

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 2nd half or overtime. Each team will be awarded 1 timeout for each overtime period. Injury time is NOT considered a time out.
3. Back court pressing, double teaming, trapping and zone defenses are permitted
4. 7th/8th grade teams will use the regulation free throw line (15 feet) with the bottom lane space open in accordance to the NFHSA rule.
5. 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.

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 4th quarter if any teammate has not yet played in a 3rd.
- 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.
- Coach can 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!*

Total Players on bench	Number of quarters to play:	Total player-quarters
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).

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.