

# **HYAA Boy's and Girl's Basketball Rules**

## **HYAA Policy on Sportsmanship**

HYAA values and expects sportsmanship among its many participants, players, coaches, officials, parents and spectators. Sportsmanship involves fairness, courteous relations and graceful acceptance of results.

Sportsmanship is more than a concept. Sportsmanship, or its absence, is reflected in the actions and remarks of participants and spectators. Some fundamentals of good sportsmanship include knowing and understanding the rules of the contest, showing respect for the officials and accepting their decisions, showing respect for both teammates and opponents, maintaining self control at all times and showing a positive attitude in cheering.

Because poor sportsmanship tends to gather momentum, undesirable behavior and/or remarks must be caught early. Each individual can make a difference.

**Winning and losing last only a moment; integrity and dignity are characteristics for a lifetime.**

## **Rules of Conduct for All Leagues**

The following excerpt from the NFSHSA Basketball Handbook is an interpretation of National Federation Rule 10, Section 4 and 5, regarding behavior of coaches. These rules will be strictly adhered to. "These rules prohibit a coach, assistant coach, player, parent or spectator from:

- disrespectfully addressing an official, attempting to intimidate an official or influence an official's decisions,
- using profanity,
- indicating objection to an officials decision by rising from the bench to use gestures of dissatisfaction,
- entering the court unless permitted by an official to attend to an injured player,
- rising from the bench except under circumstances outlined below,
- disrespectfully addressing or baiting an opponent, or
- doing anything that might incite undesirable crowd reaction."

"The head coach may be off the bench within the designated coach's box to instruct players. Other than for the preceding exception any coach shall remain seated on the bench except to:

- Confer with team members at the bench area during a charged time-out and at intermission periods.
- Stand in front of seat to signal to players to call time-out.

- Attend an injured player.
- React spontaneously to an outstanding play.
- Confer with personnel at score keeper's table with regard to timing or scoring error, alternate possession arrow mistake or a correctable error.
- The assistant coach must remain seated on the bench.

## **1. Duties of League Presidents**

### **1.1 League Presidents are responsible for**

- a. Making available copies of these Activity Rules and Recommendations to all coaches.
- b. Assist the commissioner in the league draft.
- c. Obtaining from the Basketball Commissioner the necessary equipment such as score books, uniforms, basketballs, etc., for distribution to the coaches.
- d. Providing a schedule of league games and practices to all coaches and to the Director of Officials.
- e. Providing current eligibility rosters (including the names of head coaches and assistant coaches to each team prior to the season.)
- f. Re-scheduling games that are postponed for reasons given within these Rules.
- g. Holding meetings of league coaches when required for distribution of information and/or resolution of problems.
- h. Collecting player ratings from coaches prior to the beginning of playoffs.
- i. Collecting all returnable equipment from coaches immediately at the end of the season and returning same to the Basketball Commissioner.
- j. Collecting suggestions of coaches regarding future program improvements and delivering a written compilation to Basketball Commissioner at the end of the season.

## **2. Other Administrative Rules and Recommendations**

**2.1** There may be no use of gyms for any reason during times not assigned to HYAA by the Facilities Director.

**2.2** All games on the official league schedule must be played.

**2.3** A game may be postponed **ONLY** by the League President and **ONLY** in cases of (1) inclement weather, (2) unavailability of the gym, (3) unavailability of both assigned or substitute officials, or (4) with permission of the Commissioners for some other emergency.

Postponed games shall be re-scheduled promptly by the League President to a time mutually agreeable to the League President and both coaches. If these parties cannot agree on a playing date and time, a date and time shall be assigned by agreement of the

League President, Basketball Commissioners and Director of Officials. Once rescheduled, that game shall be considered part of the official league schedule.

**2.4** Court time for teams and officials is the time shown on the league schedule. Referees shall start each game as scheduled. The clock will be started five minutes after the scheduled start time even if one of the teams is not in a position to start the game. This will be done to insure that the subsequent games will end at a reasonable time. If a team does not have four (4) eligible players ready to play and a coach or person designated by the coach is not present on the court within ten (10) minutes of the scheduled court time, the team automatically loses by forfeit. Under this rule there may be a double forfeit. NOTE: It is recommended that in the event of a forfeit as stated in Rule 2.4, that said time allotted be used for the purpose of a scrimmage for the benefit of all players. Teams may be reorganized for this specific purpose to enable the scrimmage to take place and neither team's win/loss record shall be affected by the scrimmage.

**2.5** Scoring and timing of each game are the responsibility of the official score keeper and timer assigned to that game. The home team will provide an adult to keep the clock and the away team will provide an adult to keep the scorebook. The score keeper and the timer should not cheer or coach players on the court.

## **2.6 League Descriptions:**

**All leagues will be open to Holmdel residents that are students in grades Kindergarten through 12th.**

**2.6.1 Clinic League** - The Clinic League will be comprised of students in Pre-K and Kindergarten. As its name implies it is intended to provide our students with the fundamentals of basketball by following the program prepared by the Director of Officials, the Director of Facilities and the Basketball Commissioners. At some point during the season, at the Commissioners' discretion, intra and inter team scrimmages may be conducted to give participants a little exposure to the competitive nature of the sport.

**2.6.2 Rookie League** - The Rookie League will consist of 1st and 2nd grade students and is intended to give players their first exposure to league play on a regulation court with parents as officials. The league is primarily instructional and other than the fact that no score will be kept for games, other factors of a game will be in effect, i.e. clock, free throw shooting, fall back rule, etc. In addition to honing their basketball skills, players will be taught the importance of team play and the relationship of their positions to the other four (4) positions on both offense and defense. No score will be kept in this league.

**2.6.3 Freshman League** - The Freshman League will consist of 3rd and 4th grade students and is intended to give players more intensive exposure to league play on a regulation court with one patch ref and one student official. Basic skills will continue to be improved and additional emphasis will be put on team play and the

relationship of the five positions. This league will play on 8 foot baskets. Officials for this league will consist of one professional and one highly qualified student referee.

**2.6.4 Intermediate League** - The Intermediate League will consist of 5th and 6th grade students. As in earlier leagues the emphasis will always be on improving basic skills, team play and the relationship of the various positions. This league will play on 10 foot baskets. In addition, players will receive exposure to some of the more complex offenses and defenses. Officials for this league will consist of one professional and one highly qualified student referee.

**2.6.5 Senior League** - The Senior League will consist of 7<sup>th</sup> and 8<sup>th</sup> grade students. At this level of experience coaches will be dealing with players that may have been involved with HYAA Basketball, from a competitive standpoint, for as many as five years. We will still focus on the basics, however, the level of experience and maturity of the players will demand more exposure to the finer points of the game. The competitive nature of the sport will also come to the forefront. Officials for this league will consist of two (2) professional referees.

**2.6.6 High School League** - The High School League will consist of 9th, 10th, 11th and 12th grade students. As in the Senior League our coaches will be dealing with players that have been involved with HYAA Basketball for as many as seven years. We are now dealing with responsible young men and women that are preparing for another phase in their lives, their college education. It is our challenge to continue to improve their skill levels, stress the value of team play and their responsibility to each other. The officiating for this league will be conducted by two professional referees, under the auspices of the Director of Officials.

### **3. Rule Modifications for Game Play**

Current basketball rules of the National Federation of State High School Associations shall govern play, except as modified here.

**3.1** Player eligibility dress code for a game requires the following:

- a. Each team member must wear the uniform provided by HYAA, athletic socks and sneakers. NOTE: Jogging shoes may be deemed to be unsafe.
- b. A team member may not wear jewelry, barrettes or other accessories deemed unsafe by the referee.

**3.2** A game may not begin until the rosters, shirt numbers and starting five players for each team are recorded in the score book.

**3.3** Occupants of a team's bench are limited to team members, the head coach and the assistant coach.

**3.4** An HYAA basketball must be used for each game. The following balls will be used for the leagues listed:

**League Ball to be used**

- Clinic: 27 inch (Biddy)
- Rookie, Freshman & Intermediate: 28.5 inch
- Senior Girls: 28.5 inch
- Senior & High School: 29.5 inch

**3.5** Each game shall be divided into quarters with the clock starting and stopping as outlined below:

**League Quarter Duration**

- Clinic: No Time
- Rookie (No games the first half of the season): 8 minute running time
- Freshman: 8 minutes running time
- Intermediate: 10 minutes running time
- Senior: 10 minutes running time
- High School: 10 minutes running time

The clock will run continuously during each quarter unless a time out is called. The only exception will be the last 2 minutes of the 4th quarter where the clock will stop on a whistle and start on an inbounds. In the Senior League the clock will stop for the last two minutes of the second quarter and the fourth quarter. In the High School League the clock will start and stop as defined in the NFSHSA Basketball Handbook. Playing time shall be recorded in the official score book in eighths. At the middle of each quarter the referee shall stop play to allow coaches to make player substitutions.

**3.6** Intermission between quarters shall last one (1) minute; intermission at half-time will last two (2) minutes.

**3.7** Playing Time - Each eligible player, including any who arrive before the beginning of the second quarter, shall play four (4) eighths as recorded in the official score book. Only players who start an eighth get credit for playing that eighth. In addition, all players must sit out at least one (1) eighth during the game, except when only five (5) players are available. Exceptions to Rule 3.7 are:

**3.7.1** A coach has the option of reducing a player's playing time below the minimum for disciplinary reasons. Both the League President and Basketball Commissioner must be notified by the coach within forty-eight (48) hours of any such occurrence.

**3.7.2** A player disqualified by fouls is absolved of this requirement.

**3.7.3** A player arriving prior to the start of the third quarter must play at least two (2) eighths.

**3.7.4** A player arriving after the start of the third quarter may not play.

**3.7.5** A player removed from the game due to sickness or injury is absolved of the minimum playing time requirement. The sick or injured player may return to the game in the same or subsequent quarter, subject to Rule 3.8.

**3.8** A substitute may be made for any player who has already completed the minimum playing time or who has been disqualified by fouls or who must leave the game due to sickness or injury.

**3.9 Three-point field goals** will be allowed in the Intermediate, Senior and High School Leagues.

**3.10 Bonus Free Throws** (Applicable in Freshman, Intermediate and Senior Leagues)

Whenever, in any game, one team has a larger number of players and **only if** that team is losing at the half, than its opponent, the team with the smaller number of players is deemed to have an advantage over its opponent. When this occurs the team with the larger number of players will be allowed to take two (2) foul shots during the half-time break for each player they have over the opposing team. Any baskets scored will be added to that teams score.

**3.11 Boy's and Girl's Clinic and Rookie Leagues**

It is strongly recommended that basic fundamentals be taught in these leagues. Instructional drills should emphasize shooting, dribbling and defensive and offensive skills. Scrimmages should be minimized but when conducted a 4vs.4 development scrimmage should be conducted at the clinic level directed by a coach from each team. The basketball commissioner with the director of player development will distribute drills, games and instructional sheets outlining the practice sessions at this level. Scrimmages should be discouraged in the clinic league and games, i.e. foul shooting, dribbling should be emphasized. In the Rookie League the commissioner will determine when scrimmages will be allowed.

Note: Score Boards Are Not Permitted in the Clinic League and no score will be kept in the Rookie League

## **3.12 Freshman Leagues**

### **3.12.1 Fall Back Rule**

When a team has gained clear possession of the ball in its defensive half of the court, or when a team is making a throw-in to their back court, A Fall Back condition exists. It is strongly recommended that the referees call out "Fall Back," at this time. When a Fall Back condition exists, the defensive team shall return to its defensive half of the court. A defensive player may not intentionally touch the ball or defend against an offensive player in back court until the ball has crossed the division line.

A Fall Back condition shall not be interpreted as prohibiting a fast break by the offensive team. Also a Fall Back condition does not temporarily suspend other rules regarding fouls and violations. A defensive violation of the Fall Back Rule (intentionally touching the ball or defending against an offensive player in the back court) will result in a TECHNICAL FOUL on the team for delay of game.

**3.12.2** Pressing allowed for boys 4 and girls 3-4 league and above. Please refer to the rules for each league as they vary.

**3.12.3** During the regular season, only one (1) three minute overtime period will be allowed. During the playoffs all games will be completed regardless of the number of overtime periods.

**3.12.4** A coach may request a time-out whenever his/her team is eligible to receive a time-out.

**3.12.5** Both boys and girls leagues will play on 10 foot baskets.

**3.12.6** Free-throw lines will be the regulation line as marked on the court.

**3.13 Official End of Game** A game will be declared to be officially over when the referee signs the score book or leaves the gym. Referees will be encouraged to sign the score book at the conclusion of the game.

**3.14 Lopsided Scoring Rule** – If one team is winning by 15 or more points, the defense must play in the lane. First violation is a warning. Subsequent violations will result in a 2 shot technical foul and possession of the ball. If the score is greater than 20 points, travel players must be subbed at the immediate next sub change/qtr, until the score is less than 15. Travel player(s) then may reenter at the next qtr/sub change. If there is an injury or not enough players, then the travel player is permitted to stay in the

game. If only 6 kids, but two travel players, the travel players must be subbed for each other.

#### **4. Violations and Penalties**

**4.1** To prevent accidental rule violations it is strongly recommended that coaches read these rules. Also, warnings and reminders will be given only once during the game.

**4.2** At the end of the game, each coach will examine the official score book to determine whether both teams have satisfied the playing time requirements as outlined in Rule 3.7. If a violation by either team is discovered, it will be reported to the referee. The referee, upon examination of the score book to confirm the violation, shall declare a forfeit, or double forfeit, against the guilty team(s). The referee shall report such forfeits to the League President.

**4.3** The participation of an ineligible player or coach shall cause automatic forfeiture.

**4.4** Any player or coach who receives two technical fouls in a game will be ejected from the game and be automatically suspended for the next game. The player or coach must leave the gym or HYAA facility on any ejection. If the player or coach fails to leave the gym or HYAA facility they will be suspended for an additional game. If the game from which the ejection took place is still underway, the game will be forfeited.

**4.4.1** Technical fouls, unsportsmanlike conduct, flagrant fouls and ejection of a player, coach or spectator shall be reported to the Director of Officials, who will then notify the Basketball Commissioners.

**4.5** If a player, coach or spectator is ejected from two games or accumulates four (4) or more technical fouls for unsportsmanlike conduct during one season, that individual shall be barred from playing or coaching for the remainder of the season, including all tournament activity.

**4.6** The Basketball Committee may suspend a coach, player or spectator for one or more games for persistent misconduct during HYAA activities including, but not limited to, the involved sport. The suspended coach, player or spectator may appeal to the Executive Committee to overturn the Basketball Committee's decision by written notification to the Vice President requesting a review of this suspension.

**4.7** Game participation by a coach, player or spectator who has been suspended will result in automatic forfeiture of the game in which the violation occurs. In addition, the Director of Officials shall ask for the matter to be placed on the HYAA Executive Committee agenda and if warranted, the individual may be suspended for up to one (1) additional year.

## **5. Tryout System**

**5.1** A tryout system for rating players shall be conducted by the Basketball Commissioners in accordance with the HYAA Standardization Policies.

**5.2** All players including travel players must tryout and be rated according to the designated procedure in order to be eligible for drafting or assignment to a team.

**5.3** Each player will be assigned to a League according to his/her grade in school as of September of the current school Year. The following structure is recommended for both Boys and Girls leagues:

### **League Grades**

- Clinic - Pre-K and Kindergarten
- Rookie - First and Second
- Freshman - Third and Fourth
- Intermediate - Fifth and Sixth
- Senior - Seventh, Eighth
- High School - Ninth, Tenth, Eleventh and Twelfth

## **6. League Schedules, Standings and Awarding of Trophies**

**6.1** An official league schedule shall be between ten (10) and sixteen (16) regular season games. All league schedules shall be prepared under the direction of the basketball commissioners.

**6.2** At the conclusion of the regular season a double elimination playoff will be conducted for all leagues with the exception of the Clinic League.

**6.3** In consultation with the League President's and coaches the Basketball Commissioners shall determine whether regular season standings should be kept for the purpose of determining playoff seed position in the double elimination "HYAA March Madness" playoffs.

**6.4** Trophy awards for leagues shall be:

**6.4.1** Participation awards for those players in leagues that do not conduct playoffs.

**6.4.2** League Champions, League Runner-ups and Third Place trophies for those players participating in the double elimination "HYAA March Madness" playoffs".

## **7. Tournament Teams**

**7.1 Tournament Coaches** - The Basketball Committee comprised of the basketball commissioners, and the travel team coordinator will select the travel coaches for each division.

**7.2 The Tournament Team Coach(s) shall select a Tournament Team of at least Ten (10) players.**

**7.3 Players** - The selection of players for the HYAA Tournament Team(s) shall be by age only and based on their age as of September 1st for the current school year. For example for school year 1997-1998 placement on a team will be based on the player's age at August 30, 1997. The tournament team coaches will provide the Basketball Commissioner and the treasurer with a team roster to insure that players are covered by the HYAA insurance policy.

**7.4 Budget(s)** - The tournament team coaches will work with the Basketball Commissioner to prepare a budget. The Basketball Commissioner(s) shall present the HYAA Executive Committee with the Tournament Team Budget that is separate from the HYAA Basketball Budget. The HYAA Treasurer will control all income and expenditures from separate Tournament Team accounts. At the conclusion of the tournament season the tournament team coaches will work with the HYAA Treasurer to prepare a final accounting for their respective teams. Failure of an HYAA Tournament Team coach in complying with HYAA guidelines will result in loss of gym time for tournament games, loss of insurance coverage for the team and suspension from all tournament coaching activities.

## **8. Miscellaneous**

Situations not covered in these Rules and Recommendations are left to the Basketball Commissioners and/or the Director of Officials, provided that the situation and ensuing decision is documented and presented to the HYAA Executive Committee, for review and consideration, at the next regularly scheduled HYAA meeting.