



2021-22 WINTER LEAGUE YOUTH RULES

.11/22/2022

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

2021-22 Revisions

1. **Sportsmanship Rule:** Changed to 15 points.
2. **Fill-In(s) Player(s):** You may now get a fill-in for anyone on your roster and can have a full complement of players, even with the fill-in player present.
3. **March Madness Fill-In(s) now permitted:** Fill-in player(s) are allowed, but the fill-in(s) must be one whole rating worse than the missing player. The commissioner and opposing coach must be notified before tip-off.
4. **.30 Second Timeout:** Each team now has two one-minute timeouts and one .30 second timeout.
5. **Changes Playing Time Rules:** See below for changes
6. **B9-12 Three Strikes You're out:** There will be a three-strike your out policy regarding high school players receiving technicals. Throughout the tenure of a player's high school career if they received three technicals they will not be permitted to play in the league again.

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#1. PLAYING TIME, SUBS, LATE PLAYERS, FILL-IN(s)

PLAYING TIME (Note: Equal playing time is not a league rule)

- **7 or 8 PLAYER PLAYING TIME RULE:** Every player must play a minimum of half of the game and must sit a minimum of twice (two halves of a quarter).
- **6 PLAYER PLAYING TIME RULE:** Every player must play a minimum of half of the game and must sit a minimum of once (one half of a quarter).
- **EXCEPTION:** If your opposing team has 2 or fewer substitutes than your team, every player on your team must play a minimum of half of the game and must sit a minimum of once (one half of a quarter).
- **SUBSTITUTE TIMING:** Substitutions may only occur at the start of a quarter, or halfway through each quarter except in the case of injury. A 10-second clock stoppage may occur around halfway 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 between the 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 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 shows 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-related, or facility-related, and only if space is permitting. All league scheduled games must be played or will be recorded as a forfeit. To avoid this, a team may acquire legal Fill-in(s) and communicate with 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.

- The coach will have to find the fill-in(s). The coach must contact their commissioner and opposing coach after obtaining the fill-in(s) before tip-off.
- The player you obtain **must not exceed** the rating of the original player you are replacing.
- You may not have more fill-in players than originally rostered players at a game.
- The fill-in player cannot be on the opposing team or it will be a forfeit (if this does occur, the game may still be played as a scrimmage).
- The fill-in should wear a team jersey in the correct color, or a very similar color if possible. Extra jerseys are provided to each team to help facilitate this and are to be returned afterward. 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.
- **March Madness:** Fill-in player(s) are allowed, but the fill-in(s) must be one whole rating worse than the missing player. The commissioner and opposing coach must be notified before tip-off.
- If a coach uses illegal players, they will forfeit the game. All questioned fill-ins will be reviewed by the League.

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

- **QUARTERS:** (4) 8-minute quarters
- **INTERMISSION:** 1 minute between quarters and 2:00 minutes at half time. (Score Keepers - Please set the 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.
- **TIMEOUTS GAME:** Each Team has 2 One Minute Timeouts and one Thirty Second Timeout per game.
- **TIMEOUTS 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 OVERTIME (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). There will be an 8-minute running clock and if the clock runs out before a team scores the game will result in a tie.

MARCH MADNESS OVERTIME

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

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

- **REGULAR SEASON OPPONENT SHORT ON PLAYERS:** If an opponent can only field 4 players, then you must play with 4 also during the regular season.
- **MARCH MADNESS 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 the foul shooter runs forward, box out, or interfere with any defender until the ball has been touched.
- **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 BACKCOURT 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. The timeline 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 of "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, intentionally or accidentally, cover 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. 5
- **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. Referees 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 15 points or more, no frontcourt pressure is permitted in any youth age group. Full court pressure may resume, once the differential is less than 15 points, provided it is permitted at that age group.
- **MERCY RULE:** The 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 lose 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 play 4v4, which requires 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.
- **Boys 9/10-11/12:** Each team must have a coach, from that team, seated on each bench prior to starting and throughout the game. The coach is responsible to make sure he has this taken care of. They are there to manage team respect for officials, fellow players, and fans. They are to try and prevent issues, and intercede and assist officials, in doing so, should issues arise. Note: if both teams do not have a coach on each bench, by the legal forfeit time, the game is permanently canceled, and all players must leave the gym. No scrimmage is permitted. Players not leaving immediately will face suspension.

#9. ELIGIBILITY, TRADES, ETC.

- All trades are strictly forbidden without prior commissioner approval.
- **No Game Day Trades are ever 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)
- 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.
- 2-6th grade: If a player does not wear the correct team jersey a team foul is given.
- 7-12th grade: If a player does not wear the correct team jersey a team and personal foul are given and two points are rewarded to the opposing team. The game will begin with a tip-off.
- 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, & 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.

- 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!
- Ejections result in an automatic 1 game suspension. In addition, the board may further review the incident for additional suspension time up to and including full season, or total loss of playing privileges.
- 2 ejections in one season will result in a season-long suspension, and board review of future eligibility
- 3 technical fouls for behavior will result in a season suspension.
- **Boys 9/10-11/12:** 2 Technical Fouls in a season for either behavior or Flagrant conduct, will result in an automatic 2-game suspension. These do not have to be in a single game. A 3rd Technical foul in one season is a lifelong suspension. All suspensions are reviewed by the Advisory Board.
- **Three strikes you're out Boys 9/10- 11/12:** There will be a three-strike your out policy regarding high school players receiving technicals. Throughout the tenure of a player's high school career if they received three technicals they will not be permitted to play in the league again. All suspensions can be reviewed by the Advisory Board upon request.
- PIAA Supplementary Disqualification is adopted to Fox Chapel Winter League standards: Supplemental Disqualification - "Two-Game Suspension for any Coach and/or contestant who is ejected from a Contest by an official and a component of the ejection is confronting, contacting, or addressing a Coach, contestant, or official using foul or vulgar language, ethnic or racially insensitive comments or physical contact will be disqualified from competition for the remainder of the day and for the next two (2) Contests. The jurisdiction of the official(s) to apply and enforce this rule begins upon the official's arrival at the Contest site and ends when the official (or the last of the team of officials) leaves the Contest site. The Contest site is defined as premises on which the competition surface is located and includes the entirety of the premises and parking areas."