

# SYSA Youth Basketball League



## Program Rules and Information (Updated 11/7/2019)

### **I. Program Overview**

- a. The purpose of this program is to teach youth the basics of basketball while having fun, developing skills, learning how to be a team player, and allowing them to compete against their peers while playing at least half of the game!
- b. The basketball program is divided into the following divisions:
  - i. Girls:
    1. 2<sup>nd</sup> Grade
    2. 3<sup>rd</sup> Grade
  - ii. Boys:
    1. 2<sup>nd</sup> Grade
    2. 3<sup>rd</sup> Grade
- c. Team Formation
  - i. Draft: Youth in each grade will be placed on teams via a draft
  - ii. Players will be allowed to play up a grade level, but may not drop down a grade level. Any player who requests to play up a grade level must get permission from SYSA staff.
- d. Coaches/parent conduct: Coaches are responsible for their players, player's parents and their own behavior at all times during the season.
- e. All 3<sup>rd</sup> Grade games and most 2<sup>nd</sup> Grade games will be played at The Warehouse on Saturdays. One 2<sup>nd</sup> Grade Game per week will be played at Logan Elementary School.
- f. Each team will play 7 games. Standings will not be kept and there will not be a post season tournament.
- g. The official rule book shall be the current NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS BASKETBALL RULES except where they have been modified for this program. SYSA shall have the authority to institute new rules or change existing rules to ensure the enjoyment for all those who participate.

### **II. Player Eligibility**

- a. The league will accept the first 100 kids per grade level.
- b. Players registering after the registration deadline will be allowed in the league based on availability.

### **III. Coaches' Eligibility**

- a. To be eligible to coach for the SYSA Youth Basketball League, coaches must agree to and complete a Washington State Patrol background check which will be processed by SYSA staff.
- b. Attend the first two weeks of the session to evaluate players
- c. Participate in the draft.

#### **IV. Participant, Coach, and Spectator Conduct**

- a. Any player, coach, or spectator ejected from a game will be suspended for the next two games. Before being reinstated, the player, coach, or spectator must meet with the league director. If ejected again, the player, spectator, or coach will be expelled for the remainder season. League director will have the final say on all appeals.
- b. The use of physical force towards an official, gym supervisor, player or staff member by any coach, player, or spectator may be cause for automatic expulsion from the program for the remainder of the season and subject to further suspension from the league.
- c. All technical fouls will be an automatic two points with the ball out-of-bounds for the opposing team.
- d. All flagrant fouls will be an automatic two points with the ball out-of-bounds for the opposing team.
  - i. A flagrant foul will be cause for an ejection. A flagrant foul is defined as not playing the basketball but intentionally trying to hurt or harm an opposing player.
- e. Any player or assistant coach on the bench that receives a technical foul, the “T” will be issued to that individual as well as the head coach. Three indirect or two direct technical fouls will be cause for automatic ejection from the game. (See Rule “VIII –A”)
- f. Anyone who receives three direct “T’s” in a season will result in a two game suspension. (See Rule “VIII –A”)

#### **V. Coach-Referee Interactions**

- a. The league’s priority is to improve skills and develop a love for basketball and being active, with this in mind, make sure your interactions with referees and score keepers are positive.
- b. If coaches have issues with calls, coaches should feel free to discuss those concerns with the referees rather than yelling at the referees or being demonstrative (stomping, sulking, saying refs made terrible calls, etc.) as the negative energy will rub off on players and fans.

#### **VI. Playing Time Rules**

- a. Coaches and parents should understand that the intent of the following rules is to ensure equal playing time for each player. For a number of reasons, it is impossible for all players to play exactly the same amount of time. Nonetheless, each coach should make an effort play all of their players equally
- b. All players should play the same amount of playing time, or as close as possible and at least half of the game.
- c. If a player fouls out of a game, she/he must leave the game regardless of whether they have completed the playing requirement. The coach may substitute any player she/he wishes for the fouled out player.
- d. A player injured in the first half **may not** be replaced by someone who has already played if there are players who have not played yet.

- e. Teams must begin games with the maximum allowed players on the court (5 players).
- f. Coaches Sit Rule: Coaches may stand and coach as long as they are displaying positive behavior towards their players. In all other circumstance the coaches are required to sit.

## **VII. Substitution Etiquette**

- a. 2<sup>nd</sup>-3<sup>rd</sup> Grade Divisions
  - i. Substitutes must check in with score keeper prior to entering game.
    - 1. Substitutions should occur every 10 minutes (at the 10:0 minute mark of each half) and as needed.

## **VIII. Timeout Etiquette**

- a. All Divisions
  - i. Coaches must signal to referees to initiate a timeout.

## **IX. Division Specific Playing Rules**

- a. 2nd/3rd Grade Divisions:
  - i. Referees
    - 1. There will be one referee per game
  - ii. Players: All divisions will play 5 on 5
  - iii. Score Keeping
    - 1. Score will be kept but standings will not
  - iv. Basket Height: 9 feet (2<sup>nd</sup> Grade), 10 feet (3<sup>rd</sup> Grade)
  - v. Court Size: Full Court
  - vi. Basketballs
    - 1. SYSA staff will provide game balls and practice balls for all divisions.
    - 2. Basketball size: All divisions will use Junior Size (27.5") basketballs
  - vii. Length of Game
    - 1. All league games will consist of two-twenty minute halves, running clock.
  - viii. Timeouts
    - 1. Teams will receive one time out per half
  - ix. Personal Fouls and Bonus
    - 1. Individual and team fouls will not be tracked
    - 2. Teams in this division will shoot free throws on shooting fouls
    - 3. If a player is consistently fouling, it will be the coach's responsibility to take the player out and explain how to play defense without being so physical.
  - x. Free Throw Distance: 12 feet
    - 1. The Free Throw distance is a guideline, if a player cannot physically shoot the ball to the rim, they may be allowed to move up, but only at the referees discretion.

2. On all free throws, players occupying the “blocks” will be able to move when the shooter releases the ball.
3. The free throw shooter and any players behind them can move when the ball hits the backboard or rim.
- xi. Three Seconds in the Key
  1. Three seconds in the key will be called at 5 seconds. Players will be encouraged to avoid “camping” in the key.
- xii. Closely Guarded “5 Second Rule”
  1. If a player holds a ball and is guarded closely (**within 3 feet**), they have **seven (7) seconds** to dribble, pass, or shoot the ball.
- xiii. Stealing
  1. Stealing is not allowed out of a player’s possession or if they are dribbling the basketball.
  2. Stealing will only be allowed off a pass or when the offensive player loses control of the ball.
  3. For #2 and #3 above, it will be up to the judgment of the official as to whether or not a player has lost possession.
- xiv. Defensive Rules
  1. The defensive team must play man-to-man defense and be within at least 6 feet of their man. Teams will not be allowed to double team the ball.
  2. The ball carrier is allowed to freely cross half court without any pressure.
  3. Pressing will not be allowed at any time.
  4. In the event that a turnover is forced by pressing, the offensive team will receive the ball out of bounds.
  5. Double teaming is not allowed, however “help and recover” defense is allowed.
  6. To keep the game moving the referee will give the offensive player seven (7) seconds to either pass or shoot, if the offensive player fails to do this within the seven seconds the ball will be awarded to the defensive team.

## **X. Player Uniforms & Equipment**

- a. Players are not allowed to wear jeans during games.
- b. Only league issued jerseys will be allowed. Coaches are not allowed to alter, or change league issued jerseys.
- c. Players/parents may “tie” their shirts to ensure proper fit.
- d. Players shall not wear any dangerous equipment or adornment (i.e. rings, watches, bracelets, necklaces, barrettes, buckles, pins, medals, ear posts or earrings). Items that cannot be removed (i.e. medical bracelets) must be safely covered with tape.
- e. No player wearing a hard cast or orthopedic device shall be permitted to play in any regularly scheduled game.
- f. During games, in the event of a cut/bloody nose, etc., the player will be required to exit the game until the bleeding has been stopped. If there is blood on the

uniform, the player may not re-enter the game. Pinnies or a similar colored shirt are allowable substitutes.

**XI. Gym Rules**

- a. Abuse (physical or verbal) from spectators will not be tolerated. The Gym Supervisor has the authority to remove anyone from the gym acting in a manner not consistent with our program philosophy.
- b. The Warehouse Athletic Facility and Spokane Public Schools prohibits the use of alcohol, vaping, tobacco or tobacco products on school district property.

**XII. Practice Policies**

- a. Practices will take place right before the game.
- b. Teams will be able to practice for 30 minutes prior to game time.
- c. SYSA will designate court space to teams for practices.

**XIII. Inclement Weather**

- a. In circumstances where there's a heavy snow fall on Friday evening/Saturday morning a league wide email will be sent out notifying parents/teams of any cancellations or delays. In the event that games are canceled, games will not be made up.