

## Five Cities Youth Basketball Rules and Regulations

Revised 11/10/10

### 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
- \*\*Subs entering in the middle of a quarter MUST still play the ENTIRE other quarter in that 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 2<sup>nd</sup> quarter, both teams will use the original playing requirements. After the start of the 2<sup>nd</sup> quarter, a late arrival will not affect 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 4<sup>th</sup> quarter, rest the 7<sup>th</sup> player and you will have one player who can go in as a substitute (if someone needs a rest or fouls out).

Teams can play with less than 5 players.

(Coaches & referees should check score sheet for proper playing time at the start of the 2<sup>nd</sup> and 4<sup>th</sup> quarters)

### 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 do NOT carry over to the second half or any overtime periods. Only 1 timeout per team in each overtime period. Timeouts do NOT carry over.
- Timeouts are one minute. The horn will sound at 45 seconds and 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 2<sup>nd</sup> and 4<sup>th</sup> quarter for divisions 1<sup>st</sup> through 6<sup>th</sup> grade; for 7<sup>th</sup> through 8<sup>th</sup>/9<sup>th</sup> grade clock stops for the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters.  
\*\*The clock will start after the ball is inbounded during these stop clock portions of the 2<sup>nd</sup> & 4<sup>th</sup> 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, whether it hits the rim or not.

Full Court Press:

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

**Last 1 minute of game 3/4 grade** \*If the ball goes out of bounds to the offensive team after crossing half court, it is NOT allowed to throw the ball into the back court on the inbounds pass. (NEW 11/2009)

- 5/6 grade teams: full court press allowed in the 4<sup>th</sup> quarter only. A team cannot press if they have a lead of 10 or more points.
- 7/9 grade: full court press allowed the whole game. A team cannot press if they lead by 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 – All 5/6 grade teams
- 20-point lead – All 7/8/9 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 7<sup>th</sup> foul, double bonus on the 10<sup>th</sup> team foul**

- 3/4 grade teams shoot from 12 feet.
- 5/6 and 7/8 grade teams shoot from 15 feet.
- ALL GRADES: The shooter is allowed to cross the free throw line during the attempt, but may NOT be the first to touch the ball after a missed free throw attempt.

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 (unused second half timeouts do not carry over). If the game is still tied at the end of overtime it will be called a draw. All overtime periods start with a jump ball at the center circle.

### COACH AND PLAYER CONDUCT

- No taunting, fighting, foul language or disparaging referee calls 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 and assistant coaches 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 (27.5”)
- 3/4 boys, 5/6 boys and girls, and 7//8/9 girls play with a women’s ball (28.5”)
- 7/8 boys use a regulation size ball (29.5”)
- Non-marking tennis shoes must be worn for all games. Remove jewelry and hairclips prior to each game.

**\*\*\*WE DO NOT KEEP WIN-LOSS RECORDS OR 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 7/8/9 girls divisions.

Eligibility:

- Players must be on the roster and have played in a league game by the end of the 3<sup>rd</sup> 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.

**NORMAL HIGH SCHOOL RULES APPLY TO ANYTHING NOT COVERED IN THESE LEAGUE RULES**