

East Lyme Youth Basketball League

YOUTH BASKETBALL RULES & GUIDANCE– B5-12 and G 5-12

All games are governed by high school rules except the following

1. General Playing Rules

- a. Game will be played on a standard basketball court with a regulated height 10-ft basket
- b. **Game will consist of four, 8 minute quarters, stop clock with 3-minute half-time. If we see that the games continually run over, the rules may be modified. If the winning team is up by 20 or more at the end of a quarter, then running clock may be used to keep the games finished on schedule. If switched to running time then the quarter must finish using running time. Stop clock and running time are not to be constantly switched back and forth during a single quarter.**
- c. Each team gets one full (60 seconds) time out and two 30 second timeouts per half, no carry over.
- d. Each player must play in every quarter and a total of no less than 12 minutes per game, unless there's some physical restriction, attendance, or disciplinary reasons (These must be communicated to your division commissioner).
- e. Substitutions are unlimited provided they are official & don't interfere with playtime
- f. Each team must have a minimum of 5 players to begin the game. In the event a team does not have 5 of its roster players, it can borrow players from the opposing team, but the game is officially forfeited
- g. No jewelry can be worn during game play or practice
- h. Each player is allowed 5 personal fouls
- i. No drinks in the gym with the exception of water
- j. No more than 2 coaches on the bench during game play. Assistant coaches must stay seated on the bench unless they are assuming the role of Head Coach.
- k. Teams will shoot 1 and 1 on 7 fouls and 2 on 10th foul of the half.
- l. Overtime will be 2 minutes **running** time. No extra time-outs.
- m. Games will be played until a winner is decided no matter how many overtimes it takes, unless told otherwise by a member of the board or a janitor.

2. Offense Guidance

- a. Offense has 10-seconds to advance ball to half-court
- b. Try to promote ball movement as much as possible based on talent level and don't just tell your best player to dribble through the defense every time they have the ball
- c. Players in grades 5/6 must shoot foul shots from behind the foul line but are permitted to jump on/over the line following their shot
- d. Players in grades 7-12 must shoot and stay behind the foul line while shooting free throws

3. Defense Guidance

- a. Steals are allowed
- b. Defense may block shots
- c. **No full court press for team winning if a 10 point or greater lead. Once lead gets under 10, team winning may put press back on. Losing team may press at any time.**
- d. For 5/6 Boys and Girls Divisions after a change of possession, pursuing possession of the ball in the back court is prohibited (full court pressure) except in the last 2 minutes of the fourth quarter or last 30 seconds in overtime. This rule will be applicable for at least the first half of the season. Second half of season pressing rules will be the same as above, section 3c.
- e. Teams must play Man to Man defense if in a middle school or lower age level for at least the first half of the season. Highschool may use both Man and Zone defenses.

4. Scoreboard / Scorebook Rules

- a. It is the coach's responsibility to seek out parental (adult) volunteers to operate the scoreboard and scorebooks. Referees will not begin the game until scoreboard and scorebook is managed. Each coach should provide one operator for each. In the case that a parent or volunteer cannot be found then an assistant coach will have to fill the role.

5. Technical Foul Details

- a. Any player or coach who is assessed a technical foul for unsportsmanlike behavior by the referee will be **removed** from the game and must sit out the next game.
- b. Technical foul will result in the opposing team shooting two free throws and receiving possession of the ball. Examples of technical fouls are:
 1. Coach yelling at referee

East Lyme Youth Basketball League

YOUTH BASKETBALL RULES & GUIDANCE– B5-12 and G 5-12

2. Player arguing a call
 3. Player swearing
 - c. You may appeal a technical to the Board if you feel like it was unwarranted. Make sure if you are going to appeal a player or coach technical that you at least provide a credible witness or some form of proof. Otherwise the rule will stand and you or the player will have to sit out the next game.
 - d. Berating and yelling at any official is strictly prohibited especially with the high school referees.
6. **Basketball size**
 - a. Boys 5/6 and all girls divisions will use the 28.5 inch. Boys 7/8 and older will use standard size 29.5 inch basketball.
7. **Coaches Communication**
 - a. Coaches should communicate with referees prior to game as to what kind of calls are to be expected. Generally the younger the age group the less strict rules are kept, but blatant rule breaks should always be called.
8. **Spectators**
 - a. Parents/friends/family are more than welcome to cheer on their team but heckling of any sort against the other team is not allowed. Anyone seen heckling the opposing team will be given a warning and then asked to leave if it continues
 - b. Refrain from dribbling and shooting basketballs on the side hoops during game time. During half time and in between games is fine.
9. **Injuries**
 - a. If any player is hurt and needs to leave the game or even the gym, an injury/accident report must be filled out on the website by the players coach
 - b. If any sort of head injury happens, no matter what the player says do not let them return into the game until they have been examined by a doctor for a concussion.