

## **Basic Rules:**

The Swansea Youth Basketball League will follow MIAA/National Federation High School rules with exceptions as noted in the following:

## **Game Length:**

The league will play two 20-minute halves - running time.

The clock will be a run with the exception of last minute of the game and shooting free throws.

Half time and pregame warm-ups will be a reasonable amount of time based on the referee's discretion.

## **Overtime:**

In the event of a tie game, there will be a two-minute running time overtime period. Each team will have one time-out. Timeouts remaining from regulation will not carry over into the overtime session. If the score is still tied after the 2nd overtime, first basket scored in the third, untimed overtime wins the game. There are no playing time restrictions in overtime.

## **Timeouts:**

Each team is allowed three full (60 seconds) timeouts per game.

## **Participation:**

All players will play at least half of the game (4 shifts). A player will not be allowed to play more than two consecutive shifts.

\*Subbing will occur on the closest dead ball to nearest 5 minute mark. The clock will stop for 25 seconds in order for new players to figure out who they are guarding. THIS IS NOT A TIMEOUT

## **Defense: Boys 2nd -5th**

All teams must play man to man defense. You are allowed to use "help and recover" systems, but are not allowed to play any zones or have players just camped out in the paint, regardless of where their player is.

Double teaming is only allowed in the paint. For example, if a player drives to the basket and an opposing player slides over in the paint to play help defense in the paint, you may end up with two guarding the ball in the basket area. This situation would be LEGAL.

(Two players purposefully guarding one player 25 feet from the basket would be ILLEGAL.)

Pressing (Man to Man Only) is only allowed in the last 2 minutes of the game, unless up by 20+ points.

## **Defense: Boys 6th-8th**

All defenses - zone, man-to-man or pressing - are allowed at any time. A team that is up 20+ points is not allowed to press.

## **Fouls:**

Two shots will be taken after the 10th team foul in each half. NO 1 & 1.

Player technical fouls are counted as a personal foul and a team foul.

The clock does not stop for non-shooting fouls. (With the exception of non-shooting fouls under 1 minute in each half.)

Players foul out at five personal fouls.

## **Coaches:**

Only the coaches (2) and players should be on player bench. Game officials may allow more, however, if behavior becomes a concern, they will be asked to leave the player bench area.

## **Technical Fouls:**

Any coach receiving a technical foul must remain seated for the remainder of that game.

Two technical fouls result in ejection and a one-game suspension.

Any player receiving a technical foul will not be allowed to play the remainder of that game.

Any player receiving more than two technical fouls in a season is not allowed to participate in the playoffs.

## **Basketball Size:**

2nd-5th Grade Boys – 28.5

6th-8th Grade Boys – 29.5