

Bellingham Youth Basketball Association
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Web Site: www.bellinghamhoops.org

3rd – 8th Grade In-Town League Rules – Updated September 2024

Introduction

Bellingham Youth Basketball (BYBA) uses the National Federation of High School (NFHS) rules except when overridden by Metrowest basketball rules (for 3rd and 4th grade) and this document.

Game Rules:

1) Games:

- a. Consists of 4 quarters, with 2 periods per quarter, 8 periods per game.
- b. A period is 5 minutes in length (Run Time 3rd & 4th Boys and 3rd, 4th, & 5th Girls), 4 minute (Stop Time 5, 6, 7, 8 Boys & Girls).

**The clock will stop on injuries, timeouts and foul shots for the 3rd/4th Boys & 3rd/4th/5th Girls as well as the final 2 minutes of the game, unless one team is ahead by 10 or more points.*
- c. Overtime period is 3 minutes (stop time final 2 minutes of OT) in length. Overtime will start with a jump ball at center court. One overtime period will be played in the regular season. Additional overtime periods will be played in the playoffs until a winner is determined. Each team will receive 1 additional time-out per OT period and is added to any timeouts remaining. Team fouls carry over into the overtime period.
- d. There will be a 5 minute halftime period, after the completion of (4) periods or (2) full qtrs.
- e. Games will start with a jump ball at center court. The alternating possession procedure will be used for subsequent jump ball situation, including the start of each period.
- f. The team listed first on the game schedule will sit to the right hand side of the official scorer.
- g. Prior to the game, teams will warm up at the basket opposite their bench. The minimum warm-up period is 10 minutes.
- h. Teams will switch baskets at half-time. In the event of overtime, the teams shoot at the same basket they used in the second half.
- i. The following basketball size will be used
 - a. 7/8th Grade Boys – 29;5” diameter
 - b. 3/4th Grade Girls – 28.5” diameter
 - c. All other grades – 28.5” diameter

Participation Rules:

2) Squad Set-ups:

- a) Coaches are to number their players starting at 1 and going until they account for every player that shows up to play.
- b) Squads are not necessarily split based on talent.
- c) Coaches need to provide their rotation to the official scorer ten minutes prior to the start of their game.
- d) Players will stay in their numbered spot for the entire game. If a squad is short-handed, either at the start of the game or during the game (due to a player fouling out or injury), the next numbered player will fill the opening. Player rotation schedules must be maintained throughout the game.
- e) In the event of an injury or disqualification, the substitute for that period will resume their normal position in the rotation.
- f) A player arriving after the start of a game will be placed in the last numerical spot available in the rotation. If two or more players arrive after the start of the game, they will be placed in the next available numerical order based on the total number of players.

Note: *If a player fouls out, is ejected or injured, they will be replaced by the next player in numerical order.*

Examples of Player Rotations:

BYBA In-Town Player Rotations									
Total # of Players	1st Rotation	2nd Rotation	3rd Rotation	4th Rotation	HALFTIME	5th Rotation	6th Rotation	7th Rotation	8th Rotation
12	Players 1-5	Players 6-10	Players 11-3	Players 4-8		Players 9-1	Players 2-6	Players 7-11	Players 12-4
11	Players 1-5	Players 6-10	Players 11--4	Players 5-9		Players 10-3	Players 4-8	Players 9-2	Players 3-7
10	Players 1-5	Players 6-10	Players 1-5	Players 6-10		Players 1-5	Players 6-10	Players 1-5	Players 6-10
9	Players 1-5	Players 6-1	Players 2-6	Players 7-2		Players 3-7	Players 8-3	Players 4-8	Players 9-4
8	Players 1-5	Players 6-2	Players 3-7	Players 8-4		Players 5-1	Players 2-6	Players 7-3	Players 4-8
7	Players 1-5	Players 6-3	Players 4-1	Players 2-6		Players 7-4	Players 5-2	Players 3-7	Players 1-5
6	Players 1-5	Players 6-4	Players 5-3	Players 4-2		Players 3-1	Players 2-6	Players 1-5	Players 6-4
5	Players 1-5	Players 1-5	Players 1-5	Players 1-5		Players 1-5	Players 1-5	Players 1-5	Players 1-5

Note: *If there are less than 5 players at START of the game, the game will be declared a forfeit unless the Head Coach is aware of a game where his/her team will be short players due to injury, sickness or vacations and has contacted the League Director in advance of the game to reschedule. Games will start on-time, or 10 minutes after the previous game, without exception.*

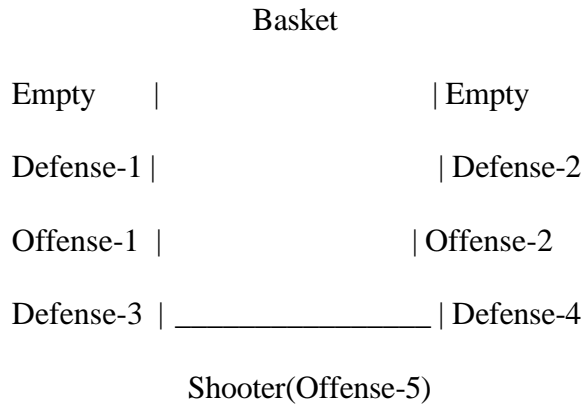
Playing Rules:

- 1) Only the Head Coach can address the referees about game issues. Coaches, players and parents are not to speak to the official scorer except at half-time. Coaches should track their own team's fouls/points. In case of a discrepancy, they should inform the referee at the next dead-ball.

The score book at the table will be considered the official book.

- 2) Time-outs: Each team will receive 4 time-outs per game. One additional time-out per team will be allowed in the event of an over-time game. Time-outs are 60 seconds long. Only the 5 players and head coach can request a time-out. If a team calls for a time-out, and they have used their allotted number, they will be called for a technical foul, with the opposing team shooting two foul shots and regaining possession of the ball at the division line. A timeout will be granted when the referee hears the request and identifies the person making the request.
- 3) Fouls: Five (5) fouls per player in all leagues. Technical fouls count against this total. A player is to be removed from the game on the 5th foul and replaced by a player from their team on a rotating basis.
 - a. Shooting foul shots: The defensive team must fill the two lanes above the block
 - b. The remaining slots are optional to be filled but it is recommended in the in-town program to have all of the spots filled on an alternating basis. (See Below)
 - c. The shooter must begin behind the foul line (or designated free throw spot (one step in) for 3rd/4th grade boys and 3rd/4th/5th grade girls) when shooting. For the 3rd/4th grade boys and 3rd/4th/5th grade girls, they may go over the free throw line if they choose to start behind the line, but only after the release and may not be the first to touch or obtain possession of the ball on a miss. This rule is intended to prohibit the shooter movement towards the basket until the ball hits the rim.
 - d. If the ball does not hit the rim, it is a violation on the shooter. In the case of a (2) shot foul, and the second shot does not hit the rim, the ball goes to the opposite team.
 - e. All players in the lane may leave their position on the release of the ball except the shooter and any players outside the lane; they must wait until the ball has hit the rim.
 - i. If the defensive team makes the violation, and the free throw is missed, the shooter will reattempt the free throw, a made free throw will result in no violation being called.
 - ii. If the offensive team makes the violation, the made free throw will not count.
 - iii. If Both Teams make the violation, the made free throw will not count. If this is the last free throw attempt, the alternate possession rule will be used.
 - f. If a player is fouled attempting a three point shot, the shooter will receive (3) foul shots if the shot is missed.

Lining up For Foul Shot:



Outside of Lane: Defense-5, Offense 3 & 4

- 4) Technical Foul: If a technical foul is called against a team, the opposing team will be given (2) free throws. The shooting team may select any of the (5) players that are currently on the court to shoot the free throw. All other players are required to stand behind the half court line. Once the (2) shots are completed, the team shooting the technical, will receive the ball at the half court line. If a matching technical foul is called on both teams, there is no shooting, and control of the ball will be maintained by the team having possession before the infraction. A technical foul against a player results in a personal foul against the player and a team foul. All technical fouls count as a team foul.

Examples of technical fouls: Unsportsmanlike conduct, abusive language, obscenity, slamming the ball.

Flagrant Fouls: A flagrant foul will result in the ejection of the player or coach. Examples of a flagrant foul are fighting (including throwing a punch), taunting, attempt to injure.

- 5) Ejection: Any player or coach who is ejected from a game is ineligible to participate in the next game. The ejected player should remain in the gym until his/her parent can take control of that player.
- 6) Team Fouls: A foul against a player counts both against the player's count as well as the team total. Once a team reaches 5 fouls in a quarter, the team penalty situation is invoked. The opposite team will shoot 2 shots with 5 or more team fouls in a quarter.

NOTE: A player control foul (offensive foul) and team control foul results in a change of possession. Free throws are not attempted for these fouls.

NOTE Simultaneous fouls (personal or technical) against both teams does not result in a jump ball unless neither team has team control of the basketball

- 7) Full Court Pressing:
- a) The 7th/8th grade boys may press at any time except as noted in (c) below.
 - b) The 5th/6th grade boys and 6th/7th/8th grade girls may press in the 7th and 8th periods of the game. except as noted in (c) below.
 - c) Pressing is allowed up until a team has a 10 point lead.
 - d) A warning will be issued the first time a team violates the pressing rule. Each subsequent infraction will result in 1 foul shot with the lane cleared.

e) Full court defense is not allowed in the 3rd/4th grade boys and 3rd/4th/5th grade girls leagues. There is no penalty for full court defense in these leagues. The referee will simply direct the defensive team to drop back to their side of the court.

f) **RED LINE RULE (3rd and 4th grade only)**

- The red-line rule is to allow the offense to bring the ball up and establish an offensive set in the front court.
- Once the offensive team establishes an offensive set the defensive team can play defense past the red-line. this means, either the ball advances past the red-line or the offensive team has the ball for a 5 second count. Once either of these is met the defense can play full defense.

8) **Man-to-Man defense**

- a) League Directors, in consultation with the league Vice President, will decide if their league will mandate a man-to-man defense. The director should review defense requirements with the referees prior to the game.
- b) The defensive player is not mandated to guard their player until the offensive player is below the 3 point arc or the team is pressing.
- c) Help defense is allowed below the three point arc-
- d) There are no man-to-man defense restrictions on the ball handlers in the paint.
- e) Referees should call a zone defense infraction only when the league doesn't allow zone defense and they deem that 2 or more defensive players are guarding one offensive player above the 3 point arc.
- f) **DOUBLE TEAM RULE:** The ball is in team control and ball is inside the 3 pt arc and the double team occurs a result of the help defender whose teammate has been beaten by dribble penetration or pass. Once the ball is stopped, one of the two defenders should rotate back to the player.
- g) The penalty for illegal defense is issued one warning per half. If the team does not comply to the defense rules, a "Illegal Defense" foul can be called resulting in one free throw (with the lane empty) and the offense inbound the ball at the one of the four designated inbound spots in the front court. An Illegal Defense violation does not count as a team or personal file.
- h) The MetroWest Travel basketball rules should be used as a guideline for any issue not covered in BYBA rules. An excerpt of the rule is below. The entire Metrowest document is on their website under the RULES tab (<https://www.metrowestball.com/launch.php>)

9) **Time Allotments:**

- a. A player taking a free throw has 10 seconds to take the shot.
- b. A player has 5 seconds to in-bound the ball.
- c. A team has 10 seconds to bring the ball over half court. Not enforced on modified court.
- d. There is no timeout between A and B squad changes.

10) **Violations:** Back-court, Double-Dribble, Traveling, Palming the ball, leaving the lane too soon on a foul shot, stepping over the out of bounds line, stepping over the line when passing the ball from out of bounds, three seconds, running out of bounds, free throw lane violations, closely guarded.

3rd & 4th grade exception: The league director in consultation with the referees may utilize the "do-over" procedure to teach the player the proper way to advance the ball to the division line. This should only occur for the first 4 games

- 11) Warnings: A warning will be given to a team if a team is playing a backcourt defense with more than a 10 point lead.

Note: One warning to a team. A 1 shot foul will be called on the second and subsequent offense. This does not count as a team foul.

- 12) Absolutely no food or drinks (except water for players) are allowed in the gym during practices or games.
- 13) No jewelry of any kind is allowed on the court during practices or games. This includes LIVESTRONG, any earrings (including stud earrings) or other bracelets.
- 14) All injuries or disciplinary issues must be reported to the BYBA Board ASAP.
- 15) Player Injuries during a game
- a) A player who removes him/herself from the game or is removed due to an injury may re-enter the game if the injury is minor.
 - b) Any player that suffers a head injury which results in loss of consciousness or appears dazed or confused shall be immediately removed from the game and is prohibited from reentering that game or subsequent practices or games without parent or medical clearance.
- 16) Both teams are to provide a scorer for each game. One individual will keep the score book; the other will keep the clock.
- 17) Fan Behavior
- a) Fans/parents are expected to abide by BYBA's Parent Code of Conduct at all times.
 - b) The HEAD COACH and League Director are responsible for the behavior of their fans/parents.
 - c) Referees will be trained that they are not to address any fan issue. If the referee feels that action must be taken against a fan, they will either contact the on-site director or the head coach.
 - d) Any fan related issue must be reported to the BYBA board as soon as possible.

Coaches: Please provide scores to league directors after each game. The scores may be posted on the BYBA website and will be used to determine playoff positioning.

Reminder: This is a recreational league. Please allow all players the same opportunity to learn and play regardless of his/her skill level. Encourage all players during and after all activities.

Coaches are expected to be positive role models and support the players, coaches and referees in the program!

Thank You for Your Support!!