

Five Cities Youth Basketball Rules and Regulations
Revised 11/9/07

PLAYING REQUIREMENTS

If both teams have 7 or more players:

-Each player must rest one full quarter from start to finish

-Each player must play at least one full quarter from start to finish in each half

If one or both teams know they will have less than 7 players the "6 Player Rules" take effect.

-Notify the referees and the opposing coach before the start of the game

-Each player must still play at least one full quarter in each half, and a team with 6 players must play each player at least 3 full quarters

-Resting each player one full quarter will not apply to either team

-If the team with less than 7 players has a late arrival before the start of the 2nd quarter, both teams will use the original playing requirements. After the start of the 2nd quarter, a late arrival will not effect the "6 Player Rule", but that player must play a minimum of one full quarter in the second half. Late arrivals after halftime must participate in the second half.

If a team has exactly 7 players:

-Rest 2 different players in each of the first 3 quarters for a total of 6 players. In the 4th quarter, rest the 7th player and you will have one player who can go in as a substitute (in case someone needs a rest or fouls out of the game).

Teams can play with less than 5 players.

SUBSTITUTIONS

-We recommend that you substitute during a stopped clock (i.e. timeouts, quarter breaks, or in the last minute of each half). This allows more playing time for the kids during the running clock. Substitutions at any other time are at the discretion of the referee and subs must be at scorers table to avoid stoppage of play.

-If an injury occurs, try to keep the injured player in the game if at all possible. Sometimes using a timeout will help the injury. If the injured player must be replaced, substitute a player of similar ability. The substitute will not be charged any playing time to finish out that quarter. No advantage should be gained by the team with an injury.

TIMEOUTS

-2 timeouts per half

*-Timeouts are one minute. The horn will sound at 45 seconds and the referees will start the game 15 seconds later.

-Any player on the court, as well as the coach, may call for a timeout.

THE CLOCK

-Games consist of four 6-minute quarters. 7/8 grade boys and 7/9 girls play 8-minute quarters

-The clock stops for all timeouts.

-The clock stops for each whistle during the last minute of the 2nd and 4th quarter for divisions 1st through 6th grade; for 7th through 8th/9th grade clock stops for the last two minutes of the 2nd and 4th quarters.

-There will be a one-minute break between quarters and a 3 minute halftime.

COURT RULES

Lane Violations:

-3/4 grade teams are allowed 5 seconds in the key on offense

-All older teams are allowed 3 seconds in the key. The count for a lane violation starts over after every shot attempt.

Full Court Press:

-3/4 grade teams: no defense allowed until the ball crosses half court

-5/6 grade teams: full court press allowed in the 4th quarter only.

A team cannot press if they have a lead of 10 or more points.

-7/9 grade teams: full court press allowed the whole game. A team cannot press if they have a lead of 15 or more points.

One sided games- No defense can be played outside the 3 pt. line by the team with a:

- 7-point lead - 3/4 grade girls teams
- 10-point lead - 3/4 grade boys teams
- 15-point lead – 5/6 grade teams
- 20-point lead – 7/8 grade teams

*-In the case of a one-sided game, try to pull your high scorers out of the game. Stop running the fast break, and allow your other players a chance to handle the ball.

Free Throws: 1 and 1 on the 7th foul, double bonus on the 10th team foul

- 3/4 grade teams shoot from 12 feet.

- 5/6 and 7/8 grade teams shoot from 15 feet.

-3/4 and 5/6 grade players are allowed to cross over the free throw line after the ball has been released. If they do so, they may not be the first to touch the rebound.

Stalling is not permitted.

Technical Fouls:

-All technical fouls are 2 shots plus possession of the ball for the opposing team.

-Technical fouls on a player count as personal fouls. Five personal fouls and a player “fouls out” of the game.

-Pressing in the backcourt (3/4 grades), pressing in a one-sided game, or stalling all call for a warning, followed by a technical foul if it continues. Foul language or misconduct does not require a warning.

OVERTIME

-There will be one 2-minute overtime period. The last minute will be stopped clock. One timeout per team. If the game is still tied at the end of overtime it will be called a draw.

COACH AND PLAYER CONDUCT

-No taunting, fighting, or foul language will be allowed. This applies to all coaches, parents, spectators, and players. Our goal is to teach basketball while stressing the value of good sportsmanship.

-Each coach is responsible for the conduct of his/her players at games and practices.

PROTESTS

-There will be no protests. All decisions by the referee are final.

GAME END

-Players and coaches from both teams will shake hands at the end of each game. Five Cities Youth Basketball expects good conduct from all athletes and coaches.

EQUIPMENT

-1/2 grade and 3/4 girls play with a junior size ball

-3/4 boys, 5/6 boys and girls, and 7/9 girls play with a women's ball (28.5)

-7/8 boys use a regulation size ball

-Non-marking tennis shoes must be worn for all games. Remove jewelry and hairclips prior to each game.

***We do not keep league standings!!

TOURNAMENT RULES

Playing Requirements:

-All regular season rules apply. One exception: the resting of each player one quarter will not apply to the 7/8 boys and 7/9 girls divisions.

.Eligibility:

-Players must be on the roster and have played in a league game by the end of the 3rd Saturday in January to be eligible to play in the tournament.

Overtime:

-Any overtime after the first will be one minute stopped clock with no timeouts.