

LYNNFIELD YOUTH BASKETBALL IN-TOWN GAME RULES

- 1) **Equipment:** All divisions are played with the basket height at 10 feet. A youth (28.5 inch) basketball is used for the Boys and Girls Junior Divisions, as well as the Girls Senior Division. A regulation size basketball (29.5 inch) is used in the Boys Senior Division.
- 2) **Length of Game:** A game consists of two, 20-minute halves and is running time. The clock is stopped only for time-outs, substitutions, half time, player injuries, and stopped during the last minute of the game. There will be a 3 to 5-minute break at halftime. Each game must end within 1 hour (with the last game ending by 9pm) with no overtime, except in playoffs. Get your players to be on time for a game. When the official is ready to start a game, it starts no matter how much warm-up time has been used. In the last minute of a game, if the score difference is 10 or more, the clock will be allowed to run and not stopped.

During the regular season, there is no overtime. A tie score at the end of playing time will remain a tie. During playoffs, overtime consists of 4-minutes running time, with the last minute stop time.

- 3) **Jump Balls:** The game begins with a jump ball. Thereafter, alternating possessions will be used. The possession arrow should be pointed towards the basket of the team who gets the next possession.
- 4) **Time-Outs:** Each team will have 2 time-outs per game (each 45 seconds long). Time-outs can be called by a coach or by a player on the floor whose team possesses the ball. The scorekeeper will record the official number of time-outs used. Under special circumstances, timeouts may also be called by referees to discuss the conduct of players, coaches, and spectators. During the time-out, the clock is stopped, all players must remain on the court and no substitutions are allowed. Play is resumed by inbound the ball.
- 5) **Substitutions:** The game will be stopped every 5 minutes for substitutions. The exact point of the stoppage will be at the discretion of the official to avoid interfering with ongoing action. This stoppage is not a time out and should not be used as such by the coaches. Coaches should have substitutes pre-determined to assure that the game will move along quickly. When substitutions are made, the coaches can request a matchup to establish the defensive assignments for the players.

For each substitution, all the players on the bench must go into the game (except teams with more than 10 players). Halftime does not reset the rotation and is treated just like any other 5-minute interval.

If an injury to a player occurs, the coach may select any player to substitute. This time is not added to the substitute's time, but is charged against the injured player's time.

No player shall play more than the maximum allowed. No dividing of the 5 minutes between players is allowed. No player shall play more than 2 consecutive periods with more than 7 players present.

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Coaches must use the **LYB Player Rotation Grid** to ensure that playing time for all players conforms to the following:

# Players Present	# Periods Played
11	7 play 4, 4 play 3
10	All must play 4
9	4 play 5 and 5 play 4
8	Each must play 5
7	5 play 6 and 2 play 5
6	4 play 7 and 2 play 6

6) **Playing Offense:**

- 5-second Rule: A ball must be put into play within 5 seconds when inbounding.
- 10-second Rule: The offensive team must advance the ball past mid-court within 10 seconds after inbounding.
- Closely Guarded 5-second Rule: If a player holds the ball or is not advancing the ball and is closely guarded for 5 seconds, the defense is awarded the ball.
- Lane Violation:
 - Junior Division: Offensive players cannot remain in the lane for longer than 5 seconds.
 - Senior Division: Offensive players cannot remain in the lane for longer than 3 seconds.
- Backcourt Violations:
 - Junior Division: No backcourt violations. However, once the ball has crossed half court, the defensive player can guard the person with the ball if the offensive player continues to dribble back into the back court. We do not want teams to stall by dribbling in the back court.
 - Senior Division: Backcourt violation called.

7) **Playing Defense:**

- Player to Player: Only player to player is allowed. Player to Player defense means to keep within 4 to 6 feet of your man on strong side. Weak side defenders may play off their opponent in help position. No double-teaming will take place. Switching and helping is allowed. As a switch occurs a double team may form but defenders must be making an honest attempt to move away from a double team.
- Half Court: On each possession, the defense must retreat to half court to allow the offensive team the ability to advance the ball past half court. Once the ball is past that point, defense can cover anywhere on the court for the remainder of that possession.
- Pressing: In the last minute of the game, player to player pressing is allowed. A team may not press if they are leading by 10 or more points. There is no zone press and no double teaming.
- Defensive Violations: Hacking, blocking, reaching in, holding and hand checking constitute fouls. Possession of the ball is unchanged with the ball awarded out of bounds at a point nearest the violation. Fouls committed in the act of shooting result in two free throws.

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- 8) **Fouls:** Any player assessed 5 fouls will be removed from the remainder of the game. (NOTE: Care should be taken by coaches to avoid having a player foul out of a game.) There will be penalty free throws awarded when a team exceeds 6 fouls per half. For fouls 7, 8 and 9 they will shoot 1 and 1, and for fouls 10 and higher 2 shots will be awarded.

A technical foul on a player is counted as a personal foul. A coach's and player's technical foul results in the opposing team receiving two free throws and being awarded the ball.

- 9) **Breakaway Rule and Intentional Foul:** A player fouled intentionally on a breakaway is awarded two free throws and also retains possession of the ball. The ball will be inbounded at the nearest point to where the foul occurred. Furthermore, if a continuation of the shot following an intentional foul results in a basket, the points count.

- 10) **Free Throws:** To remain in play, free throws must hit the rim of the basket. In all divisions, the non-shooting players can enter the lane as soon as the ball is shot. The shooter must wait until the ball is in the cylinder.

- Junior Division: The minimum requirement is that the player must start behind the foul line to start and may jump over the line on the shot, however, the player cannot proceed to rebound the ball on a miss.
- Senior Division: The shooter must start from and remain behind the line until after the ball is in the cylinder. If they go over the line the shot is not allowed.

- 11) **Scorers and Time Keepers:** Each team will supply one person (not a player) to be either a scorer or a timekeeper at their game. Coaches must keep all players away from the scorer's table. The Scorers book at the table is the book recognized by the officials and is final.

- 12) **Games Scores:** Games scores must be entered by the winning team coach directly into TeamSnap within 2 days after game is played.

- 13) **End of Season Seeding:** All teams qualify for post-season play. 2 Points are awarded for a win, 1 for a tie. Seeding will be determined as follows in order:

- A. Most points
- B. Most wins
- C. Head-to-head competition
- D. D. Coin toss

* *Playoff brackets will be determined by the Director.

- 14) **Playoffs Eligibility:** In order to be eligible for the playoffs, a player must play in at least 50% of their regular season games. If a player's absence during the regular season was due to injury or other extenuating circumstances, the Program Director may rule that player eligible.

- 15) **Playoffs Overtime:** Overtime during the playoffs is 4-minutes running time with the last minute stop time. Each team gets one additional timeout per overtime period. Those time-outs left over from regulation will be carried over into the overtime period. Pressing is allowed in the final minute of the overtime period. Substitutions are at will during overtime periods, meaning no restrictions as to who can play or for how long. The clock stops for subs in overtime.