

*AS A TEAM WE WILL ACCOMPLISH OUR  
GOALS!*



Los Lunas Youth Basketball League  
2019-2020 Coaches Handbook and  
Game Rules

## LLYBL GENERAL GAME RULES

The players in all grade levels are guaranteed three periods of equal playing time and must play in each of the first three quarters. IN the event of a roster of less than ten players, a following playing time rules must be adhered to. A player may participate in only one LLYBL team.

**Penalty for player time infraction** will be a two (2) shot technical and the required substitution.

**Teams must have five (5) players** and be ready to play at game time. In the event of less than five players present at game time, a 5 minute grace period will be given. Less than five (5) players constitute a forfeit. A friendly scrimmage may be played with lending of team members. Games start promptly at the top of the hour or at the conclusion of an unavoidably late running game.

**Alternating possession:** a jump ball at the center circle starts the game. In all other situations in which a jump ball or held ball occurs, the teams alternate taking the ball out-of-bounds for a throw in. The team that gains control of the first jump ball starts the alternating procedure.

The bonus one & one free throw will start on the 7<sup>th</sup> team foul. A two shot free throw on the 10<sup>th</sup> team foul.

**All technical fouls** are two (2) free throws, and the ball out of bounds is returned to the team that had been awarded the free throws. A technical foul is noted on record as a personal foul and a team foul \*\*\*.

**All intentional fouls** are technical fouls on the player. The receiving team will be awarded 2 shots and the ball in-bound at the site of the infraction. After receiving two intentional fouls the player is ejected.

**All flagrant fouls** are technical fouls and require the ejection of the offending player, 2 shots and the ball in-bound to the team awarded the free at the half court.

**Absolutely no hanging on the net or dunking**, stuffing or slamming of the basketball either in practice, the game or in warm-ups is permitted. A violation of this rule constitutes a technical foul.

**No jewelry or adornments'**, including watches, hard barrettes bobby pins, rubber band type bracelets, may be worn during games or practices, this includes newly pierced ears! Items of this nature must be removed or covered for the protection of other players. During game time a player caught wearing such items will be assessed a two shot technical and the ball out of bounds for the opposing team. If a player is wearing a piece medical alert jewelry it must be removed and all officials must be notified. Score keepers are officials as well. \*Rubber, cloth or elastic bands may be used to control hair.

**Please respect the Los Lunas Schools, City and County properties** by taking any trash along with you and encouraging patrons to use proper trash dispensers. Leave the facility cleaner than when you got there. Food (gum), drinks, tobacco, alcohol and controlled substances are prohibited in and around all facilities being used. **Please notify your teams parents and spectators of this policy.** Players and coaches may not chew gum at games or practices.

**Scorekeeper and Timekeeper:** Each team must provide one volunteer to keep official score or time. A delay of game technical will be assessed to any team not providing a volunteer. The scorekeeper and timekeeper keep the official game score sheet and time. The scorekeeper is also responsible for keeping track and enforcing the participant playing time equality., according to the equal playing time rules. Only the gym supervisor or official may adjust the score. Correctable error situations are adjusted per league rules.

**Gym Supervisors;** the gym supervisor has the final authority concerning the gym while he or she is supervising. The gym supervisor will be familiar with the league rules and regulations and shall enforce such

rules. The duties will include opening and closing the gym, game administration, securing line-ups, time management, and policing the facility for beverages, trash, and food. The gym supervisor will contact the designated board member with any problems, including gym closures due to school activities, damage done to the gym during games, or any other matter that should be brought to the attention principal of the facility. Gym supervisors will document any unsportsmanlike conduct including but not limited to, verbal abuse, profanity, threats, and violence from any coach, player, parent, or fan. The gym supervisor is responsible for training the timekeeper and scorekeeper. Score sheet is the final reference of game score and must be accurately kept. A referee and the gym supervisor both have the ability to change the scoresheet if they deem it necessary. Once the game is over the Gym Supervisor will tally the score and write the final score at the bottom of the scoresheet the coaches and referees are required to sign the sheet. These sheets are to be turned in to records administrator as soon as possible.

1. Four (4) ten (10) minute quarters divided into 6 five (5) minute periods and 1 final 10 minute free substitution. Exception, K-1 division four (4) quarters divided into eight (8) four (4) minute periods.
2. Score will be kept. Not displayed in the K-1 Division.
3. The coach is NOT allowed on the court. (Except in the K- 1 division)
4. The clock will stop on any official time out and all infractions the last two (2) minutes of the fourth quarter.
5. The clock is a running clock and will stop only for time outs, infractions and dead balls during the last two (2) minutes of the fourth quarter.
6. Each team will have four (4) one (1) minute time outs per game, two (2) per half.
7. At the five (5) minute mark of the first, second, third and fourth quarters the clock will stop for one (1) minute to allow for substitutions and defensive match ups.
8. Every player must play in each quarter. (with the exception of the last quarter or last 10 minutes in 4<sup>th</sup> thru 8th grade divisions). No player can play 2 periods more than any other player.
9. In the event of a tie, there will be no overtime.
10. If game has a 50 point spread, it will be terminated.
11. When a team extends a lead to 20 points, the score will be turned off, and only when the score is within 10 points will it be displayed again. **“Also no team is allowed to press during this time”.**
12. **All coaches and players must shake hands following the game.** A known violation will cause automatic suspension of the coach/player in violation for the next 2 games.
13. **Gym supervisor,** will have full authority

### **RULES SPECIFIC TO DIVISIONS**

#### **Grades; Kindergarden- 1st**

1. One coach is allowed on the court. The assistants must remain seated during play.
2. Score will be kept but not displayed.
3. An 8-foot goal will be used.
4. Double team in the paint only, no zone defense.
5. No full or half court press
6. Three (3) point shots are not counted.
7. Time allowed in the lane (the paint) five (5) seconds.
8. The free throw line is at the bottom of the free throw circle or 10 feet from the center of the rim.
9. A size 27.5 ball is to be used by both Girls and Boys divisions.
10. 2 timeouts per half, 4 total.

**In order to give each player a chance to handle the ball, coaches must rotate ball handlers by switching them off each five-minute period.**

#### **Grades: 2nd - 3rd**

1. A 9-foot goal will be used.
2. Double teaming allowed in the three point area or closer. No Zone Defense. Switching players allowed only

after picks or screens. Defender must **reacquire** assigned offensive player ASAP, after the action.

3. No full or half court press.
4. Three (3) point shots are counted.
5. Time allowed in the lane (the paint) five (5) seconds.
6. The free throw line is twelve (12) feet from basket.
7. A size 27.5 ball is to be used by both Girls and Boys divisions.
8. 2 timeouts per half, 4 total.

**In order to give each player a chance to handle the ball, coaches must rotate ball handlers by switching them off each five-minute period.**

\* **Double team**; shall be defined as two defensive players aggressively pursuing an offensive player. A player not within reasonable distance of the player they are supposed to guard and intentionally influencing or restricting another offensive player's movement will be considered double teaming or playing zone offense. In order to give each player a chance to handle the ball, coaches must rotate ball handlers by switching them off each five-minute period.

#### **Grades: 4<sup>th</sup>-5<sup>th</sup>**

1. A 10-foot goal will be used.
2. High school rules apply, except no free substitutions or full court press in first 3 quarters. Free subs and full court press allowed only in fourth quarter. The 20 point advantage rules apply in the fourth quarter as well.
3. Time allowed in the lane (the paint) is three (3) seconds.
4. The free throw line is fifteen (15) feet from basket.
5. A 28.5-29 ball is used in both Girls and boys division
6. 2 timeouts per half, 4 total.
7. Players must be rotated as evenly as possible. No player can play 2 periods more than any other during the first 3 quarters, see chart\*\*. The fourth period is free substitution. Play time is determined by the coach, unless there is a **player time violation** that needs to be addressed, gym supervisor will enforce this.

**In order to give each player a chance to handle the ball, coaches should rotate ball handlers by rotating players in in-bounding teams, switching them off each five minutes.**

#### **Grades 6<sup>th</sup> - 8<sup>th</sup>**

1. Ball sizes:
  - a. Boys - Men's NBA official size and weight (29.5)
  - b. Girls - Intermediate size and weight ball (28.5)
  - c. Co-Ed- Boy and Girls will use Men's NBA official size and weight (29.5)
2. 10 foot goal will be used.
3. High school rules apply, except no free substitutions or full court press in first 3 quarters. Free subs and full court press allowed only in fourth quarter. The 20 point advantage rules apply in the fourth quarter as well.
4. Time allowed in the lane (the paint) is three (3) seconds.
5. The free throw line is fifteen (15) feet from basket.
6. 4 timeouts per game to be used at coach's discretion. No 30 second timeouts

In order to give each player a chance to handle the ball, coaches should rotate ball handlers by rotating player in-bounding teams, switching them off each five minutes.

#### **PROTESTS by Coaches**

Protest based on misinterpretation of the playing rules and ineligible players will be considered. Protest based on judgement or caliber of officiating will not be considered.

#### **Protest Procedure**

1. The protesting coach must notify the officials, the opposing coach, and the gym supervisor that the game is being played under protest. Notification must be done before the end of the third quarter. A written protest must be delivered to the LLYBL Director or Division Coordinator no later than the following working day by 5:00P.M must include the following:
  - a. Date, time, and gym site.
  - b. The official's name(s)
  - c. The rule and section of the official rule book and/or league rules being challenged.
  - d. The decision and conditions surrounding the challenge.
  - e. All essential facts involved in the protest.
  - f. This filing must be made by the coach and must be accompanied by a nonrefundable fee of \$15.00.
  - g. What type of action expected if the decision is found in favor of the complainant.
2. The league director will make the final decision concerning the welfare and safety of the participants.
3. The director will make a decision as quickly as possible and inform the protesting.

## **COACHES**

### **General Information**

1. Coaches and assistant coaches must attend the LLYBL coaching clinic.
2. LLYBL board reserves the right to approve or disqualify any coach.
3. The coach should be thoroughly knowledgeable about the rules of the game.
4. The coach must set the example of winning without boasting and losing without bitterness.
5. Official rulebooks and technical books should be studied and frequently reviewed. The coach is primarily responsible for teaching to and interpreting the rules for the players. Rules are made for the protection of the players and in the best interest of the game. It is the coach's responsibility to see that they are observed.

### **Head Coach**

1. Notify Division coordinator of choice of Assistant Coach. Must have Assistant Coach by first game.
2. Responsible for team equipment
3. Instruct all team members in basketball fundamentals
4. Demonstrate and insist upon good sportsmanship
5. Relay information from the Board to the team parents and participants.
6. Officiate league games with confidence of rules and procedures provided by the League.
7. Adhere to the Los Lunas Youth basketball League Rules and By-Laws
8. Background check is mandatory and must not exceed two year lapse.

### **Assistant Coach**

1. Must be 18 years of age.
2. Fulfill all the duties assigned to the head coach
3. Demonstrate and insist upon good sportsmanship
4. Officiate league games with confidence of rules and procedures provided by the League
5. Adhere to the Los Lunas Youth basketball League Rules and By-Laws
6. Background check is mandatory and must not exceed two year lapse.

### **General Coaching Responsibilities**

1. Be responsible for the conduct of his/her players.
2. Teach the rules and regulations of the game.
3. Help choose an appropriate team name. High school, college or professional team names are preferred, and

- no vulgar or obscene names will be allowed.
4. Teach good health habits and instill sound training rules.
  5. Develop in each athlete the qualities of leadership, initiative, and good judgment.
  6. Clean the gym before leaving. Each school has asked us to be responsible for the following:
    - a. Keep the floors clean - last coach out should sweep. If by the time you leave the next team has not shown up it is your responsibility to sweep clean and secure the gym.
    - b. Check bathrooms - make sure the toilets are flushed, the water is turned off in the sinks, and all the trash is picked up.
    - c. Make sure that any bulletin boards and or posters have not been disturbed.
    - d. **On Game Day, the teams playing the final games will assist the Gym supervisor and crew in cleaning and securing the gym. "No exceptions". All coaches are responsible for cleaning the bench after the game, water bottles, clothing and any trash must be removed or disposed of!**
  8. Assist in enforcing the policy that prohibits the use of tobacco products, alcoholic beverages, or illegal substances on school or city property. Violators are required to leave the premises and, if necessary, law enforcement will be notified.
  9. **There are no regular season "League Champions", therefore no advertisement or pictures are to be placed in newspapers or any advertising or digital mediums, claiming to be the championship team. "All of our players are champions."**

### **Coach's Conduct**

All coaches are expected to conduct themselves in a professional manner. Coaches are in a position of influence and must behave in a dignified and positive manner to players, parents and other volunteers.

Each coach must abide by the LLYBL Sports of Code of Conduct included at the end of this handbook. It is the coach's responsibility to ensure that all his/her players know and adhere to these rules and regulations, both in practice and in games.

### **During the Game the Head Coach May**

1. Confer with bench personnel and players within the confines of the bench area during a charged time out or during the intermission between quarters and periods.
2. Has full use and privileges of the coach's box.
3. Only the designated coach may confer with personnel at the score table to request a time out for a correctable error. This designation must be reported to the score table personnel before the game starts, if it is someone other than the Head coach.
4. Confer with personnel at the scorer's table to request a time out to prevent or rectify timing or scoring mistakes or an alternating mistake.
5. Attend to an injured player when beckoned onto the court by an official.
6. Replace or remove a disqualified or injured player within the confines of his or her bench.

### **During the Game Coaches Must not;**

1. Commit an unsportsmanlike foul. This includes, but is not limited to, acts or conduct such as:
  - a. Disrespectfully address an Official.
  - b. Attempt to influence an official's decision.
  - c. Use Profanity.
  - d. Disrespectfully address or bait an opponent.
  - e. Object to an official's call or decision by rising from the bench or using in appropriate gestures.
  - f. Incite undesirable crowd reactions.
  - g. Enter the court while game is in play unless directed to do so by the officials.
  - h. Allow more than one coach to be standing or using the coaches' box.

Penalty for above infractions will be: Technical Two (2) free throws, as well as opposing team are awarded the inbound. If deemed severe a coach can be suspended.

### **Rules and Penalties for Misconduct**

No person shall at any time lay a hand upon, shove, strike or threaten a League official. Any physical assault on an official is a fourth degree felony. Referees and any other league official are required to IMMEDIATELY have the offender ejected from the facility and notify the league Director who is required to notify the police department. In the event the league director is unavailable the league official involved must report the incident to the police.

**All individuals suspended or removed from the league may not attend games as a coach or spectator until the suspension term has ended.**

No coach shall be guilty of an objectionable demonstration or dissent of an official's decision. Right or wrong the official's decision stands. Only one representative, who must be designated prior to the game, shall be allowed to have any verbal contact with the officials. This should be done during a charged time out or half time. This should be done for clarification purposes only not for arguing an official's call!

**Minimum Penalty:** Technical and or one-game suspension and/or probation.

**Maximum Penalty:** Suspension for one year and/or assault charges filed.

No coach shall be found encouraging players to deliberately use rough tactics (in the play of game) against the body or person of an opposing player. Officials are required to immediately eject both the player and coach from any further play and report such offenders to the league director.

**Minimum Penalty:** Flagrant Foul (ejection) and/or one-game suspension and/or probation.

**Maximum Penalty:** Suspension for one year.

No coach shall be guilty of physical attack as an aggressor upon any player, official, opposing coach or spectator. Officials are required to immediately eject the offending coach and report said coach to the league director.

**Minimum Penalty:** Technical and or one-game suspension and/or probation.

**Maximum Penalty:** Indefinite suspension or assault charges filed.

### **Reminder:**

This is an instructional league. All practices should be devoted to drills teaching the basic skills of dribbling, passing, and one handed shooting. Practices should be appropriate to the player's age and ability level. Scrimmages should be short sided, 2 vs. 2, 3 vs. 3, and be used to emphasize the concept of teamwork. Most teams have one or two players who are capable of taking the ball down the court and scoring. A game, where the objective is to get the ball to these players for the purpose of winning is not the objective of this league and will not be your objective. A properly played game is when all players get the opportunity to get their hands on the ball. We are here to teach children the game of basketball and not to impress people with win-loss records.

## **SPORTS CODE OF CONDUCT**

The following "Sports Code of Conduct" has been adopted by the LLYBL these rules of conduct will be strictly enforced during the youth basketball season. It is the coach's responsibility to ensure that all his/her players and their Parents/Guardians know and adhere to these rules and regulations, both in practice and in games.

1. No player or coach shall at any time lay a hand upon, shove, strike, or threaten an official (scorekeeper, gym supervisor, referee, league director, division manager or their designees). Referees are required to immediately suspend such player or coach from play and report him/her to the league director.
2. No player or coach shall be guilty of objectionable demonstration of dissent of an official's decision. Only one representative, who must be designated prior to the game, shall be allowed to have any verbal contact with the officials. This should be done during a charged time out or half time.
3. No coach or player shall be guilty of using intentionally dangerous tactics against the body or person of an opposing player. Officials are required to immediately suspend coach/player(s) from any further play and report such coach/player to the league director.

**Minimum Penalty:** Technical and or one-game suspension and/or probation.

**Maximum Penalty:** Indefinite suspension or assault charges filed.

**\*\*\* Any rules or regulations not covered in this handbook, refer to the NFHS Handbook.\*\*\***

## **PLAYER ROTATION CHART**

**The players in all grade levels are guaranteed three periods of equal playing time and must play in each of the first 3 quarters. In the event of a roster of less than ten players, the following playing time rules must be adhered to. A player may participate on only one L.L.Y.B.L team.**

### **3 quarters as equal as possible playing time**

10 players- All play 3 periods each

9 players- 6 play 3 periods each, 3 play 4 periods

8 players- 6 play 4 periods each, 2 play 3 periods each

7 players- 5 play 4 periods and 2 play 5 periods each

6 players- All play 5 periods each

At the end of the 3<sup>rd</sup> quarter total up all periods of play for each player no one player can have

2 periods of play more than anyone else. If this occurs a technical is assessed against the team in violation, notify the referees. Also the player shorted of play time must be played in the final quarter until the time is made up. Late players are the exception, don't count the period(s) they missed and subtract them from the required periods of play.



**SIGNATURE PAGE**

I have read and understand these Rules and the Code of Conduct and will abide by them to the fullest.

**Coach(print)** \_\_\_\_\_ **Sign** \_\_\_\_\_ **Date** \_\_\_\_\_

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**SIGNATURE PAGE**

I have read and understand these Rules and the Code of Conduct and will abide by them to the fullest.

**Assistant(print)** \_\_\_\_\_ **Sign** \_\_\_\_\_ **Date** \_\_\_\_\_