

2018 Youth Basketball Rules

Time: 20-minute halves, running time.

Clock will stop only:

- For time outs, substitutions and injuries;
- In the last minute of second half for all whistles.
- All foul shots (5th and 6th Grade Boys and Girls).

Overtime: None. [Note - Extra time can be added if it is agreed upon and gym time allows.]

Time Outs: Two (2) one-minute Time-Outs per half with possession.

Defense:

Man to Man or Zone (6th Grade)

Man to Man (3/4 and 5th Grades) Zone defense is prohibited.

While playing man to man:

Switching screens is allowed.

Temporary weak side help is allowed, provided that help defender immediately attempts to recover to his/her original defensive assignment.

Third and Fourth Grade (Boys and Girls)

Defenders can pick up defense after the ball crosses 3-point arc. Defender can reach over the designated line as long as their feet are within the designated area.

Fifth and Sixth Grade (Boys and Girls)

Players may pick up defensively after ball crosses half-court.

Rules for all Age/Gender Groups

Defense should allow the initial entry pass into defensive area before picking up defense; provided, however, that coaches and officials will not allow standing behind the 3-point arc to purposely run time out (See 10-second rule below).

Loose balls outside the designated defensive area: A defender may go after a loose ball as result of a bad pass, loss of dribble control, etc.

Long outlet passes: a defender may not steal long pass if it is between the designated defensive areas. (i.e., arc to arc), but may steal such long pass if it enters the defensive area.

Courtesy Rule: If a team is winning by more than ten (10) points, the coach for the winning team should require his team to "back off" (i.e., play defense without stealing, multiple passes before shooting, no fast break baskets, etc.). Keep in mind that this is a recreation league, designed to foster fun and love of basketball for the kids!

3-Point shot: None. All made field goals are worth two (2) points.

Substitutions: To the extent practicable, "wholesale substitutions" (i.e., 5 players in and 5 players out), should be made at every 5-minute interval. Officials will stop the game clock at five (5) minute intervals for such substitutions.
Additional substitutions made be made on an as needed basis for injuries or to ensure equal playing time.

A team that does not have at least 10 players may choose to substitute half way through a 5 minute period in the interest of helping coaches provide as much balanced playing time as possible.

IMPORTANT: Coaches must strive to provide equal playing time for all. If a team does not have 10 players the coach is still responsible for substituting his players in a way that provides equal playing time for all and NOT leaving the more skilled players in the game at the expense of playing time for the less skilled players. A primary purpose of this league is player development! Ensuring equal playing time allows weaker players to improve, and enhances their fun and passion for the game.

Defensive Match-ups:

At the beginning of the game and after each substitution interval, coaches should assist in establishing defensive match-ups at half court, using their reasonable judgment to match up players of similar size and skill level. Coaches should not take clear advantage of weaker player.

If a team has players that are "playing up" and are younger than the applicable age bracket, those players must still play in game, unless they are sitting for disciplinary reasons. Coaches should advise the opposing coaching staff that younger players will be participating.

Jump Ball: Start of game only (all ages and genders). The start of the second half, as well as all "held ball" situations will be determined by alternate possession.

Possession: Alternate possession after initial jump ball.

10-second rule: All teams will have ten (10) seconds to pass or dribble the ball into the applicable defensive area for such age bracket:

Third and Fourth – 10-seconds to enter inside the 3-point arc
Fifth and Sixth Grade – 10-seconds to cross half court.

The intent is to prevent "camping out" outside the defensive zone.

3-second rule: Officials should enforce a "soft" 3 to 5 second lane violation (i.e., no violation should be called if the player is making progress through the lane). No "camping out." Officials should issue warnings first, before calling any violations.

Free Throws: Fifth (5th) and Sixth (6th) Grade only (boys and girls).

Players in lane positions may move on release.

Free throw shooter and those not in lane positions may move when the ball hits the rim.

Free throw shooters may cross the foul line after release of ball for the purpose of reaching the basket with their shot. However, the shooter may not attempt to rebound until the ball has hit the rim.

Jump Balls: Officials should whistle QUICKLY for a held-ball situation, in order to control the game and minimize possible injury.

Scoring: The score will be reset to zero at the start of each half.

Jewelry: For player safety, wearing jewelry of any kind is strictly prohibited (including earrings, eyebrow rings, watches, necklaces, bracelets, etc.)
Covering items with tape is NOT acceptable – all jewelry must be removed completely.

Fingernails: For player safety, fingernails must be trimmed. Excessive length is not acceptable.

Officials: The home team is responsible for providing two (2) officials for every game, comprised of **at least one (1) responsible adult (over the 18 years old)** who is able to maintain control of the coaches, fans and players. Two officials under the age of 18 will not be permitted.

At any time if an official has an issue that warrants a player's temporary or permanent removal from the game he will notify that player's coach and **it is that coach's responsibility to withdraw the player from the court**, no questions asked. Issues that may warrant a player's temporary or permanent removal from the game include, but are not limited to:

- 1) Abusive or vulgar language toward another player, official or fan;
- 2) A single excessive act of un-sportsmanship conduct (for example, a thrown elbow or a shove);
- 3) Repeated excessively rough fouls that jeopardize injury to themselves or another player. This may apply whether the actions are intentional or even accidental due to a player's inability to control their movements.

If there are any disputes with the officials by another coach, the game clock is to be stopped and both coaches and officials are to move to an area of the gym where they cannot be overheard by the players. They are to discuss the issue in a rational and calm manner and come to a solution agreeable to all. Simply put.... All coaches, officials and fans must be the good example we are trying to teach and instill in our players.

At no time will officials physically touch any of the players unless it is to immediately intervene in a situation where players are at risk of injury.

Scorekeeper: The home team is responsible for providing personnel for scorekeeping and clock management.

Coaches' Behavior and Decorum:

Coaches will remain on their half of the court, outside the area of play at all times unless they are directed by an official to remove a player from the court or during game warm up, halftime or timeouts.

At no time should coaches touch opposing players, even in cases of potential or actual physical altercations between players. In these situations, the officials shall be responsible to separate the players and for the respective coaches to remove their players from the court.

Coaches are at NO TIME to yell at or verbally abuse officials. Officials are volunteers just like coaches and are doing the best they are able. If a coach has a significant dispute with an official, the game clock is to be stopped and both coaches and officials are to move to an area of the court where they cannot be overheard by the players. They are to discuss the issue in a rational and calm manner and come to a mutually agreeable resolution.

Any coach that becomes verbally abusive to the officials will be given a warning. If the behavior persists after this warning the official has the option to ask the coach to leave the gym. If the coach refuses, the official has the option to mandate a forfeit of the game, resulting in a loss for that team.

COACHES - DO NOT LET YOUR BEHAVIOR RUIN THIS EXPERIENCE FOR YOUR PLAYERS.

Spectators' Behavior and Decorum:

Spectators shall not be permitted to verbally or physically abuse officials, coaches or players. It is the responsibility of coaches to communicate this to all fans, including parents, extended family members and friends.

Coaches are responsible for keeping their team's spectators under control at all times. In the event that an official requests that a spectator leave the gym as a result of abusive or unsporting behavior, the coach for the team of such spectator shall support and assist the official in enforcing such spectator's ejection.

All coaches, officials and fans should strive to be a model of sportsmanship and maturity, and set a good example we are trying to teach and instill in our children.