



2019-20 WINTER LEAGUE YOUTH RULES

12/2/2018

2019-20 Revisions

1. **TECHNICAL FOULS / LEAGUE DISCIPLINE** –
 - 1st technical** = no penalty
 - 2nd technical** = warning
 - 2 technical's in 1 game** = 1 game suspension + warning
 - 3rd technical** = two game suspension + warning
 - 4th technical** = season over (min 5 games) + 1 year on zero tolerance + advisory review
 - ZERO TOLERANCE** – 1 Technical = season over + 1-year suspension + advisory review
 - Note:* To get off Zero Tolerance – you must be tech free for 1 year. Players remain on Zero Tolerance until they are cleared.
2. **OUT OF UNIFORM RULE UPDATE/ CHANGE**
 - 7th Grade to Adults – 2 points put on board for each player in violation, plus personal and team foul
 - 3rd Grade to 6th – personal and team foul

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Where Winter League rules are not either clear or do not address a topic, NFHS rules apply.

#1. PLAYING TIME, SUBS, LATE PLAYERS, FILL IN'S

PLAYING TIME

- **7 or 8 PLAYER PLAYING TIME RULE** Every player **must play a minimum of half of each game** and sit a **minimum of 1 full quarter**. Note: *Equal playing time is not a league rule.*
- **6 PLAYER PLAYING TIME RULE** All players must sit a minimum of ½ quarter and play a minimum of ½ of the game.
- **SUBSTITUTE TIMING** Substitutions **may only occur** at the start of a quarter, or half way through each quarter except in the case of injury. A 10 second clock stoppage may occur around half way through each quarter to allow for substitutes. This **substitution stoppage** is NOT a charged timeout. Only players who are being replaced should leave the court. This stoppage should occur roughly at between 3:45 to 4:15 minute mark. It may occur at the referee's discretion, when there is a slowdown in play. A dead ball is not required. Coaches/ Captains should request this of the referees. It is not the referee's job to remember this.
- **INJURED PLAYER RETURN** An injured player may return to play ASAP or when there is a whistle or any stoppage in play. A player who is feeling better may return to action at any time and does not need to come in at a normal substitute time.
- **TIME OUT AT SUBSTITUTION** You **may not substitute during a timeout** unless it was called at the same time as a substitution stoppage.
- **PLAYING TIME TRACKING** Both coaches **MUST** track substitutions, fouls and violations such as illegal defense etc. Referees do not track total fouls, and the game cannot begin until both coaches are prepared to do so.
- **PLAYING TIME VIOLATIONS/ FORFEIT** Breaking playing time rules results in a forfeit. Please **FOREWARN** any coach who is about to break this rule, to avoid a possible forfeit. Report violators to your commissioner.

LATE ARRIVING PLAYERS (As it affects playing time rules)

- **LATE PLAYERS** A player who has arrived late, is considered to have sat during those quarters during which they were not present and therefore did not play.
- **CASE PLAY:** A team is required to meet the playing time rules based on the total number of active, eligible, noninjured players at the game. A team must follow the playing time rule based on this most up to date adjusted player count. **Example: #1:** A team begins the game with 5 players and a 6th player show up late. They are now required to follow the 6-player playing time rule **if logistically possible**. **Example #2:** A team begins with 8 players at game time, one gets injured, and 1 gets

disqualified early. They are now only required to follow the 6-player rule *if logistically possible*.

Example #3: A team with 6 players has a 7th player show up late in the 3rd quarter. Since they cannot logistically follow the 7-player rule due to time left, they may continue to follow the 6 player rule. In addition, they may choose who will “legally” violate the 7-player rule and not sit twice.

FILL IN PLAYERS (Replacing Missing Players)

The league policy is that no canceled games will be made up, or rescheduled unless the cancelation is weather, or facility related, and only space permitting. All league scheduled games must be played or will be recorded as a forfeit. To avoid this, a team may request a legal Fill in(s) from their commissioner.

FILL IN PLAYER ACQUISITION PROCEDURE

Coaches must use the following procedure to obtain a fill in for a missing player unless otherwise directed by the commissioner.

- They must contact their **commissioner** requesting a fill in(s) while letting them know who they are missing. Specify if you are looking for a specific position.
- Maximum number of legally obtained fill in(s) allowed at any game is 2.
- The fill in should wear a team jersey in the correct color, or very similar color if possible. Extra jerseys are provided to each team to help facilitate this and are to be returned afterwards. Commissioner may issue a shirt violation waiver in this case.
- Only registered, paid, Winter League players from the same age group as the missing players, may fill in.
- Commissioner must notify both teams as to who the fill ins are, and they may not exceed the top-rated missing players rating in any case.
- **No fill ins are permitted during the March Madness playoffs!**
- Captains and coaches who use illegal players will be suspended for 2 games and vanish any wins from those games.

#2. GAME TIMING, TIME OUTS, & 3 POINT SHOTS

- **QUARTERS** (4) 8-minute quarters
- **INTERMISSION** 1 minute between quarters and at 2:00 minutes at half time. (Score Keepers - *Please set clock to keep games moving.*)
- **CLOCK STOPPAGE**: Clock ONLY stops during injuries, foul shots, substitutions, and timeouts.
- **CLOCK END OF QUARTER STOPPAGE** Clock stops on all whistles during the **final 30 seconds** of each quarter.
- **OT CLOCK STOPPAGE**: Clock also stops on **all whistles** during the final 30 seconds of **overtime**.

- **TIME OUTS GAME**: Each Team has 2 Timeouts per game.
- **TIME OUTS OT**: Each team has 1 timeout for the entirety of the overtime period(s), regardless of how many occur.
- **3 POINT SHOTS** 3 pointers count only where courts have a clearly marked 3-point line, or tape to clarify.

#3. OVERTIME & SUDDEN VICTORY

REGULAR SEASON OT

- Tie games will be decided by a full 2:00 minute overtime period, you DO NOT, have to substitute before or during OT.
- Additional Over Time(s) will play sudden victory OT. (1st team to score wins).

MARCH MADNESS OT

- No sudden victory. Instead play additional 2-minute overtime periods until a winner is decided.

#4. 1st to 6th GRADE RULES, RESTRICTIONS, ADAPTATIONS

- **REGULAR SEASSON OPPONENT SHORT ON PLAYERS** If an opponent can only field 4 players, then you must play with 4 also during the regular season.
- **MARCH MADNEES OPPONENT SHORT ON PLAYERS** During March Madness, you do not have to match their lower numbers.
- **LANE VIOLATIONS (Girls 1st-6th, Boys 1st-4th)** - Shooter who violates, will not be penalized, unless he is the 1st to touch the ball after the foul shot, or begins moving forward after releasing the shot.
- **LOWER BASKET HEIGHT** – Lower hoops for Grades 1st & 2nd. Adjust based on skill and size of players, please both coaches should discuss this. If they cannot agree, the referee will make the final call.

1st to 6th NO BACK COURT DEFENSE RULE

- All Players must back up to the division line before they can play defense. No front court defense is allowed. Violation:
“Illegal Defense.” Note Kerr Backcourt line is the red line. Time line is the division line.

1st to 6th DEFENSIVE RULES

- All players must play man to man defense in 1st to 6th grades.
- **MAN, TO MAN RULE LEAGUE DEFINITION**: Man to Man by rule is staying within 3’ of your opponent while they are either touching the ball, or completely inside the 3-point arc.

- DOUBLE TEAMING IS NOT PERMITTED – Violation “Double Team.”
- ZONE/WANDERING DEFENSE IS NOT PERMITTED – Violation “Illegal Defense.” Illegal Defense is also called when a defender hangs off, or sags too far away from their opponent, i.e. more than the required distance. This may be done to anticipate, and or potentially assist another player who is inside the 3-point arc. No illegal defense should be called outside the 3-point arc.
- HELP DEFENSE: Players may play help defense. If a dribbler escapes from his defender, another defender may leave their man, but both must switch players, one to this newly “free” uncovered player. The trailing “beaten” defender must then switch to the other offensive player who was not left uncovered. If both players, whether intentionally or accidentally, end up covering the dribbler, then double teaming should be called. Sometimes, good officiating will apply discretion or advantage, holding the whistle, to allow less skilled players to self-correct and find their man, or stronger players to finish, despite being double teams, as in advantage in soccer.
- **Rebounding Exception:** Double teaming is not called on rebounds as long as the rebound ends up in the paint. This continues, until the player with the ball either exits, or passes the ball out of the paint. Even if they are indeed being double teamed while in the paint after the rebound, there is no violation.

Exception: Double teaming is not called if someone dribbles willingly or accidentally into a 2nd man, or into a double team, unless the defender actively moves and or attempts to steal the ball.

- **Double Teaming Advantage:** Referees may allow “advantage” as in soccer. This means they may wait to see what happens, or blow the whistle late, and bring it back, on a potential double team to try and avoid calling it should the player, who, despite being double teamed scores. If that player loses their advantage, due to the double team, then play is brought back to the spot of the double team, the violation enforced.
- **1st to 6th – NO CLEAR OUTS PERMITTED:** Coaches do not run clear out, or isolation plays. Involve all players. Referee may penalize violators with an “illegal offense” call, which adds to the illegal defense totals.
- **1st to 6th – SINGLE PLAYER COVERING THE BALL NO PERMITTED:** Coaches may not assign one player **to always** “cover the ball” but instead must match them up with a partner. Violation is an “illegal defense”.

3rd -6th Grade FULL COURT MAN TO MAN “PRESS RULE”

- During the final 2 minutes of the 1st half, 2nd half, and overtime, teams may choose to play full court man to man and are not required to back up to the division line.
- They still must comply with the Sportsmanship & Restricted Defense Rule (#6 rule 7a. & rule #4).
- They also must observe all other man to man rules including but not limited to no double teaming, etc.

#5. ILLEGAL DEFENSE & DOUBLE TEAM ENFORCEMENT

- 1st & 2nd offense of double teaming, illegal defense, or illegal offense, will result in a warning, and possession at the spot of the violation.
- 3rd & future offenses will result in a two foul shot violation and possession at the division line.
- Illegal Defense counter resets at half time, but carry's over in overtime.

#6. 7th to 12th GRADE RULES

Follow NFHS basketball rules. No restrictions except playing time, Sportsmanship, and Mercy rules.

- **OPPONENT PLAYING SHORT** - Teams have the option to play 5v4 when their opponent has only 4 players in attendance.

#7. SPORTSMANSHIP & MERCY RULES

- **SPORTSMANSHIP RULE:** When leading by 20 points or more, no front court pressure is permitted in any youth age groups. Full court pressure may resume, once the differential is less than 20 point, provided it is permitted at that age group.
- **MERCY RULE:** Clock runs, and doesn't stop except for injuries, and substitutions, when a team is leading by 25 points in the 4th quarter. Both teams' loss any remaining timeouts.
- **Exception:** March Madness -Mercy Rule is waived.

#8. LEGAL GAMES & FORFEITS

- A minimum of 4 players are required to begin

Exception: 3rd/4th girls that play 4v4 require 3 to begin.
- **FORFEIT** If a team has less than the minimum No. of required players, 5 minutes after the scheduled start time they will forfeit the game. If there is a forfeit, a friendly game may still be played and officiated.

#9. ELIGIBILITY, TRADES, ETC.

- All trades are strictly forbidden without prior commissioner approval.
- **No Game Day Trades are every permitted!**
- Only players assigned to your team may play for you. Use of any other player will result in an automatic forfeit.
(Exception: See legal Fill In's & Procedures)

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- All teams make the year-end “March Madness” playoffs. The season standings determine the seeding of those teams.
- There is no minimum number of games required for a player to be eligible to play in March Madness, if they are registered and have paid in full.

#10. UNIFORMS

- All players must be registered, paid, and be wearing the correct color Winter League jersey to participate. Coaches may not override this rule. A shirt with no # is legal and can be a 00 and not subject to a technical foul.
- 7th Grade to Adults out of uniform – 2 points put on board for each player in violation, plus personal and team foul
- 3rd Grade to 6th graders out of uniform – personal and team foul
- No jewelry or casts may be worn at any time on the hand, forearm, or elbow as per NFHS rules.
- **Fill In “Out of uniform player approval rule”:** Any player who is out of uniform must have the opposing coach/captain, & commissioner’s approval to be eligible to play. If he is a legal Fill In, then there is no penalty involved. The opposing coach must verify that the player is indeed on that roster, to be permitted to play.
- Persistent uniform violations may result in a player not being permitted to play. Cutting the sleeves off must keep in adherence with the image of the league and be modestly altered. Alterations should not expose undergarments.
- The league reserves the right to reject any uniform alterations and require that player to purchase a replacement jersey at the player’s expense. Consult the league before altering any jerseys.

#11. BEHAVIOR & PUNISHMENT

FOUL LANGUAGE & QUESTIONING OFFICIALS

- Coaches, players, and spectators are not permitted to question a referee's call.
- Coaches who wish to discuss something with a referee should be polite and ask the opposing coach to be present as well during the discussion. This should take place during a timeout, or normal stoppage in play.

Swearing, foul or abusive language will not be tolerated.
- Spectators must not engage in verbal harassment of players, fans, or officials.

LEAGUE DISCIPLINE & BEHAVIOR

- Spectators & Coaches must stay off the court, unless otherwise beckoned by the referees.
- Entering the court without approval may result in warnings, ejections and/or suspension.
- Referees may eject a player, coach, or spectator.

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- Referees and coaches are to report all issues including, technical fouls to the league office.
- Any player, coach or spectator who is ejected, must immediately and quickly leave the facility, or face further punishment unless the player is underage, and does not have a parent present. In this case they may quietly sit on the bench. Any further disturbance will result in the termination of the game.
- Regular season, 3v3, and March Madness suspensions carry over to the playoffs and into future seasons!
- 2 ejections in one season will result in a season long suspension, and review of future eligibility (see 4th technical below).
- 1st technical = no penalty 2nd technical = warning
- 2 technical fouls in 1 game = 1 game suspension + warning
- 3rd technical = two game suspension + warning
- 4th technical = season over (min 5 games) + 1 year on zero tolerance + advisory review
- ZERO TOLERANCE – 1 Technical = season over + 1-year suspension + advisory review Note: To get off Zero Tolerance – you must be tech free for 1 year. Players remain on Zero Tolerance until they are cleared.
- Serious issues may result in lifetime banishment.