



(C)hosen (Y)outh (D)evelopmental (B)asketball (L)eague

Rules & Expectations

Gym Protocol

- Please pay attention to children at all times. This means no climbing on bleachers or unsupervised bathroom visits. Failure to comply could result in ejection with no refund.
- All families must be escorted in and out of the facility. Please wait for your team's coach to walk your child to the gym. You are welcome to stay for practices, we recommend you bring a lawn chair.

Practices

Please be sure that your athlete brings a basketball to practice

Arrival time for games

No games will ever start more than 15 minutes early. Players are strongly recommended to arrive for games at least 20 minutes before game time.

Basketball size

Youth balls come in sizes 4 or 25.5 ages 5-8", 5 or 28.5" ages 9-12 (coed) Girls stay at this ball size) , or 6 or 29.5" (boys only ages 13+).

Bench

Only one head coach and one assistant may sit on the bench.

Clock

The game clock runs continuously and only stops in the following situations:

- During timeouts
- During the last minute of the game on all dead ball situations

Defense



Man-to-man & 2-3 zone defense is played so that players can learn the basic skills of individual and team defense.

Stealing the ball is allowed once it passes half-court. There is a no press rule for now. This might change once our athletes develop the necessary skill.

Teams are not allowed to pressure the ball full-court. Failure to comply results in one point for the other team.

After a made shot, a turnover, or a rebound, teams have to drop back to half-court and allow the ball to be dribbled down without pressure. Once the ball crosses half-court, the defense can guard the ball.

Full-court pressing is allowed and may be used for the entire game with the following exceptions:

- For the younger age groups (up to 5th grade), it's a good idea to limit the amount of full-court pressing.
- Man-to-Man defense should be played for the first half. In the 2nd half, teams may press or use any kind of defense they want if they are in the 7th-9th grade.
- A team that's ahead by 10 points may not full-court press to extend their lead, but they may use any other type of half-court defense.

Here's a rationale for the pressing rule:

- To expose and prepare young players with the knowledge of how to run and break a press in their future seasons.
- Extending the team's lead and "blowing the other team out" is not the intention.
- It allows every team a chance to get back in the game.

Fouls

Officials want to avoid injury to young kids, and they discourage rough play by blowing their whistles at the smallest physical contact. Even though basketball is considered a contact sport, young players are not big enough, strong enough, or mature enough to handle the kind of contact that occurs at higher competitive levels.

- A player fouls out of the game when he's called for a 5th personal foul.
- Penalty free throws are awarded on the 7th team foul during each half.



- If a team commits 10 personal fouls in a half, the opposing team is awarded an automatic 2 free throws on each subsequent foul.
- Technical fouls count as a personal foul, a technical foul, and a team foul.
- All technical fouls result in 2 shots and possession of the ball in bounds.
- If a player or coach receives 2 technical fouls in any one game, they're ejected from the game and must leave the gym immediately.

Free throws

The free throw distance for young players (up to 4th grade) is 13 feet. Coaches should have players shoot from the maximum distance at which they can shoot a free throw with good form. 6-8th graders will shoot from regulation which is 15 feet.

Free throws are usually only awarded for fouls that occur during the act of shooting. Typically, there are no bonus free throws or 1 & 1s.

Sometimes, the clock stops while shooting free throws, but not always. Free throws can really eat up the clock.

Youth Basketball Rules

Game length

Two 15-minute halves are common for a youth league game. There's a 5-minute half-time period after the 1st half.

To speed up the game, the game clock runs continuously and only stops at the end of each quarter, during timeouts, and for designated group substitutions.

Gender

Under 12 years of age, it's not uncommon for teams to be co-ed (boys and girls together on one team).

After about the age of 12, leagues are usually separated into boy's and girl's divisions if the amount of participants allows it.

Sometimes, there aren't enough girls that sign up to field a girls division, so boys and girls are mixed together.

Half-time



Half-time lasts anywhere from 2-5 minutes. Players typically have time to grab a drink, meet with their coach on the sideline, and maybe shoot around for a few minutes.

Jump balls/Alternate possession

The game begins with a jump ball, but after the opening tip, the alternating possession rule goes into effect.

- Any time there is a tied up ball, teams alternate throwing the ball in-bounds.
- At the start of each quarter, the team due for the next possession begins with the ball.
- If the game goes into overtime, a center court jump ball will start the period. The team that fails to get the jump ball will get the next jump ball.

Lane violations

A lane violation will be called if an offensive player remains in the lane longer than 3 seconds without the ball.

Number of games

Seasons usually consist of 6-7 games with one game per week.

Offense

There aren't usually any youth basketball rules regulating the type of offense a team can run. It's recommended that offensive plays be kept very simple and focus on the basics of passing, catching, and moving without the ball.

There are really two common offensive set-ups for youth basketball players:

1. One player is designated as the point guard to bring the ball down the court, with two players out on the wings, and two players inside the key as post players.
2. Two guards play out top to help each other bring the ball down, two wings stay out wide, and one post works the middle.

Isolation offense, spreading players out wide so the best player can go 1-on-1, is illegal.

Officials



Youth basketball leagues don't usually hire regulation officials; instead, they depend on high school or college kids to help out.

Most of the time, the experience level of the official doesn't matter too much because the level of play is so low. The officials' main function is to keep the game organized and help the youngsters learn the basic rules.

Timeouts

Coaches will receive two 60 second timeouts per half.

Overtime

In the event of overtime (OT), the duration of each quarter will be:

- 2 minutes for the 1st OT period.
- If the game is still tied, a 2nd period of 1 minute is played.
- If the score is tied at the end of 3 overtime periods, the game goes to sudden death; the first team to score wins the game.