

# Regina Youth Club Basketball League Rules

## Pre-Game

1. Team must have a coach/manager on the bench for the entire game. Coaches must wear RYCBL Coaches shirt.
2. Game Rosters – Teams must check in their rosters before each game begins. All teams must have a minimum of five players present at check in to begin the game, maximum of 12 players per scoresheet. Teams must ensure that the time/division/team name/coach name is allocated correctly.
3. Jerseys – all players are required to wear their club team uniform.
4. Ball – Everyone will use a 28.5 size ball, except Grade 7/8 who will use a 29.5 size ball.

## Game Format

- Beginning of the game - The game shall be started with a jump ball. Overtime shall also be started with a jump ball.
- Scoring Format – The team with the high score after 1:15 minutes is declared the winner. All shots made from behind the arc are worth 3 points, all other shots on the court count as two points. Free

### Throws will count as follows:

- **Bonus starts on 8th foul - One shot for 2pts**
- **If fouled on a 2pt attempt - One shot for 2pts**
- **If fouled on a 3pt attempt - One shot for 3pts**
- **If fouled and the shot is made - One shot for 1pt**
- 5-minute forfeit – each team has 5 minutes to arrive on the court before forfeiture is declared. A five-minute countdown is started at the time of the official game start. Games may only be started with 3 players. A score of 13 - 0 will be recorded for a defaulted game.
- Clock – Four 12-minute quarters with running time for the entire game, **EXCEPT ON THE FREE THROW**. Quick flip between quarters with 3 mins at halftime.
- Overtime – No overtime in regular season.
- Change of Possession – the ball will alternate possession after made baskets.
- Throw In's - On all throw-ins, the defensive player must be 1 meter from the line (hands and feet).
- Five Second Rule - Players shall not remain for more than five seconds in the opponents' restricted area while their team is in control of the ball. An infraction of this rule is a violation, and the ball is awarded to the opponents for a throw-in.
- Jump Ball – Jump balls goes to the defense (exception: on all double fouls, the ball will remain with the offensive team)
- Timelines - There will be 8 seconds to bring the ball over the centre line. There will be 30 seconds to shoot the ball. (This rule will only be used if teams deliberately try to stall a game).
- Foul Shots – Shooters can move in one meter to shoot (regular distance for grade 6 to 8+); no shooter violation will be called unless there is a deliberate attempt to gain an advantage. After eight fouls per half against one team, bonus shall be shot on any further fouls by the opposing team. We use outside key positioning.
- Substitutions – are unlimited, can only be done during dead ball situations.
- Time outs - Each team is allowed one time out in the first half and two time outs in the second half.
- Teams are to play man-to-man and no zone. Screens are allowed.
- NO ZONES - Man-to-man defense must be played. The maximum number of players that can play on the ball is two. Only one player may guard a player without the ball. Help side defense is allowed, if only one player gives help. Officials will be asked to use the following guidelines to determine whether man-to-man rather than zone defense is being played:

- I. When players cut on offense, there should be some motion to identify man-to-man defense.
  - II. Players must play relatively close to their man that has the ball.
  - III. Players must play on the side of the floor nearest their check- (use an imaginary line from the center of the basket). The defensive player can only straddle this line before going to help a teammate that has been beaten or to join a teammate in a double team.
- Press - Teams can ONLY press in the final 3 minutes of the half or game. A press is allowed:
    - a) for the losing team at any score;
    - b) for the winning team if they lead by 20 points or less.

### Technical Fouls

1. What Constitutes a Technical Foul – referees can assess technical fouls – without warning – for language, taunting, excessive arguing or unsportsmanlike conduct
2. Flagrant/Intentional Fouls – there is a ZERO TOLERANCE policy for flagrant fouls or continuous misconduct. At the discretion of the referee or event staff member, these types of behaviors will result in team forfeiture of the game in questions, and the team and/or individual be put under probation for the duration of the league. Further offenses will lead to the team and/or individual dismissal from the league.
3. Possession – if a player received a technical foul, the opposing team would shoot 1 free throw and retain possession of the ball. In a double technical foul situation, no free throws will be awarded, and the ball goes back to the team that had possession before the technicals were called. All officials and event staff have the right to dismiss a person from the game or league for bad behavior.

### The RYCBL have the right to disqualify any team for infraction of the following policies:

#### Unnecessary Vulgarity or Abusive Conduct

Good sportsmanship is expected. RYCBL staff may step in at any time, including officiating games, immediately implementing the shooting of the free throws, termination of games, and/or escorting a player or team from the premises. This type of behavior will not be tolerated.

### Important Rules and Reminders

1. Team Captain – the team captain is the sole representative on the court for their team. The captain has the right to speak with the referee for an explanation of any rules. There will be no protests permitted. Once play resumes or once the game is completed after a disagreement the problem is considered a dead issue.
  2. Program Schedule – please read your schedule carefully to determine game time and court number, BE ON TIME!
  3. RYCBL Staff – The program staff shall have the power to make decisions on any points not specifically covered in the rules. All decisions made by the program staff are final.
  4. Schedule Adjustments – the RYCBL staff have the right to shorten any games in case of time constraints and/or unforeseen circumstances
  5. Protests - There are NO game protests. Rulings on situations not addressed within the package will be made at the discretion of the RYCBL staff.
- Timeouts – Each team is allowed one time out in the first half and two time outs in the second half.