

- a. Junior A & B teams will use a regulation size basketball, 29.5 inches (Size 7).
- b. The must-sit rule will apply to the B Division only.
- c. Three (3) point field goals will be allowed.
- d. There will be no pressing allowed in the back court by defensive players once a team has achieved a twenty (20) point advantage. Players on the “advantage team” must remain behind the three-point line once they achieve the 20-point advantage. This rule applies to both A & B levels. Violation of this rule will result in a TWO SHOT (2) technical foul.
- e. Junior B teams are not allowed to press in the backcourt on any inbound pass until the last TWO (2) minutes of the fourth quarter and the last One (1) minute of each subsequent overtime period. They may play defense in the backcourt after a rebound or a turnover.
- f. Dunking is allowed ONLY during games, not practices or warm up periods

### Intermediate A & B Divisions

- a. Intermediate A & B teams will use a regulation basketball, 29.5 inches (Size

- 7).
- b. Intermediate A & B teams will play by High School Federation Rules and all special League Rules and Provisions.
  - c. The must-sit rule will apply to the B Division only.
  - d. Three (3) point field goals will be allowed, provided the gym has (3) point floor marking.
  - e. There will be no pressing allowed in the backcourt by defensive players once a team has achieved a fifteen (15) point advantage. Players on the “advantage team” must remain behind the three-point line once they achieve the 15-point advantage. Violation of this rule will result in a TWO SHOT (2) technical foul.
  - f. For Intermediate B Teams only: no pressing by defensive players will be allowed in the back court on any inbound pass until the last two (2) minutes of the fourth quarter and 652 the last ONE (1) minute of each subsequent overtime period. The defensive players cannot press the offensive players until the player, or the ball has crossed half court. Intermediate B players may press after a rebound and will be allowed to use a full court press on an inbound pass in the last TWO (2) minutes of the fourth quarter and the last ONE (1) minute of each subsequent overtime period.

#### Nets A & B Division

- a. Nets A & B teams will use a regulation basketball, **29.5 inches (Size 7)**.
- b. Nets A & B teams will play by High School Federation Rules and all special League Rules and Provisions.
- c. The must-sit rule will apply to the B Division only.
- d. Three (3) point field goals will be allowed provided the gym has (3) point floor marking.
- e. There will be no pressing allowed in the backcourt by defensive players once a team has achieved a fifteen (15) point advantage. Players on the “advantage team” must remain behind the three-point line once they achieve the 15-point advantage. This rule applies to both A & B levels. Violation of this rule will result in a TWO SHOT (2) technical foul.
- f. For Nets B Teams only, no pressing by defensive players will be allowed in the backcourt on any inbound pass until the last two (2) minutes of the fourth quarter and the last ONE (1) minute of each subsequent overtime period. The defensive players cannot press the offensive players until the player, or the ball has crossed half court. Nets B players may press after a rebound and will also be allowed to use a full court press on an inbound pass in the last TWO (2) minutes of the fourth quarter and the last ONE (1) minute of each subsequent overtime period.

#### Minors A & B Division

- a. Minor A & B teams will use a 28.5-inch basketball (Size 6).
- b. Minor A & B teams will have players shoot from the regular foul line. Only

- three (3) players may line up on each side of the lane for a foul shot.
- c. Minor A & B teams will play by High School Federation Rules and all special League Rules and Provisions.
- d. The must-sit rule will apply to the B Division only.
- e. Three (3) point field goals will be allowed provided the gym has (3) point floor marking.
- f. Minor A: All teams will be allowed to play defense in the backcourt the last TWO (2) minutes of the fourth quarter and the last ONE (1) minute of each subsequent overtime period.
- g. Minor B players only: NO defense will be allowed until the offensive player, with the ball, completely crosses the mid-court line
- h. There will be no pressing allowed in the backcourt by defensive players once a team has achieved a fifteen (15) point advantage. The “advantage team” will remain behind the 3-point line once they achieve a 15-point lead. This rule applies to both A & B levels. Violation of this rule will result in a TWO SHOT (2) technical foul.

#### Cubs and Bears Division

- a. Bear and Cub teams will use a youth basketball 28.5 inches (Size 6).
- b. **Cubs and Bears teams will have players shoot from the regular foul line.** Only three (3) players may line up on each side of the lane for a foul shot.
- c. Bear and Cub teams will play by High School Federation Rules and all special League Rules and Provisions.
- d. The must-sit rule will apply to these Divisions.
- e. There are no three (3)-point field goals allowed for the Bear or Cub Divisions.
- f. Defense will remain behind the foul line arc or the 3-point line if the gym is so marked.
- g. All teams may play defense in the front court in the 4th quarter.
- h. If a team is not actively trying to score, the defense may play defense in the frontcourt.
- i. All Teams will be allowed to play defense in the backcourt the last TWO (2) minutes of the fourth quarter and the last ONE (1) minute of each subsequent overtime period.
- j. There will be no pressing allowed in the backcourt by defensive players once a team has achieved a fifteen (15) point advantage. The “advantage team” will remain behind the top of the foul line arc once they achieve a 15-point lead. Violation of this rule will result in a TWO SHOT (2) technical foul.

#### Tiger Division

- a. Tiger teams will use a youth basketball 27.5 inches (Size 5).
- b. The foul line will be moved to three (3) feet from the regular line. Only three (3) players may line up on each side of the lane for a foul shot.

- c. Tiger teams will play by High School Federation Rules and all special League Rules and Provisions.
- d. The must-sit rule will apply to these Divisions.
- e. There are no three (3)-point field goals allowed for the Tiger Division.
- f. Defense will remain behind the foul line arc or the 3-point line if the gym is so marked.
- g. All teams may play defense in the front court in the 4th quarter.
- h. If a team is not actively trying to score, the defense may play defense in the frontcourt. Time is at referee discretion.
- i. All Teams will be allowed to play defense in the backcourt the last TWO (2) minutes of the fourth quarter and the last ONE (1) minute of each subsequent overtime period.
- j. There will be no pressing allowed in the backcourt by defensive players once a team has achieved a fifteen (15) point advantage. The “advantage team” will remain behind the top of the foul line arc once they achieve a 15-point lead. Violation of this rule will result in a TWO SHOT (2) technical foul.

#### Rookies Division

- a. Rookie teams will use a youth basketball 27.5 inches (Size 5).
- b. The purpose of this division is to properly train and prepare players for regular league play.
- c. Coaches are encouraged to help correct mistakes and work with the referees to convey proper fundamentals of basketball to each player rather than solely focusing on winning.
- d. The conduct and attitude of the coach is the most important factor for this age group. Coaches are reminded that young players are very impressionable, and their conduct must be exemplary. Coaches can make this a learning experience as well as a fun experience. It is suggested that coaches involve the parents as much as possible in practice and reinforce team achievements.
- e. Players must be age Six (6) by December 31 EIGHT (8) year old players may participate if this is their first year in organized basketball and with the permission of the League Commissioner.
- f. Teams will be organized by elementary school boundary lines. Those Associations that DO NOT have enough players to form a team or who may have too many players for one team are encouraged to join with a neighbor Association to form a team or teams.
- g. The must sit rule will apply to this Division.
- h. Associations are encouraged to have a **minimum of EIGHT (8) players and a maximum of TWELVE (12) players per team.**
- i. The League will schedule each team a clinic for the first four (4) Saturdays of the season. Directors will choose time for their Rookie clinics at roster turn in.
- j. The League will schedule eight (8) games following the completion of the

Clinics.

- k. The League will provide two Referees and a clock keeper for these games.
- l. The GAMES will be played utilizing Tiger rules with exceptions as noted below.
- m. No defense is allowed in the back court.
- n. Defensive players will remain behind the foul line for the entire game except for the last 2 minutes of the game.
- o. If a team is not actively trying to score, the defense may play defense in the front court at referee discretion.
- p. Coaches will be provided with scorebooks but DO NOT call in any SCORES as there WILL NOT be published standings or postseason. There will be no overtime periods in the Rookie Division. Tie games will be allowed.
- q. THIS DIVISION IS FOR INSTRUCTION AND TRAINING. IT IS INTENDED TO PROVIDE TRANSITION TO THE TIGER, CUB, BEAR AND MINOR BASKETBALL LEVEL.

## 15. APPENDIX

### Definitions

- a. Ineligible Player-
  - i. A player that does not live within the Association boundary where he is registered to play and has not been approved by the Division Commissioner is an ineligible player.
  - ii. The use of an ineligible player in a game shall warrant forfeiture of that game. Ineligible players contained on the COMMISSIONER'S roster shall cause forfeiture of all prior games until the name is removed whether they participate or not.
  - iii. Protests concerning ineligible players must be filed no later than two (2) weeks from the beginning date of the season. NO PROTESTS FOR INELIGIBLE PLAYERS WILL BE ACCEPTED AFTER THIS DATE
  - iv. A player that has been suspended from school and has not returned to classes prior to participating in a game is an ineligible player.
  - v. A player that has participated in a game but not listed on a roster received and approved by the appropriate Division Commissioner is an ineligible player.
- b. Illegal Player
  - i. A player who has played for or is playing for a school team during the current season.
  - ii. A player who is not a resident of Chesterfield County and not approved by the League Commissioner.
  - iii. A player who is participating in the incorrect age bracket.
- c. Ineligible Coach
  - i. A coach that does not have a current Chesterfield County Background Check number listed on each division roster.

- ii. A coach that has not completed the appropriate association concussion training.
- iii. A coach not listed on the team roster provided to the League during registration.
- iv. A coach suspended by either the League or the appropriate association.

## 16. AMENDMENTS

Effective October 21, 2024, each association is allowed to register up to 5 non-resident athletes per season. These non-resident athletes are to be noted on both the 10/21/24 version of the Rplayer Roster as well as the 10/21/24 version of the Game Roster. Consequences of exceeding 5 non-resident players per season will be at the discretion of the Executive Board. Per illegal player definition in Section 15, b, ii; up to 5 non-resident players have been approved by the League Commissioner per Association.

- a. Special note- Per Chesterfield County Parks & Recreation, athletes that reside in Powhatan County and register to play for Powhatan Athletic Association do not count as non-resident players. **Powhatan residents that play for athletic associations other than Powhatan Athletic Association will be counted as non-resident athletes and are subject to the limit of 5 per association.**