

Playbook for Life Youth Basketball League

Quick View Game Rules

I. Playing Time

- a. 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. If a team has more than 10 players, then 10 players must meet the continuous quarter rule and all players over 10 must play a minimum of 2 continuous minutes. AA does not require continuous quarter.
- b. If a player arrives before the start of the second half that player must meet the continuous quarter rule. If they arrive after the start of the 3rd quarter but before the start of the 4th quarter they must play a minimum of 2 minutes. If they arrive after the start of the 4th quarter they cannot play during that game. A technical foul will **not** be issued for a player arriving late.
- c. If a player **starts** a quarter and gets hurt and has to leave the game that quarter will be counted as their continuous quarter.
- d. Referees will call a forfeited game as long as the team has 3 players show up and can pick up additional players to field a team. A forfeited game must end 10 minutes before the next scheduled game.
- e. A team must have 4 players from their roster show up to be an official game.

II. Basic Game Guidelines

- a. AA & A divisions will play 7-minute quarters. B through E divisions will play 8-minute quarters.
- b. The clock will only stop on shooting fouls and timeouts, except the last **1-minute** of the first 3 quarters and the last 2-minutes of the 4th quarter. Each team gets 2 timeouts per half. (No carryovers) Teams get an additional timeout in overtime.
- c. Overtimes: A & B divisions will play two (2) minute overtimes and C, D, & E will play three (3) minute overtimes. (Maximum 4) After 4 overtimes the game will be declared a tie. No overtime will be played in AA.
- d. AA & A divisions play on 8 ft. goals and will shoot foul shots from 9 ft. B division shoots foul shots from 12 ft. All other divisions shoot from regular foul line.
- e. **AA & A will use 27.5 ball. B and all girls divisions will use a 28.5 ball. Boys C, D & E will use men's regulation ball.**
- f. No dunking allowed either in warm-ups or the game. A technical foul will be assessed for violations.
- g. **If a player receives an unsportsmanlike technical foul they must sit out the remainder of that half.**
- h. No team will be allowed to press with a lead of 20 or more points. First team violation is a warning. Every violation after the warning will be a 2 shot technical foul on the player committing the violation. The technical foul on the player is counted as one of their 5 personal fouls. **If a team is ahead 30 points they must not play defense outside of the 3 point line.**
- i. In the B division there is no full court press until the last two (2) minutes of the game. The 20 point rule is also in effect.
- j. Only coaches and players on the team that is playing are allowed on or around the bench during the game. An adult team scorekeeper is considered a coach. **Teams are limited to 3 coaches (1 with scorebook) on the bench during game.**
- k. No coaches, players (unless checking into the game), or friends of scorekeepers are allowed to be around the scorer's table during the game. (It is a major distraction)
- l. Only one (1) coach is allowed to be standing up to coach during the game.
- m. 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.
- n. Teams should circle up for prayer before and after the game in the center of the court near the spectators.
- o. 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.
- p. **There is no 1 and 1 bonus foul shots. Players will shoot 2 foul shots on the fifth (5) foul in each quarter.**

III. AA & A Special Rules

- a. In the A divisions a player's dribble may not be interrupted but can be tied up when player picks up their dribble. In the AA division the ball cannot be tied up or taken from a player as long as they maintain possession.
- b. In the A divisions a full court press is allowed the last one (1) minute of the game unless the team pressing is ahead by 10 or more points.
- c. In the "A" division the ball must get across mid-court within 10 seconds. There is no time limit in the AA division.
- d. 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.
- e. In "AA" 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.
- f. 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.
- g. 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.