



CBA League Rules Cardinals Division (Boys 5th & 6th Grade)

Note: CBA complies with IHSA/NFHS rules with the following exceptions.

Scorekeepers/Volunteers	CBA will schedule two paid scorekeepers
Basket Height	10 feet
Court	Full court
Basketball Size	28.5
Referees	Two per game
Game Start Time	Scheduled time
Number of Players	5
Quarter Length	6 minutes — <i>stopped clock</i>
Maximum Point Spread	20 points
Clock Stops	-All whistles, free throws, timeouts, and substitutions -Substitution window at the dead ball closest to 3:00 minutes in each quarter
Time Between Quarters	1 minute
Half Time	5 minutes
Substitution Protocol	-Players must report to the scorer's table at 3:00 on the clock -Referee calls in subs at the next dead ball -Delay of game called if players aren't at the table
Playing Time	-Equal playing time -Every player must play in the 1st and 4th quarters
Timeouts	-2 full timeouts (60 seconds) per half -No carryover -No timeouts allowed in overtime
Overtime	-One 2-minute overtime if >10 minutes remain before the next scheduled game -No timeouts allowed in overtime -Games may end in a tie except during tournament play



Free Throws	-Awarded for technical and shooting fouls -Players may enter the lane on release
Fouls	-After 5 team fouls per quarter, 2 free throws are awarded -Team fouls reset each quarter -A player is disqualified from the game once they accumulate a 5th personal foul.
Technical & Flagrant Fouls - see definitions located at the end of this document.	-Governed by IHSA rules with the following additions: -3 technical fouls in a game: Forfeit of the game -2 technical fouls for a coach in one game: the coach is ejected for the remainder of the game and suspended for the next game. -Both head and assistant coach ejected: Game is forfeited -Flagrant Foul (level 2): Automatic ejection from the game. -All conduct-related technical fouls must be reported to the League General Manager -Head Coaches are held responsible for the behavior of their assistant coaches and players
Court Violations	IHSA rules
Throw-ins	IHSA rules
5-Second Closely Guarded	IHSA rules
3-Point Shots	Allowed
3-Second Lane Violation	Enforced
Over and Back	Enforced
Court & Equipment	CBA only
Zone Defense	Not allowed
Man-to-Man	No double teams -Help defense allowed if one defender is clearly beaten -Must avoid two players doubling the ball — switch cleanly -Defensive switches are permitted -Players must remain within two arm's lengths of their assigned offensive player and follow their movement



Backcourt Pressure	-Not allowed until one min left in the game. - Exception: if a team is up 10+ points, no full-court defense in the final minute of regulation - Allowed in overtime
Steals from Dribbler	-Allowed only past half court -Allowed in the backcourt when backcourt pressure is allowed.
Uniform	Current year jersey
Coach's Box	Head coach only — directly in front of own bench
Assistant Coach	-May coach while seated on the bench and stand to cheer - Not allowed to speak to officials or enter the court -Only 2 coaches per team
Lineup Exchange	Required: -Lineups must be exchanged 5 minutes before tip-off -Refusal to exchange lineups = automatic forfeit -In-game changes only permitted for injury or foul trouble
Jewelry	In accordance with IHSA/NFHS rules, no jewelry, rings, earrings, posts, studs, watches, necklaces, or hard/metal hair-wear may be worn at any time during a practice or a game.



Definitions of Technical vs Flagrant Fouls

Technical Foul

A technical foul is a penalty assessed for violations that don't involve physical contact during gameplay. It can be called on players, coaches, or even bench personnel for actions like unsportsmanlike conduct, excessive arguing, delaying the game, or exceeding the number of allowed timeouts. Typically, a technical foul results in a free throw for the opposing team and loss of possession.

What it is:

Non-contact violation:

A technical foul is a penalty for a rule violation that doesn't involve physical contact between opposing players.

Unsportsmanlike conduct:

Often called for actions like arguing with officials, excessive complaining, taunting, or using inappropriate language or gestures.

Other violations:

Technical fouls can also be called for delaying the game, excessive timeouts, having too many players on the court, or other infractions.

Can be called on anyone:

Technical fouls can be called on players, coaches, team personnel, and even fans.

Consequences:

Free throw for opponent:

A technical foul results in one or more free throws for the opposing team.

Loss of possession:

A technical foul results in the other team gaining possession of the ball.

Ejection:

Accumulating two technical fouls in a game leads to an automatic ejection from the game for the player or coach.

Flagrant Foul

A flagrant foul in basketball is a personal foul that involves unnecessary or excessive contact, potentially leading to injury. There are two types: Flagrant 1 and Flagrant 2. A Flagrant 1 results in two free throws and possession for the offended team, while a Flagrant 2 results in two free throws, possession, and ejection of the offending player.

Elaboration:

Flagrant 1:

This foul involves unnecessary contact that is not considered overly violent or malicious. The penalty is two free throws for the fouled player and the ball is awarded to their team.

Flagrant 2:

This foul involves unnecessary and excessive contact, often with a high potential for injury. The penalty is two free throws for the fouled player, possession for their team, and the ejection of the offending player.

Intent vs. Impact:

While intent can be a factor, the severity of the contact and the potential for injury are primary considerations in determining whether a foul is flagrant, not necessarily the intent of the player.

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