

Interior Youth Basketball – Rules for Minor, Major, Junior Divisions – Revised MAY 9, 2018

INTERIOR YOUTH BASKETBALL basic rules are from the National Federation of State High School Associations Rule Book (Latest Edition)

The following rule exceptions are applicable ONLY to INTERIOR YOUTH BASKETBALL:

PARTICIPATION

The age requirement is changed to GRADE LEVEL. It will be as follows:

- A. LITTLE DRIBBLERS: K – 1st & 2nd Grade
- B. MINORS: 3rd & 4th Grade
- C. MAJORS: 5th & 6th Grade
- D. JUNIORS: 7th & 8th Grade

RULE #1 - EQUIPMENT

1. The playing court will be the same for all leagues with the following exceptions:
 - A. **FREE THROW LINE:**
 1. LITTLE DRIBBLERS – See supplemental rules handout for Little Dribblers.
 2. MINORS – 13' 6" free throw line and 5-second key.
 3. JUNIORS & MAJORS – 15' free throw line and 3-second key.
2. **BALL:**
 - A. Boys – the Minor league will use a (small) size 28.5 ball; Major and Junior leagues will use a (regular) size 29 ball.
 - B. Girls – All leagues will use a (small) 28.5 size ball.
 - C. Little Dribblers – All leagues will use a (junior) size 27 ball. (Do not inflate too hard.)
 - D. Coaches should always be able to provide a game ball during any game.
3. **UNIFORM:**
 - A. Each player will be issued a uniform. **Any player, who alters his /her jersey in any way, will not be able to play. Coaches and officials will strictly enforce this rule.**
4. **JEWELRY:**
 - A. **Absolutely no jewelry (including facial glitter) shall be worn during a game. Players refusing to remove jewelry will not be allowed to play.**
5. **LITTLE DRIBBLERS:**
 - A. **3 v 3 Full Court** - See supplemental handout for Little Dribblers

RULE #2 - REQUIRED PLAYING TIME

1. Player lineup must be turned into the scorekeeper five minutes before game time. The starting lineup may not be changed after being submitted to the scorekeeper. **Teams may start and finish with 4 players and this will not be considered a forfeit.**
Scorekeeper should be notified when a game begins, that a player has not arrived. Players, who are not present when the game begins, do not have to play, however, if the coach elects to allow the player to play, the player must play a full quarter. Coaches are encouraged to play such players. Coaches and scorekeepers will enforce this rule.
2. ***All players must play two complete quarters from beginning to end.** This rule applies to all "recreational" divisions. See exception below if "Advanced" brackets are created within a specific division.
****Substitutions may not be made during play within the first three quarters of the game.**
Substitutions during play may only happen in the 4th quarter. Officials should check with the scorekeeper before the start of the fourth quarter to determine whether all players have played their two complete quarters. If the opposing team questions whether or not a player has played his/her quarter, the question must be raised before the fourth quarter begins. Officials are requested to verify compliance with this rule before the start of the fourth quarter. It is up to the coaches to voice any concerns over the eligibility of a player BEFORE THE BEGINNING OF THE FOURTH QUARTER.
***EXCEPTION: Junior "Advanced" brackets do not adhere to the "two-quarter" rule.**
****Injury or disciplinary reasons.**
3. Once a player has become ineligible to play in a game, for any reason, that player shall remain ineligible for the rest of that game. If a team loses a player due to injury or fouls, the game may continue with less than 5 players.
4. Injured players may be removed from the game, but if the player is able to return, coaches are encouraged to make every effort to ensure that the player plays two complete quarters. If the player can be returned to the game in the same quarter, it will count as a full quarter.

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5. If a player does not show up for practice or is a disciplinary problem, the coach will inform the Program Coordinator of the problem. The Program Coordinator, after an investigation, makes the final decision on whether the player can play and/or must play.

RULE #3 - TIMING REGULATIONS

1. **ALL LEAGUES WILL PLAY GAMES LASTING FOUR (4) QUARTERS.**
2. **LENGTH OF QUARTERS:**
 - A. **LITTLE DRIBBLERS:** See supplemental rules handout for Little Dribblers.
 - B. **MINORS:** Four 8-minute, running clock quarters.
 - C. **MAJORS:** Four 8-minute, running clock quarters.
 - D. **JUNIORS:** Four 8-minute, running clock quarters.
 - E. **ALL LEAGUES (except Little Dribblers):** During the last 3 minutes of the 4th quarter, the clock will stop for all fouls and violations. During the rest of the game, the clock only stops for shooting fouls, time-outs, and any unnecessary delays.
3. **OVERTIME:** If the score is tied at the end of the 4th quarter, a three (3) minute overtime will be played under the same rules as the last three (3) minutes of the 4th quarter. There will be as many overtime periods played as it takes for one team to win the game.
4. **FORFEITURE:** A five (5) minute grace period from the scheduled game start time will be allowed before forfeiture. In addition, an allowance will be made for late finishes by earlier games. After the delayed start, begin the game with a full quarter.
5. **TIME-OUTS:** **Four (4) one (1) minute time-outs are allowed per game** and can be used at any time there is a "dead" ball situation or your team is in possession of the ball. One (1) additional timeout will be given to each team for an overtime game. (One (1) per overtime.)
6. **HALF-TIME:** Half-time for Minor, Major and Junior games is 5 minutes.
7. Referees will monitor these rules.

RULE #4 - DEFENSE

1. There is **NO PRESS** in the backcourt on any "**DEAD BALL**" situation except in last 3 minutes of play for **Minors** or last quarter of play for **Majors**. Teams **MAY** defend other "**LIVE BALL**" situations in the backcourt such as a turnover or a missed shot. **PENALTY:** No penalty for the first violation. Subsequent violations will receive technical fouls. However, for the backcourt violation, it is normally the result of over-enthusiasm. The practice is to allow the offensive team to take the ball down the floor without defensive pressure. When this occurs, the official will stop the game by blowing the whistle and moving the defensive player back down the floor.
2. Officials will enforce this rule. Coaches may remind an official of the rule only during a timeout.
3. **ZONE DEFENSE:** A Zone defense occurs when a defensive player plays the ball as opposed to guarding an offensive player, or when a defensive player guards an area of the court as opposed to guarding an offensive player. Whether or not a defensive player is "zoning" will be a judgment call of the official. Officials are cautioned that the rule does not prohibit a defensive team from "trapping," "switching," or "sagging".
The intent of this rule is to prevent the "chaser" defense where one or more players chase the ball from offensive player to offensive player; and the traditional zone defense, where one or more defensive player's primary responsibility is protecting an area of the court. Either of these situations is easily detected by anyone knowledgeable of basketball and should be strictly enforced.
Minors and Majors may not use a Zone Defense.
Juniors may use a Zone Defense.
Advanced brackets will be playing with regulation basketball rules except for the running clock and the last 3 minutes of each game the clock will stop on every whistle.
PENALTY: No penalty for the first violation. Subsequent violations will receive a bench technical.
COACHES must be familiar with the Leagues interpretation of the "zone" defense. A note of caution: while technically, "sagging and switching" defense is allowed, officials are aware of our "NO ZONE" rule and will make judgment calls accordingly.
4. For rules on defense for Little Dribblers, see supplemental rules handout for Little Dribbler's division.

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RULE #5 - COACHING ETHICS

1. Coaches will not criticize players in front of spectators but will reserve constructive criticism for private or in the presence of the team.
2. Coaches will accept decisions (on judgment calls) of the officials as being fair and called to the ability of the officials. A non-judgment call may be challenged.
3. Coaches will not criticize the opposing team, coaches, or fans by word of mouth or gestures.
4. Coaches will not use abusive language or profane language before anyone connected with the game.
5. Coaches **MUST** hold the final score within the following specified ***point spreads**:
 - A. Little Dribblers – No Score is kept
 - B. Minors 20 Point Spread
 - C. Majors 30 Point Spread
 - D. Juniors 35 Point Spread

***EXCEPTION:** Point spread does not apply to “Advanced” brackets OR at the end of season tournament for any division. **(When the game is "in the pocket," players who normally play less time should be given a large share of the remaining game time. Key players should be given bench time. In games where the point spread is exceeded both teams will be given a loss. Coaches may submit a written appeal to the grievance committee if they feel there were extenuating circumstances.)**

6. Coaches shall not be under the influence of alcohol or illegal drugs.
7. Coaches shall at all times set a good example and demonstrate leadership in teaching the advantages of sportsmanship to players.
8. Coaches will not incite players, spectators, or officials by a display of bad sportsmanship, either by word of mouth or by gestures, nor will they encourage others to do so. Coaches will do their best to enforce player ethics under RULE # 6.
9. Teams may not use videotape viewing during a game, including timeouts, quarters, half-time, etc. Filming may not be used by any team to support protests.
10. Coaches may be removed at the discretion of the Interior Youth Basketball Executive Board.

RULE #6 - PLAYER ETHICS

1. Players are expected to comply with the rules and ethics applicable to coaches and officials. The intent of this rule is to establish the right of coaches to require players to comply with reasonable standards of conduct and effort during all league activities. In cases where coaches cannot or do not enforce compliance, the Executive Board or its acting agents may do so under RULE # 9.

RULE #7 - PROTESTS

1. Coaches should be aware that there are no protest provisions in the basketball rules. Once a game ends it is ended.
2. While there are no provisions for protested games, the possibility exists where a complaint about compliance with league rules might be lodged. Prior to filing a complaint as outlined in RULE # 8, it might be appropriate to contact the Program Coordinator or a member of the Board of Directors.

RULE #8 - GRIEVANCES

The following rules will apply to all complaints and grievances pertaining to INTERIOR YOUTH BASKETBALL:

1. The Executive Committee, consisting of the officers of the corporation, will be the grievance committee. Any three such members will be a quorum.
2. Any complaints and grievances not covered in the rules and/or bylaws will be considered if it is presented to any officer of the organization, in writing, within 1 week (7 days) of the incident causing the complaint. All complaints will be acted on by the committee within 10 days of receipt of the written complaint. Written notice of the committee's decision will be sent to the person filing the complaint if the committee has received an address.
3. At no time will less than 3 members of the Executive Committee act on any complaint.
4. All decisions by the Executive Committee will be final.
5. Any problem or complaint concerning a coach will be handled using the above grievance procedure.

As with each of us, officials are not perfect. Errors will be made from time to time in the course of officiating a game. It is important to take our lumps and go on, reminding players that life isn't always fair, nor is basketball. Participation in Interior

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Youth Basketball includes learning the qualities of good sportsmanship. If you honestly believe an official continually exhibits poor knowledge and/or observance of the game, you may feel the league should be made aware of it. This should be done through the Program Coordinator.

On the whole, we feel the officials do a fine job, given the differences in rules that exist within the various organizations for which they officiate. In our discussions with the referee organization, we have encouraged tight and consistently called games, rather than loosely called ones. This is always an ongoing process as old referees leave and new ones join the organization. Don't forget that player advantage plays a big part in whether a call is made or not.

RULE #9 - DISCIPLINARY ACTION

1. The Executive Board shall have the power to impose such disciplinary action as deemed necessary for the coaches, players, teams or officials, including scorekeepers and timers, that fail to abide by the rules and goals set forth by this organization. Such disciplinary action may include, but will not be limited to suspension, barring, and or forfeiture.
2. The conduct of spectators including friends and relatives of players and coaches is no less important than that of coaches, players, and officials. In as much as INTERIOR YOUTH BASKETBALL ASSOCIATION has contracted rights to utilize gyms, it also has the right and duty to enforce compliance with the rules of the league by all spectators. Individuals whose behavior or presence is considered to be detrimental to the aims and reputation of INTERIOR YOUTH BASKETBALL ASSOCIATION may be barred at the pleasure of the Executive Board.
3. In an emergency or a short-term notice situation, as few as 3 members of the Executive Boards may take such action. In an extreme situation, it may be necessary for the good of all to remove a player from the league in order to avoid further disruption of association activities by a specific spectator(s).
4. A coach, any other adult acting in an official capacity, including scorekeepers and timers, or a spectator, may be barred from further participation in the league or any of its activities by a violation of any of the following rules:
 - A. By striking any player, league member, official, spectator or other participants.
 - B. Unsportsmanlike conduct, or violation of coaching ethics whether on the floor or as a spectator.
 - C. RECRUITING OF PLAYERS KNOWN TO BE MEMBERS OF ANOTHER TEAM.
 - D. Entering a player in a game with the prior knowledge that he/she is bruised or injured to such an extent that further play would jeopardize his/her health.
 - E. To knowingly permit an ineligible player to participate in any portion of the game.
 - F. (VIOLATION OF THIS RULE ALSO MEANS FORFEITURE.)

Whenever possible, prior to the Board's decision for disciplinary action for coaches, teams, officials or spectators, a hearing will be held with written notice to participants (where possible). If the accused does not appear at the hearing, the right of appeal will be forfeited and the Executive Board can render its decision.

RULE # 10 - NEW PLAYERS

1. All players who sign up before tryouts will be placed on a team. Both Program Coordinator and one neutral coach of their choosing will, at their discretion, and in the interests of keeping the teams even in talent, place new players on teams but only if the team is in danger of forfeiting because of lack of players.