

## Lynden Youth Sports -- Boys & Girls Basketball

### General

1. No food or sports drinks allowed in the gyms... WATER only.
2. No street shoes are allowed on gym floors.
3. Only teams scheduled to play are allowed on the floor. If you are waiting for your game to start, while another game is being played, please do not allow your players to run out on the floor and shoot during their halftime or timeouts.
4. Players may not participate in more than one game and one practice per week. Except for specifically scheduled practices by LYS.
5. The LYS Board reserves the right to suspend a coach, player or spectator for unsportsman like conduct at any time.
6. All players must wear their LYS issued game jersey. **Jersey's must be tucked in.** Game jerseys may not be altered in any way.
7. Players must remove all jewelry - except for medical bracelets or necklaces which, if worn, must be taped down. Only rubber bands or scrunchies are allowed - no metal or plastic hair pieces.

### The Game

1. Games consist of (4) 8-minute quarters (10-minute quarters for 6<sup>th</sup> - 8<sup>th</sup> grade teams). There will be (1) one-minute break between quarters and a three-minute break at half-time. Half time duration may be adjusted at the referee's discretion based on pace of game and time remaining in the hour.
2. If a team has less than 4 players at the start of the game, the game will be ruled a forfeit. If a team has exactly 4 players at the start of the game, the game will be played with 5 on 4 until an additional player shows up.
3. A jump ball will be used to start the game and to start an overtime period. All other jump ball situations will use alternate possession.
4. One 3-minute overtime period will be played if after 4 regulation quarters, the game has ended in a tie. (except for 3<sup>rd</sup> grade teams - if the game ends in a tie, it remains a tie.)
5. The clock is a running clock. It will stop only for team time-outs or official time-outs and in the last 2 minutes of the 4<sup>th</sup> quarter if the game is within 10 pts.
6. Each team will be allowed (2) one-minute timeouts per quarter and (1) one-minute timeout per overtime period. ONLY COACHES may call a timeout.

### Individual Playing Time and Substitutions

1. Each player must play the full 8 (or 10) minutes of at least 2 quarters of a standard 4 quarter game. A player may be removed at any time during the other two quarters as long as the above requirement is fulfilled. Failure to comply results in a 2 shot technical foul. The player is also reinstated. The scorekeepers will be tracking this.
2. All players should play approximately equal amounts of time EACH GAME. Playing time will be closely monitored. Violations can result in a forfeit.
3. All players must check in with the score table at the beginning of each quarter.
4. Any player who is bleeding, has an open wound, or has any blood on his/her uniform must leave the game for appropriate treatment and may not return prior to the first opportunity for player substitution.

### Fouls, Technical Fouls, and Free Throws

1. Each player will be allowed 5 personal fouls per game. If a player fouls out of the game, he is out of the game and may not return. If the removal of a player through injury or fouls reduces a team to less than 5 players, the game must be played 5 on 4, 5 on 3, etc.
2. Any technical foul called against a player will also be counted as a personal foul against that player. Any player receiving a second technical foul in the same game will be ejected from the game. Any coach receiving a second technical foul will be ejected from the game and automatically suspended from the next game. (Coaches should not be getting *any* technical fouls!)
3. The seventh team foul committed during each half will create a one-on-one bonus and the tenth team foul committed will be an automatic two shots.
4. On free throws, players cannot enter the free throw lane until the ball hits the rim. There will be four defensive players and two offensive players lined up along the key, all other players must be outside the 3-point line. The space closest to the hoop on both sides of the key will not be occupied.

## Lynden Youth Sports Basketball Rules

Division	Quarter length	Basket Height	Basketball size	Free Throw	Substitutions	Overtime	Defensive Regulations	Special Notes
3 <sup>rd</sup> grade	8 mins	9'	28.5"	12'	Each player must play 2 full quarters - 1 qrt each half	- Running clock except in last 2 mins of 4 <sup>th</sup> qtr if game is within 10 pts. - NO O/T	- <b>M2M</b> defense only - 6' Rule in effect - if the offensive player cuts to the hoop, the defensive player must follow - Full court M2M defense IS allowed in the <b>last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> qrts only</b> - any team that is ahead by more than 10 points is NOT ALLOWED to run defense in the backcourt	- NO 3-point shot in effect - Traveling and double dribbling called at referees discretion - "3 in the key" violations will NOT be called - NO double teaming or half-court traps are allowed
4 <sup>th</sup> - 5 <sup>th</sup> grades	8 mins	10'	28.5"	15'	Each player must play 2 full quarters - 1 qrt each half	- Running clock except in the last 2 mins of 4 <sup>th</sup> qrt if game is within 10 pts - (1) 3 minute O/T is allowed	- <b>M2M</b> defense only - Full court M2M defense IS allowed in the <b>last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> qrts only</b> - any team that is ahead by more than 10 points is NOT ALLOWED to run defense in the backcourt	- NO double teaming or half-court traps are allowed - <b>No 6'</b> rule in effect
6 <sup>th</sup> - 8 <sup>th</sup> grades	10 mins	10'	28.5" (girls) 29" (boys)	15'	Each player must play 2 full quarters - 1 qrt each half	- Running clock except in the last 2 mins of 4 <sup>th</sup> qrt if game is within 10 pts - (1) 3 minute O/T is allowed	- <b>M2M</b> defense is preferred - Full court pressing IS allowed in the <b>last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> qrts only</b> - any team that is ahead by more than 10 points is NOT ALLOWED to press	- NO double teaming or half-court traps are allowed

### Special Notes

1. **M2M** defense must be used for 3<sup>rd</sup> - 5<sup>th</sup> grade teams. The spirit of this rule is to prevent intentional double-teaming.
  - a. For 3<sup>rd</sup> graders, defenders must be within 6 feet of the person they are guarding. Any player who appears to be playing zone defense will be warned, and the coach will be expected to correct the problem. (We understand that kids at this level may sometimes be "lost" on defense, and we will take this into consideration. We will be looking for more obvious intentions of playing zone)
  - b. For 4<sup>th</sup> and 5<sup>th</sup> graders, there is a no 6-foot rule in effect. Sag or help defense is allowed but only in a M2M scenario where the offensive player is not being double teamed.
2. Double-teaming **will NOT** be called when a player takes/has the ball inside the key area.
3. Referees will give one warning to the coach for zone defense and double-teaming. The second violation will result in a two shot technical foul (assessed against the bench) and ball out at half-court for the offensive team.