

**Scituate Youth Basketball**

**2022-2023**

**House League**

**Boys & Girls Rules and Guidance**

**Record of Changes**

| **Revision** | **Effective Date** | **Page/Rule** | **Change** |
| --- | --- | --- | --- |
| - | 26 Nov 17 | - | Initial Prep by RGregory |
| 1 | 30 Nov 17 | All | Revisions by BLaPlante |
| 2 | 1 Dec 17 | Rule 11 and 1-3 Grade Rules (4 v 4) | Revisions by BLaPlante |
| 3 | 8 Sept 18 | Substitution Rules (no halftime reset) | Revisions by BLaPlante |
| 4 | 30 Nov 19 | Added basketball sizes; highlighted/bolded relevant rules; changed man-to-man to 12 minutes for 8th-10th; require coaches provide scorers with shift/rotations before game to ensure compliance; revised player rotation (Appendix A-1;A-2) | Revisions by BLaPlante |
| 5 | 28 Nov 21 | Updated dates | Revisions by MKofron |
| 6 | 30 Nov 21 | Updated to account for oldest age group ending at 8th grade (was 10th grade previously). Updated revision marks on footer. | Revisions by RGregory, MKofron |
| 7 | 14 Nov 22 | Combined Girls & Boys into this document, Updated divisions to match what we have for 2022-23 season | Revisions by MKofron |
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**GENERAL RULES (ALL DIVISIONS)**

1. 28.5” basketballs for 1st - 5th grade boys divisions. 29.5” basketballs for 6th-8th grade boys divisions.

28.5” basketballs for 1st - 8th grade girls divisions.

1. All games shall have played in halves with durations as follows:
   1. 1st – 2nd Grade Boys Division 8-minute quarters
   2. 1st – 3rd Grade Girls Division 8-minute quarters
   3. 3rd Grade Boys Division 8-minute quarters
   4. 4th – 5th Grade Divisions 16 minute halves
   5. 6th  - 8th Grade Divisions 20-minute halves
2. All games have "running time" throughout the game, **except** for the taking of **foul shots** and during the **last two (2) minutes of each half** and any overtime. Exceptions are
   1. 1st – 3rd Grade Girls Division (see division-specific rules as follow).
   2. 1st – 2nd Grade Boys Division (see division-specific rules as follow).
3. Each team has **three (3) timeouts total per game** and one (1) additional timeout per overtime period.
4. Halftime is **four (4) minutes** (unless the gym is running behind, in which case it will be less at the officials and/or League’s discretion).
5. Overtime: Two (2) minute overtime with no substitution restrictions. Games tied at the end of overtime will proceed into a second overtime following the same rules.
6. The 7th team foul results in 1/1 foul shooting. Double bonus on the opposing team’s 10th foul.
7. Players foul out of the game upon receiving their 5th personal foul. Players **or** coaches receiving two (2) technical fouls result in an immediate ejection from that game, and the player or coach is suspended from the next game.
8. Defense: Defensive style is as follows to ensure the best playing experience possible and to avoid lopsided games:
   1. Mandatory man-versus-man defense for the **first eight (8) minutes of each half**, for Boys 3rd and above and Girls 4th-5th and above. Then, the following rules apply:
      1. 3rd Grade Boys Division: Defense must remain man-to-man, defenders must remain below three-point line. NO Full Court pressure allowed.
      2. 4th – 5th Grade Divisions: Any type of half-court defense can be used. Full court pressure is **only** allowed in the **last two (2) minutes** of the **2nd half**. No full court pressure in the 1st half.

* Note that Girls 4th-5th games involving Ponaganset may restrict all defense outside of the 3-point line
  + 1. 6th – 8th Grade Divisions: Any type of half-court defense can be used. Full court pressure is **only** allowed in the **last two (2) minutes** of the **2nd half**. No full court pressure in the 1st half.

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* + 1. See Boys 1st-2nd and Girls 1st-3rd section below for these age groups

b. Man-To-Man: During required man-to-man time periods, **all players must be in a recognizable man defense**. Proper positioning relative to the ball and help defense do not constitute illegal defense. If one or more players are freelancing, double teaming, or playing zone techniques, the team will be charged with playing an illegal defense. First offense is a warning. All subsequent offenses will be a technical foul (2 free throws and the ball for the opposing team).

1. Three-Pointers:
   1. 1st – 3rd Grade Divisions: No three-pointers allowed; count as two (2) points
   2. 4th – 5th Grade Division: No three-pointers allowed except last four (4) minutes of the game. Three-pointers made prior to last four (4) minutes of the game count as two (2) points.
   3. 6rd – 8th Grade Divisions: Three-pointers are allowed, but should be controlled to ensure players share the ball with teammates, scores are not run up, no showboating occurs, etc.
2. Mercy rule: If the game point/score differential is greater than **fifteen (15) points**, the leading team cannot apply full-court pressure, if rules were to allow it otherwise.
3. Player behavior and sportsmanship: Unsportsmanlike conduct shall not be tolerated. Coaches, League Board Members, and game officials shall ensure that any instances of excessive showboating, taunting, trash-talking, or otherwise unsportsmanlike conduct will be controlled at all times. The first instance shall result in a warning/counseling by the game official(s) or technical, in the official’s discretion. The second occurrence by any player on that team will result in a technical foul. A third instance by any player on that team will result in another technical foul and ejection of the offending player and that player’s head coach.

**Playing Time Rules**

1. Shift Changes
   1. Shall occur **every four (4) minutes** of each half or quarter. The scorekeeper will notify the referees and play may continue until a stop in play or a referee stops play at an "appropriate" time.
   2. There shall be **no “free substitutions”**; must follow the shift assignments strictly.
   3. At each shift change, **ALL** players on the bench must come into the game.

Exception: If a team has greater than ten (10) players (or 8 players for Girls 1st-3rd or Boys 1st-2nd), in which case the players remaining on the bench must play the next shift.

* 1. Coaches may not modify their shifts at halftime; **shift change** requirements shall **continue from the first half**.
  2. **No player** will be allowed to play more than **two (2) shifts in a row**.

Exception: If a team has seven (7) players or less, in which case no player will be allowed to play more than three (3) shifts in a row.

* 1. **Special or mid-shift substitutions** will be allowed only for: (1) injuries, (2) fouling out of a game, (3) removing a player with 3 fouls in 1st half (to avoid a 4th foul in the 1st half), or (4) disciplinary issues that must be addressed with a substitution, as determined by the player’s coach. There shall be no consideration for situations such as foul trouble in the 2nd half, matchups, score differential, etc. If a player **fouls out** of the game, then the substitution shall be from the **next player in the shift rotation** established by the coach and confirmed by the scorekeeper at the beginning of the game.
  2. No player may play more than one (1) shift more than any other player in any half. For example: If “John” plays only one (1) shift in the 2nd half, “Billy” cannot play three (3) shifts in the 2nd half.
  3. **Special or non-shift substitutions** will be allowed only for: (1) injuries, (2) fouling out of a game, (3) removing a player with 3 fouls in 1st half (to avoid a 4th foul in the 1st half), or (4) disciplinary issues that must be addressed with a substitution, as determined by the player’s coach. There shall be no consideration for situations such as foul trouble in the 2nd half, matchups, score differential, etc. If a player fouls out of the game, then the substitution shall be the next player in the shift rotation established by the coach and confirmed by the scorekeeper at the beginning of the game.
  4. See Appendix A-1 for a set of shift/player rotation grids for coaches and scorekeepers to confirm shift rotations. **Coaches must identify for scorekeepers *before the game* their shift/player rotation so that scorekeepers can track player shifts/rotations. If a player arrives late, the player must be added to the end of the rotation; the coach may *not* change the rotation submitted to the scorekeeper before the game.**

1. If a team has less than five (5) players to start a game, they will forfeit that game, but can play a scrimmage game by borrowing players from the opposing team or from other teams in that division or a younger division. If a team has five (5) players or more to start a game, they cannot borrow anyone or they will forfeit the game.
2. Game Attendance and Playoff Eligibility: Players must attend and participate (unless injured or due to extenuating circumstances approved by the SYB Board) in at least 50% of the regular season games to be eligible to participate in playoffs.

**SPECIFIC RULES – 1ST – 3RD Grade Girls Division, 1ST – 2ND Grade Boys Division**

1. Baskets will be lowered to eight feet (8’). Shorter than regulation courts will be used.
2. Games shall consist of four, **8 minute quarters**.
3. Scorekeepers will post scores on scoreboard at the game site, but league will not maintain win-loss records.
4. Games shall have **stop time** during **foul shots** and in the **last 2 minutes of the 4th quarter** (and any overtime).
5. Coaches may be “on the floor,” if necessary, but may not be (a) in the way of players, and (b) yelling so loudly that the players on either team are confused or distracted.
6. Game play will consist of **four (4) versus four (4) players with a 2-2 zone (box) defense** **within the three-point line**.
   1. Defense must be 2-2 zone for the entire game; no man-to-man and no diamond or other defenses. 2-2 zone only.
   2. Defense cannot extend beyond the three-point line.
   3. Teams cannot fast break; the defensive team must be allowed to get back into their defensive zone.
   4. Referees will call all blatant violations (travel, double dribble, etc.) and all fouls, while providing guidance/feedback to the player on why the violation/foul was called.
7. If a team has less than 4 players to start a game, they can borrow players from the opposing team, from other teams in that division, or from the K division.

**Appendix A-1 (1st-3rd; 4th-5th; and 6th-8th Divisions)**

**Note that Boys 1st-2nd and Girls 1st-3rd plays 4v4, not 5v5**

| **5 Player Rotation** | | | |
| --- | --- | --- | --- |
| **5 Player Rotation- 1st Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 |
|  |  |  |  |
| **5 Player Rotation- 2nd Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 |
|  |  |  |  |
|  |  |  |  |
| **6 Player Rotation** | | | |
| **6 Player Rotation- 1st Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 1 | 6 | 5 | 4 |
| 2 | 1 | 6 | 5 |
| 3 | 2 | 1 | 6 |
| 4 | 3 | 2 | 1 |
| 5 | 4 | 3 | 2 |
|  |  |  |  |
| **6 Player Rotation- 2nd Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 3 | 2 | 1 | 6 |
| 4 | 3 | 2 | 1 |
| 5 | 4 | 3 | 2 |
| 6 | 5 | 4 | 3 |
| 1 | 6 | 5 | 4 |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **7 Player Rotation** | | | |
| **7 Player Rotation- 1st Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 1 | 6 | 4 | 2 |
| 2 | 7 | 5 | 3 |
| 3 | 1 | 6 | 4 |
| 4 | 2 | 7 | 5 |
| 5 | 3 | 1 | 6 |
|  |  |  |  |
| **7 Player Rotation- 2nd Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 7 | 5 | 3 | 1 |
| 1 | 6 | 4 | 2 |
| 2 | 7 | 5 | 3 |
| 3 | 1 | 6 | 4 |
| 4 | 2 | 7 | 5 |
|  |  |  |  |
|  |  |  |  |
| **8 Player Rotation** | | | |
| **8 Player Rotation- 1st Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 1 | 6 | 3 | 8 |
| 2 | 7 | 4 | 1 |
| 3 | 8 | 5 | 2 |
| 4 | 1 | 6 | 3 |
| 5 | 2 | 7 | 4 |
|  |  |  |  |
| **8 Player Rotation- 2nd Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 5 | 2 | 7 | 4 |
| 6 | 3 | 8 | 5 |
| 7 | 4 | 1 | 6 |
| 8 | 5 | 2 | 7 |
| 1 | 6 | 3 | 1 |
|  |  |  |  |
|  |  |  |  |
| **9 Player Rotation** | | | |
| **9 Player Rotation- 1st Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 1 | 6 | 2 | 7 |
| 2 | 7 | 3 | 8 |
| 3 | 8 | 4 | 9 |
| 4 | 9 | 5 | 1 |
| 5 | 1 | 6 | 2 |
|  |  |  |  |
| **9 Player Rotation- 2nd Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 3 | 8 | 4 | 9 |
| 4 | 9 | 5 | 1 |
| 5 | 1 | 6 | 2 |
| 6 | 2 | 7 | 3 |
| 7 | 3 | 8 | 4 |
|  |  |  |  |
|  |  |  |  |
| **10 Player Rotation** | | | |
| **10 Player Rotation- 1st Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 1 | 6 | 1 | 6 |
| 2 | 7 | 2 | 7 |
| 3 | 8 | 3 | 8 |
| 4 | 9 | 4 | 9 |
| 5 | 10 | 5 | 10 |
|  |  |  |  |
| **10 Player Rotation- 2nd Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 1 | 6 | 1 | 6 |
| 2 | 7 | 2 | 7 |
| 3 | 8 | 3 | 8 |
| 4 | 9 | 4 | 9 |
| 5 | 10 | 5 | 10 |
|  |  |  |  |
|  |  |  |  |
| **11 Player Rotation** | | | |
| **11 Player Rotation- 1st Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 1 | 6 | 11 | 5 |
| 2 | 7 | 1 | 6 |
| 3 | 8 | 2 | 7 |
| 4 | 9 | 3 | 8 |
| 5 | 10 | 4 | 9 |
|  |  |  |  |
| **11 Player Rotation- 2nd Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 10 | 4 | 9 | 3 |
| 11 | 5 | 10 | 4 |
| 1 | 6 | 11 | 5 |
| 2 | 7 | 1 | 6 |
| 3 | 8 | 2 | 7 |
|  |  |  |  |
|  |  |  |  |
| **12 Player Rotation** | | | |
| **12 Player Rotation- 1st Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 1 | 6 | 11 | 4 |
| 2 | 7 | 12 | 5 |
| 3 | 8 | 1 | 6 |
| 4 | 9 | 2 | 7 |
| 5 | 10 | 3 | 8 |
|  |  |  |  |
| **12 Player Rotation- 2nd Half** | | | |
| **Shift 1** | **Shift 2** | **Shift 3** | **Shift 4** |
| 9 | 2 | 7 | 12 |
| 10 | 3 | 8 | 1 |
| 11 | 4 | 9 | 2 |
| 12 | 5 | 10 | 3 |
| 1 | 6 | 11 | 4 |