

Elk Grove Youth Basketball Playing Rules

2018-2019

Rules for All Levels

(Some league specific exceptions also noted below):

1) PARTICIPATION

Competitive (4th-8th Boys, 5th-8th Girls)

- a. All players must play at least two (2) quarters with a minimum of one (1) quarter in each half.
- b. At the end of the game, no player can have played more than 1 quarter more than anyone else on the team.
- c. Each coach shall provide a starting lineup for the first quarter to the scorekeeper prior to the start of the game. Failure to do so will result in a forfeit of the game.
- d. Each player who starts a quarter must play the entire period, except for injury, disciplinary action, or substitution as explained in j) b. below.
- e. Disciplinary action must be cleared with the League President at least twelve (12) hours prior to game time.
- f. Maximum playing time:
 - 10 Players = 10 players play two quarters each
 - 9 Players = 7 players two quarters 2 players three quarters.
 - 8 Players = 4 players two quarters 4 players three quarters
 - 7 Players = 1 player two quarters 6 players three quarters
 - 6 Players = 4 players three quarters 2 players four quarters
- g. No player may play four quarters in a game on more than one occasion until all other players on your team have played four quarters in at least one game. Similarly, no player may play four quarters in a game on more than two occasions until all other players on that team have played four quarters in a game during at least two games.
- h. No player may play three quarters in a game on more than one occasion until all other players on that team have played three quarters in at least one game. Similarly, no player may play three quarters in a game on more than two occasions until all other players on that team have played three quarters in a game during at least two games.
- i. **In the event a team is found to not abide by the participation rules listed above, the Elk Grove Basketball Board will issue either a written or verbal warning to the head coach. If the head coach violates these rules after a warning has been issued, the Board reserves the right to suspend the coach for a minimum of one game. This suspension shall begin immediately following the date the suspension is issued.**
- j. EXCEPTIONS TO PARTICIPATION RULES:
 - a. If a player is removed from the game due to head injury, fouling out, or ejection from the game, the above playing time rules no longer apply to that particular player.
 - b. If a player is not able to continue playing due to injury or illness, the above playing time rules no longer apply to that particular player.
 - c. If a player is not present by the start of the second quarter the player will be guaranteed one (1) quarter.
 - d. If a player is not present by the start of the third quarter the player will not be guaranteed any playing time.
 - e. Rules (1)(g) & (1)(h) apply only during the regular season, and not during the playoffs.

Non-Competitive (1st/2nd Coed, 3rd boys, 3rd/4th girls)

- a. All Non-Competitive leagues will follow the provided Player Rotation Guide for their substitution method in each game.
- b. The Player Rotation Guide will allow all players to rotate equally the entire game.
- c. Coaches will be given player rotation guides prior to the season.
- d. There will be no **fast-breaking** in the 1st-2nd Co-ed league.
- e. Fast breaking is allowed in 3rd Boys and 3rd/4th Grade Girls, but any team leading by 15 or more points during a game must stop fast breaking.

2) SUBSTITUTIONS

- a. All subs must report to the scorer's table before entering a game.
- b. Subs will be allowed to replace a player who has fouled out, is injured/ill, or has been ejected. When subs are made under this rule, the person playing a majority of the quarter will be charged for the full quarter when applying PARTICIPATION rules.
- c. A bench technical will be assessed for an illegal substitution.

3) TIME, TIME-OUTS, AND MINIMUM PLAYERS

- a. If a team is unable to field five (5) players at game time, they will be allowed to start the game with (4) players. A game may continue with less than (5) players due to fouling out or injury.
- b. A team may not start a game with less than (4) players, which will result in a forfeit of the game.
- c. Pre-game warm-up time will consist of a reasonable amount of time based upon the referee's discretion.
- d. Competitive teams will play four (4) eight (8) minute quarters.**
- e. Non-Competitive teams will play two (2) sixteen (16) minute halves.**
- f. Time Outs

Regular season:

Non-Competitive Leagues: Each team will be allowed two (2) one-minute time outs per game, to be used once per half. If a team calls for a time out when it has none, it will be allowed the time out but will be assessed a bench technical foul. If a team does not use its first-half time-out, the time-out does not carry over to the second half.

Competitive Leagues: Each team will be allowed three (3) one-minute time outs per game. If a team calls for a time out when it has none, it will be allowed the time out but will be assessed a bench technical foul. If a team does not use time-outs in the first half, the time-outs do carry over to the second half.

Timeouts do not carry over into overtime. Each team is given 1 timeout per overtime.

Playoffs:

Each team will be allowed four (4) one-minute time outs per playoff game. If a team calls for a time out when it has none, it will be allowed the time out but will be assessed a bench technical foul. If a team does not use time-outs in the first half, the time-outs do carry over to the second half. Timeouts do not carry over in to overtime.

- g. Half time and breaks between quarters will be a reasonable amount of time based on the referee's discretion.
- h. The clock will be a continuous running time with the exceptions of:
 1. The last two (2) minutes of the third and fourth quarters, during this time the clock will stop on all whistles.
 2. If the score differential is 20 points or more during the last two (2) minutes of the fourth quarter, the clock will remain continuously running until the end of the period. If the differential becomes less than 20 points once the continuous clock has started, the continuous clock remains.
 3. During the last one (1) minute of every overtime quarter, the clock will stop on all whistles.

- i. OVERTIME:

Non-Competitive Leagues: No overtime in any game

Competitive Leagues:

Regular season: 1st overtime is 3 minutes, 2nd overtime is 2 minutes, 3rd or more overtimes are all 1 minute in length

Playoffs: All overtimes are 3 minutes in length

4) DEFENSE

- a. Deliberate use of ZONE DEFENSE IS NOT ALLOWED. A zone defense is defined as “The guarding of an area of the floor instead of the player – a failure of the defensive team to shift floor position as members of the offensive team shifts floor positions.” It will not be considered a zone defense if the defensive players do not closely guard offensive players who are not participating in the team offense, as long as the defender maintains awareness of their offensive player, and as long as the defender does not stay in the lane.
- b. Only MAN-TO-MAN defense will be allowed in this league, while double-teaming of the player with the ball is permissible as long as the remaining players are guarding a player and not an area of the court.
- c. Triple teaming (or more) is not allowed. Triple teaming is called if a team is intentionally defending a player with three players. It is not considered triple teaming if two defenders proceed to help defend the ball, and one then makes an attempt to get back to his/her player.
- d. In-bounding the ball: A defender shall not have any part of their person through the inbounds side of the throw-in boundary plane until the ball has been released on a throw in.
- e. Defense engagement:

1st-2nd grade Co-ed, 3rd grade Boys, and 3rd-4th grade Girls:

Defense cannot engage in defending until the ball-handler has moved through the neutral zone (the area between half-court line and 10 foot line). Prior to the offensive ball-handler crossing the 10 foot line, the defense must remain behind the 10 foot line. Once the ball has crossed over the 10 foot line, the defense can engage in MAN-TO-MAN defense.

3rd Grade Boys and 3rd/4th Grade Girls will have 10 seconds upon entering the neutral zone to start their offense before the defense can enter the neutral zone. If the ball re-enters the neutral zone (i.e- offensive rebound, dribbled, or passed) the defense cannot enter the zone for 10 seconds.

1st/2nd Grade Co-ed players will wear different colored wristbands to help them identify who they are guarding when they are in the game.

All Other Leagues:

In situations when full-court pressing is not allowed, the defense cannot engage in defending until the ball-handler and ball have crossed the half court line. Prior to the offense crossing the half-court line, the defense must openly let the ball-handler cleanly cross the half-court line before engaging in defense. Once the ball has crossed over the half-court line, the defense can engage in MAN-TO-MAN defense.

- f. When the defense gains control of a rebound or loose ball (thereby becoming an offensive player), the other team must retreat to beyond the half court line in situations when full-court pressing defense is not allowed.
- g. Coaches are not allowed to shout accusations that the opposing team is playing a zone defense. If the coach thinks a zone is being used, he should point out to the infraction to the officials in an orderly fashion while the clock is stopped. If a coach repeatedly shouts “zone” or has his players or fans do the same, a bench technical foul (2 shots) will be called.

NOTE: EGYB is serious about eliminating zone defenses, but it does not want charges and counter-charges of zones to disrupt games. Officials will be alerted to police the zone rules, but coaches must realize that there will be differences of opinion in this difficult area.

- h. Full Court Pressing:

1st-2nd grade Co-ed, 3rd grade Boys, and 3rd-4th grade Girls
Full court pressing is not allowed at any time

4th, 5th, 6th, 7th Boys, 5/6th Girls & 7/8th Girls:

Allowed only in the last two (2) minutes of the third and fourth quarters.

During overtime quarter(s): Pressing allowed only in the last one (1) minute of the overtime quarter(s).

8th Grade Boys:

Allowed during the entire second half.

During overtime quarter(s): Pressing allowed during the entire overtime quarter(s).

- i. No pressing allowed by the leading team when having a 15 or more point lead. (All Leagues)**
- j. Officials will issue one (1) warning to the coach of the offending team and then call a bench technical foul (2 shots to the opposing team and loss of ball by the offending team) if the illegal defense is repeated.

5) FOULS

- a. A player fouls out of the game when he/she commits his/her fifth personal foul or his/her second technical foul. A player who receives two technical fouls in one game is suspended from playing the next scheduled game, regular season and play-offs included.
- b. The bonus situation becomes effective with the seventh team foul of each half. The double bonus becomes effective with the tenth team foul of each half. However no bonus rule will apply in non-competitive leagues in the spirit of keeping the game moving.
- c. A technical foul will be assessed to any coach or player for swearing, badgering the referee or any other unsportsmanlike behavior, i.e., trash-talking or taunting opponents.
- d. All technical fouls must be shot by a player, who is among the five (5) on the floor at the same time of the technical foul.
- e. A flagrant technical foul will be assessed for repeated swearing, badgering or unsportsmanlike conduct. A player, coach or spectator assessed with a flagrant technical foul will be ejected from the game and the facility. The game will not continue until that individual has left the gym. The opposing team will be awarded two (2) free throws. The associated team will forfeit the game, if an ejected person refuses to leave the gym immediately. Ejection from a game will result in the player or coach's suspension for the following scheduled game per I.H.S.A. rules.
- f. Continued protest after an ejection will result in a disciplinary hearing held by the EGYB Board for action up to and including suspension for the remainder of the season. To include any scheduled season, post season and All Star games.
- g. Any Coach who accumulates 3 technical fouls during the season will be suspended for the following game and may face a disciplinary hearing held by the EGYB Board for action up to and including suspension for the remainder of the season. To include any scheduled season, post season and All Star games.
- h. 2 ejections from games in a season will result in the suspension of the player or coach for the remainder of the season, including any schedule season, post season and All Star games.

6) REFEREES

- a. All referees' decisions are FINAL – NO PROTESTS will be allowed.
- b. Coaches are not to harass or malign the referees. The players and parents are watching your example for acceptable behavior.
- c. The referees are considered part of the playing court. If a ball hits a referee or a player bumps into a referee, play should continue. Should the ball go out of bounds off the referee, the ball will be awarded to the opposing team.

7) BENCH RULE

- a. Only the head coach, one (1) assistant coach and the players involved in the game will be allowed to sit on the bench.

- b. No additional coaches, siblings, players from other teams, etc. are allowed on bench.

8) GAME BALL

- a. The league for all games will provide the official game ball.
- b. 1st-2nd grade Co-ed
Junior size ball
- c. 3rd – 4th grade boys and 3rd-8th grade Girls
28.5" size ball
- d. 5th - 8th grade Boys
29.5" (regulation) size ball

9) RIM HEIGHT

- a. 1st-2nd grade Co-Ed
The rim height will be adjusted to 8ft.
- b. 3/4 grade Girls and 3rd grade boys
The rim height will be adjusted to 9ft.
- c. All other leagues
The rim height will be 10ft.

10) HOME TEAM

- a. Always sits nearest the score board.
- b. Must provide someone to run the clock.

11) UNIFORM & EQUIPMENT

- League issued jersey & shorts are required for all players.
- Jewelry and wrist-bands must not be worn while playing. This rule includes earrings, which must be removed, and cannot be worn or taped over.
- Any player with braces must wear a mouth-guard.
- Bench technical foul for any player who checks in at the scorer's table not wearing proper uniform/equipment.

12) COACH BEHAVIOR

- Refusal to leave the court and gym area upon ejection from game will result in automatic suspension for remainder of season.
- Physical contact between players and coaches should be limited to "high fives" or "fist bumps".

13) INJURY

- Players who experience head injuries are not permitted to return back into the game. No exceptions.

14) GAME SCORES

- 1st-2nd grade co-ed: game score will be reset to 0-0 at **the end of each half**.
- All other leagues: continuous game scores – no resetting the score.

15) PLAYOFFS

- 1st-2nd grade Coed, 3rd grade boys, and 3rd-4th grade Girls:

No playoffs after regular season ends

- All other leagues:

Playoffs held to determine a league champion

Playoff seeds are determined by overall season record

Playoff seeding tie-breaker rules:

1. For a **two team** tie, the head-to-head record of the two teams will determine tiebreaker, where as for **three or more team** tie, PA(points against) all opponents will be used to determine the tiebreaker.
2. Total points allowed during all games from entire regular season
3. Total points scored during all games from entire regular season
4. Coin flip

Playoff teams are never re-seeded during the tournament

16) FREE THROWS

1st-2nd grade Co-Ed, 3rd grade boys, and 3rd-4th girls
Free throws will be from approximately 12 feet

All other leagues
Free throws will be from the standard 15 foot line

17) ALL-STAR GAMES/SPECIAL EVENTS:

All leagues, with the exception of 1st/2nd Grade CoRec, will have a season ending **All-Star game**.

All leagues will be able to participate in Special Events (3pt contest, 2Ball Competition, etc.)

There will be no horseplay or misconduct during the all-star game. Players who violate this rule will be ejected from the all-star game and will NOT be allowed to participate in any remaining Special Events.

18) ANY SITUATION NOT SPECIFICALLY COVERED IN THESE RULES WILL BE GOVERNED IN ACCORDANCE WITH THE I.H.S.A. RULES FOR BASKETBALL.