



TYBL RULES 2025-2026 SEASON

1. All TYBL League games are played in accordance with current California Interscholastic Federation (CIF) rules except as defined hereunder.

2. Division Play

TYBL League play is divided by school grade into six (6) divisions for boys and three (3) for girls, and two combined gender “clinic” divisions as follows:

<u>Division</u>	<u>Grades</u>
K/1 - Half court 3V3 (Clinic Beginner)	Co-ed K & 1
1/2 - Full court 5V5 (Clinic Advanced)	Co-ed 1 & 2
B3	Boys 3rd
B4	Boys 4th
B5	Boys 5th
B6	Boys 6th
B7	Boys 7th
B8	Boys 8th
LDG	Girls 3rd & 4th
MDG	Girls 5th & 6th
UDG	Girls 7th & 8th

Players may play “up” one division only upon application to and approval by the TYBL Board and/or its Division Commissioners.

3. Length of Games

- Clinic Beginner games consist of Six (6) 5-minute running quarters with no stopped time and no overtimes.
- Clinic Advanced games consist of Six (6) 5-minute running quarters with no stopped time and no overtimes.
- All Boys and Girls 3rd-8th Grade games shall consist of four (4) 8-minute running quarters. Running time means the clock stops only for team or official timeouts, including technical fouls.
- Overtime will be 3 minutes. The clock will stop during all overtime free throws and on dead balls during the last minute of overtime. Double overtime will be sudden death (first team to score wins). Championship games will not use sudden death but will use 2-minute periods. The last two minutes of regulation and the last one minute of overtime shall be “stopped time” (the clock stops for any whistle) provided no team is ahead by 15 or more points.

4. Timeouts and Breaks of Play

- All teams receive two timeouts of one minute each per half. Timeouts not used in the first half will not carry over to the second half. Time outs may be reduced to 1 per half to maintain game schedule if needed.
- One timeout of one minute per overtime is allotted. No timeouts are carried over into overtime.
- Quarter and overtime breaks shall consist of one minute. Players or substitutes checking in for the quarter must do so at or before the 45 second warning horn. This is not a timeout for coaching.
- Halftime shall be a maximum two minutes and may be reduced at the discretion of the referees and or site supervisor to save time and maintain the game schedule

5. Team Rosters and Playing Requirements/Restrictions -

**All disciplinary actions must be approved by the division commissioners
48 hours prior to the start of a game.**

- a. All players present at games should play at least two full quarters per game without substitution/interruption. If a minimum of seven players are present, no substitution during a quarter is permitted until the fourth quarter, and substitution is only allowed for players who have already completed two full quarters.
- b. If a player is unable to complete a full quarter due to injury/illness or fouling out, that quarter shall count toward this requirement. The injured or fouled out player's substitute will not be credited for that quarter for the two quarter requirement, but the quarter will count toward the three quarter maximum (rule 5c). Note: If a player appears injured the referees will stop the clock to attend to the player. If the player requires assistance, or the coach, parent or other team adult comes onto the floor; the injured player must be substituted for minimum one "dead ball" stoppage, i.e. once the game restarts until the next whistle (violation, time out, etc.). At that point the injured player may re-enter the game and play resumes as if the injured player had never left the game, and the substitute's appearance will not count toward a third quarter appearance (rule 5c).
- c. Provided a minimum of seven players is present for a game and eligible to play, no player shall play more than three quarters per game. This rule will not apply to either team when six or fewer eligible players are present for a game for either team. If a team starts play with six players present and a seventh player arrives late, but by the end of the first quarter, the "three quarter maximum" provision of 5a will apply to the team. The scorekeeper will record the quarter in which the late player arrives. If a team starts with seven or more players and a player is disqualified in the fourth quarter (by fouling out or being ejected for technical fouls) leaving no eligible players to substitute, the team must continue play with four players. The injured player note (5b) should also be observed. For overtime periods, all players that have not fouled out during regular play are eligible to play in overtime.
- d. Players in any division may score a maximum of 15 points per half. Players reaching the maximum must be substituted for immediately and sit out the remainder of the half. If the player scores out on a two or three point goal all points will count. If the player is fouled as s/he scores out, any foul shot made will count. A player scoring out in the second half is eligible to play in any overtime periods. At the coach's discretion, a player may or may not substitute for a player removed for scoring the maximum; if there is a substitution, the quarter will count toward the maximum three quarter rule for the substitute player.
- e. Any player arriving after the first quarter of a game without prior notice to the coach may, at the discretion of the coach, be penalized with reduced playing time as follows: Arrival during the second quarter or half time, minimum playing time is one quarter; Arrival during the third quarter or later: No playing time need be given.
- f. All disciplinary actions must be approved by the relevant division commissioners by exchange of emails at least 48 hours prior to the start of a game. All adjustments and exceptions to required playing time are to be advised by the coach to the scorekeepers and referees prior to the start of each game.
- g. Coaches are responsible for providing the score table with the TYBL roster form (download from tybl.org) prior to the start of games. A technical foul may be issued if a coach does not provide roster from causing a delay in starting the game. The roster form should include notations as necessary for absence, lateness, discipline, or health issues. Players not listed on the roster form that arrive after the start of the game, will be amended to the scorebook and a technical foul issued to the offending

6. Fouls and Disqualifications

- a. All players receiving a fifth personal foul in a game are disqualified from further play. They are also ineligible for any subsequent overtime play.
- b. Any coach receiving a second technical foul for conduct must leave the building. Any player receiving a second technical foul must remain on the bench for the duration of the game. These coaches and players may be suspended from the next scheduled game as determined by the relevant division commissioner and board.
- c. Any player or coach who, in the judgment of the referees and/or the site supervisor, demonstrates poor sportsmanship by word or deed shall be issued a technical foul. Upon the second offense, the coach will be ejected from that game and asked to leave the facility. Upon the second player offense, the player will be benched for the remainder of the game. The coach and/or player may be suspended from the next scheduled game as determined by the relevant division commissioner and board.
- d. Players receiving ejections are ineligible for All-Star selection. Players receiving technical fouls will be reviewed for eligibility by executive board.

e. “All head coaches” may stand and coach from the “coaches box”. Assistant coaches must be seated at all times during play. If any coach exhibits poor sportsmanship the referee can require that the offending coach be required to be seated on the team bench during play. Failure to comply with this request will result in a warning by the referee; subsequent violations will incur a technical foul. A second technical foul for the violation will result in ejection. (See rule 6 b/c).

f. It is the spectators sole responsibility to be aware of the TYBL Code of Conduct and to comply with it, whether it has been acknowledge or not. Any parent or spectator not following the TYBL code of conduct will be asked to leave the facility immediately and may be suspended by the board from attending other TYBL events. Coaches may be asked to address team’s parents and spectators during games to ask them to comply with the Code of Conduct.

7. Pre-Game Foul Shots

Every player in Boys and Girls 3-4 Grades will shoot one foul shot prior to the start of the game. If made, this will count toward the team score and the player’s first half scoring limit. Players unable to play due illness or injury are permitted to shoot the allotted foul shot as long as they are wearing their team jersey. The number of foul shots will equal the number of players present for each team at the start of the game. **Note: this may not be an equal number.** The team with fewer players has a competitive advantage (See TYBL play-time matrix).

8. Foul Shots

The team foul shooting bonus two shots after 5 fouls per quarter. Team fouls will NOT carry over to overtime periods.

Foul shots shall be taken as follows:

<u>Division</u>	<u>Rim Height</u>	<u>Free Throw Line</u>
Clinic	8’	n/a
Boys and Girls Grades 3-4	9’	10’ from backboard
• Shooter can cross line but cannot advance until ball hits rim All other players may advance on ball release.		
Boys Grade 5 and Girls Grade 5-6	10’	Standard distance
• Shooter can cross line but cannot advance until ball hits rim. All other players may advance on ball release.		
Boys Grades 6-8 and Girls Grades 7-8	10’	Standard distance
• Shooter cannot cross the line until the ball hits rim. All other players may advance on ball release.		

9. Defense and Pressing

a. Man-to-Man defense is required in Clinic Beginner & Advanced, 3rd and 4th Grade Boys, and LDG & MDG. To be clear—No Zone Defense is permitted at these levels. Help Defense is allowed (see addendum below) until the initial defender recovers. At that point, help defender (help defense) “must” release back to guarding his man; double teaming is not permitted and will result in technical fouls. Again, please see addendum regarding Help Defense

b. Full court pressing, half court trapping, and back court defense is allowed at any point in the game for Boys 5-8 and UDG, unless the defending team is 15 or more points ahead.

c. In the 5th & 6th grade middle division girls “MDG”, the defender is permitted to steal the ball from the dribbler. If a team is leading by 15 or more points, that leading team will no longer be permitted to steal the ball from the dribbler unless the lead is again reduced to below 15 points.

d. No shot clock will be used and for Boys 5-8, MDG, and UDG divisions there will be a 10 second back-court violation.

10. LDG Rules: Defenders may only steal passes and pick up loose balls, they can not steal off the dribble or held balls.

11. Special Clinic Divisions Rules:No official scores are kept. No referees are provided for Clinic Games; And games are to be facilitated by the coaches

K/1st Half Court 3V3 – (Clinic Beginner): This division will play a half court game with only 3 players from one team competing against 3 players from the opposing team. All players will play a man-to-man

defense. Players will be substituted each quarter by clearing the bench to ensure no player sits for two consecutive quarters. Players will be outfitted with a colored wristband by their coach to help them recognize the player they are defending/guarding. No trapping or double-teaming is allowed. Defenders may not steal the ball on the dribble. They may steal passes, block shots, and pick up loose balls. During play, once the defense controls the ball, the opposing team must allow the offense to clear the ball beyond the 3-point line. Once the ball is cleared beyond the 3-point line, the offense will turn around and attempt to advance the ball & score on the same basket in the half court.

1st/2nd Full Court 5V5 – (Clinic Advanced): This division will play a full court game with 5 players from one team competing against 5 players from the opposing team. All players will play a man-to-man defense. Players will be substituted each quarter by clearing the bench to ensure no player sits for two consecutive quarters. Players will be outfitted with a colored wristband by their coach to help them recognize the player they are defending/guarding. During play, defensive players are to stay behind the red line (as seen on court) area, unless the player they are defending/guarding is in possession of the ball. No trapping or double-teaming is allowed. During play, once the defense controls the ball, the opposing team must get back on defense, i.e. no pressing or back court defense is allowed. However, fast-break and transition play is allowed. If a defensive player steals the ball from an offensive player, and has a clear path to the basket, s/he is encouraged to finish the play and try to score a basket. Defenders may not steal the ball on the dribble, except for inside the key on fastbreaks - but not in half court sets. They may steal passes; pick up loose balls and fast break off missed shots.

12. Equipment

- a. Participants shall wear the uniform provided by TYBL. All jerseys are reversible, and the Home Team will wear the light color jersey. Undershirts should be white or match the dominant color of the jersey. The entire team should match, either all white or matching the dominant color of the jersey. If a team is listed as the HOME team, undershirts must match the lighter color. No shorts with pockets are allowed to be worn during games.
- b. TYBL provides all scoring and timing equipment, and schedules and pays for referees, scorekeepers and timekeepers.
- c. No jewelry or metal accessories allowed. Taping will not be permitted.

Game balls are as follows:

Clinic Beginner & Clinic Advanced – size (“27.5”)

Girls 3rd & 4th grade – size (“27.5”)

Girls 5th thru 8th grade – size (“28.5”)

Boys 3rd grade – size (“27.5”)

Boys 4th & 5th grade – size (“28.5”)

Boys 6th thru 8th grade – size (“29.5”)

13. Activity

TYBL limits the number of allowable activities of participants to a total of three (3) per week, including all practices and games. Teams found violating this rule risk forfeiture of next scheduled game.

14. Protests and Appeals

- a. Protests are to be resolved by the facility site supervisor and/or supervising Board Members and may only involve rules infractions. Referee judgment calls may not be protested.
- b. Appeals may be made to the Board whenever a protest resolution is deemed unsatisfactory or unfair, or when the purpose of the league appears to be in jeopardy. All appeals are to be submitted in writing and as per the Appeals procedure, including a forfeitable \$100 deposit



Help Defense Addendum

There seems to be many misconceptions regarding what is considered man to man vs zone defense. When the board wrote the rule requiring man-to-man defense we did this because we believe that playing man-to-man defense is better for the development of youth players and will better prepare them to play at the next level. That being said it was never meant for players to be tethered to each other or certain amount of feet away from another player. Please read below to get a better idea of what we believe is the best way to play defense at the youth level.

What does Help Defense Mean?

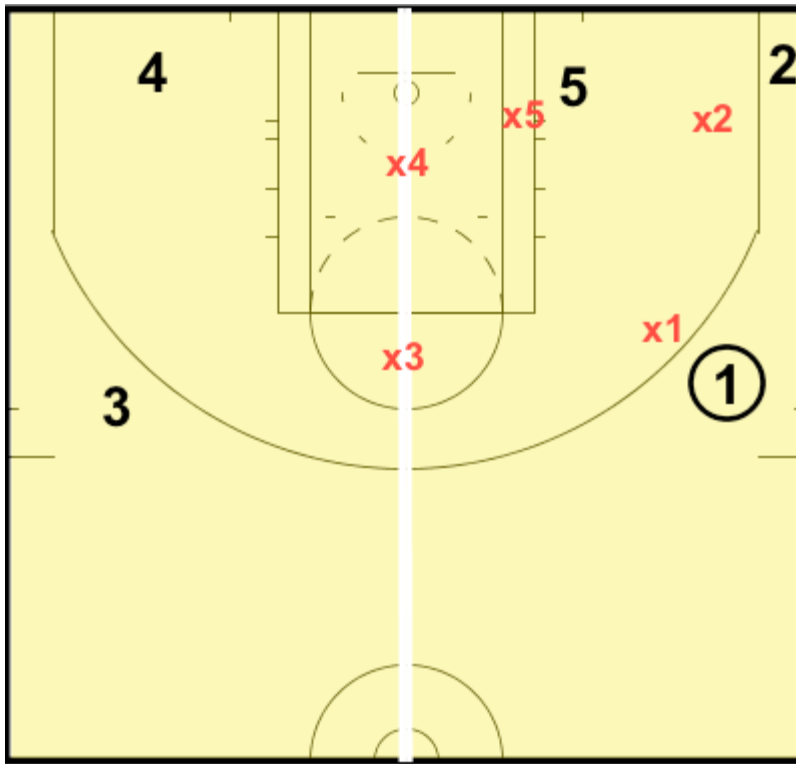
A basketball defense fundamental in which a defensive player who is two passes away from the ball adjusts his defense to help another teammate defend the ball handler.

The following explanation of help defense as explained by Sporting Charts

To understand help defense, first you have to understand what the help-side is. The help-side, also known as the weak-side of the court, is the area of the court away from the ball (and therefore the ball handler). In man-to-man defense, a defensive player on the help-side is typically already guarding another player. In order for that defensive player to provide help defense, he must maintain his current defense while also helping to prevent a drive to the basket by the ball handler.

The best practice for help defense is for the helping defender to move away from his own man or defensive assignment towards the center of the court, but only enough to deny a clear lane to the basket, while also close enough to return to his original defensive assignment. Most coaches will teach defenders to drop about a step below the line of the ball and open up their body, so that when they are facing away from the basket, they can see both the player they are guarding and the ball in their peripheral vision. By not being too far away from their assignment and being closer to the defender they are helping, they have enough time to react and defend either a pass or a drive to the weak side.

The picture below shows a good example of what help defense would look like with #1 having the ball.



Here is a good article on help defense.

<http://www.breakthroughbasketball.com/defense/help-positioning.html>

We hope this can clear up some of the misconceptions of what is considered man-to-man and zone defense. Please let your division commissioner know if you have any questions.

Thanks,
TYBL