



Youth League Rules - Points of Emphasis and UPDATE

Effective: 2022 Alodia Fall 1 Youth League

UPDATE: PLAYING TIME RULE – how to ensure everyone plays 20 minutes/game

WHY THE UPDATE?

- To make rotations simpler and easier to manage for coaches
- Guarantee playing time rules are administered fairly and easily
- Ensure all players get their promised minimum of 20 minutes
- Ensure any violations of this rule are easily identifiable
- Most importantly, to ensure the league remains a competitive league

HOW THE RULE WILL BE ADMINISTERED:

- Unless on a fast break or in the middle of a shot, referees will blow the whistle every 5- minutes at the 15-, 10-, and 5-minute marks of the half calling for substitutions.
- Once this happens, **whoever is on the bench will have to come in the game at the 5-minute marks** (no exceptions unless a player has fouled out or is injured).
- 10 player teams must have everyone come off the floor at the 5-minute marks.
- Less than 10 player teams, **each player must come off the floor for at least one of the 5-minute increments (no player can play more than 35 minutes unless a team only has 5 players).**
- IMPORTANT TO NOTE: there will be no substitutions within the 5-minute increments unless a player fouls out or has an injury.

POINTS OF EMPHASIS: 3rd/ 4th Grade Division - Defense Clarification

- 3rd/4th grade must play man-to-man defense during the first 30 minutes of the game.
- All players must be within an arm length of the person they are guarding.
- A player can ONLY help off their player when another player dribbles into the free throw lane area.
- Offenses cannot run deliberate clear outs with one player on one side of the court and the other 4 players on the other side of this court which will nullify this rule. If this happens, all players can help guard the offensive player.
- Violating these rules will create a warning. After 2 warnings, a technical will be assessed with the offense receiving 2 free throws and the ball.