

Lacey Youth Basketball (LYB) Rules

Division: 4th/5th Grade

I. TEAM ROSTER/PRACTICE

1. All participants **MUST** be properly registered with LYB through Lacey Parks, Culture & Recreation.
2. Rosters are limited to no more than 10 players unless approved by the League Supervisor.
 - a. Players may be added to teams with less than 10 players on a first come first serve basis and at the league coordinators discretion.
3. Each team has one mandatory, one hour practice per week at an assigned NTPS elementary gym.
 - a. Teams in the 4/5 division may request for an additional practice per week. The league coordinator will reserve the right to approve or deny extra practice requests at their own discretion and are subject to gym availability. Second practices are considered optional.
4. Apparel for Play: Court shoes, shorts with no pockets, LYB will provide team shirts.
5. Jewelry Policy: Participants are not allowed to wear any jewelry while playing. Those
6. participants that have medical I.D. bracelets may wear a wristband over the bracelet.
 - a. Hair control devices may be worn if made of soft material and does not impede play by posing a safety risk to others (i.e., too long and could get caught on another player).

II. EQUIPMENT/GYM SET-UP

1. LYB will furnish the game officials, game ball, clock, possession arrow, and scoresheets.
2. Teams will play with a size 6 (28.5") basketball.
3. Hoop Height will be standard 10'.
4. The free throw line will be standard 15' from the backboard.
5. Chinook Middle School Seating: Gym bleachers will be used for fans in the main gym.
6. **ONLY WATER IN A CLOSABLE CONTAINER IS ALLOWED IN THE GYMS. NO OTHER FOOD OR DRINK.**

III. START OF GAME

1. Each team is responsible for providing one (1) ADULT volunteer to sit and work at the score table (see 1.A). The home team is responsible for the official score sheet. The visiting team is responsible for running the clock and scoreboard. Games will begin promptly as scheduled.
 - a. Scorer's table volunteers must be an adult, if available. Teens age 14-17 may be permitted to work the clock/score book if given prior approval by the gym supervisor or league coordinator and is monitored by an assistant coach during play.
2. No Grace Period: A game must start if a team only has four players. The teams will play four on four. If at any time players are disqualified/or injured so that a team has less than four (4) players, the game is forfeited to the opponents.
 - a. A team with only four (4) players will be awarded an extra timeout per half to be used as needed to provide extra breaks (see V.3.A)
3. Coaches are asked to print team name/number, both the first and last name of each player, and uniform number on their score sheet. Players are to be listed in numerical order (i.e. 1-10).
4. Before each game, coaches should meet with officials to discuss the floor rules. High school basketball rules apply except as amended in this document.

IV. PARTICIPATION GUIDELINES

1. All players must play a minimum of two (2) full quarters per game. After the 4-minute mark of each quarter, the clock will be stopped to substitute all players that didn't start the quarter. When a team has seven or more players present for a game, all players must sit out at least two (2) 4-minute rotations (1 each half).
2. Playing time for players arriving after the end of the 2nd quarter will be determined at the coach's discretion.
3. Before the game begins, a coach must notify the opposing coach and LYB game monitor of any players present at the game that may not meet participation requirements due to disciplinary actions, injury, etc.
4. Any player leaving the game due to injury or illness must meet safety participation requirements upon return. A player may not return to the game if: they have an open wound or blood on their uniform, they are exhibiting flu like symptoms (i.e. vomiting), or their injury prevents them from safely participating in the game without impeding play and/or further aggravating the injury.
5. Blatant disregard for participation rules will result in game forfeiture upon verification by the League Supervisor

V. GAME INFORMATION

1. Games will consist of four (4) Eight (8) minute running quarters.
2. In the event of a tie, a two (2) minute overtime period will be played. If after the overtime the score is still tied, the game will be recorded as a tie.
 - a. The score clock will stop keeping score once a team is down by 20 points. The official scorebook may continue to keep score if they choose.
 - b. Wins and losses will be kept in the 4/5 division. Standings will be posted on the league website. (<https://www.teamsideline.com/sites/lacey/home>).
3. Time Outs: Each team will be allowed three (3) time outs per game (see 2.A). One time out will be given for an overtime period. Timeouts do not carry over from regulation play.
 - a. Teams with only five (5) players present to start a game will be awarded one (1) extra timeout for the first half to provide an extra break (if needed). The same will be awarded to a team with only has five (5) players at the start of the second half. No extra timeout will be given for an overtime period.
4. After the initial jump ball, the losing team will gain the possession arrow. The possession arrow will alternate on each tie-up throughout the entire game and at the beginning of each quarter.
5. **No Zone Defense:** Zone defense is defined as a player defending an area (zone) of the court rather than a particular player. The purpose of the no zone rule is to teach young players an aggressive person-to-person defense. This type of defense encourages individual defensive skill development.
6. **No double-teaming.** Switching, as long as there is a complete switch, is not considered double-teaming nor is help or backside defense. Once the ball is "dead" (player in possession has given up the dribble) the help must switch or go back to defending his/her player.
7. **Stacking Offense is not allowed.** Stacking an offense is defined as strategically placing offensive players on the court so that all players are not involved in offensive play action. Players on offense must attempt to continually be involved in offensive plays.
 - a. Penalty for using a zone defense or stacked offense: The official will give the offending team a warning on the first violation of each rule. On the second and following infractions, the opposing team will be given one (1) point and the ball out of bounds.
8. **Back Court Defense is not allowed at any time**

VI. FREE THROWS/FOULS

1. Each player present is eligible to shoot one free throw prior to the start of their scheduled game. Each free throw made will count as one point towards the game score. Players that arrive late for their game are not eligible for the pre-game free throw. *Free throws will also be shot throughout the game on all shooting fouls and bonus situations.*
2. Player and team fouls will be handled the same as high school basketball. The official scorebook will track personal fouls and team fouls. Players accruing a total of 5 personal fouls in a game will foul out of that game. Teams will shoot two (2) free throws for all bonus situations. After the sixth foul by a team in a half, a bonus situation will be in effect.
3. Players fouled while in the act of shooting will shoot two (2) free throws if the shot attempt is missed. If the shot attempt is made, the basket will count and the fouled player will shoot one (1) free throw.
4. Intentional, flagrant, and technical foul will result in an automatic two (2) points and possession of the ball to the offended team.
5. Technical Fouls: When a player receives a technical foul, they must be taken out of the game for at least two (2) minutes.
6. Injuries: When play is stopped for an injury, the player must be taken out of the game. The player may return to play on the next dead ball, if they meet participation requirements (see IV: Participation Guidelines).

VII. CONDUCT

1. Coaches are responsible for the conduct of assistant coaches, players, parents and supporters of their team. A referee may ask a coach to speak with any of the aforementioned persons to de-escalate any concerning behavior. A technical foul may be awarded to the coach if it is found they did not properly handle the conduct of the offending person (i.e. encouraging the behavior or not showing serious effort to de-escalate the situation).
2. Coaches and spectators are not allowed on the court during play unless motioned on by an official to attend to an injured player. Any infringement of this rule may bring a warning from an official; for any further infringement, the individual may be asked to leave the site.
3. In the event the individual refuses to leave when notified by an official, the team, regardless of the score, will forfeit the game.
4. **Only two (2) coaches** will be allowed to sit on the bench with each team during games. Friends or family members not participating as coaches may not sit on the bench.
5. Each coach must have a current coach's application and background check on file. Profanity and/or verbal un-sportsman like language used by a player, whether directed at another individual or to themselves, will be penalized with a technical foul against the offending player. If the offender is a parent or coach, the individual will be ejected from the contest and will be suspended for their team's next contest.

VIII. PLAYER/COACH/SPECTATOR SUSPENSION

1. A player/coach/spectator who is ejected will be suspended a minimum of one (1) game. League coordinators will decide on the total length of suspension.
 - a. Suspension length will be determined by the severity of the action. Any acts of physical contact/violence or threatening behavior will result in automatic expulsion from the league.
2. Players/Coaches/Spectators ejected from the game will leave the gym immediately or automatically forfeit the game and face possible expulsion from the league.
3. Two (2) technical fouls in one game, on a player or coach, shall result in an automatic ejection and minimum one (1) game suspension.
4. Any player, coach or spectator suspended may not accompany the team at any scheduled practice or game during the suspension.
5. Coaches and players who have received two technical fouls during one season shall be brought up for review with the league board and may face possible expulsion from the league.
6. The LYB League Supervisor has the authority to make rulings on all dealings regarding this league in the case the league coordinator is unreachable. All decisions are final.

IX. MISCELLANEOUS

1. Do not yell at or "ride" the officials. Remember that you set the tone for players, parents and spectators. Coaches are ultimately responsible for spectator and player conduct (see VII.1)
2. The league supervisor and officials reserve the right to eject or refuse entry to ANYONE who is behaving inappropriately or in an un-sportsman-like manner.
3. Coaches: Do not leave the gyms until all your players have been picked-up. You are responsible for making sure each player is picked-up by their parent or guardian during all practices and games.
4. For information about practice or game cancellations due to severe weather conditions, contact the league coordinator or call the Lacey Parks front office at (360)-491-0857.
5. For weekday practices; if school is closed or canceled, practices are canceled as well. No exceptions. Contact the league coordinator if you are unsure if you are able to hold practice.

