

Dulles Youth Basketball

2016-2017 Rules & Regulations

Divisions

Dribbler - Passer - Rebounder - Shooter

Basket Height

8 ft. (Dribbler & Passer Divisions)

9ft. (Rebounder & Shooter Divisions)

Uniforms

The league will provide shirts & shorts. Players must wear tennis shoes at all times.

Participation

The program stresses development and participation of **ALL** players. The following are rules to aid in this area:

1. Each player must play half the game subject to injury or tardiness.
2. Every child must have the opportunity to handle the ball (i.e. bring it up the court)
3. *If you have more than 5 players every child must sit.*

Timing & Scoring

NO OVERTIME GAMES DURING REGULAR SEASON

1. Games will consist of eight, 4-minute quarters with a running clock. The clock will be stopped only for team time outs, dead ball situations during **the last 2-minutes of the game** and for injuries.
2. There is no intermission between quarters. Halftime will be observed at the end of the 4th quarter and will be left up to the discretion of the officials to the length of time (i.e. 4 minutes).
3. At the end of each quarter, coaches are to substitute all players not involved in the game. The 8 quarter rule is to aid the coaches in giving all players equal playing time. This is not considered a time out and should only be used for substitutions. *No other substitutions will be allowed except for injury.*
4. Each team is given 1 timeout per half. If the timeout is not used - it may be carried over into the second half.

Jump Balls

The game will begin with a jump ball, and then follow the alternating possession rule.

Dribbling & Traveling

In order to allow players to experience some ball handling and not penalize the player every time they have the ball, players will be allowed to have some limited foot movement without dribbling and without penalty (especially at the *Dribbler and Passer Divisions*). As long as the player does not gain a distinct advantage, the officials should allow the play to continue (at least until mid-season). This judgment is left up to the referee's discretion and should at no time be questioned by any player, coach or parent. If the referee decides there is a traveling violation:

Dribbler & Passer Divisions

- 1st half of Season - the referee should stop and explain the violation quickly to the child, then allow the violating team to inbound the ball.
- 2nd half of Season - the referee should warn the child of the violation, then allow the violating team to inbound the ball. A second violation by the same child will result in a turnover to the other team

Rebounder & Shooter Divisions

- During the Season - the referee should warn the child of the violation, and then allow the violating team to inbound the ball. A second violation by the same child will result in a turnover to the other team.

All Divisions

- *Playoffs - the referee should call the violation and enforce the penalty.*
- *2nd Half of Season – Illegal Defense shall be called and enforced – no technical fouls*
- *Playoffs - On third offense, 2 technical foul shots (team technical) and possession shall be awarded offensive team.*

**** Coordinators shall be monitoring above rulings for any desired/required changes throughout season.**

Fouls

A player will be disqualified from the game, if he or she commits 5 personal fouls. "Little fouls" should, in most cases be overlooked. Fouls during a shot should always be called. Bumps, picks, reaches, etc... should be overlooked if judge incidental.

Foul Shooting Distances

Shooters/Rebounders - 1 or 2 tiles forward of foul line

Dribblers/Passer – 3 tiles forward of the foul line

AT NO TIME WILL ROUGHNESS OR UNSPORTSMANSHIP LIKE CONDUCT BE OVERLOOKED.

Only 1 Coach is permitted to stand at all times.

Technical Fouls - if a technical foul is called on a player, he or she must sit out until the end of the quarter. Coach can no longer stand. If a second technical foul is called on a player or coach, they must leave the game immediately. If there is a flagrant foul, both the player and coach will be removed from the game.

PLAYERS & COACHES REMOVED FROM A GAME WILL FACE DISCIPLINARY ACTIONS FROM THE LEAGUE

Defense

1. All players must play man-to-man defense. Defensive players may not "lag back" near the basket or lane area, but must make a reasonable effort to stay with their opposing player. A player does not, however, have to chase their opponent to the four corners of the court in an effort to guard under the man-to-man rule. This rule should not be abused in any manner. The referee may stop the game at any time to enforce the rule.
2. No backcourt pressing is allowed, **unless it's the last 30 seconds of the game.** The defense may only start guarding the offense:
 - Top of the key in the front-court (Dribbler & Passer Division), safe area beyond top of key.
 - Half court line (Rebounder & Shooter), backcourt violations to be called 2nd Half of Season
3. **No double-teaming is allowed.** A defensive player may "help out" his teammate if the offensive player beats their man provided this happens around the lane area.

Offense

1. Lane violation for the Shooter & Rebounder Divisions will be 3 seconds; Passer Division will be 5 seconds and no violation for the Dribbler Division. Referees shall be lenient on this violation.
2. Stalling is not permissible. An attempt must be made to move toward the basket. The first offense is a warning. The second offense and ball is given to the opposing team.
3. **2nd Half of Season - 10 Seconds to move ball across half court to be enforced.**
4. No fast breaks first half of the season
5. **No isolation plays** – to be defined as no other players involved in the offensive play (i.e. 4 corners)