



AYB Rules



SECTION 1. OFFICIAL RULES

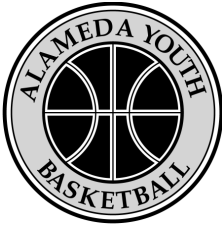
- A. All basketball games, leagues, tournaments or practices hosted by Alameda Youth Basketball, Inc. (AYB) are conducted in accordance with the National Federation of State High School Associations Basketball Rule book with exceptions and additions noted in these Rules. If there is a conflict between these rules and the high school rules, these rules govern.

SECTION 2. LENGTH OF GAME

- A. An AYB basketball game shall consist of four quarters of eight minutes each.
- B. There is a 1-minute rest period between quarters.
- C. There is a 3-minute rest period between halves, **unless the game is behind schedule. If so, the halftime shall be 2-minutes.**
- D. There is a running clock with the exception that the clock stops for all shooting fouls. The clock stops for all referee's whistles in the last two minutes of the 2nd and 4th quarters and in all overtime periods.
- E. In the 3rd boys and 3rd girls leagues, games shall start with each player on both teams shooting one foul shot at their respective baskets. The clock shall not be running during these foul shots. Each made shot shall count as one point. A player cannot shoot for someone who is not present.
- F. A team must have at least four (4) players to start a game. After starting the game, the team can play with less than 4 players due to injury or disqualification

SECTION 3. EQUIPMENT

- A. In 3rd grade boys and 3rd grade girls, a "youth" size composition or leather ball (27.5" in circumference) is used.
- B. In 4th, 5th and 6th grade boys and 4th– 8th grade girls, a "junior" size composition or leather ball (28.5" in circumference) is used.
- C. In all 7th and 8th grade boys games, a regulation basketball 29.5 inches in circumference made of composition or leather material is used.
- D. A T-shirt "team jersey" is provided to each player by the league and is required for each game. In the event a player cannot wear their team jersey, a replacement T-shirt can be worn but must match the team jersey color. No technical foul shall be awarded. All jerseys must be tucked inside the shorts. T-shirts worn underneath the jersey may be any color so long as in the referee's judgment there is no danger of confusion.
- E. Shorts must have no pockets. Shorts must be all black in color with no stripes, with an exception for a single vendor insignia (e.g. Nike Swoosh), not to exceed three inches in length. A player wearing shorts with pockets is ineligible and must leave the game. The player may re-enter the game at the first opportunity upon wearing appropriate shorts. Players will be allowed to play if their shorts are pocketless and, while not black, are a dark color that causes no confusion. The offending team will be assessed a technical foul and the player can participate in the game. Shorts with or without the AYB logo can be purchased at the team store from the AYB website, www.alamedayouthbasketball.club.



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SECTION 4. "ALL PLAY" PARTICIPATION RULE

- A. Each AYB basketball team must play all healthy, uniformed players according to the following participation rule: Except where a team has 11 players, as described below, the participation rule applies to each half of play, during the first and third quarters. The first quarter and the third quarter are divided in half so that each participation period is 4 minutes. To begin each participation period, the clock shall be set at 4 minutes. All healthy, uniformed players must play a minimum of one full continuous 4-minute participation period in the first and third quarters. Every player entering the game for the first time must enter at the beginning of the participation period and play the full participation period. No substitutions are allowed during the first participation period in the first and third quarters except due to injury or disqualification. Substitutes are allowed in the second participation period only for those players who played the entire first participation period. Note: This rule ensures one quarter of playing time for each player. AYB encourages coaches to provide all players with playing time greater than the minimum. Any player who arrives to a game late must be allowed to play a full participation period in the second quarter if time permits. If a player arrives late with insufficient time to play a full participation period in the first half, the player need only play one participation period in the second half. Any player arriving to a game after the beginning of the fourth quarter does not have to play a continuous 4 minutes in the fourth quarter.

Where a team has 11 players, the 11th player's participation period shall be the second and fourth quarters. At the beginning of those quarters, the clock should be set at 4 minutes. When it runs down, the clock is again set at 4 minutes to end the first half and the second half.

- B. The end of a participation period is not a time out. Whenever three or more players are substituted into the game, the coaches should be allowed a reasonable time to set a defensive line-up. Other than this, the officials shall ensure that the substitutes are entered into the game as quickly as possible to promote continuous play. A team that unduly delays getting their substitutes into the game may be charged with a time out. The possession arrow will govern possession of the ball at the start of the 2nd participation period of the 1st and 3rd quarters and after the first participation period in the second and fourth quarters should either team have 11 players at the game.
- C. **INJURY OR DISQUALIFICATION:** If a player leaves a participation period due to injury and is able later to re-enter, the player must play the amount of time remaining in the participation period when the player left the game. If unable to re-enter until the second half, the player must play the equivalent of one full, continuous participation period on the clock. A player who is injured can remain in the game so long as the coach does not come onto the court. Once a coach comes onto the court, an injured player must be removed from the game. The team is not charged with a time out. If the player is entitled to foul shots but must leave the game because of an injury, only his substitute is entitled to shoot the foul shots.

SECTION 5. "NO PRESS" RULE

- A. In the 4th through 8th grade boys and 4th through 8th grade girls' leagues: A team ahead by 15 or more points must drop back behind the 3-point line once the opposing team gains possession and control of the ball in its backcourt. **PENALTY:** One warning per game, then a technical foul is called on the offending team for each violation. The technical foul is not a team foul.
- B. In 3rd boys and 3rd grade girls, pressing (defined as defending in the back court after the other team has obtained possession and control of the ball) is prohibited except that both teams, subject to the 15-point rule, may press in the last 2 minutes of the game and in overtime. The team that is not in possession or control of the ball ("defensive team") must drop back behind the 3-point line once the opposing team ("offensive team") has possession and control of the ball in its backcourt. However, once the offensive



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team brings the ball across the half court line, the defensive team is free to guard players beyond the 3-point arc. **PENALTY:** The referee will treat all offenses as violations, not technical fouls, and will award the ball to the team in possession and control.

In 3rd Boys & 3rd Girls, the 15-point no pressing rule overrides the regular pressing rule for those leagues. In other words, a team that is ahead by 15 or more points in those leagues cannot press in the last two minutes of the game.

SECTION 6. RUNNING UP SCORES

- A. Players have more fun when the contest is close and either team can win the game. In basketball, the “no press rule” is based on this philosophy, allowing a team that is behind an opportunity to stay in the game. When ahead by 15 points coaches are expected to follow the “no press” rule and to play by the “spirit” of the rule as outlined in 1-3 below:
 - 1. Playing all “non-starter” players extensively.
 - 2. Employing offensive strategies such as not fast breaking and slowing the tempo of the game.
 - 3. There is no place in the AYB to humiliate or “trash talk” an opponent. The league may suspend players, coaches or fans who violate this rule.

SECTION 7. OVERTIME RULE

- A. If the score is tied at the end of a regulation game, a one-minute rest period is taken and then a two minute overtime period is played. If, after two minutes of play, neither team has accomplished a one-point lead, a second two-minute period is played.
- B. If the score is tied at the end of the second overtime period a third two-minute sudden death period is played. The first team to score a free throw or field goal wins the game. The teams will continue to play 2 minute sudden death overtime periods until the game is decided.

SECTION 8. THREE POINT PLAY

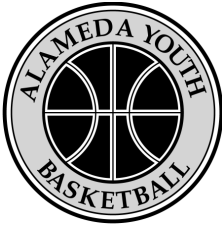
- A. The three-point shot shall be used in AYB competition in all leagues where the court has a three-point line.

SECTION 9. TIME OUTS

- A. Each team is allowed three one-minute time outs in regulation in all leagues, with no carry-over to an overtime period.
- B. Each team is allowed one 30 second time-out in each overtime period.
- C. A coach, or any player in the game, is permitted to call time outs.

SECTION 10. PLAYER, TEAM FOULS & FREE THROWS

- A. A player is disqualified from the game after 5 personal fouls.
- B. **The Bonus Situation. In each quarter of the game, the fouled player is awarded 2 foul shots on the 5th personal foul. There is no longer a one and one rule.**



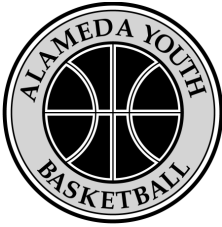
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- C. Technical fouls, except those for pressing and **shorts** violations, are counted as team fouls and disqualifying personal fouls. Technical fouls, except for a shorts' violation, and intentional fouls result in two foul shots and possession of the ball. A technical foul shall be awarded for a shorts' violation when the player's shorts are not all black or have stripes when the player enters the game or when the official becomes aware of the violation. The other team is awarded one foul shot for a shorts violation but not possession of the ball. **A player cannot play with shorts that has pockets. No technical foul shall be awarded in this situation, but the player cannot play or continue to play in the game.** Excessively swinging arms or elbows, even without contact, is a technical foul
- D. **Intentional fouls result in two foul shots and possession of the ball.** Flagrant fouls result in two foul shots, possession of the ball and ejection of the player.
- E. **The Foul Line.** The foul line for **3rd and 4th Boys and 3rd and 4th girls** shall be approximately 24" in front of the regular foul line. If there is no line or tape on the floor, the referee shall designate the point from which the player must shoot, roughly equivalent to the second block or hash line in front of the regulation line. There is no violation if the player jumps on or over the line so long as the player does not go in for a rebound until the ball hits the rim. For the 5th boys and 5th girls leagues, the foul line is the regulation line, but the foul shooter may jump on or in front of the line, so long as the shooter does not go in for a rebound until the ball hits the rim. Free throws for 6th - 8th boys and 6th - 8th girls shall be taken from the regular foul line. The shooter will not be allowed to jump on or over the line until the ball hits the rim.
- F. Players lined up on the foul lane may enter the key when the shooter releases the ball. The shooter and any player not on the foul lane may not enter the key until the ball hits the rim.

SECTION 11. MISCELLANEOUS ITEMS

- A. The 10 Second Rule. A player shall not be, nor may his or her team be, in continuous control of a ball that is in his or her backcourt for 10 seconds. A player is considered in the backcourt for purposes of this rule if either of his feet are touching the backcourt and the ball is in the backcourt.
- B. The Three Second Rule. A player shall not remain for 3 seconds in the free throw lane while the ball is in control of his or her team in his or her frontcourt. Allowance shall be made for a player who, having been in the restricted area for less than 3 seconds, dribbles in or moves to try for a goal. The count shall not begin or it shall be terminated during an interrupted dribble.
- C. The Throw In. The throw-in starts when the ball is at the disposal of a player or team entitled to the throw-in. The thrower shall release the ball on a pass directly into the court within 5 seconds after the throw-in starts.
- D. Back Court Rule. A player or teammate shall not be the first to touch a ball in the backcourt once the ball is advanced by that team into the frontcourt.
- E. Bleeding Player. A player who is bleeding, or has an open wound, must leave the game.
- F. Basket to Shoot. The games begin with each team shooting at the basket furthest from its bench. The teams switch baskets at halftime. They do not switch baskets in over time.
- G. Number of Coaches. Only two non-roster individuals including the coaches can sit on the team bench. One coach is permitted to stand while the game is in progress, subject to the discretion of the game officials. The coach must remain off the court while the game is in progress and shall stand no closer to center court than the first chair of the bench. In case of a violation of this rule, the official shall give the coach a warning. The second violation shall result in a technical foul. The game official always has discretion to require all coaches to remain seated to better control the game.



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- H. Jewelry. No jewelry (including earrings) can be worn during the game. Earrings must be removed, not covered by tape.
- I. Shooting Sleeves and Sweat Bands. Shooting sleeves, sweat bands, **head bands**, and leggings are legal **and can be any color.**

SECTION 12. RESPECT FOR GAME OFFICIALS

- A. Sportsmanship includes respect for game officials. Referees and Scorekeepers may make mistakes; coaches and players must be tolerant.
- B. Coaches and players should never show disrespect to the officials. Coaches shall not **continuously** shout out violations or fouls to the officials while the game is in progress. In case of a violation of this rule, the official shall give the coach a warning. The second violation shall result in a technical foul.
- C. Coaches or players may approach game officials when play is not in progress to discuss a call so long as there is no undue delay in the continuation of the game or the start of the next game.
- D. Coaches who have concerns about officials may write comments on the score sheet or **contact league officials.**

SECTION 13. DISCIPLINARY ACTION (EJECTIONS, PROBATIONS, AND SUSPENSIONS)

- A. Disciplinary action may be considered by the Board of Directors as a result of misconduct by a player, coach or fan at any AYB event, including practices and games.
- B. Any player or coach that has been ejected from the game after receiving two technical fouls or for other reasons determined by the officials shall receive a mandatory one game suspension. The next scheduled game will be considered the suspended game. A suspended player must attend the next scheduled game and sit on the team bench (in street clothes) without participating in the game. If this player cannot attend the next scheduled game for any reason, the player will not be able to play in any future AYB game until the player has sat on the team bench for the duration of the game without participating. A suspended coach must leave the gym immediately for the remainder of the game. The coach may participate in practices but may not coach in the next game following the game of ejection. The coach may attend the game and sit in the stands with the other parents but may not coach, call out instructions or any other way instruct or direct any of the players, coaches or officials. The Board may take further disciplinary action against players, coaches or fans beyond those described above where warranted. If the Board has taken any disciplinary action against a player, coach or fan, the Board shall advise the involved parties of its decision before the next scheduled game.
- C. Any player or coach ejected from two (2) games will go before the Board for further disciplinary action, which may include suspension for as long as the Board deems appropriate.

SECTION 14. NO RIGHT OF APPEAL

- A. All decisions made by the officials during the course of the game are final. There is no right to appeal any official's decision to the Board of Directors.
- B. There is no right to appeal to the Board of Directors a player's or coaches' ejection following two technical fouls. The one game suspension described above is mandatory and cannot be appealed.

POINTS OF EMPHASIS

1. **MATCH-UP:** If 3 or more players enter the game, the opposing coach may request a defensive match-up. This is particularly true at the beginning of a participation period when three or more players enter the game. The officials shall give both teams time to set their defense without unduly delaying the game.
2. **REQUIRED INJURY SUBSTITUTION:** If the coach comes onto the court to attend to an injured player, the player must be removed from the game unless the coach calls a time-out. The player can return at the next whistle.
3. **GUARDS, CASTS OR BRACES:** A guard, cast or brace made of a hard substance may not be worn on the elbow, hand, fingers, forearm or wrist, even though covered with soft padding. Knee and ankle braces are permitted but all exposed hinges must be covered.
4. **HEADBANDS AND SWEATBANDS:** A headband is permitted. No hats or hair coverings are permitted. A wristband is permitted but it must be worn below the elbow. Rubber or elastic bands are only permitted to control hair. They may not be worn on the wrists or arms.
5. **TRAVELING:** The key to determining the legality of a move is to first find the pivot foot. Once a player has established his pivot foot, if he lifts his pivot foot from the floor, he must pass or shoot. He cannot dribble or touch the pivot foot to the floor once he has lifted his pivot foot. To travel, a player must have control of the ball. If a player who has control of the ball touches the floor with any part of his body other than his feet or hands, he has traveled. If a player on the floor with control of the ball rises onto a knee or gets up, that is traveling. A player in-bounding the ball after a foul or violation can move 3 feet to the side of the in-bounds spot and any distance to the rear away from the court. He can move both feet within the 3 foot area or to the rear without a violation. After a made basket, the in-bounder can run the baseline.
6. **CLOSELY GUARDED:** A closely guarded situation occurs when a player who is holding or dribbling the ball in the frontcourt is guarded by an opponent who is within 6 feet of the player. A player cannot hold or dribble the ball for 5 seconds while closely guarded in the frontcourt. If the player holding the ball dribbles, or if the dribbler picks up the ball, the 5 second count starts again.
7. **THREE SECONDS:** When a team is in control of the ball in its frontcourt, an offensive player may not remain in the lane for 3 seconds. Allowance is made and the count is momentarily stopped when a player in the lane has the ball and dribbles or makes a move to try for a goal. The count is resumed if the player does not continue and try for the goal.
8. **BLOCK/CHARGE:** Once the defender obtains a legal guarding position (both feet on the floor and facing the opponent), the defender may raise his hands in a normal stance or jump vertically within his vertical plane. A defender may turn or duck to absorb the shock of imminent contact. A player cannot move into the path of another player after the player has jumped into the air.