

SFYBB MINISTRY

St. Francis Youth Basketball

Est 1989

Fun - Faith In Self, Each Other, God - Friendship

Caring

Humility

Respect

Integrity

Sportsmanship

Teamwork

ST. FRANCIS YOUTH BASKETBALL LEAGUE

Division I, II & V Objectives and Rules

OBJECTIVES

In Divisions I, II & V, the players' skills and confidence levels vary greatly. For most players, this is their first exposure to organized basketball. The experiences the players have and the confidence they develop throughout the season will determine whether or not they continue with basketball or other organized sports.

Therefore, our St. Francis League's objectives are to try to ensure each player:

- Has fun and enjoys the experience;
- Reflects an example of sportsmanship and Christian fellowship;
- Becomes schooled in the fundamentals of basketball;
- Develops confidence with their basketball skills; and,
- Feels a part of the team and the game and applies the value of teamwork.

While competition is natural and will happen, our emphasis should be on our league's objectives and not on winning. To help achieve these objectives, the following guidelines have been put in place. Each coach has the responsibility to ensure they occur.

- ✓ All players are to receive equal playing time. Playing time may be reduced for any player who misses practices without a legitimate reason or for disciplinary purposes.
- ✓ In each game, every player should have the opportunity to bring the ball up the court. The coach should rotate who brings the ball up court for even distribution. Teamwork should be discussed with the players.
- ✓ All players should have the opportunity to start the game and these should be evenly distributed over the number of games played in the course of a season.
- ✓ In each game, every player will have the opportunity to make a basket by shooting two free throws during halftime.
- ✓ The coach should conduct an organized practice once a week that focuses on skill development of the fundamentals: Dribbling, Shooting, Passing, Catching, Footwork, Man-to-man defense, etc.
- ✓ The coach should teach, emphasize and practice dribbling each practice so that all players become skilled at handling the ball and bringing it up the court.
- ✓ In Division I, the clock will be used, but the score will not be kept. This will keep the focus on teaching, fun, teamwork, and sportsmanship. Divisions II & V will keep a running score on the scoreboard.

GAME RULES

We will follow the rules of the National Federation of State High School Associations with the following exceptions to help us meet our league's objectives.

- 1. START** -- Games will begin with a jump ball followed by the alternating possession rule. The possession arrow will point to the bench of the team that will get the next possession.
- 2. TIME** -- Games will be two halves of 16 minutes each. The clock will stop for substitutions and free throws.
- 3. SUBSTITUTIONS** -- The clock will be stopped on a dead ball for substitutions every 4 minutes. This IS NOT a time-out. Coaches should immediately have players ready to substitute.

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4. LINE UP -- At the start of the game and for every substitution change, coaches need to walk out with their five players and quickly line up the players by ascending experience/skill level with **the most highly skilled** player closest to the scoring table. This will ensure more even competition on the court & prevent mismatches from occurring. **When line-up players should be at arm's length from their teammate. This is to aid in the identification of whom they are to guard and reduce the ease of coaches rotating players.**

Coaches should not be moving players to pair up with the opposing team at the Line Up. The position should be known before lining up.

5. TIME OUTS -- Each team will be allowed 2 time-outs per half. Time-outs that are not used in the first half will be forfeited and cannot be carried over to the second half. Time-outs will last one minute and can be requested by the coach as well as any player on the court.

6. OVERTIME -- DIV II & V only - If time permits, (referees decision) one 2-minute overtime period will be allowed and will start with a jump ball. One extra time-out will be allowed for an over time period.

7. ALTER TIME -- If necessary, to keep the league's games on schedule, the referees may decide to alter the time remaining in a game to complete it within the time allotted.

8. HALF TIME -- Half time will be 5 minutes. Every player **present at the game** will shoot 2 free throws during half time. **Each Free throw made counts as 1 point. Div II and V Coaches are responsible for reporting the total number of free throws made by their team to the score table before the start of the second half.**

9. FREE THROWS -- DIV II & V - Free Throw Line is the short black line in front of normal free throw line. (The coach may decide the appropriate distance for players who cannot reach the basket on foul shots) DIV I - The coach will decide the appropriate distance for each players skill level.

A free throw will be awarded each half beginning with the 7th team foul and if it is successful, one bonus free throw will be awarded. Two free throws will be awarded each half beginning with the 10th team foul.

10. GOAL HEIGHT /BALL SIZE -- Basket height will be 8' for Division I and 9' for Divisions II & V. Basketballs will be size 28.5.

11. LANE VIOLATIONS -- No 3 second or 5 second violations in the lane will be called. However, the referee will instruct players who stand in the lane to move out.

12. DEFENSE -- Zone defenses of any kind are not allowed. Only man to man defense will be allowed and must be restricted to the area within the three-point arc on the defensive half of the court. ~~DIV I ONLY~~ When an offensive player is in the act of shooting, the defensive player can only have his/her hands straight up in the air to stop the shot. Arms are not allowed to lean forward or over the offensive player.

13. MAN TO MAN -- The defenders must remain with the offensive player they are guarding when within the 3-point arc. A defender is not allowed to stand in the lane, unless they are guarding their player. Defenders must remain with the player they are **assigned to guard at all times**, unless defensive switch occurs caused. Surrounding the player with the ball is not allowed.

- **Exceptions: fast break any defender of the opposing team can react to guard the offensive player.**
- **During an offensive pick, the defender of the player who sets the pick can switch and defend the offensive ball handler.**

14. HELP DEFENSE SWITCHING -- Defensive switching is allowed for help defense as long as double-teaming does not occur. Defenders should switch back to their original offensive player once play is

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completed. If a switchback occurs, it must occur immediately without double-teaming. A player switch is only permissible with the players impacted by the pick.

15. DOUBLE TEAMING – Double-teaming by the defense is not allowed. The referee will award the ball back to the offensive team or can award two free throws for any missed, impacted shot or turnover due to double-teaming.

- At the discretion of the referees, two free throws made be awarded to the opposition if they determine clear double team or if a defender who is not assigned to guard the player defend the player.
 - a. **STEALING** -- Steals are not allowed when an opposing player has control of the ball. This includes while dribbling or holding the ball. Steals are allowed on passes. Defenders may intercept a pass that is just outside the 3-point arc as long as both defender's feet are clearly behind (inside) the 3-point arc.
 - i. DIV I - Players are allowed to hand the ball off without defensive interference.
 - ii. DIV II & V - Hand-offs may be intercepted by the defense and will result in a jump ball.

DOUBLE DRIBBLE / TRAVELING -- DIV I - In the beginning of the season, double dribble/traveling violations will result in the ball being given back to offensive player. Continued double dribbles/traveling by the same player should result in a turnover. By mid season, double dribble/traveling violations will result in a turnover. DIV II & V - Double dribble/traveling violations will result in a turnover being called.

16. LACK OF ACTION -- At no time may a team go into a stall to use up time on the clock. If in the opinion of the referee, the offensive team does not advance the ball, a warning will be given for the first offense. Subsequent violations will result in a technical foul.

17. DISQUALIFICATION -- DIV II & V - A player will be disqualified after committing his 5th foul. Any player who is disqualified from a game for committing one flagrant foul will be suspended from playing in the team's next scheduled game. Any player who commits two flagrant fouls during the season will be ejected from the league. Any coach receiving a technical foul for behavior must meet with the league president to discuss the situation. The coaches are role models for the players and parents. Their conduct along the sidelines should reflect the spirit of positive competition, sportsmanship and Christian fellowship.

18. PRESSING -- Pressing is not allowed at any time.

OTHER RULES

1. SET UP / PUT AWAY -- It is the responsibility of the two coaches who have the first game of the day to help Set Up the gym before the first game. (moving the team benches from the closet). It is advised to arrive at least 15 minutes before game time. Please put away things neatly. All bottles, wrappers, papers and other trash should be thrown away. All left over clothing should be put in the closet. Chairs should be stacked neatly and correctly on the storage carrier.

2. START OF THE GAME / PRAYER -- Games will begin with all players, coaches, and referees at center court. Ground rules will be reviewed with the players and prayer will be offered before the start of the game.

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3. VOLUNTEERS / REFEREES -- Each team will provide one volunteer for each game to act as timekeeper and scorekeeper. The coach or an assistant coach will referee the games in Division I. The league will assign referees for Division II and V games.

Timekeepers and Score Keepers: We thank those that volunteer for this important role working with the refs and the league officials. There should be no coaching from the scoring table. No biased cheering and only positive communication to both teams is expected.

Players – Play

Coaches – Coach

League Officials – officiate the game and the activities on the side-line.

4. DIV I COACHING: one coach for each team shall be on the court to help communicate with their players and also ref the game. A team may decide to have one coach for the offensive side and another for the defensive side of the court. We request that each team have a coach or a parent representative on the bench to “keep order” of the players not in the game.

Players not in the game are asked to remain seated on the bench.

5. Div II and V: Only one coach shall be standing along the sidelines. Other coaches may stand next to the bench along the wall. Coaches are not Permitted on the court. The Head coach permitted boundary is the side-court from the baseline to their edge of the scoring table on their team side.

- 1. Refs may issue a warning for the first offense.**
- 2. Second whistle for this offensive can result in a two shot technical free throw and opposing team possession of the ball. With repeating offenses during the game, coaches maybe instruction to coach from the bench.**

We thank everyone for their effort in helping us implement these objectives and rules. Your support of these guidelines will ensure that the St. Francis Youth Basketball League will continue to serve as a leadership model in the positive development of our youth. Thank you and have a great season!!