

YOUNG AMERICAN BASKETBALL LEAGUE

RULES AND REGULATIONS

(Updated Oct 2016)

The Young American Basketball League will be governed by the official High School Rules adopted by the National Federation of State High School Association with the exception of the following modifications for youth league use.

These rules may, at any time, be changed, altered, or discarded, at the discretion of the recreation department in the best interest of the league, divisions, teams, or individuals within the league.

Article I: PROGRAM GOALS

- Allow for maximum game time for each participant knowing that children learn by playing
- Teach the basic fundamentals of dribbling, passing, shooting, offense, and defense in a progressive format
- Keep foremost the physical, psychological and emotional welfare of the child
- Instruct participants in the rules and techniques involved in playing the game of basketball
- Inspire participants to practice the ideals of good sportsmanship, scholarship, and physical fitness
- Encourage adults, coaches and officials to behave in an exemplary manner when supervising youth to maintain a positive learning environment for participants
- Positive encouragement, fun atmosphere, team spirit, cooperation, character and integrity

Article II: LEAGUE RULES

1. DIVISIONS

a. Divisions will be established based on grades as follows:

- 1.Boys/girls Coed – Kinder, 1st
- 2.Boys/girls Coed – 2nd grade
- 3.Boys – Grades 3rd – 4th
- 4.Girls – Grades 3rd – 4th
- 5.Boys – Grades 5th – 6th, 7th
- 6.Girls – Grades 5th – 6th, 7th

(Note: Divisions may change or be altered based on registrations and coaches availability)

2. COACHES CERTIFICATION

- a. Volunteer coaches' application and be subject to a background check before becoming a youth coach. Head coach and assistant coach (any adult in contact with children and/or adult helping with team MUST have application and background check)
- b. All coaches may be certified through the National Youth Sports Coaches Association program is applicable
- c. One Assistant coach per team
- d. Coaches will be selected based on the number of teams needed, and registrations.
- e. Paper Coaches- There shall be no paper coaches enabling a team to secure players. Only two coaches option players on a team. There will be no exceptions.

3. TEAM SELECTION

- a. Player evaluation and team selection required prior to the start of the season
- b. Each year, players will be drafted onto new teams in order to provide maximum exposure to coaching styles and knowledge, and to insure the most balanced division of talent
- c. Player Selection and Roster Guidelines:
 1. **All players will attend a player evaluation that includes a series of drills and exercises (Exception: K, 1st-2nd grade)**
 2. All coaches will rate the skill level of players on a scale of A, B, or C.
 3. After player evaluation, all score sheets will be tallied and a consensus will be made as to the skill level of each player.
 4. Player Selection Format:
 1. 3rd – 8th grade: will follow a selection rotation starting with “A” ranked players and continuing through the ranked levels “B” and “C” level until all players have been selected.
 5. Children of Coaches
 1. Only children of one head coach and one assistant coach per team will be allowed “coaches pick” and sheltered from the draft process. Coach’s picks will be distributed based on their ranked level.
- d. The Rec Dept shall have the authority to change roster assignments at any time in the best interest of the child and will be determined on a case to case basis.

4. PLAYERS, SUBSTITUTES, AND EQUIPMENT

- a. ELIGIBILITY –
 1. No person may play in the YABL if that person is or was a member of a school sponsored basketball program at any time during the current season. If discovered after the season begins, all games played will stand as is and that person will be suspended from further play. The Rec Dept staff has the discretion to allow an individual to participate depending on the circumstance and will decide upon each situation on an individual basis.

2. **TRAVEL TEAMS are not eligible to play in city youth basketball league and city youth basketball teams are not eligible to participate in travel leagues; tournaments are acceptable for city league teams**
 3. If a person is expelled for disciplinary or other reasons, for a certain length of time, that person will not be allowed to practice, coach, and/or play in a game for the same length of time.
- b. **TEAMS**
1. Each team shall have no more than 10 players (unless otherwise specified) and no less than (5) five players.
- c. **ROSTERS**
1. Copies of rosters must be submitted to the Rec Dept immediately following team selection.
 2. Players may not move to a different team unless authorized and approved by the Rec. Dept
 3. Roster must consist of Coaches and Asst. Coaches name, phone number address and other pertinent contact information.
 4. Coaches must notify Rec Dept when a player has quit, stopped attending practices and games or otherwise withdrawn from the program. This is especially crucial during the first few weeks of practices; communication with recreation department is important

Article III: GAME RULES

All games are governed by the National Federation of State High School Association rules with the following exceptions:

- d. **UNIFORMS**
1. Each team will be issued a uniform prior to their first game.
 2. Players and coaches are required to wear gym shoes, or some other non-marking shoe, at all times while on the basketball court.
 3. Players shall use the same number each game.
 4. No jewelry or hair clips allowed.
 5. **Any change or alterations to uniforms need approval of the recreation department. (ADDITION)**
- e. **PLAYING TIME – PARTICIPATION** – To assure fair participation for players, the following guidelines are to be followed:
1. Coaches will designate their lineup in shifts of players of equal or near equal skill levels. Players will be required to shift every 5 minutes. (Every 4 minutes if more than 10 players on team). Adjustments may be made in the event a team has 9 or less players. Then this happens, coaches must rotate different players in the additional shifts each week.

2. Players may not play 3 consecutive rotations unless they are down to 5, 6 or 7 players.
3. Substitutions can be made due to illness, injury, behavior or other situation approved by the recreation staff.
4. SHIFT rotations will be monitored at the scorers' table and all staff will adhere to the official rotation of players at all times.

- a. **EXCEPTION: IF a player has three (3) fouls in the first (1st) half, he/she may be substituted out for one rotation. IF a player has four (4) fouls in the second (2nd) half, he/she may be substituted out for one rotation. The substitute may not play three consecutive periods in a row and substitutes must be of the same skill level. Time will be counted against subbed player.**

5. OVERTIME ELIGIBILITY- Any eligible player, meaning one that has not fouled out of the game may play in an overtime period. For timing purposes an overtime period is considered an extension of the 4th quarter, which, if interpreted according to the above would mean that any player who had already played three quarters would not be eligible to play in overtime period if they played quarters 1,2 and 3. Those players scheduled for quarters 1, 2 and 4 or 1, 3 and 4 or 2, 3 and 4 would be able to play in overtime, which seems to discriminate against the former player.

- a. **FREE SUBSTITUTIONS-**

1. Not allowed for K-2nd

2. Last 2 minutes of game for 3 – 4th grade division.

3. Last 2 minutes of each half for 5th – 7th grade division ONLY. (ADDITION)

- b. **TIMING OF EACH GAME:**

1. **Games in the 1st/2nd grade division will consist of four (4) ten minute running time periods.** The clock will stop for foul shots and time outs only. Score will not be maintained in this division.

2. Two (2) 20 minute half running time and clock stops every 5 minutes for player rotation. **IF** teams have more than 10 players, running time will increase to 24 minutes a half and time stops every 4 minutes for player rotation. Time will stop for rotation, injuries, and substitutions, unless otherwise specified.

3. **Exception: IF** a team is up by 20+ points, the clock will not be stopped at the end of the half except for time outs.

4. **Clock will stop**

- a. **Will not stop for K-2nd**

- b. Last 2 minutes of game for 3rd-4th grade division.

- c. Last 2 minutes of each half for 5th- 8th grade division.

5. **TIME-OUTS** – Each team is allowed two (2) time outs in each half. About one minute is allowed for each time out.
6. **OVERTIME** – Overtime periods will be three (3) minutes long with the clock stopping on the whistle. One (1) timeout will be allowed.
- c. **OFFICIAL SCORE**
1. The running score will be the official score. If the officials are undecided on whether time expired for the last second basket, timekeepers will make the final determination as to whether the basketball is good. If the timekeeper disagrees, the basket will not count.
 - **NO scoring in K- 2nd grade division - Coaches will monitor game in a scrimmage setting to assist players with the fundamentals and teach the basic fundamentals of dribbling, passing, shooting, offense, and defense in a progressive setting and instruct participants in the rules and techniques involved in playing the game of basketball**
- d. **3 – POINT SHOTS**
1. **NO 3 point shots in 3rd – 4th grade divisions**
 2. 3 point shots allowed in 5th – 8th grade division ONLY
- e. **FULL COURT PRESS**
1. **Not allowed in 1st – 2nd grade division**
 2. Last 2 minutes of game for 3rd-4th division
 3. Last 2 minutes of each half for 5th – 8th grade division ONLY
 4. **Exception: IF** a team is up 20 points, the clock will not stop and no pressing allowed.
- f. **IN –THE-PAINT RULE**
1. Teams ahead by 15 points will only be allowed to play defense in the paint. IF a team gets below 15, regular play will resume.
- g. **Out of Bounds and the Throw In**
- h. **Restraining Line**
1. The restraining line is to allow the player making the throw-in adequate room to throw the ball into the court. None of the other nine players, defensive or offensive, may be inside the restraining line until the ball passes the plane of the line. The player making the throw in may step into the restraining area from the out-of-bounds area in order to make the pass. Only the restraining line parallel to the out-of-bounds line where the ball is being in-bounded is in effect at the time of the throw in.
- i. **Half court press**
1. A half court press is the only allowable press for throw INS, from out of bound at mid-court for a throw in. **EXCEPTIONS:** Once the ball obtains frontcourt. If the offensive team calls a time out then the following inbound pass and any subsequent ball handlers may be pressured anywhere on the court.
- j. **Defense-**
1. Man –to – man Half Court – GRADES Kinder – 2nd grade division must play person-to-person defense. (No trapping allowed.)

▪ **Person – Person – Defined:**

The defending player must stay within six (6) feet of the offensive player. Failure to remain within this distance constitutes a zone defense. This defensive player must be making an attempt to guard their player for a fair person to person defense.

(Coach in K-1st-2nd grade division assists players in learning and implementing this person to person defense. Teach the basic fundamentals of dribbling, passing, shooting, offense, and defense in a progressive format)

Penalty:

1) Warning on player/team issued

2) Technical one shot and the ball.

DEFENSE –

Kinder – 2nd grade division – Man - to – man Half Court

3rd - 4TH grade division - Mandatory Man-to-man 1st half, man-to-man and/or zone (optional) 2nd half

5TH – 6TH GRADE Man –to –man/ zone (optional)

- **HALF COURT PRESSURE**- Half-court pressure cannot begin until the ball attains frontcourt status. This means that a dribbler must have both feet and the ball in the frontcourt before the defensive team can pressure the ball. The (10) ten-second backcourt count continues until the frontcourt status is attained. Pressure is defined as having a defensive player within six feet of the ball handler.
- **Trapping:** It is considered to be trapping when more than one defensive player guards the offensive player with the ball. If an offensive player is traveling down the court and a defensive player is side by side or swiping ball away... it is the judgment of the official to rule an illegal defense, or trapping.

Penalty:

1) Warning for player/team

2) Technical one shot and the ball.

- **SWITCHING:** Switching is permitted. Switching is not considered trapping as long as the defensive players do not defend against the same player at the same time.
 - **(Coach in K-1st-2nd grade division assists players in learning and implementing the correct format. Teach the basic fundamentals of dribbling, passing, shooting, offense, and defense in a progressive format)**

k. **Free Throw**

1. **Free Throw Line**
2. **The K – 2nd Division will shoot from in front of the line.**
3. The Junior Division may shoot from in front of the line.
4. The Senior Division will shoot from behind the line.

l. **Bonus Situation-**

1. A team will be in the bonus situation on the seventh foul. This applies to both divisions.

m. **Violations and Penalties – (3rd – 8th only)**

Kinder – 2nd grade division – Coaches will instruct and teach the following (may assess violations, fouls and penalties as the game is in a progressive format)

1. **Lane Violations**

1. A player may not remain, for more than five (5) seconds; in his/her free throw lane while the ball is in the possession of his/her team in his/her front court.

2. **Restraining Lines**

1. A violation of the restraining line causes the ball to remain dead and the ball is given to the team that did not violate the provision at the same spot for a throw in.

3. **Lane Violations on Free Throws**

1. Ball must hit the rim of the basket when a free throw is shot before any player can move from their position on the free throw line.
2. **Players on the bench are not allowed to yell during free throws, will be penalized with opposing team given extra shot (ADDITION)**

3.

n. **Fouls and Penalties**

1. Five (5) personal fouls shall disqualify a player from the game
 - a. **EXCEPTION: IF** a player has 3 fouls in the first half, he/she may be substituted out. **IF** a player has 4 fouls in the second half, he/she may be substituted out.
2. Any player that receives two (2) technical fouls; and any coach or attendant that receives four (4) technical fouls during the current season will be disqualified from further playing/coaching during the rest of the season.

2. **Bench Personnel – ALL DIVISIONS**

1. All bench personnel are to be reminded that they are to display good sportsmanship at all times. The coach responsible for all conduct on the bench and any technical fouls that are assessed to bench personnel automatically assesses both the offender and the coach. Coaches are responsible for reading and understanding section 34 of the Basketball Rule Book. The coach and athlete are also required to exercise all Code of Ethics and Code of Conduct Pledges. **There will be zero tolerance for any unsportsmanlike, violent or threatening acts.**

3.Coaches – ALL DIVISIONS

1. One coach sitting, one coach standing at all times.
2. Head coach is responsible for his/her assistant coach.
3. Head coach is only coach to approach officials/scorekeepers.
4. Before each game, the coach must be in the proximity of the court area. In an effort to reduce confusion in the court area, the coach should not allow his/her team on the court until the preceding teams has cleared the court. Please wait in the bleachers until it is time for your game. This makes for the better control
5. Line-ups- Coaches must turn in completed line up in the scorebook before the team can take the court.

ARTICLE IV: Officials, Recreation staff

OFFICIALS: It is expected of coaches and players to give the officials 100% support at all times during the games. A coach may not make his/her task more complicated by **complaining, yelling or disrupting calls.** The officials have been instructed to warn the coach first. If this does not take care of the situation, officials and league recreation leaders are instructed to utilize the technical penalties for disruptive and irate coaches. **Coaches are required to adhere to the Coaches Code of Ethics and Code of Conduct pledges.**

League Board and Directors

The Young American Basketball League is organized and operated by the City of Las Vegas Recreation Department.

Recreation Staff and League Coordinator- The staff and League Coordinator play a very important role in the operation of the program. They will meet to:

1. Consider possible rule changes.
 2. Make decisions concerning eligibility of players.
 3. Discuss ways to promote good sportsmanship among players, coaches, officials, and spectators.
 4. Discuss ways of improving the league.
 5. Add or delete players to the teams according to the rules.
 6. Discuss and make decisions concerning all disciplinary action against players, coaches, officials and spectators.
 7. Field questions concerning league rules, interpretations, grievances, etc, and provide answer to the above.
2. **Disciplinary Actions-** Any player, coach, official, or other individual associated with the YABL program, upon majority vote of the YABL league coordinators, director of Recreation and involved parties, after a proper hearing, may be suspended for any period as determined by the league Coordinator, if he/she is found to have committed any of the following acts:
1. Violation of any of the rules prescribed herein; Code of Conduct/Code of Ethics

2. Consuming alcoholic beverages and/or drugs while in the presence of YABL participants.
 3. Committing an unsportsmanlike, violent or threatening act.
 4. Any unauthorized use of funds within any organization of the league.
 5. Striking, physically abusing and/or verbally abusing any coach, assistant coach, player, Coordinator, league game official or spectator.
 6. Using profane language or abusive language, whether on the field of play, or as a spectator.
 7. By directly or indirectly receiving financial benefits or compensation or offering to pay anyone.
 8. Committing or having committed any act that reflects unfavorably on the league.
3. **League Coordinator**- the League Coordinator has the authority to remove or replace a coach, manager, or a player with a valid reason for the benefit of the program. The decision can be appealed to the Recreation Director.
 4. **Protests**- No protests will be allowed. A coach may ask for clarification of a ruling and the rulebook will be consulted. If the clarification is not satisfactory then the League Coordinator present will be called upon to make an interpretation of the rule. This ruling will stand and the game will continue. If there is still a question about the ruling, the League Coordinator will discuss the situation further, but all prior rulings will stand.

COMMENTS

I. OFFICIATING- Many people think that they can officiate but very few will even try. **IT IS EXPECTED** that coaches and players support the game officials in the very difficult task of basketball officiating. The officials will work the entire game. There will be no changing at the half.

I. SPORTSMANSHIP- Sportsmanship cannot be emphasized enough!!! If a coach, player, official or spectator cannot or is unwilling to conduct him or herself in a respectable manner they should not be part of the youth basketball league and will be asked to leave the program. This program will only be as good as you make it.

Amendment: Behavior that is considered unsportsmanlike, inappropriate behavior, language, and actions as determined by the recreation staff will not be tolerated and may warrant ejection for not only the person/spectator but also the child participating in the YABL program for the remainder of the game, and future games if considered necessary by recreation staff.