

# PART 1 - House League General Rules

All play will be in accordance with the National Federation of State High School Associations' Rule Book, except as amended, or supplemented herein.

## 1 Court and Equipment

### 1.1 COURTS, COURT MARKINGS, BACKBOARDS, AND BASKETS

The basketball courts used by SYA Basketball vary in dimension, marking and material. All courts where games are scheduled to be played shall be considered to satisfy the requirements of these Sections.

### 1.2 FREE-THROW LANE

Where no lane spaces are marked, the referee shall determine proper player spacing along the lane lines. No more than three (3) players may occupy one side of the lane during a free throw attempt. EXCEPTION: For 3<sup>rd</sup> and 4<sup>th</sup> Grade Leagues (both boys and girls), the Free Throw Line shall be located three (3) feet inside the regulation Free Throw Line. The referee shall identify a limiting mark representing such free throw line for the shooter.

### 1.3 BASKET RING

Basket height is Ten (10) Feet. EXCEPTION: Basket height is lower, as indicated, for the following leagues:

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Grade: Eight (8) feet  
4<sup>th</sup> Grade: Nine (9) feet

### 1.4 BALL

The circumference shall be 30" for all Boys 6<sup>th</sup> through High School Leagues. The circumference shall be 28.5" for Girls' Leagues 3<sup>rd</sup>-8<sup>th</sup> Grade & Boys 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Grade Leagues. The circumference shall be 27.5" for Girls & Boys 1<sup>st</sup> & 2<sup>nd</sup> Grade Leagues.

### 1.5 BENCH LOCATION

Team benches/chairs are optional. Team personnel shall confine themselves to the Bench Area.

## 2 Officials and Their Duties

### 2.1 GAME OFFICIALS

The official(s) shall be a referee and an umpire or a referee officiating alone, designated by the SYA Referee Scheduler, who shall be assisted by a timer and a scorer. Two student/adult referees shall normally be assigned to Boys and Girls 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade league regular season games. Adult referees will officiate HS league regular season and post season games. Coaches shall referee 1<sup>st</sup> and 2<sup>nd</sup> grade leagues games. When no normally required referee is available, the League Commissioner may permit the game to be officiated by any person(s) agreed upon by both opposing coaches; the Referee Scheduler will be notified of all such occurrences.

The scorer's/timer's table should be located near the mid-court line, on the same side of the court as the team benches, but may be located elsewhere if necessary to accommodate scoreboard controls.

### 2.2 OFFICIALS' ADDITIONAL DUTIES

Report all technical fouls to the Referee Commissioner, in writing, to include violator's name, coach's name and league. When a technical foul results in disqualification, officials shall include as much detail surrounding the incident as possible.

## 3 Substitution

### 3.1 ROSTERS

NOTE: It is highly recommended that ALL players currently rostered on a team be placed in the official score book, whether present or not, in the event that a player arrives unexpectedly.

### 3.2 SUBSTITUTION

#### 3.2.1 SYA Participation Philosophy

Our primary focus is on developing all players' skills rather than winning games. To accomplish that end, we believe that every player should participate as much as possible. SYA Basketball mandates that all players present for a full game are guaranteed to play at least **two Complete, Uninterrupted Quarters of play**. We encourage our coaches to award the remaining play time relatively equally among players.

### 3.2.2 SYA Participation Rules

- All players arriving before the end of the first quarter are guaranteed two (2) Complete, Uninterrupted Quarters of play.
- Teams consisting of seven (7) or more players - All players must be out of the game (rest) for one (1) Complete, Uninterrupted Quarter.
- Teams consisting of six (6) players - All players are guaranteed three (3) Complete, Quarters of play.
- Players may be substituted in and out of the game in the remaining time as long as the previous rules are met.

**NOTE:** It is highly recommended that both coaches review the score book after players check in, but prior to start of play, for the fourth quarter to insure they've met the participation requirements.

### 3.2.3 Definition

Complete, Uninterrupted Quarter(s) - A player has participated in a Complete, Uninterrupted Quarter of play (or rest) if the player starts and finishes (or rests) the entire quarter without being substituted. The minutes' equivalent of a complete quarter does not satisfy this rule.

### 3.2.4 Special Considerations Impacting Participation

#### 3.2.4.1 Late Arrival

Participation time will be modified for players arriving to the bench area after the end of the first quarter.

- A player arriving after the end of the first quarter will be considered to have completed one Complete, Uninterrupted Quarter of play.
- A player arriving after the end of the second quarter will be considered to have completed one Complete, Uninterrupted Quarter of play and one of rest.
- A player arriving after the end of the third quarter will be considered to have completed two Complete, Uninterrupted Quarters of play and one of rest.

#### 3.2.4.2 Participation Exceptions

- **Game Ending Injury/Disqualification:** A player may not be able to play their full participation time due to game ending injury, disqualification or fouling out. Minimum participation requirements will be waived for this player provided the player could have met participation requirements had they been able to remain in the game.
- **Rest Requirement Exception:** Should game ending injuries or disqualifications occur the team will not be in violation of the rest requirement rule if the *last* remaining eligible player has not yet rested one full quarter. That player may re-enter the game.
- **Foul Trouble:** Players may only be removed when in foul trouble when all Participation Rules have been met.

- **Injuries:** Injured players returning to the game must be given playing time that, as close as possible, meets the participation requirements.
- **Health/Attendance/Behavior:** A player's participation time may be reduced for player health, attendance, or behavior issues with the advance approval of the League Commissioner and with notification to the player, parents, opposing coach, referee and scorekeeper prior to start of the game.
- **Overtime:** All participation requirements must have been met by the end of regulation. Overtime period lineups and substitution are at the coach's discretion. Note: SYA only uses overtime in playoff games

### 3.2.5 Participation Rule Penalty

For violations of the substitution rule, the offending team shall be penalized under the PENALTY provisions for Delay of Game, which is to be determined by the league coordinator. The opposing coach is responsible for informing the referee(s) and the opposing coach of any possible violation. The coaches are responsible for determining the participation error, if any. The referee may be consulted for their opinion; however, they will not make the final determination. Players will also be substituted at this time in or out of the game to rectify team participation requirements as best as possible. All violations must be reported by the opposing coach to the league commissioner so they can educate other league coaches and track violations. Any disagreement among the coaches during the game will be ruled on by the league coordinator during the week following the game in which any participation violation(s) occurred. Any penalty will be determined and enforced by the league coordinator, **up to game forfeiture.**

### 3.2.6 Playing Time Examples

Remember players must always have (2) two Complete, Uninterrupted Quarters.

8 players arrive on time - Coach allocates 3 quarters to 4 players and 2 quarters to 4 players.

8 players arrive on time - Coach allocates 3 quarters to 2 players, 2.5 quarters to 4 players, and 2 quarters to 2 players

7 players arrive on time - Coach allocates 3 quarters to 6 players and 2 quarters to 7th player.

7 players arrive on time - Coach allocates 3 quarters to 5 players and 2.5 quarters to 2 players.

6 players arrive on time - Coach allocates 4 quarters to 2 players and 3 quarters to 4 players.

6 players arrive on time - Coach allocates approximately 3.33 quarters to all players.

## 4 UNIFORMS

- Players must wear jerseys issued by SYA basketball to be eligible to play.
- Uniforms must have distinct numbers for each player on a team.
- If a player bleeds on a uniform, it must be removed and replaced with a similar color shirt. (Replacement shirt does not need to have a number).
- Tee shirts of white or a complementary color may be worn under game jerseys.
- Shirts must be tucked into pants waistband.
- Game shorts may be of any color or fabric, but must be worn above the hips and should be of reasonable length.
- **Game shorts may not have pockets (to include no taping or reversing the shorts).**
- **No** jewelry may be worn, including earrings. Band-Aids or Tape covering earrings will **not** be allowed.
- No hard items may be worn in the hair including beads, or hard barrettes.
- No hard casts may be worn. Soft bandages (ACE wraps, e.g.) are permitted.

## 5 Definitions

### 5.1 BENCH AREA

The area bounded by the end line extended and the near end of the scorer's table (or the mid-court line extended where no scorer's table is present) on the half of the court designated for that team.

### 5.2 DEFENSE, BACK-COURT

A defender may defend anywhere on the court. However, specific league rules (Part II - League Specific Rules) are in place and must be followed. When rules require half court defense only defense must be played from a position completely within the offense's front court. NOTE: This does not require the defense to allow the offense to bring the ball to their front court unopposed. During a fast break, defenders may temporarily disrupt passing lanes in the offense's back court, but shall be moving toward the front court during the fast break.

### 5.3 DEFENSE, MAN-TO-MAN

When league play requires man-to-man defense the guidance is as follows. Defenders must stay reasonably close to their assigned opponent and may not disengage from them and cover other areas of play as in a “zone defense.” In recognition of proper “help-side” defense strategies, players are allowed to “sag off” their player when that player is more than one pass from the ball, and may certainly help out whenever the ball enters the lane, but the defensive player may not be permanently stationed in the lane. Defenders directly involved in a pick play may, and are encouraged to; hedge, help and recover to their man. During these pick plays, double teams may occur until the player providing the help defense recovers to his man. No double-teaming or trapping is allowed outside the lane; however, inadvertent double-teaming can be expected when an offensive player dribbles or otherwise moves the ball into another defender or towards the basket. Help-side defenders are expected to help and then recover to their man.

## 6 Scoring and Timing

### 6.1 SCORING

Three (3) point field goals will be scored in leagues where the court is properly marked.

### 6.2 FORFEITURE, PROTEST, INTERRUPTED GAME

A game which has been interrupted because of events beyond the control of the league shall be continued from the point of interruption, unless the teams agree to terminate the game with the existing score, at the discretion of the League Commissioner. A game will be forfeited if a team does not have at least 4 players present and ready for play at game time. A team may finish a game with less than 4 players due to injury or fouls, but must finish the game with at least two (2) eligible players.

### 6.3 LENGTH OF QUARTER AND GAME

#### 6.3.1 Playing Time

Playing time shall be four (4) quarters of seven (7) minutes each, except that 1st, 2nd and 3rd grade leagues will play four, ten (10) minute, continuous clock quarters. There shall be a one (1) minute intermission between the first and third quarters, and a three (3) minute intermission between halves.

### 6.3.2 Regular Season Game Time

1st, 2nd and 3rd grade league games will end 55 minutes after they start; all other games will end 70 minutes after they start. If, in the sole judgment of the lead referee, a game could run beyond such limits, s/he may direct that the time keeper reduce quarterly playing time and/or provide that one or more quarters be played under a continuous clock, in order that the game may finish on time.

### 6.3.3 Tournament Game Time

Every effort will be made to finish tournament games within 80 minutes of their start times.

## 6.4 EXTRA PERIOD

During regular season games, there will be no extra periods played; games may end in a tie. ART. 3... (amended) During tournament play, each extra period shall be three (3) minutes with a one (1) minute break between extra periods. Extra periods are an extension of the fourth quarter, and do not have additional participation requirements.

## 6.5 TIME-OUTS- EXCESSIVE, SUCCESSIVE

Each team is entitled to three (3) one minute timeouts per game. Timeouts may carry over from one half to the next. Additionally, each team is entitled to one timeout per extra period, and any unused timeouts may accumulate.

# 7 Special Violations and Penalties

In addition to the violations and penalties described in the National Federation of State High School Associations' Rule Book, SYA has the following special penalties for violations of the substitution and defense rules.

## 7.1 Illegal Defense Penalty

Specific League Rules (described below) have certain defensive restrictions. The ball becomes dead when a violation occurs. On a first team violation the referee shall warn the offending player(s) and bench, and the ball is awarded to the offense for a throw-in at the out-of-bounds spot nearest the violation.

# 8 Fouls and Penalties

SYA Basketball takes unsportsmanlike conduct very seriously. Rough play, foul and/or abusive language, or repeated, willful violations of the rules by any player, squad member, coach or spectator will not be tolerated. This behavior will result in a technical foul on the player

and/or coach. Referees will document and report all technical fouls and disqualifications to the Referee Commissioner. **Any player or coach who receives two (2) technical fouls in the same game will have one minute to leave the gym, and will NOT be able to participate in the team's next game.** Failure to leave the gym upon notification of the second technical may result in game forfeiture.

## 8.1 DISQUALIFICATIONS and FORFEITURE

### 8.1.1 Flagrant Technical Foul - First

Any player, bench personnel, spectator, or coach who is charged with a flagrant technical foul and, as such results in a game disqualification. The offending individual must immediately leave the gym for the remainder of the day, and may not be present in the gym for the next game that his/her team plays.

### 8.1.2 Second Disqualification

Any person who is disqualified for a second time in a season may not be present in the gym for the rest of the season/post-season.

### 8.1.3 Forfeitures

A team whose player, squad member, spectator or coach violates the provisions of a disqualification shall forfeit the game(s) during which such violation(s) occur.

The referee may forfeit a game if any player, squad member, coach or spectator fails to comply with any penalty, or repeatedly commits a technical foul or other act which makes a travesty of the game. The team responsible for such a forfeit under this provision is ineligible for post-season play.

### 8.1.4 BENCH AND SPECTATORS TECHNICAL FOUL

Bench personnel and spectators shall not commit an unsportsmanlike foul. This includes, but is not limited to, acts or conduct such as:

- During any quarter, whether the ball is dead or alive: Bench personnel- leave the bench area, unless reporting to the scorer's table, or injured or banished; and spectators- enter the bench area.
- Exceed the following Bench Personnel Limitation: The only persons allowed in the team bench area after the start of the game are rostered players (a rostered player need not be in uniform or otherwise eligible to participate to occupy his/her team's bench area), the Head Coach and one Assistant Coach. Exception to this rule may occur when 2 teenagers serve as coach. In this situation, they may be assisted by an adult or a third teen.
- Have FOOD OR DRINK (OTHER THAN WATER) in the gymnasium at any time.

Penalty for unsportsmanlike foul is a technical foul. The 2nd technical foul on any bench personnel or spectator is considered flagrant.

#### 8.1.5 OTHER COACHES TECHNICAL FOUL

The coach(es) must remain in the Bench Area at all times while the clock is running or is stopped, except to attend to an emergency situation. Penalty for leaving the area is a technical foul. The 2nd technical on either coach is considered flagrant.

# Part II - League-Specific Rules

## 1 1st and 2nd GRADE LEAGUES

To enhance development of basic basketball skills, 1st and 2nd Grade Leagues will play three-on-three, half-court basketball on one-half of the court and full-court 3-on-3 basketball from side to side on the other half of the court. Federation Rules and the above House League General Rules irrelevant to the 3-on-3, half-court game may be ignored, but all coaches, referees and players should strive to abide by their spirit as much as possible.

- Each team will be playing two games simultaneously, using both halves of the court. (The scoreboard clock will time both half court games simultaneously.)
- **Emphasis will be placed on skills development. NO SCORES WILL BE KEPT.**
- If a team cannot field 6 players (3 for each game), players may be shared by the opposing team.
- All players should be afforded the opportunity to play all positions.
- All players will play the same amount; coaches are encouraged to substitute freely to accommodate this rule. Some younger players cannot play a continuous quarter; feel free to substitute them in and out as needed.
- No free throws will be awarded.
- Basket height is 8 feet.
- Ball size is 27.5 inches.
- Playing time is four (4) ten minute running clock quarters.
- Coaches or their designees serve as referees.
- Defense in full-court game is man-to-man only for the entire game. Players will "match up" prior to the start of each quarter. No back court defense is allowed at any time.
- Defense in half-court game is man-to-man only for the entire game. Players will "match up" prior to the start of each quarter. In addition, the defensive team may not hinder the offense's attempt to clear the ball to the "back court" following a change of possession, i.e., in transition. Once the ball has been cleared to the "back court," defense may resume.

### 1.1 SPECIAL DEFINITIONS

- Back Court - The area of the court behind the change line.
- Change Line - The line between the foul circle and the mid-court line.
- Change of Possession - the ball must be taken behind the change line prior to the first shot attempt by the offense for that possession.

TO START A QUARTER, OR AFTER A TIME OUT, the ball will be put in play from the center circle. The player receiving the inbound pass must be behind the change line. The defender must remain outside the center circle during the throw-in.

## 2 3<sup>RD</sup> GRADE LEAGUES

- 3rd Grade Leagues play full-court 4-on-4 games.
- **Emphasis will be placed on skills development. Scores will be kept however, CLEARED TO ZERO AT THE END OF EACH QUARTER.**
- All players may be afforded the opportunity to play all positions.
- If a team cannot field 4 players; players may be shared by the opposing team.
- All players will play the same amount; coaches are encouraged to substitute freely to accommodate this rule. Some younger players cannot play a continuous quarter; feel free to substitute them in and out as needed.
- Basket height is 8 feet.
- Ball size is 28.5 inches.
- Playing time is four (4) ten minute running clock quarters.
- Defense is man-to-man only for the entire game. Players will "match up" prior to the start of each quarter. No back court defense is allowed at any time.
- On shooting fouls, the player fouled will be awarded two free throws (three feet in front of the regulation foul line). The clock may be stopped during the foul shots.
- No player fouls out; however, coaches are encouraged to teach and remind players about overly aggressive play including illegal ball screens.

## 3 4th GRADE LEAGUES

- 4th grade will play five-on-five, full court basketball.
- A minimum of four players are required to start a game. A minimum of two are required to complete a game.
- Basket height is 9 feet.
- Ball size is 28.5 inches.
- Playing time is four (4) seven minute quarters, with clock stopping on all dead balls.
- Defense Rules
  - SYA requires the use of man-to-man defense only throughout the game to assist in the development of individual skills (defensive and offensive) at this age level.
  - Man-to-man defense is required with no back court defense allowed until the final minute of regulation time or the final minute of overtime.
  - It is highly encouraged that a team leading by fifteen (15) or more points picks up their assigned man at the top-of-the key.

## 4 5th GRADE LEAGUES

- 5th grade will play five-on-five, full court basketball.
- A minimum of four players are required to start a game. A minimum of two are required to complete a game.
- Basket height is 10 feet.
- Ball size is 28.5 inches.
- Playing time is four (4) seven minute quarters, with clock stopping on all dead balls.
- Defense Rules
  - SYA requires the use of man-to-man defense only throughout the game to assist in the development of individual skills (defensive and offensive) at this age level.
  - Man-to-man defense is required with no back court defense allowed until the final minute of regulation time or the final minute of overtime.

## 5 6th GRADE LEAGUES

- 6th grade will play five-on-five, full court basketball.
- A minimum of four players are required to start a game. A minimum of two are required to complete a game.
- Basket height is 10 feet.
- Ball size is 30.0 inches for boys. Girls will use a 28.5 inch ball.
- Playing time is four (4) seven minute quarters, with clock stopping on all dead balls.
- Defense Rules
  - Man-to-man defense only throughout the game to assist in the development of individual skills (defensive and offensive) at this age level.
  - Full court man-to-man defense may be utilized throughout the game and in the overtime period.

## 6 7th,8th and HIGH SCHOOL LEAGUES

- These grades will play five-on-five, full court basketball.
- A minimum of four players are required to start a game. A minimum of two are required to complete a game.
- Basket height is 10 feet for all leagues.
- Ball size is 30.0 inches ball size for boys. Girls will use a 28.5 inch ball.
- Playing time is four (4) seven minute quarters with clock stopping on all dead balls.
- Playing time is four (4) eight minute quarters for high school leagues.
- NO Travel Players or High School Players (Varsity, JV or Freshmen) are permitted to play.

- Defense - Any legal defense is allowed. In recognition of the need to develop individual skills at this age level, SYA strongly encourages the use of man-to-man defense throughout the game.
  - EXCEPTION: A team leading by twenty (20) or more points may not play back court defense. This includes playoff games.