

# Interior Youth Basketball

## Senior League PLAYING RULES

**Senior League will be playing with regulation basketball rules, except for the following:**

### GAMES

1. Every HOUR promptly. Times *may* be at 6:00 PM, 7:00 PM, 8:00 PM and/or 9:00 PM with the last game ending by 10:00 PM. (Times vary depending on gym availability.)
2. If a team is not on the court at game time, the clock will start. After **10 minutes, (first quarter)** if both teams are not on the court, then the game is a forfeit. Teams can start and finish with 4 players if that is all that showed up. Please have your team ready to take the court as soon as the previous game is concluded so that proper warm up (5 minutes) can be allowed. A non-rostered player, who is already registered to play with IYB in the Senior Division, at the approval of the coach who is short a player (i.e. fewer than 4 players at the start of the game,) can play in the senior game and this will be a sanctioned IYB game.
3. **10 minute quarters with a running clock that stops only for time outs.** There is no stopping the clock for injuries. If an injury occurs that halts the game and the clock runs out, then the game is over and high score wins. **The clock will stop on every whistle the last 3 minutes of the game.**
4. Half time will be 3 minutes.
5. Each team has two (2) one (1) minute timeouts.
6. Free throws, including 1 & 1 situations & technical fouls, will be shot during the game. The clock continues to run during free throw shooting. As per high school rules, a player has 10 seconds to shoot a foul shot. Also, if time out is called during a free throw situation, the clock will restart when the referee gives the ball to the play on the foul line.
7. Substitutions can be made during "dead" ball situations. Players must enter and leave the game as quickly as possible to keep the game flowing.
8. Coaches are encouraged to give as much playing time to every player as possible. Every player must play at least two full quarters from beginning to end. ***Please play everyone as much as possible.***
9. **Tie Game:** At the end of regulation time, if the game is tied, then each team will pick 3 players to shoot two free-throws each. The highest score will win. If still tied, each team will pick one player to shoot. These players will alternate shooting until one misses and the other player makes their basket. It is imperative that these free throws start immediately and move rapidly to a conclusion. A time limit of 3 minutes to do this is mandatory and all other players must vacate the area.
10. **End of Game:** Both teams must vacate the area immediately and allow the next teams playing an opportunity to warm up. **COACHES and PARENTS** please make this happen as rapidly as possible or our time schedule will be disrupted. The teams that play the last game must clean up the gym and check the rest rooms. Vacate the school as quickly as possible afterwards.

### OFFICIAL BOOK

Home team will be responsible for the official book. Please have this person fully ready to begin at the start of the game. This person must pay close attention to the officials so the points awarded to a player who was fouled and the number of the player who committed the foul are correctly marked in the book. The Visitors team must supply the timekeeper.

**\*Winning coaches shall email the scores into the Fairbanks Daily News Miner after the game;** [dmartin@newsminer.com](mailto:dmartin@newsminer.com)

### 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. 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. 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.

## **COACHING ETHICS cont.**

7. Coaches shall at all times set a good example and demonstrates leadership in teaching the advantages of sportsmanship to players.
8. Coaches will not incite players, spectators, or officials by 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. (See "Player Ethics" below.) Teams may not use a recorded video during a game, including time outs, quarters, half-time, etc. Video recording may not be used by any team to support protests.
9. Coaches may be removed at the discretion of the Interior Youth Basketball Executive Board.

## **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. (See "Disciplinary Action" below.)

## **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 over compliance with league rules might be lodged. Prior to filing a complaint as outlined in "Grievances" (below,) it is appropriate to contact the league representative. You may also contact the Program Coordinator or a member of the Board of Directors.

## **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 by-laws 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. All decisions by the Executive Committee will be final.
4. 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 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 whom 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.

## **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. Inasmuch 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

### **DISCIPLINARY ACTION cont.**

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 three (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 it's activities by violation of any of the following rules:
  - A. By striking any player, league member, official, spectator or other participants.
  - B. Un-sportsman like 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 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 or 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.

### **NEW PLAYERS**

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.