

East Lyme Youth Basketball League

YOUTH BASKETBALL RULES & GUIDANCE– G 4/5 & B 4/5

1. General Playing Rules

- a. Game will be played on a standard basketball court with a regulated height 10-ft basket
- b. **Game will consist of four 6-minute quarters, stop clock with 3-minute half-time and 2-minutes in between quarters**
- c. Each team gets two (full) 60-second time outs per half
- d. Each player must play at least a full quarter, unless there's some physical restriction. While not mandatory, you really should play every player ½ the game. It's best to make sure that everyone plays their full quarter in the first half and then you can mix it up in the second half.
- e. Substitutions are unlimited provided they are official & don't interfere with playtime
- f. Each team must have a minimum of 5 players to begin the game. **In the event a team doesn't have 5 of its roster players, they may borrow a player from the opposing team and play the game, but will forfeit the win regardless of the outcome.** If a player fouls out, team shall continue with less than 5 players or recruit from the other team.
- g. No jewelry can be worn during game play or practice
- h. Each player is allowed 5 personal fouls
- i. No drinks in the gym with the exception of water
- j. No more than 2 coaches on the bench during game play.
- k. Teams shoot 1 and 1 on 7th foul of the half and shoot 2 on 10th foul of the half
- l. Overtime will be 2 minute **running** time. No extra time-outs.

2. Offense Guidance

- a. Fast breaks are allowed unless winning team is leading by 10 or more points. Trailing team may run fast breaks.
- b. Offense has 10-seconds to advance ball to half-court
- c. Repetitive double dribbling and traveling result in turnovers
- d. Try to promote ball movement as much as possible based on talent level and don't just tell your best player to dribble through the defense every time they have the ball

3. Defense Guidance

- a. Steals are allowed
- b. Defense may block shots
- c. No full court press. Once the defending team rebounds, the other team must retreat. It's OK to pick up at half-court, but you're encouraged to drop back to around the key and let the other team get touches away from the basket.
- d. Teams are encouraged to employ both "man-to-man" and "zone" defenses. Try to equal out the time spent on both during the game.

4. Scoreboard / Scorebook Rules

- a. It is the coach's responsibility to seek out parental (adult) volunteers to operate the scoreboard and scorebooks. Referees will not begin the game until scoreboard and scorebook is managed.

5. Technical Foul Details

- a. Any player or coach who is assessed a technical foul for unsportsmanlike behavior by the referee will be **removed** from the game.
- b. Technical foul will result in the opposing team shooting two free throws and receiving possession of the ball. Examples of technical fouls are:
 1. Coach yelling at referee
 2. Player arguing a call
 3. Player swearing

6. Referee Communication:

- a. Coaches should talk to the referees before each game so the referee knows what you as a coach is looking to be called during the game. Explain that there are many new young players who have never played before. **The referees will be High School kids and need to be treated with respect. No exceptions. Yelling at the High School kids by the coaches, players or fans will not be tolerated.**