



Youth Basketball League Rules

Mission Statement

The SOMA Basketball program uses regulation basketball rules that have been adapted for youth players by the SOMA Basketball committee. Through this ruleset, it is our goal to teach competitive basketball and thereby foster development of skills both physical and mental, a respect for the rules of the game, and ideals of teamwork, sportsmanship and fair play. As a recreational league, we are committed to providing all children, regardless of skill level and previous experience, with the opportunity to play basketball.

General Rules

- Each weekly session will be broken up between teamtime and game time. Teamtime will take place for 20 minutes in a half court developmental session prior to the start of a game. Team time is intended to work on basic skills (dribbling, passing, shooting, defense, rebounding).
- During game play, both teams will have 5 players on court (can be adjusted to 4v4 if needed)
- Coaches must stay on the sidelines during game action
- Score will be kept for all divisions
- If there is a 20-point deficit we will stop keeping score (coaches will keep score in their books)
- Coaches are expected to ensure that players are provided with equal playing time. No player should play a third sub rotation prior to all others playing their second.
- Any rule not specified by age specific chart below will follow FIBA basketball rules
- All SOMA Basketball coaches, managers, and players are expected to treat our league's youth referees with respect. Abusive, aggressive, harassing, and bullying behavior will not be tolerated. We expect our coaches to be more than just about winning games. They are role models and should take that responsibility seriously. Sportsmanship and mutual respect for all individuals involved in each game are not just encouraged, they are expected. Failure to adhere to this policy may result in ejection from the game, league and possibly all other South Orange Recreation sponsored programming.

Age Specific Rules

	<u>Grades 2-3</u>	<u>Grades 4-5</u>
Ball Size	27.5	28.5
Hoop Height	8.5 feet	10 feet
Game Length	<u>Games 1-4</u> : Four 6-minute quarters <u>Games 5-8</u> : Four 8-minute quarters, with substitutions every four minutes	Four 8 minute quarters with substitutions every four minutes
Clock Stoppage	Running clock	Running Clock - Stops on dead balls during final 2 minutes of game (under 10 point differential)
Substitutions	See game length	Game stops for mass subs at 4 minute mark of each quarter
Timeouts	No timeouts	1 timeout per team
Set Defense	Man-to-Man only	Man-to-Man only
Pressing Defense	No Pressing	Allowed in last two minutes of game (under 10 point differential)
Double-Team	No double-teaming	No double-teaming
Stealing from the Dribbler	<u>Games 1-4</u> : No Stealing from player dribbling the ball <u>Games 5-8</u> : Players may steal the ball from dribbler	Players may steal the ball from dribbler
5 Seconds Held Ball	No 5 seconds rule	<u>Games 1-2</u> : Warnings only <u>Games 3-8</u> : Enforced
Offensive Three-Second Rule	No 3 seconds rule	
10 Second Backcourt Violation	No 10 seconds rule	
Over and Back Rule	No over and back rule	
Fouls	All fouls result in ball out-of-bounds on the sideline/endline closest to offense	Follow FIBA rules for fouls with the exception that shooting fouls result in 1 point and 1 shot for 1 additional 1 point
Team Foul Bonus	Team fouls are not tracked, no bonus	Over 7 - point + ball
3 point line	All baskets are 2 points	All baskets are 2 points
Overtime	No overtime, games may end in tie	No overtime for regular season. Four minute overtime for playoffs.
Playoffs	No Playoffs	Games 7-8