



**LYS**

*LYNDEN YOUTH SPORTS*

**2019-2020 BOYS/GIRLS  
BASKETBALL RULES**

# LYNDEN YOUTH SPORTS

## BOYS AND GIRLS BASKETBALL RULES 2019-2020

### **SECTION 1: GENERAL:**

1. NO food or sports drinks allowed in the gyms ..... WATER ONLY.
2. NO street shoes are allowed on gym floors.
3. NO ONE but game officials, coaches and players will be allowed on the floor during a game. Anyone that enters onto the floor will be immediately removed from the gym. An evaluation of the incident will be reviewed by the LYS board for the possibility of further actions.
4. Only teams scheduled to play are allowed on the floor. If you are waiting for your game to start, while another game is in progress, please DO NOT allow your players to run onto the floor and shoot during timeouts, breaks in action or halftime.
5. Players may not participate in more than two practices (before January 4, 2020) and one game and one practice per week (after January 5, 2020).
6. The LYS board reserves the right to suspend a coach, player or spectator for unsportsmanlike conduct at any time.
7. All players must wear their LYS issued game jersey during games. Game jersey's may not be altered in any way.
8. Players must remove all jewelry – except for medical bracelets or necklaces which, if worn, must be taped down. Only rubber bands or scrunchies are allowed – no metal or plastic hair pieces.

### **SECTION 2: THE GAME:**

1. Games will consist of (2) 20-minute halves that will make up a regulation game. There will be (1) 3 minute break between halves.
2. The clock is a running clock. It will stop only for team timeouts, official timeouts in the last 2 minutes of each half and at the 10 minute mark of each half (1 minute to make substitutions.)
3. If a game is tied after regulation, there will be (1) 3 minute overtime period (except 3<sup>rd</sup>/4<sup>th</sup> grade divisions, there will be no overtime.) If the game is still tied after the 3 minute overtime a shootout will occur. 4 players will be chosen to shoot 1 free throw a piece. If the teams are tied after the shootout the game will be ruled a tie.
4. If a team has less than 4 players at the start of the game, the game will be ruled a forfeit. If a team has exactly 4 players at the start of the game, the game will be played 5 on 4 until an additional player arrives.
5. If a game is a forfeit, both teams will be allowed to use the gym time for a practice or divide their teams evenly and play a scrimmage game.
6. Each team will be issued 3 timeouts per game. Each timeout will be 1 minute in length.
7. Each team will be allowed (3) 1 minute timeouts per game and (1) 1 minute timeout in overtime. ONLY COACHES may call a timeout.

### **SECTION 3: INDIVIDUAL PLAYING TIME AND SUBSTITUTIONS:**

1. Each player must play 10 minutes per half. Failure to comply with this rule will result in a 2 shot technical foul. The player will be reinstated to fulfill the time requirements. The scorekeepers will be in charge of tracking player minutes.
2. All players must check in with the score table at the beginning of each half and to enter the game during game play.

### **SECTION 4: FOULS, TECHNICAL FOULS AND FREE THROWS:**

1. Each player will be allowed 5 personal fouls per game. If a player fouls out of a game, he/she is out of the game and may not return. If the removal of a player through injury or fouls reduces a team to less than 5 players, the game will be played 5 on 4 or 5 on 3, etc.
2. Any technical foul called against a player will also be counted as a personal foul against the player. Any player receiving a second technical foul in the same game will be ejected from the game. Any coach receiving a second technical foul in a game will be ejected from the game and automatically suspended for the next game. (Coaches should not be getting any technical fouls!)
3. The seventh team foul committed during a half will create a 1 and 1 bonus and the tenth team foul committed in a half will create an automatic 2 free throw situation.
4. On free throws, players cannot enter the free throw lane until the ball hits the rim or backboard. There will be four defensive players and two offensive players lined up along the key, all other players must remain outside of the 3-point line. The space closest to the hoop on both sides of the key will not be occupied.
5. In the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade divisions, if a player is fouled while in the process of shooting from behind the 3-point arc the player will be awarded 3 free throws.
6. For the 3<sup>rd</sup>/4<sup>th</sup> grade division, a player fouled in the act of shooting will be awarded 1 point for their score and will be granted possession of the ball at mid court. If the player shooting makes the shot and is fouled, the team will be awarded 2 points and the ball at mid court.

### **SPECIAL NOTES:**

1. Man to Man (M2M) defense must be used for all divisions.
2. No double teaming or half court traps allowed for all divisions.
3. Any player who is bleeding, has an open wound or has any blood on his/her uniform must leave the game for appropriate treatment and may not return prior to the first opportunity for player substitution.

<b>DIVISION</b>	<b>HALF LENGTH</b>	<b>BASKET HEIGHT</b>	<b>B-BALL SIZE</b>	<b>FREE THROW</b>	<b>SUBSTITUTIONS</b>	<b>OVERTIME</b>	<b>DEFENSIVE REGULATIONS</b>
3 <sup>rd</sup> /4 <sup>th</sup>	<b>Section 2.1</b> 20 minutes	9'	28.5"	<b>Section 4.6</b> No free throws in this division	<b>Section 3.1</b> Each player must play 10 minutes per half	<b>Section 2.3</b> NO OVERTIME	-M2M defense only -No defensive pressure before the 20' line -NO press defense until the player with the ball passes the 20' line. -NO 3 point shot -NO double teaming -Officials discretion: travelling and double dribbling
5 <sup>th</sup> /6 <sup>th</sup>	<b>Section 2.1</b> 20 minutes	10'	28.5"	15'	<b>Section 3.1</b> Each player must play 10 minutes per half	<b>Section 2.3</b> 1 – 3 minute overtime. Shootout will be initiated if the score is still tied after overtime per the rule booklet.	-M2M defense only -Defense may pick up the ball at mid court. -Full court press defense in the last 2 minutes of each half. If a team is ahead by 10 or more points they will not be allowed to press. -NO defensive double teams or traps
7 <sup>th</sup> /8 <sup>th</sup>	<b>Section 2.1</b> 20 minutes	10'	28.5"	15'	<b>Section 3.1</b> Each player must play 10 minutes per half	<b>Section 2.3</b> 1 – 3 minute overtime. Shootout will be initiated if the score is still tied after overtime per the rule booklet.	-M2M defense only -Defense may pick up the ball at mid court. -Full court press defense in the last 2 minutes of each half. If a team is ahead by 10 or more points they will not be allowed to press. -NO defensive double teams or traps

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WOULD LIKE TO REMIND EVERYONE:

1. These are KIDS.
2. This is a GAME.
3. The coaches are VOLUNTEERS.
4. The referees and scorekeepers are HUMAN.
5. College scholarships will NOT be handed out this season.
6. Your child is NOT being scouted by the Supersonics.
7. Cheer on your players. We are all ONE TEAM.
8. Make today one of your family's best MEMORIES.