

(September 26, 2023)

PLAYBOOK FOR LIFE YOUTH BASKETBALL LEAGUE

I. Purpose

This league shall be known as the Playbook for Life Youth Basketball League (PBFLYBL). The purpose and mission of this league is to provide churches with the opportunity to minister to the whole person. In each contest, the object is not the result of the game, but how the game may contribute to the spiritual, physical, and emotional development of the player, coach, and parents.

“Be on the alert, stand firm in the faith, act like men, be strong. Let all that you do be in love.”

1 Corinthians 16:13-14

II. League Divisions

“AA” Division – 6 yrs. (Coed)	May not reach the age of 7 before 8/31
“A” Division – Up to 8 yrs.	May not reach the age of 9 before 8/31
“B” Division – Up to 10 yrs.	May not reach the age of 11 before 8/31
“C” Division – Up to 12 yrs.	May not reach the age of 13 before 8/31
“D” Division – Up to 14 yrs.	May not reach the age of 15 before 8/31
“EE” Division – Up to 16 yrs.	May not reach the age of 17 before 8/31
“E” Division – Up to 18 yrs.	May not reach the age of 19 before 8/31
Girls “A” Division – Up to 8 years	May not reach the age of 9 before 8/31
Girls “B” Division – Up to 10 yrs.	May not reach the age of 11 before 8/31
Girls “C” Division – Up to 12 yrs.	May not reach the age of 13 before 8/31
Girls “D” Division – Up to 15 yrs.	May not reach the age of 16 before 8/31
Girls “E” Division – Up to 18 yrs.	May not reach the age of 19 before 8/31

- “E” & Girls “E” Division players can be 18 years of age and eligible if they are still in high school. If a player is home schooled or in a special high school program, documentation of participation must be submitted with roster.

III. Eligibility

- Each church will be responsible for establishing its own attendance guidelines about church membership and participation.
- All players must be listed on a team roster, which must be submitted by December 1. It is recommended that each church provides and keeps parental release forms for each player. **Players may be added to a team roster up until January 1. After that date, any additions must be made in writing and have the approval of the Executive Committee.**
- Any team participating in any other league will not be eligible. Holiday tournaments are permitted during the Christmas holidays. Players who are members of the PBFLYBL may form a team to participate in holiday tournaments.
- A PBFLYBL basketball player will be allowed to practice and play for a school team (HS, JHS) until the first PBFLYBL league game. After that date a player will be declared ineligible if playing or practicing with their school team during the regular PBFLYBL season, even if the school season has been completed. Violations will be the forfeiture of all games in which the ineligible player took part. No player may play for two different PBFLYBL teams during the same season.

***Clarification: If try-outs for a school team do not begin until after the PBFLYBL begins play, a player is welcome to try-out for his/her school team while still playing for their church team until they make the final cut. Anyone playing for his/her school team then leaves that team and desires to join a church team, may apply for reinstatement with the PBFLYBL Executive Committee.**

- To be eligible for tournament play, all players must be listed on the team roster and have participated in at least four (4) league games.
- If rosters are not turned in by the deadline, that team's games will be counted as losses until the roster is received. Each Monday after that week's games all teams without rosters will be given a loss.**
- The Executive Committee must approve any exceptions to eligibility status.

IV. Game Rules

Unless otherwise noted, Official High School Rules will apply.

- All leagues
 - Each player on a team must play one continuous full quarter during the game. A continuous full quarter is defined as the beginning of a quarter through its completion.
Exceptions:
 - AA division is not required to follow this rule due to the ages of the players.**
However, the spirit of the rule should apply in that each player should play at least the equivalent of a full quarter.

- b. If any team has more than 10 players at the game, they will be responsible for playing 10 players one full quarter. Additional players beyond 10 must play 2 continuous minutes sometime during the game.
 - c. If a player starts a quarter and gets hurt and must come out of the game that quarter will be counted as their continuous quarter
 - d. **Late Arrivals: If a player arrives anytime during the first half they must meet the regular requirement of playing one continuous quarter. If they arrive after the start of the third quarter, they are eligible to play but are only required to play 2 minutes in that game. If they arrive after the start of the 4th quarter they are ineligible to participate in that game. Penalty: Violation for not playing a player will be forfeiture of the game. It is recommended that coaches verify player-playing status with the official scorekeeper during halftime to make sure there is no violation. No technical foul will be issued for a player arriving late!!**
 - e. Referees are required to officiate a game even if it is a forfeit. A forfeited game must end 10 minutes prior to next scheduled game time.
2. The season will begin the first Saturday in December. Games will be played on Saturdays between 8:00am and 8:00pm when possible.
 - 3. Game Day Rosters must be turned into score table within 5 minutes after the end of the previous game. The roster form should be legible with first name, last name, and number. May be printed or typed. Penalty for not turning in roster form will be a team technical foul assessed (2 foul shots and the ball to the other team to start the game).**
 4. Length of games will be as follows:
 - a. "AA" & "A" Division – 4 quarters of 7 minutes each.
 - b. "B", "C", "D", & "E", and all girls divisions – 4 quarters of 8 minutes each.
 5. Additional game rules:
 - a. One (1) minute between quarters. Five (5) minutes between halves.
 - b. **Time-outs: 2 per half.** (no carryovers).
 - c. Overtime: Two (2) minute overtime periods for "A", and "B" Divisions. Three (3) minute overtime periods for "C", "D", and "E" Divisions. "AA" Division will have no overtime since no score is kept public. **Only Four (4) overtime periods allowed. After four the game will end in a tie.**
 - d. Ten (10) minutes are allocated for team warm-ups prior to each game (if time permits), but may be cut to minimum of five (5) minutes if games are running behind. This is the decision of the gym official.
 - e. No dunking is allowed anytime. A technical foul will be assessed for violations.
 6. The game clock will stop only on shooting fouls, time-outs, and on each dead ball (whistle) in the final minute of the 1st three quarters and the final two (2) minutes of the 4th quarter.
 7. No team will be allowed to full court press with a lead of 20 points or more. **If a team is ahead 30 points they must not play defense outside of the 3 point line.** The first team violation will result in a warning. On the second and successive violations a 2-shot technical foul will be called on the player committing the violation. Two (2) technicals in a game on an individual will result in that player being disqualified from that game. (If one team is obviously much superior to another it is recommended that the superior team do things in the name of good sportsmanship to prevent humiliating the other team.
 - 8. During any time that pressing is not allowed the team on defense must allow offense to get the ball across midcourt before guarding them. (Referee will warn defensive team and ask them to back up if not allowing the ball to cross into the front court)**
 9. Uniforms: Players are required to wear shirts all the same color with numbers on the back. It is recommended that the shirts also have numbers on the front. It is also recommended that only legal high school basketball numbers be used. (Numbers ending in 6,7,8,9, or #'s 1&2 are not legal high school #'s). This helps the referees tremendously while calling the game. The color of the shorts or any T-shirt worn under the jersey does not matter. Players may also choose to wear sweat pants over their shorts. This is acceptable in the PBFlyBL.
 10. Only coaches and players on the team that is playing is allowed on or around the bench during the game. An adult team scorekeeper is considered a coach. **A maximum of 3 coaches allowed on the bench during the game.**
 11. No coaches, players, or friends of scorekeepers are allowed to be around the scorer's table during the game. (It is a major distraction) Obvious exception would be players checking into a game (they should sit down in front of the table to avoid blocking view of scorekeeper) and 1 coach asking a question at the proper time and in the proper manner. (examples: time-outs, between quarters, halftime break, or at referees request)
 - 12. A Team may start a game with 4 players.**
 - 13. In the AA, A, GA, B and GB divisions (10 years old and under) players may play with starter earrings that cannot be taken out. The earrings must be only the studs and must be taped up. The parents of players that have these earrings in that cannot be taken out must sign a waiver at each game before the child is allowed to play.**
 - 14. Players will shoot 2 foul shots after the fifth foul in each quarter.**

- B. "AA" & "A" Division Special Rules
1. Offensive possession is established with controlled ball possession.
 2. The defense may not interrupt the dribble.
 3. In "AA" the ball cannot be tied up or taken from a player at anytime while he/she maintains possession. It can only be intercepted when it is passed or blocked when it is shot.
 4. **There will be no backcourt defense at anytime for "AA" division games. Offensive players must be allowed in the frontcourt before being picked up by the defense. In the "A" division full court press is allowed the last 1 minute of the game unless the team is ahead by 10 or more points. The frontcourt is usually considered the middle of the court.**
 5. **There will be no backcourt violation in the "AA" divisions. In the "A" division the ball must get across mid-court within 10 seconds. The gym site should have at minimum a piece of tape to designate the frontcourt line.**
 6. **No triple teams on the ball handler are allowed. The first 2 times will be a warning. The third time and each time thereafter will result in one (1) foul shot and the ball.**
 7. **A basket will not count if shot into the wrong basket. If this happens the ball will be taken out by the team that had possession of the ball when it was shot.**
 8. **The "A" division has a 5-second lane violation in place of the 3-second lane violation. The "AA" has no lane violation, unless the team is getting an advantage by staying in the lane. The referee should warn the player and coach.**
 9. The closely guarded five (5) second rule does not apply; however, obvious stalls by individual players will be called a change of possession. A player may only keep possession of the ball a maximum of 20 seconds in the frontcourt before they must pass or shoot.
 10. **A and AA divisions will use the 27.5 ball.**
 11. There will be a free throw-in into the backcourt.
 12. Teams will play on an 8-foot goal.
 13. No score will be kept in "AA" games.
 14. **No tournament will be played at the end of the year in "AA". "AA" will have a FUN Day event.**
- C. "B" Division Special Rules
1. Offensive possession is established with controlled ball possession in the backcourt.
 2. A free throw-in into the backcourt will be allowed except for the last two (2) minutes of the game. The defense cannot cross halfcourt to intercept the pass.
 3. No full court pressure until the last two (2) minutes of the game. The full court press rule does apply.
 4. **The 3-point shots will be counted.**
 5. **Both boys and girls "B" division will play on regular 10 ft. goals. Free throws will be shot from 12 feet. Both divisions will use smaller 28.5 ball.**
 6. **Boys and girls age 10 and under (A and B division teams) may cover starter stud earrings with tape and play. Parent must sign a waiver at the game and provide the tape.**
- D. "C" – "E" Division Clarifications
1. Games will play by HS rules unless specifically addressed in these rules. Girls will use official 28.5 women's ball.
 2. **Teams may press anytime unless ahead by 20 points whereas the no press rule goes into effect.**
 3. **If a team is up by 30 points they must play defense inside the 3 point line. (They cannot guard or intercept a pass outside the 3 point line.**
- E. Tournaments: All team in all divisions except "AA" will play a post-season tournament. The teams with the best regular season record will play in the First Flight and the rest of the teams will be divided into flights according to their records.

V. Sportsmanship - Coaches and Players

- A. Coaches and players are expected to conduct themselves as Christians at all times. Any use of profanity will result in an automatic technical foul.
- B. Players receiving a technical foul must leave the game and sit out the remainder of that half.**
- C. Any coach or player ejected from a league game will automatically be suspended for the next game. That coach must also initiate a meeting with their pastor/church representative and 2 members of the PBFLYBL executive committee to determine if and when they will be allowed to coach. Call league director, Keith White to arrange the meeting at 704-491-8514.**
- D. Any coach or player ejected from two (2) games during the season will automatically be suspended for the remainder of the season effective immediately upon the second ejection. Any coach thus suspended must have league approval prior to coaching again in the PBFLYBL.
- E. Coaches may stand and move about in the vicinity of the bench but must leave absolute control of the game to the officials. Coaches or team scorekeepers may not stand near the scorers table or interfere with the official scorekeepers at any time. Any questions about the score should be directed to the officials at the proper time and proper way.
- F. If a bench is issued a technical foul then all coaches must remain on the bench for the remainder of the game.
- G. The Head Coach should be a member of the church he/she represents.
- H. Any physical or verbal confrontations between players or coaches of opposing teams after a game will be dealt with severely by the league. The confrontations will be treated as if two technical fouls were given to the player or coach involved. (Refer to league expectations of players, coaches, fans and referees.
- I. Teams should circle up at mid-court, as close to the spectators as possible, before and after the game for prayer.**
- J. At the end of the season a sportsmanship trophy will be given to one (1) team in each division that has shown the best attitude and the most Christ-like behavior throughout the entire year.

K. The home team on the schedule is responsible for a pre-game prayer with the players and spectators. The home team is the team listed first on the schedule. If you don't feel comfortable leading the prayer ask the gym site coordinator to have someone do it along with reading the league purpose statement that will be provided at each gym site.

VI. The Executive Committee

- A. The Executive committee will be made up of members of the Baptist Metrolina Ministries Church Recreation Committee whose facilities are used for the PBFLYBL.
- B. The Executive Committee will rule on all matters involving sportsmanship as outlined in section V.
- C. The Executive Committee will only recognize protests regarding player eligibility.
 - 1. All protests should be made in writing to the Division Coordinator.
 - 2. Tournament player eligibility protests: A protest involving an ineligible player must be placed to the proper division coordinator within 48 hours of the game or before the next game is to be played if less than 48 hours between games. If a player is found to be ineligible, only the game protested will be forfeited.
Note: Teams will not be allowed to participate in the tournament if a team roster has not been turned in.

VII. Gym Operation

Each gym will supply an official scorer, timer, game ball, and sets of shirts, pinnies, or other visible means of telling two (2) teams apart.

VI. Rescheduling of games

Once the league schedule has been released no games will be rescheduled unless a mistake in scheduling or a host site is changed.

Note:

- 1. Teams are required to provide any scheduling conflicts to Keith White at PBFLYBL by November 1st in order to have those conflicts honored.
- 2. Only Church related functions would be considered when scheduling around conflicts.
- 3. **There will be no scheduling conflicts honored during tournament.**

Playbook for Life Youth Basketball League Coach's Code of Ethics

- 1. ***"Let no unwholesome word proceed out of your mouth, but only such a word as is good for edification."***
Ephesians 4:29
 - a. Appeals to a referee should be calm, respectful, and in an orderly manner. How a coach respects and deals with an official sets the example for players and parents.
 - b. Opponents should be dealt with in a respectful manner and as brothers in Christ. There is no room for derogatory or intimidating statements.
 - c. A coach's role with his players is one of encouragement and motivation. Players should not be berated, embarrassed, or dealt with sarcastically.
- 2. ***"Do all things to the glory of God."*** **1 Corinthians 10:31**
 - a. Being honest, upright, and fair removes the need to intimidate or manipulate referees, scorekeepers, or opponents
 - b. The scripture tells us to *"...be angry, but without sin."* A coach should exhibit no outward displays of emotion or anger at a bad play, a bad call, or a questionable play by an opponent.
 - c. A coach should not allow players to return "evil for evil" even if provoked.
 - d. A coach should make sure all players and parents respect the church facility they are playing in. Remember the gym that you will be playing in is part of God's House!
- 3. ***"And you shall be My witness in both Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth."*** **Acts 1:8**
 - a. A coach should help each team member approach the game with an attitude of being a witness for Christ towards a teammate, opponent, and even a referee.
 - b. A coach's goal for the season is to make sure each player is a Christian or at least is presented the Gospel at some point during the season. Whenever possible, this effort should be extended to the families of the players.