

Bellingham Youth Basketball Association
P.O. Box 478
Bellingham, Mass. 02019

Web Site: www.bellinghamhoops.org

3rd – 8th Grade In-Town League Rules – Updated November 2014

Game Rules:

1) Games:

- a. Consists of 4 quarters, with 2 periods per quarter, 8 periods per game.
- b. A period is 5 minutes in length (Run Time 3rd & 4th Boys and 3rd, 4th, & 5th Girls), 4 minute (Stop Time 5, 6, 7, 8 Boys & Girls).

****The clock will stop on injuries, timeouts and foul shots for the 3rd/4th Boys & 3rd/4th/5th Girls as well as the final 2 minutes of the game unless one team is ahead by 10 or more points.***
- c. Overtime period is 3 minutes (stop time) in length. Overtime will start with a jump ball at center court. One overtime period will be played in the regular season. Additional overtime periods will be played in the playoffs until a winner is determined. Each team will receive 1 additional time-out per OT period and is added to any timeouts remaining.
- d. There will be a 5 minute halftime period, after the completion of (4) periods or (2) full qtrs.
- e. Games will start with a jump ball at center court. The alternating possession procedure will be used for subsequent jump ball situation, including the start of each period.
- f. The team listed first on the game schedule will sit to the right hand side of the official scorer.
- g. Prior to the game, teams will warm up at the basket opposite their bench. The minimum warm-up period is 10 minutes.
- h. Teams will switch baskets at half-time. In the event of overtime, the teams shoot at the same basket they used in the second half.
- i. The following basketball size will be used
 - a. 7/8th Grade Boys – 29;5” diameter
 - b. 3/4th Grade Girls – 28.5” diameter
 - c. All other grades – 28.5” diameter

Participation Rules:

2) Squad Set-ups:

- a) Coaches are to number their players starting at 1 and going until they account for every player that shows up to play.
- b) Squads are not necessarily split based on talent.
- c) Coaches need to provide their rotation to the official scorer ten minutes prior to the start of their game.
- d) Players will stay in their numbered spot for the entire game. If a squad is short-handed, either at the start of the game or during the game (due to a player fouling out or injury), the next numbered player will fill the opening. Player rotation schedules must be maintained throughout the game.
- e) A player arriving after the start of a game will be placed in the last numerical spot available in the rotation. If two or more players arrive after the start of the game, they will be placed in the next available numerical order based on the total number of players.

Note: *If a player fouls out, is ejected or injured, they will be replaced by the next player in numerical order.*

Examples of Player Rotations:

BYBA In-Town Player Rotations									
Total # of Players	1st Rotation	2nd Rotation	3rd Rotation	4th Rotation	HALFTIME	5th Rotation	6th Rotation	7th Rotation	8th Rotation
12	Players 1-5	Players 6-10	Players 11-3	Players 4-8		Players 9-1	Players 2-6	Players 7-11	Players 12-4
11	Players 1-5	Players 6-10	Players 11--4	Players 5-9		Players 10-3	Players 4-8	Players 9-2	Players 3-7
10	Players 1-5	Players 6-10	Players 1-5	Players 6-10		Players 1-5	Players 6-10	Players 1-5	Players 6-10
9	Players 1-5	Players 6-1	Players 2-6	Players 7-2		Players 3-7	Players 8-3	Players 4-8	Players 9-4
8	Players 1-5	Players 6-2	Players 3-7	Players 8-4		Players 5-1	Players 2-6	Players 7-3	Players 4-8
7	Players 1-5	Players 6-3	Players 4-1	Players 2-6		Players 7-4	Players 5-2	Players 3-7	Players 1-5
6	Players 1-5	Players 6-4	Players 5-3	Players 4-2		Players 3-1	Players 2-6	Players 1-5	Players 6-4
5	Players 1-5	Players 1-5	Players 1-5	Players 1-5		Players 1-5	Players 1-5	Players 1-5	Players 1-5

Note: *If there are less than 5 players at START of the game, the game will be declared a forfeit unless the Head Coach is aware of a game where his/her team will be short players due to injury, sickness or vacations and has contacted the League Director in advance of the game to reschedule. Games will start on-time, or 10 minutes after the previous game, without exception.*

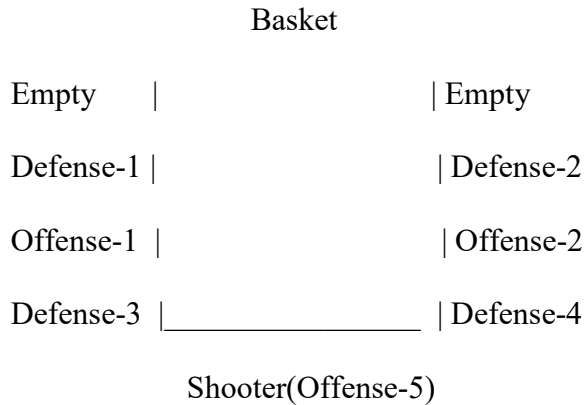
Playing Rules:

- 1) Only the Head Coach can address the referees about game issues. Coaches, players and parents are not to speak to the official scorer except at half-time. Coaches should track their own team's fouls/points. In case of a discrepancy, they should inform the referee at the next dead-ball.

The score book at the table will be considered the official book.

- 2) Time-outs: Each team will receive 4 time-outs per game. One additional time-out per team will be allowed in the event of an over-time game. Time-outs are 60 seconds long. Only the 5 players and head coach can request a time-out. If a team calls for a time-out, and they have used their allotted number, they will be called for a technical foul, with the opposing team shooting two foul shots and regaining possession of the ball at the division line. A timeout will be granted when the referee hears the request and identifies the person making the request.
- 3) Fouls: Five (5) fouls per player in all leagues. Technical fouls count against this total. A player is to be removed from the game on the 5th foul and replaced by a player from their team on a rotating basis.
 - a. Shooting foul shots: The defensive team must fill the two lanes above the block
 - b. The remaining slots are optional to be filled but it is recommended in the in-town program to have all of the spots filled on an alternating basis. (See Below)
 - c. The shooter must begin behind the foul line (or designated free throw spot (one step in) for 3rd/4th grade boys and 3rd/4th/5th grade girls) when shooting. For the 3rd/4th grade boys and 3rd/4th/5th grade girls, they may go over the free throw line if they choose to start behind the line, but only after the release and may not be the first to obtain possession of the ball on a miss. This rule is not intended to allow the shooter movement towards the basket until the ball hits the rim.
 - d. If the ball does not hit the rim, it is a violation on the shooter. In the case of a (2) shot foul, and the second shot does not hit the rim, the ball goes to the opposite team.
 - e. All players in the lane may leave their position on the release of the ball except the shooter and any players outside the lane; they must wait until the ball has hit the rim.
 - i. If the defensive team makes the violation, and the free throw is missed, the shooter will reattempt the free throw, a made free throw will result in no violation being called.
 - ii. If the offensive team makes the violation, the made free throw will not count.
 - iii. If Both Teams make the violation, the made free throw will not count. If this is the last free throw attempt, the alternate possession rule will be used.
 - f. If a player is fouled attempting a three point shot, the shooter will receive (3) foul shots if the shot is missed.

Lining up For Foul Shot:



Outside of Lane: Defense-5, Offense 3 & 4

- 4) Technical Foul: If a technical foul is called against a team, the opposing team will be given (2) free throws. The shooting team may select any of the (5) players that are currently on the court to shoot the free throw. All other players are required to stand behind the half court line. Once the (2) shots are completed, the team shooting the technical, will receive the ball at the half court line. If a matching technical foul is called on both teams, there is no shooting, and control of the ball will be maintained by the team having possession before the infraction. A technical foul against a player results in a personal foul against the player and a team foul. All technical fouls count as a team foul.

Examples of technical fouls: Unsportsmanlike conduct, abusive language, obscenity, slamming the ball.

Flagrant Fouls: A flagrant foul will result in the ejection of the player or coach. Examples of a flagrant foul are fighting (including throwing a punch), taunting, attempt to injure.

- 5) Ejection: Any player or coach who is ejected from a game is ineligible to participate in the next game. The ejected player should remain in the gym until his/her parent can take control of that player.
- 6) Team Fouls: A foul against a player counts both against the player's count as well as the team total. Once a team reaches 7 fouls in a half the team penalty situation is invoked. The opposite team will shoot one and one with 7 team fouls and 2 shots with 10 or more team fouls.

Exception: A player control foul (offensive foul) and team control foul results in a change of possession. Free throws are not attempted for these fouls.

NOTE Simultaneous fouls (personal or technical) against both teams does not result in a jump ball unless neither team has team control of the basketball

- 7) Full Court Pressing:
- a) The 7th/8th grade boys may press at any time except as noted in (c) below.
 - b) The 5th/6th grade boys and 6th/7th/8th grade girls may press in the 7th and 8th periods of the game. except as noted in (c) below.
 - c) Pressing is allowed up until a team has a 10 point lead.
 - d) A warning will be issued the first time a team violates the pressing rule. Each subsequent infraction will result in 1 shot foul with the lane cleared.

- e) Full court pressing is not allowed in the 3rd/4th grade boys and 3rd/4th/5th grade girls leagues. There is no penalty for pressing in these leagues. The referee will simply direct the defensive team to drop back to their side of the court.
 - f) When full court pressing is not permitted, the offensive team will be allowed to bring the ball into the front court before the defense can pressure their man. "Picket line" defense at half court is not allowed.
- 8) **Man-to-Man defense**
- a) League Directors, in consultation with the league Vice President, will decide if their league will mandate a man-to-man defense. Zone Defenses are allowed in the 5th/6th/7th/8th grade boys and 6th/7th/8th grade girls leagues. The director should review defense requirements with the referees prior to the game.
 - b) The defensive player is not mandated to guard their player until the offensive player is below the 3 point arc or the team is pressing.
 - c) Help defense is allowed below the three point arc. This means a double team or trap defense is allowed inside the 3 point arc.
 - d) There are no man-to-man defense restrictions on the ball handlers in the paint.
 - e) Referees should call a zone defense infraction only when the league doesn't allow zones and they deem that 2 or more defensive players are guarding one offensive player above the 3 point arc.
 - f) The MetroWest Travel basketball rules should be used as a guideline for any issue not covered in BYBA rules.
- 9) **Time Allotments:**
- a. A player taking a free throw has 10 seconds to take the shot.
 - b. A player has 5 seconds to in-bound the ball.
 - c. A team has 10 seconds to bring the ball over half court. Not enforced on modified court.
 - d. There is a 60 second timeout at the end of the 1st and 3rd quarter.
 - e. There is no timeout between A and B squad changes.
- 10) **Violations:** Back-court, Double-Dribble, Traveling, Palming the ball, leaving the lane too soon on a foul shot, stepping over the out of bounds line, stepping over the line when passing the ball from out of bounds, three seconds, running out of bounds, free throw lane violations, closely guarded.
- 11) **Warnings:** A warning will be given to a team if:
- a. Defensive team guarding a player inbound the ball reaches over the line.
(Note: the inbound player shall be given 3 feet)
 - b. Pressing with more than a 10 point lead.
Note: One warning to a team. A 1 shot foul will be called on the second and subsequent offense.
- 12) Absolutely no food or drinks (except water for players) are allowed in the gym during practices or games.
- 13) No jewelry of any kind is allowed on the court during practices or games. This includes LIVESTRONG or other bracelets.
- 14) All injuries or disciplinary issues must be reported to the BYBA Board ASAP.
- 15) **Player Injuries during a game**
- a) A player who removes him/her self from the game or is removed due to an injury may re-enter the game if the injury is minor.

b) Any player that suffers a head injury which results in loss of consciousness, or appears dazed or confused shall be immediately removed from the game and is prohibited from reentering that game or subsequent practices or games without parent or medical clearance.

16) Both teams are to provide a scorer for each game. One individual will keep the score book; the other will keep the clock.

17) Fan Behavior

- a) Fans/parents are expected to abide by BYBA's Parent Code of Conduct at all times.
- b) The HEAD COACH and League Director are responsible for the behavior of their fans/parents.
- c) Referees will be trained that they are not to address any fan issue. If the referee feels that action must be taken against a fan, they will either contact the on-site director or the head coach.
- d) Any fan related issue must be reported to the BYBA board as soon as possible.

18) Point of inbound:

- a. Foul Line "elbow" to corner: base line
- b. All other: side line at the point the ball went out of bounds

Coaches: Please provide scores to league directors after each game. The scores may be posted on the BYBA website and will be used to determine playoff positioning.

Reminder: This is a recreational league. Please allow all players the same opportunity to learn and play regardless of his/her skill level. Encourage all players during and after all activities.

Coaches are expected to be positive role models and support the players, coaches and referees in the program!

Thank You for Your Support!!