

## **NFHS Rules of Basketball will apply with the following exceptions:**

1. All games will consist of four (4), six (6) minute quarters with a Stop and Go clock. If there is a tie score at the end of regulation, a maximum of two (2), two (2) minute overtime periods will be played until tie is broken. The second overtime period will be "first to score a point wins" or if no one has scored after two minutes the game will be recorded as a tie. There will be a 1-minute break between quarters and three minutes at halftime (can be shortened by the referees if running behind schedule).

**(NOTE)** A running clock will be used when one team has a 20-point lead or more in the 4th quarter. This includes free throw administration. The clock will only stop during a called timeout. Once the lead is below 20 points, normal time stoppage will resume. **(Coaches, please make your parents aware of this rule before the first game.)**

2. Each team will be given 2 one-minute time outs per half. Unused timeouts do not carry over to 2<sup>nd</sup> half or overtime. Each team will be awarded 1 timeout for each overtime period. Injury time is NOT considered a time out.

3. **The following rules apply to 3<sup>rd</sup> grade:**

### Defensive rules:

- Teams must play man-to-man defense (zone defenses are not permitted) and no full court pressing until the final 2 minutes of the 4<sup>th</sup> quarter. Any team ahead by 10 points or more will not be permitted to backcourt press until the score drops below 10.
- Defense must allow three (3) feet for the offense to get the ball across the half court line before applying pressure.
- Defensive players are allowed to play help defense (defined below).
- Defenders may not "camp out" in the lane unless the player they are guarding is in the lane.
- Defenders may not deliberately leave their assigned player to pressure or chase the offensive player that has possession of the ball
- Intentional trapping outside the lane is not allowed (intention will be a judgement call by the official)
- Defensive players may trap in the three (3) second lane.
- Natural traps will occur (pick and roll), and players must look to recover from such an occurrence.
- Once possession is established by the defensive team, the offensive team must fall back.
- Teams committing an illegal and intentional trap or illegal defense violation will receive one (1) official warning each half and any subsequent violation will result in a one shot technical and the ball awarded at half court to the opposing team.
- On-Ball Legal Guarding Position is six feet as long as the player is an offensive threat. Meaning a defender guarding the ball must be within 6ft of the player they are guarding unless their player is outside the realm of being an offensive threat in the judgement of the official. Any player outside three feet of the three-point line is considered not an offensive threat. An example is that a player 35 feet from the basket is not an offensive threat.

Help defense is defined as a defensive player must be guarding an offensive player but may rotate to provide help side defense when appropriate. For example, if an offensive player is in the corner of court and the ball is on the opposite side of the court. The defensive player can slide into the help position. In the example, the player would slide and "put a foot in the lane". The man-to-man defensive principle of one pass away be in deny, two passes away be in help is the intent of this rule so the players in 3<sup>rd</sup> grade will be afforded the opportunity to advance their defensive skills.

*To make sure every coach and referee is clear on this.....If the defensive team is helping, the help player must leave the ball when the original defender recovers. Helping should not result in two defenders pressuring the ball simultaneously trying to force a turnover.*

## Offensive rules:

- Clear out / isolation offenses are not permitted. A clear out offense, by definition, is when the offensive team spreads out all of their players in order to gain an advantage for one offensive player to drive to the basket in a 1v1 situation. As examples, 1) having 4 offensive players without the ball standing on one-side of the court while the ball-handler is isolated on the other side or 2) a ballhandler at the top of key with 4 players standing in the corners. Failure to adhere to these rules will result in a warning on the first violation (per half); and loss of possession on each subsequent violation.
- 5-out motion offense is permitted, but players must actively engage in the offense by passing, cutting, and replacing.
- The 5 second closely guarded violation does NOT apply for 3<sup>rd</sup> grade.
- Free Throw Administration:
  - 3<sup>rd</sup> grade will use an 11 foot free throw line.

## **Exceptions to the above rules for 7<sup>th</sup>/8<sup>th</sup> Grades:**

- Back court pressing, double teaming, trapping and zone defenses are permitted
- 7<sup>th</sup>/8<sup>th</sup> grade teams will use the regulation free throw line (15 feet) with the bottom lane space open in accordance to the NFHSA rule.
- Any team ahead by 15 points or more will not be permitted to backcourt press until the score drops below 15 and must allow 3 feet for the offense to get the ball across the half court line before applying pressure.
- The 5 second closely guarded violation applies.

## **Playing Time:**

- There are 20 player quarters per game (4 quarters x 5 players)
- All players on a 10 person team shall play 2 full quarters (barring injury)
- No player should play 4 quarters unless the team only has 6 players
- If injury occurs, the remaining time in the quarter is considered that of the injured player. The player should return as soon as possible during the period injured. The replacement player's playing time still must adhere to the chart below. A replacement player cannot appear in a 4<sup>th</sup> quarter if any teammate has not yet played in a 3<sup>rd</sup>.
- Plan ahead and spread the playing time amongst all players, **not just the best.**
- FREE SUBSTITUTION is only allowed in the fourth quarter after all other playing requirements have been fulfilled. If a team has 10 players, free substitution will not be allowed.
  - **Exception:** For 5<sup>th</sup> Boys and 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Boys and Girls, we will allow a coach to sub around the 3:00 minute mark of each quarter. The coach will still be required to have equal playing time for each player. This is designed so that the game is more engaging to all the players. Please respect the rule and make sure that everyone gets to play as equally as possible. The substitutions can be made at a dead-ball break in the action as close to the 3:00 minute mark as possible or a coach can use one of their allotted 2 timeouts per half to get the subs in.
- Ultimately, good sportsmanship, common sense, and an overwhelming desire to let the kids play should prevail!

# LOVELAND YOUTH BASKETBALL

<b>Total Players on bench</b>	<b>Number of quarters to play:</b>	<b>Total player-quarters</b>
10	5 players @ 2 quarters each	20
9	7 players @ 2 quarters, 2 players @ 3 quarters each	20
8	4 players @ 2 quarters, 4 players @ 3 quarters each	20
7	6 players @ 3 quarters, 1 player @ 2 quarters	20
6	4 players @ 3 quarters, 2 players @ 4 quarters each	20
5	5 players @ 4 quarters each	20

- Each player must play 2 full quarters per game, no exceptions.
- Any team not following this rule will forfeit the game, and the head coach will be suspended for two games. If any team is found not following this rule more than once, the head coach will be suspended from coaching for the rest of the season.
- Players are expected to attend all scheduled practices and games. If players are unable to attend a scheduled practice or game, that absence should be communicated to the head coach. Excessive absences should be communicated to the board by the head coach.
- Rec teams may not use substitute players that are not on their roster. Should a team only have 4 players available, the game will be played as 4 vs. 4. In this situation, teams can sub at the 3:00 minute mark (mid quarter).

## **Exceptions to the above rules for High School Recreation:**

- High School clock will be 2 (two) 20 minute halves with a running clock, with stop/go in last 2 minutes of the game and 2 minute overtime, as applicable
  - a. Running clock for the final 2 minutes if a team is up 20 or more points, but stop/go if lead is within 20 in the final 2 minutes
- For boys vs girls match-ups, the following rules are in place:
- When Boys vs Girls match-ups in HS recreation
  - a. Girls team to be given a 15-0 advantage to start the game, with standard scoring the rest of the game, unless both coaches agree to start 0-0
  - b. Excessive Aggression by boys (hard fouls, hard drives, excessive blocks, etc.) will be handled as a warning by the officials for first violation and technical foul with 2 free throws for each subsequent team violation
    - i. If a player commits 2 of these excessive plays in a game they will be ejected and unable to play in the following game as well
- Back court pressing, double teaming, trapping and zone defenses are permitted
- High School teams will use the regulation free throw line (15 feet) with the bottom lane space open in accordance to the NFHSA rule.
- Any team ahead by 15 points or more will not be permitted to backcourt press until the score drops below 15 and must allow 3 feet for the offense to get the ball across the half court line before applying pressure.
- The 5 second closely guarded violation applies.

## **Player/Coach/Spectator conduct**

**These rules are intended as a deterrent to unsportsmanlike behavior and to appropriately penalize the offending person or persons.**

1. There shall be a maximum of three coaches sitting on the bench. However, all coaches on the bench must be at least 18 years of age, unless approved by LYBA Board. All coaches not designated as the Head coach must remain seated during the game, and they may not address the official at any point in the game. Violation of this rule will result in a technical foul and possible discipline from the league. After the first violation, the head coach will be restricted to the bench for the remainder of the game.
2. If a coach, player, or spectator, in the opinion of the official, is verbally abusive to that official during the game, the official may first assess a technical foul on that team's bench. If another incident occurs during that game, the official may assess another bench technical and the offending coach, player or spectator, will be asked to leave the gymnasium and will be suspended for 2 games upon review of the LYBA board.
3. If a coach, player or spectator, in the opinion of the official, is verbally abusive to that official after the game is completed the official may assess a double technical foul on that person by reporting the incident to the league. This would result in an automatic 2 game suspension of the offender that is not subject to review.
4. If a coach, player or spectator, in the opinion of the official, is verbally abusive to that official beyond the confines of the gymnasium, then that official may assess a double technical foul on that person by reporting the incident to the league. This would result in an automatic season long suspension that is not subject to review. In addition, the Officers of Loveland Youth Basketball will determine if that person will be dismissed from coaching permanently or if that player/spectator will be allowed to attend any more games in the future.
5. If a spectator enters the playing court during a game (this includes time outs and breaks between quarters) and in the opinion of that official is verbally abusive to that official, that official may assess a double technical foul on the team in question. This will result in an automatic 2 game suspension that is not subject to review. In addition, the Officers of Loveland Youth Basketball will determine if that person will be allowed to attend any more games.
6. **Only the head coach may discuss a rule interpretation by an official.** Judgment calls made by officials will not be argued. Coaches are expected to treat all officials with dignity and respect. There will be a zero-tolerance level for official abuse. If a coach has a question for an official, please ask. However, if you have a statement, please keep it to yourself. Also, if there is a youth official refereeing the game, all questions need to be directed to the adult official on the floor only; coaches shall never address the teen officials.
7. If a player or coach is heard using foul language by an official, that player or coach will be given a flagrant technical foul, will be ejected immediately, and may face further discipline administered by LYBA.

**Note: Physically abusive behavior will be addressed by the State Penal Code.**