

**TENAFLY YOUTH BASKETBALL 2009-2010 RULES**  
(Four Quarters)

GENERAL:

SIZE OF BALL: Juniors, Inter and Senior Girls - Intermediate ball  
Intermediate and Senior Boys - Full size ball

BASKET HEIGHT: Juniors - 8.5 feet Inters and Seniors - 10 feet

LENGTH OF PERIOD: Juniors - 8 minutes Inters and Seniors - 9 minutes

OVERTIME: One 2-minute overtime (if tied at that point - game is a tie)

TIME OUTS: 3 one-minute time outs per game and 1 extra time out in overtime

CLOCK: Running clock except for  
1 - Last 3 minutes of 4<sup>th</sup> quarter and overtime - stop time except that if a team is behind by more than 10 points running time will continue  
2 - All technical fouls  
3 - For clarification, during any stop time, clock restarts when ball is "in play"

TRAVEL TEAM QUALIFICATION & PRIORITY: Should a player miss more than half of the Rec team practices or games, he/she is disqualified from participating on the Travel team.

**On the rare occasion where there is a conflict, Travel games take priority, followed by Rec league games, followed by travel practices, followed by Rec team practices.**

REC GAMES: Games are played 5 on 5 for 4 quarters

1- All referees, scorekeepers, timers and coaches must start the game on time whenever possible. As soon as each team has 5 players - START THE GAME. Due to lack of gym space, the schedule of games is very tight - if one game is late, then we are late for the entire night.

2 - If one team only has 4 players - the game will be played as an OFFICIAL game 4 on 5. **The team with 5 players or more should NOT compromise his/her players' playing time by accepting to play 4 on 4.**

3 - If both teams have 4 players - the game will be played as an OFFICIAL game 4 on 4.

FORFEITS: Any team with less than 4 players 5 minutes after starting time - will forfeit. A game SHOULD be played by mixing up the players even though not an official game. Refs should oversee this game and it MUST end at least 5 minutes before the next scheduled game (no matter how short the game).

FOULS:

1 - TEAMS FOUL: On the 10<sup>th</sup> team foul (per half) the penalty is 2 shots.

**Technical fouls count as team as well as personal fouls. For more playing time and to keep the clock moving, there are no longer "1and 1" foul shot situations.**

2 - FOULING OUT: A player fouls out on the 5<sup>th</sup> foul. If a team only has 5 players and one fouls out other than due to technical fouls (where the team will have to continue without the player ejected due to technical fouls) - that player may continue in the game. Any additional fouls on player(s) with more than 5 fouls will be treated as a technical foul in addition to a personal foul.

- 3 - **TECHNICAL FOULS:** Technical fouls result in 2 shots and the ball remaining with the team shooting the fouls. A player is ejected on the second technical foul and is suspended for the next game. Any player that receives more than three technical fouls during the season will be suspended for the season and his team will forfeit the game in which such fourth technical foul is charged. Similarly, any coach or parent that is charged with two technical fouls during one evening will be asked to leave the facility and barred from the facility for the next game. Should another technical foul be charged to any such person, that individual will be barred from the facility for the remainder of the season. These penalties are in addition to any other remedies permitted under the law. We have been fortunate in our town in not having these kinds of issues but, in light of recent national events, we are taking this opportunity to include this, hopefully never to be needed, rule.

#### GAME SUBSTITUTION RULES:

- 1 - No player may play more than one quarter more than any other player on his/her team.
- 2 - Every player must play at least ½ the game
- 3 - A player who doesn't play the 1<sup>st</sup> quarter **MUST START & PLAY** the entire 2<sup>nd</sup> quarter
- 4 - **The # 1 and # 2 players on each team as defined by the league supervisor must sit out the 2<sup>nd</sup> quarter unless it would result in having to play with 4 players. Where the top rated players on the team are needed in order to play with 5 players, any points scored by the #1 and #2 rated players in the 2<sup>nd</sup> quarter will NOT count. It is the coach's responsibility to encourage full attendance. If a team consistency shows with 2 or more players missing, the league supervisor may add a player to correct the situation. Should the ratings misrepresent the top 2 players on a team, only the league supervisor may re-rate a player to rectify the problem.**

**RUNNING UP THE SCORE:** If a team wins any game by more than 20 points, the winning team will be disqualified and recorded as a loss for such team. TYB believes that there are few benefits to running up the score and much to be gained in learning how to win with dignity and respect for other children in a recreational league. There are many things a coach can do to try to keep the score a little closer once a big lead has been established by his/her team:

- 1 - Only permit the less talented players to bring the ball up
- 2 - Require each player on the winning team to receive a pass before any shot is taken
- 3 - Only permit the players who rarely score to shoot
- 4 - Play defense and only challenge the ball **IN THE KEY** thereby allowing the other team to obtain quality scoring chances
- 5 - **USE IMAGINATION** - There are many creative fun ideas to increase other non-scoring skills. Please note: all of these rules are made so that all children get as much playing time as possible in the regular season games.

#### DEFENSE:

Must play "man-to-man" throughout the first 3 quarters; **doubling on the ball or any player is prohibited during these 3 quarters (i.e., every player must be guarding one opponent player; help defense requires players to switch on defense vs. double teaming).** After an initial warning, a technical foul will be awarded upon each additional violation.

Zone defense is allowed thereafter

FULL COURT PRESSING:

Juniors - Never

Inters - 4<sup>th</sup> period & overtime

Seniors - 3<sup>rd</sup> and 4<sup>th</sup> periods & overtime

NO PRESSING ALLOWED BY A TEAM LEADING BY 10 POINTS OR MORE

OFFENSE:

BACKCOURT VIOLATION: 10 seconds for All divisions. For clarification, in all schools other than the Middle and Alpine Schools, due to the small size of the courts, once the ball is advanced into the front court, the backcourt line is considered the opposite foul line as opposed to original half court line. As such, teams can guard their opposition if the opposition retreats past the half court line unless the ball goes back into the backcourt as a result of the defensive team (including a non-shooting foul by the defensive team), wherein the offensive team will have another 10 seconds to advance the ball into the front court.

JUMP BALLS: "Jump balls" are awarded alternating possessions between the teams. For clarification, the possession to start each period is included as a jump ball.

THREE POINT SHOTS: All divisions

IN THE KEY: Juniors and Inters - 5 seconds      Seniors - 3 seconds

ALL OTHER SITUATIONS ARE COVERED BY OFFICIAL HIGH SCHOOL RULES. ANY DISAGREEMENTS WITH OTHER COACHES, THE SCOREKEEPERS OR RULES ENFORCEMENT DURING THE GAME SHOULD BE ADDRESSED ONLY TO THE REFEREES OR LEAGUE SUPERVISORS WHO HAVE FINAL AUTHORITY DURING THE GAME. BOTH HEAD COACHES SHOULD MEET WITH THE REFEREES AT MIDCOURT BEFORE EACH GAME TO UNDERSTAND THE INDIVIDUAL TENDENCIES OF THE REFEREES FOR THAT NIGHT AND TO DISCUSS ANY SPECIFIC CONCERNS OR UNUSUAL PLAYER CIRCUMSTANCES. EACH REFEREE HAS LATITUDE IN ENFORCING THE DEGREE OF EACH RULE AND WE CANNOT AND WILL NOT ATTEMPT TO MICROMANAGE THEM. BY UNDERSTANDING THEIR TENDENCIES FROM A MEETING IMMEDIATELY PRIOR TO THE START OF EACH GAME, THE COACHES ARE EXPECTED TO THEN MANAGE THEIR TEAMS ACCORDINGLY. Please remember, scorekeepers and referees are not NBA professionals; they are also human and therefore not perfect. Please do NOT get into any extended argument or discussion during the game - AS PARENTS AND COACHES WE MUST LEAD BY OUR BEHAVIOR. Any comments on referees, scorekeepers, timers, opposing coaches or players should be directed to your league supervisor.

Please ask your players NOT to arrive earlier than 15 minutes before a game or practice and not to wear jewelry, as it is prohibited. Please inform parents to pick up players no later than the scheduled end of a practice or game. Any problems with parents should be directed to your league supervisor.

If you are the last team to leave a school - PLEASE look around and be sure there are no children left unattended. Coaches must also take responsibility for what is going on in the halls, bathrooms, stages or stands, as well as on the basketball court. Please clean the bench area, including removing any refuge/bottles after the game/practice and report any injuries or damage to school property immediately to your league supervisor. We are also all guests of the Tenafly schools and we can lose that privilege. Any problems that can't be solved, please report to your league supervisor and we will talk to the parents. Lastly, please make sure that the bags and balls provided at the beginning of the season are returned to the league supervisor at the end of the last game.