

**Belmont Youth Basketball Association**  
**In-Town Program: General and Game Rules**

**General Rules:**

Equal Playing Time and Rotation Sheets

- All players MUST play equal time regardless of skill level. Our purpose is not to win at all cost.
- No player will sit out for two (2) consecutive periods with the exception of a team size of 11 or more.
- Rotation schedules (attached within) must be used to ensure adherence to this policy.
- Rotation schedules are to be shared with opposing coaches prior to the start of each game.
- League coordinators have the right to inspect the rotation schedule to ensure adherence.
- There will be no exceptions to the proper use of the rotation schedule without the approval of the league coordinator.
- If a player arrives after the start of a game, coach must add that player to the bottom of the rotation and immediately change to the appropriate rotation schedule. This may mean that the late arriving player does not play right away. Coach may not change the order of players.
- If a player leaves a game early due to injury or any other reason, that player is removed from rotation and coaches must insert the next available player on the rotation sheet. When a player returns to the game they will be placed back into their original roster spot.
- Any rotation change not covered by these rules must be agreed upon by both coaches AND a BYBA coordinator.

Game Format

- The standard BYBA game will consist of eight periods. Each period is five (5) minutes of running time.
  - A nine-period game is allowed in the case when at least one team has 11 players present. This rule only applies to games played at the Belmont High School facility.
- The referee will stop play every 5 minutes at which time, all players on the bench will enter the game.
- Each game consists of a two (2) minute half time after the conclusion of the fourth quarter. **There will not be a half time taken at the 3<sup>rd</sup>/4<sup>th</sup> grade level.**

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- It is the coaches' responsibility to organize the team and move your players on and off the court quickly at each five-minute break as not to exceed the allotted game time.
- Coaches are to have their teams ready and standing on the sidelines five (5) minutes before the scheduled start of your game to maximize playing time.
- The referees will begin the last five (5) minute segment five (5) minutes before your game is supposed to finish even if it is not the 8th segment.
- For the 3<sup>rd</sup>/4<sup>th</sup> Grade Leagues only: In the case where both teams have eight (8) players or less present, the game will be played with 4 players on the court for each team. If either team has 9 or more players, games will be played 5 on 5.

#### Team Practice Policy

- In-town BYBA teams are not to practice at any time other than the time allocated just prior to their league game.
- Coaches are responsible for communicating with their players to ensure each player arrives 45 minutes prior to a scheduled game at the high school and 30 minutes for all other venues.

#### Playoffs

- All teams will participate in the league playoffs at the conclusion of the regular season. The seeding process is determined by win-loss record. In the event of a tie, head-to-head result is the primary tiebreaker. If still tied, BYBA officials will assign team seeds
- Playoff brackets are created by the BYBA officials and provided to the league coordinators.
- The following rules are applied to playoff games only:
  - Overtime: a 3-minute overtime period is played. Subsequent overtime periods are 2 minutes. The clock is stopped during the last minute only.
  - Rotation Sheets: At the start of an OT period, both teams shall use the player rotation used for the 1<sup>st</sup> period of the game and proceed from that point.
  - Fouls: During the second half only, on the 8<sup>th</sup> team foul, the opposing team will shoot 1-and-1.
  - For shooting fouls only, the time clock will be stopped.

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### Game Rules:

#### Game Clock Rules

- The games consist of eight periods. Each period is five (5) minutes of running time. The referee will stop play every 5 minutes at which time, all players on the bench will enter the game.
- Each game consists of a two (2) minute half time after the conclusion of the fourth quarter
- The clock will stop in the final 2 minutes of the game for foul shots and violations provided that the difference in the team scores is less than 15 points.

#### Tie Games

- All regular season games that are tied at the end of regulation time will be counted as a tie.

#### Time Outs

- Each team will be allowed one-20 second time-out each half. These time-outs are non-cumulative. During the tournament, each team will be allowed two time outs each half also non-cumulative.

#### Offense Rules

- Inbounds Pass (applies only to 3<sup>rd</sup>/4<sup>th</sup> grade leagues). Due to limited space at the Middle School, all inbound passes, except after a basket, will be made from the nearest sideline.
- 3-Point Field Goals (applies only to 7<sup>th</sup>/8<sup>th</sup> grade leagues). 3-Point field goals will now be awarded. A player must have both feet behind the 3-point line when shooting.

#### Defense Rules

- Zone Defense is not allowed. All players must guard an opposing team player. A defensive player may leave the person they are guarding only if that person is beyond the three (3) point line. At the Middle School, the 3 point line is not painted on the floor and it is at the discretion of the referee.
- Double teams are allowed in the following situations ONLY.
  - if the offensive player is driving for the basket and is in the offensive lane
  - if the offense has the ball in the paint (within 5 feet of the basket at the Middle School)
- Penalties for Violation of Zone Defense and Double Team Rules:

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- For 5<sup>th</sup>-8<sup>th</sup> Grade Leagues only: On the first offense of the rule a warning is given to the defensive team. On subsequent offenses, a technical foul is awarded and possession of the ball is maintained. The Coach of the offensive team may select any player currently in the game to take the foul shot.
- For 3<sup>rd</sup>-4<sup>th</sup> Grade Leagues only: 1st infraction: Play is stopped and defensive players are properly instructed. The offensive team remains in possession. Additional infractions: Play is stopped and defensive players are properly instructed. The penalty is a team technical foul and offense is awarded 1 free throw and possession.
- Pressing: There will be no pressing in the backcourt AT ANY TIME except during the last minute of the game. **At no point can the defense perform a double team while pressing.** This means that once a team loses possession of the basketball, it must immediately retreat to a position behind half-court. However, anytime during the game if in the judgment of the referee the offensive team is not making a good faith effort to keep the ball in the forecourt, he/she can award the ball to the defensive team after a single warning. This particularly applies during the last two minutes of a game and in an overtime period.
- Stealing is allowed in all leagues.

### Backcourt and 3 Seconds Violations (Not applicable to 3<sup>rd</sup>/4<sup>th</sup> grade)

- Backcourt violations and the ten-second rule will be called throughout the game in the 7<sup>th</sup> and 8<sup>th</sup> and 5<sup>th</sup> and 6<sup>th</sup> grade boys' and girls' leagues.
- There will be no 3 seconds violation. Instead there will be 5 seconds violation of the lane area in the 7<sup>th</sup> and 8<sup>th</sup> boys and girls' leagues.

### Fouls

- Shooting and intentional fouls will be called in all leagues. All will be 2 shot fouls. Intentional fouls will also result in possession of the ball being maintained by the team fouled.
- Any player who commits 5 personal fouls will be disqualified. It is very important to do this from the first game so the players will not think fouling will be penalized.

### Jump Ball / Possessions

- There will be a jump ball to begin the game. On all subsequent jump balls and the start of each period, teams will alternate taking the ball out of bounds.
- Referees are responsible for maintaining which team owns the next possession.