

BIG FLATS YOUTH BASKETBALL LEAGUE LEAGUE RULES

(LATEST REVISION APPROVED November 4, 2018)

Boys and girls in the 1st through the 12th grades are invited to participate in the Big Flats Youth Basketball League (BFYBL). Players are grouped into divisions based upon their school grade level. Players in first and second grades participate in the Juniors Division; players in third and fourth grades participate in the Minors Division; players in fifth and sixth grades participate in the Majors Division; players in seventh and eighth grades participate in the Modified Division; and players in grades 9 - 12 participate in the Seniors Division. No individual may play in a division above or below his or her grade level without permission from the Board of Directors of the BFYBL. The Big Flats Youth Basketball League is a recreational basketball league dedicated to providing the instruction of the game while at the same time promoting the enjoyment for the game of basketball. Thus, requests for a player to play in other than in his or her appropriate grade level will only be granted on a truly exceptional basis.

BASIC RULES

With the exception of the Juniors Division, BFYBL games are conducted in a manner consistent with the rules and regulations of the **OFFICIAL HIGH SCHOOL BASKETBALL RULES** published by the National Federation of State High School Associations (as the same may be modified from time-to-time), unless otherwise provided below.

Games at the Juniors Division level are conducted in a manner consistent with the rules reviewed by the Juniors Director with the Board of BFYBL before each season.

PLAYING TIME / SUBSTITUTIONS

BFYBL is a recreational basketball league. It is presumed that all participants who register to play in the league wish to play a fair number of minutes. With that principle in mind, all coaches are recommended to use their best efforts to distribute playing time minutes fairly among their players. Each division has its own minimum rules to which all coaches must adhere.

SPORTSMANSHIP EXPECTATIONS

It is expected that all individuals (players, coaches, and spectators) who choose to participate in our league will demonstrate positive sportsmanship during all league activities. All participants are expected to show respect towards both teams, coaches, spectators and officials. Any participant that displays unsportsmanlike behaviors that take away from the positive atmosphere that these activities are meant to show are putting themselves at risk of being suspended or even dismissed from this league. In the event that a participant in our league demonstrates either disrespectful or potentially dangerous behavior then the appropriate division director should be contacted. The director will work with the BFYBL board of directors to come up with a solution. The Board has the right to implement the following disciplinary measures: suspend the player in question for one or more games, including, potentially, for the remainder of the current season.

<p style="text-align: center;">Big Flats Youth Basketball League Juniors (Grades 1 and 2) Rules and Procedures (2018)</p>

Format: 3-vs-3 across the width of the gymnasium using 8 foot baskets

Score & Timekeeping: 9 total periods. SCORE is NOT Kept.

Periods 1-6 = **5 minutes** (running clock)

Periods 7-9 = **4 minutes** (running clock)

- Size 5 (27.5”) basketballs will be used for games
- No defense until the ball crosses the imaginary midcourt line. Because there is no midcourt line when we play across the gym as we do, please use the rim on the 10-foot hoop as your reference point.
- No stealing when a child is dribbling the ball.
- No jumping a passing lane to steal a pass. If a ball is thrown at a defender or a ball is loose on the floor, of course the defender can grab it; but no anticipating a pass and stealing the ball.
- No blocking shots. Defenders should play defense with their feet and then block out once a shot is taken to get the rebound.
- Limit the double dribbling and walking. In the beginning of the season use it as a teachable moment. In January, it will be a turnover.
- All kids are expected to play at least 2 full (un-interrupted) periods, and at least a half of a 3rd period. Depending on the number of players coaches should do everything in their power to make sure playing time is evenly distributed between all players.
- It is helpful to have an assistant coach on the bench with a lineup card prepping players to be ready to sub when the next period starts.
- No zone defenses, only man-to-man. Defenders should know who their marks are and should never double team players on the other team.
- A representative from each team (coach or assistant coach) should be on the court to encourage teams during game play and to make calls. If an infraction occurs then coaches should stop play, explain to the players what was called, and then take the ball out of bounds (no free throws).

BASIC RULES - OFFICIAL HIGH SCHOOL BASKETBALL RULES

Game Clock, Timeouts and OT

Minors games will consist of four quarters with each quarter being seven (7) minutes in duration. The clock will stop at all whistles. There will be a very short break between each period (including half-time). No OT Periods

Basketballs: Size 5 (27.5”) basketballs will be used for games

Timeouts:

Each coach gets 1 (30 second) timeout per quarter. Unused timeouts do **not** carry over to the next quarter.

Line-Ups

A line-up is a mid-court pairing of players to help a player determine his or her defensive assignment. This should be done at the beginning of each quarter. Referees will monitor and control the duration but in general this should take place quickly. The clock shall stop on all line-ups. (For clarity, a player who is “lined up” opposite another player is not required to guard the player opposite him or her.)

Score & Timekeeping

The score posted on the scoreboard will be re-set to zero for each quarter. There will be no official scorebook kept for the Minors division. The scorekeeper should help refs keep track of the possession arrow.

Free Throw Line

Minors – (12) feet; fifteen (15) feet is optional for bigger players

Lane violation off a Free Throw

The shooter may not cross the plane of the free throw line until the ball touches the rim. The rebounders on the side of the lane may enter the lane after the ball is released from the shooter’s hand.

3 Point Shots

There are NO 3-point shots in minors. They will be counted only as 2 points.

Playing Time

1. A minimum of five players is required to start a game.
2. All players must play at least one full (start-to-finish), uninterrupted quarter *each half* of the game (except in the event of injury, illness or if the player picks up excessive fouls).
3. There are no substitutions permitted in the first or third quarters (except in the event of injury, illness or if the player fouls out of the game).
4. Except in the event of injury, illness or if a player is playing out of control, no player may be substituted for if s/he has not already played a full quarter in that particular half of the game. (Thus, a player who sat out during the first quarter may not be substituted for during the second quarter; likewise a player who sat out the third quarter may not be substituted for during the fourth quarter.)
5. Free substitution is permitted in the 2nd and 4th quarters but only between players who have already completed their minimum full quarter of playing time during that half of the game.
6. Unless a team only has five or six available players, every player must sit out one full quarter. If a team only has six available players, that team must use all reasonable efforts to distribute playing time minutes fairly and equally among ALL AVAILABLE PLAYERS.

Substitutions

All substitutes must check in with the score keeper before entering the game. Substitutes may only enter the game when so permitted by the referee during a dead ball.

DEFENSE**Zone Defenses Are Prohibited**

A man-to-man defense must be played in all BFYBL Minors games

When playing a man-to-man defense, the location of the ball dictates the position of the defense.

**** In Summary**

1. One pass away – man-to-man defense
2. Two passes away – defense can be playing help side (2 feet in the paint).
3. **NO Trapping** – Ever! A trap is an intentional act to not allow an offensive player to pass the ball to a teammate. This is not the same thing as a double team in the paint. No one gets to drive to the basket uncontested.

Help Defense vs. Double Teaming in a Man-to-Man Defense

Double-teaming or trapping an offensive player with or without the basketball is not permitted. However, *defensive help is permitted* from another defender when the primary defender guarding an offensive player with the ball is beaten once the offensive player with the ball is at or below the foul line as extended to the sidelines. Defensive help may come from the strong-side or weak-side. Except in the case of a defensive switch, once the primary defender has regained defensive positioning with his or her offensive opponent, the help defender must return to his or her primary defensive assignment.

By way of example, in the event an offensive player with the ball (Player A) beats her defender (Defender A) and then passes the foul line (as extended to the sidelines), any other defender (in this example, Defender B) may then leave his or her primary defensive assignment (Player B) to stop Player A from penetrating further into the offensive zone. Player A may continue with the drive to the basket, stop and shoot, or drive and pass the ball to another offensive player. Unless there is a defensive switch, once Defender A recovers and picks up Player A, Defender B must return to his or her primary defensive assignment. In the event of a defensive switch, Defender B then stays with Player A and Defender A switches to Player B.

Except in the event of a defensive switch, it is inevitable that there will be some period of time where there will multiple defenders on the penetrating offensive player with the ball. Coaches are advised to encourage their help-side defenders to return to their primary defensive assignments as soon as practicable once the primary defender has recovered and re-assumed defensive responsibility for his offensive player. The failure to do so is double-teaming.

GUARDING IN THE BACKCOURT**Pick up at half court**

There is NO full court press in Minors games. Guarding in the back court is not allowed once a team has established control of the ball. A player is in control of the ball when s/he has possession of the ball, e.g., holding, dribbling, or intentionally passing the ball to a teammate after having gained possession. A defensive player (once the ball is in control) may not intentionally touch a ball in the back court, nor may a defensive player reach across or break the plane of the mid-court line (or ten (10) second line). Reaching / stepping through the mid-court plane is considered defense in the back court.

Back Court Violation

For all games played at Big Flats Elementary School, the backcourt line, for purposes of a backcourt violation, is the foul line as extended to the sidelines. Defense may be played in the area between the half-court line and the backcourt violation line only after the ball has already crossed the half-court line on that possession by the offensive team. The mid-court line (10 second line) will be used in the High School.

BIG FLATS YOUTH BASKETBALL LEAGUE – Majors (Grades 5 & 6) RULES - 2018
BASIC RULES - OFFICIAL HIGH SCHOOL BASKETBALL RULES

Basketballs: Size 6 (28.5”) basketballs will be used for games

Game Clock and Scorekeeping:

Majors games will consist of four quarters with **each quarter being seven (7) minutes in duration**. The clock will stop at all whistles. There will be a very short break between each period (including half-time). Each team must provide at least one responsible person, preferably an adult, to help with the official scorebook and management of the scorer’s table. The scorebook is the official record and therefore should take precedence over the score clock. One of the two persons should manage the scorebook while the other manages the clock. The teams’ representatives should work in tandem to ensure consistency between the scorebook and the clock. In the event of an unresolved dispute involving the score indicated in the scorebook, the scorebook will be the official score. Scores, fouls, timeouts, and alternating possessions will be managed by the keeper(s) of the scorebook

Overtime Periods:

In the event of a tie the first OT period will be two (2) minutes in length. If the game is tied after the first OT each OT period after that will only be one (1) minute in length until a winner is decided. TOs do not carry over.

Timeouts:

Each coach gets 1 full timeout (60 seconds) and 1 half (30 second) timeout per half. Unused timeouts from the first half DO NOT carry over into the 2nd half.

3 Pointers: 3 pointers count in Majors Division

Full Court Press:

At this level there is no full court press until the last 2 minutes of the game (both teams can run a full court press regardless of score).

Lane violation off a Free Throw

The shooter may not cross the plane of the free throw line until the ball touches the rim. The rebounders on the side of the lane may enter the lane after the ball is released from the shooter’s hand.

Playing Time

1. A minimum of five players is required to start a game.
2. All players must play at least one full (start-to-finish), uninterrupted quarter *each half* of the game (except in the event of injury, illness or if the player picks up excessive fouls).
3. There are no substitutions permitted in the first or third quarters (except in the event of injury, illness or if the player fouls out of the game).
4. Except in the event of injury, illness or if a player is playing out of control, no player may be substituted for if s/he has not already played a full quarter in that particular half of the game. (Thus a player who sat out during the first quarter may not be substituted for during the second quarter; likewise a player who sat out the third quarter may not be substituted for during the fourth quarter.)
5. Free substitution is permitted in the 2nd and 4th quarters but only between players who have already completed their minimum full quarter of playing time during that half of the game.
6. Unless a team only has five or six available players, every player must sit out one full quarter. If a team only has six available players, that team must use all reasonable efforts to distribute playing time minutes fairly and equally among ALL AVAILABLE PLAYERS.

Substitutions

All substitutes must check in with the score keeper before entering the game. Substitutes may only enter the game when so permitted by the referee during a dead ball.

DEFENSE**Zone Defenses Are Prohibited**

A man-to-man defense must be played in all BFYBL Minors games

When playing a man-to-man defense, the location of the ball dictates the position of the defense.

**** In Summary**

4. One pass away – man-to-man defense
5. Two passes away – defense can be playing help side (2 feet in the paint).
6. **NO Trapping** – Ever! A trap is an intentional act to not allow an offensive player to pass the ball to a teammate. This is not the same thing as a double team in the paint. No one gets to drive to the basket uncontested.

Help Defense vs. Double Teaming in a Man-to-Man Defense

Double-teaming or trapping an offensive player with or without the basketball is not permitted. However, *defensive help is permitted* from another defender when the primary defender guarding an offensive player with the ball is beaten once the offensive player with the ball is at or below the foul line as extended to the sidelines. Defensive help may come from the strong-side or weak-side. Except in the case of a defensive switch, once the primary defender has regained defensive positioning with his or her offensive opponent, the help defender must return to his or her primary defensive assignment.

By way of example, in the event an offensive player with the ball (Player A) beats her defender (Defender A) and then passes the foul line (as extended to the sidelines), any other defender (in this example, Defender B) may then leave his or her primary defensive assignment (Player B) to stop Player A from penetrating further into the offensive zone. Player A may continue with the drive to the basket, stop and shoot, or drive and pass the ball to another offensive player. Unless there is a defensive switch, once Defender A recovers and picks up Player A, Defender B must return to his or her primary defensive assignment. In the event of a defensive switch, Defender B then stays with Player A and Defender A switches to Player B.

Except in the event of a defensive switch, it is inevitable that there will be some period of time where there will multiple defenders on the penetrating offensive player with the ball. Coaches are advised to encourage their help-side defenders to return to their primary defensive assignments as soon as practicable once the primary defender has recovered and re-assumed defensive responsibility for his offensive player. The failure to do so is double-teaming.

GUARDING IN THE BACKCOURT**Pick up at half court**

There is no full court press in Majors games until the final 2 minutes of the game. Guarding in the back court is not allowed once a team has established control of the ball. A player is in control of the ball when s/he has possession of the ball, e.g., holding, dribbling, or intentionally passing the ball to a teammate after having gained possession. A defensive player (once the ball is in control) may not intentionally touch a ball in the back court, nor may a defensive player reach across or break the plane of the mid-court line (or ten (10) second line). Reaching / stepping through the mid-court plane is considered defense in the back court.

BASIC RULES - OFFICIAL HIGH SCHOOL BASKETBALL RULES

Basketballs: Size 6 (28.5”) basketballs will be used for games

Game Clock and Scorekeeping:

Modified games will consist of four quarters with **each quarter being seven (7) minutes in duration**. The clock will stop at all whistles. There will be a very short break between each period (including half-time). Each team must provide at least one responsible person, preferably an adult, to help with the official scorebook and management of the scorer’s table. The scorebook is the official record and therefore should take precedence over the score clock. One of the two persons should manage the scorebook while the other manages the clock. The teams’ representatives should work in tandem to ensure consistency between the scorebook and the clock. In the event of an unresolved dispute involving the score indicated in the scorebook, the scorebook will be the official score. Scores, fouls, timeouts, and alternating possessions will be managed by the keeper(s) of the scorebook

Overtime Periods:

In the event of a tie the first OT period will be two (2) minutes in length. If the game is tied after the first OT each OT period after that will only be one (1) minute in length until a winner is decided. TOs do not carry over.

Timeouts:

Each coach gets 1 full timeout (60 seconds) and 1 half (30 second) timeout per half. Unused timeouts from the first half DO NOT carry over into the 2nd half.

3 Pointers: 3 pointers count in Modified Division

Full Court Press:

Teams may not implement a full court press **until the 4th quarter** (both teams can run a full court press regardless of score).

Lane violation off a Free Throw

The shooter may not cross the plane of the free throw line until the ball touches the rim. The rebounders on the side of the lane may enter the lane after the ball is released from the shooter’s hand.

Playing Time

- A minimum of 5 players is required to start a game. If a team does not have 5 at the beginning of the game, then that team forfeits the win in the standings. Coaches should then attempt to split up both teams evenly and conduct a scrimmage with referees. If a team starts out with 5 players and a player fouls out, then that team can continue to play a man down until the game is completed.
- Every available player must play a minimum one-half of the game (except for any player who gets hurt, shows up late to a game, or gets into foul trouble).
- Free substitution is permitted.
- Any player that picks up 5 fouls in a game must exit the game immediately and may not re-enter the game.

Substitutions

All substitutes must check in with the score keeper before entering the game. Substitutes may only enter the game when so permitted by the referee during a dead ball.

Defense: Teams are allowed to play zone defenses if they wish.