



## Windham Youth Basketball Boys & Girls Junior League Rules (3<sup>rd</sup> & 4<sup>th</sup> Grade)

1. Game consists of two 20-minute halves running time and **equal playing time should be your goal.**
2. With 1:00 minute remaining in each half, clock will stop for all fouls, foul shots, violations, and out of bounds. Half time = 3:00 minutes. Free player substitutions throughout game and players must report to scorer's table to enter game.
3. 5 on 5 with hoops at 10 feet (or 4 v 4 if both coaches and referee agree to it)
4. Time Outs: Two (2) per half; no carry-over. Time Outs are 30 seconds.
5. Volunteers Referee the games (typically high school player volunteering their time so please value this help and participation). The game calls will be tightened up as the season progresses.
6. Overtime: 2 minutes Stop Time. One (1) time-out per team.
7. Individual and team fouls will not be tracked. Player can take two steps in from the foul line when shooting foul shots.
9. **Defense: Please have teams drop back to within the 3-point arc to start their defense and after the ball crosses half-court they can come out beyond the 3-point arc when playing defense.**
  - No Full Court Defense**
  - Man to Man Defense only - double-team allowed in the paint only!**
  - No zone defense allowed or double-team otherwise!**
  - DO NOT PLANT YOUR CENTER IN THE PAINT (that's a zone) - they must be guarding someone!**
  - Players must guard an opponent, but they do not need to chase their cover 30 feet from the basket.**
10. Remember this is the first basketball league that most players participate in and should be a positive experience. If there are concerns, please contact [wbybaeagles@gmail.com](mailto:wbybaeagles@gmail.com)
11. Final decisions: All Decisions made by WYBA Board member/Site Official are final. The WYBA Board remains open for later discussion for future improvements.



## Windham Youth Basketball Boys & Girls Senior League Rules (5<sup>th</sup> & 6<sup>th</sup> Grade)

1. Game consists of two 20-minute halves running time and equal playing time should be your goal.
2. With 2:00 minutes remaining in each half. Clock will stop for all fouls, foul shots, violations, and out of bounds.
3. Half time = 3:00 minutes.
4. Free player substitutions throughout game. Players must report to scorer's table to enter game.
5. **Every player will play at least 20 minutes in every game** for which they are present the entire game.
6. Time Outs: Two (2) per half; no carry-over. Time Outs are 30 seconds. Extra time-out called, by either the bench or a player, will result in a technical foul.
7. Referee reserves the right to start the clock, and/or assess technical foul if a team does not break from bench within appropriate time limit as stated above.
8. Overtime: 2 minutes Stop Time. One (1) time-out per team.
9. WYBA will make every attempt to have games not end in a tie score. 2-minute OT periods will be added until a winner is determined.
10. **Ten (10) team fouls per half before bonus (2 foul shots).** Overtime – No reset of foul count after 4th quarter.
11. **5th foul for any player during the game will result in a "foul out"**. Player is unavailable for play the remainder of the game, including any overtime(s).
12. **Defense: Person to Person coverage beyond the 3-point line only; "Hedging defense" allowed in the front court. Double-team allowed in the paint only. No zone defense allowed or double-team otherwise. First double-team is a team warning. Referee discretion regarding technical foul assessment for multiple double-team violations.** At this level some kids follow the ball and the coach should be developing the "ball-U-man" defense concept and not allowing their best defender to chase the ball or stand in the middle of the paint with little regard to the man they are guarding. This type of defense might help win that specific game but will create poor defensive positioning to overcome as they develop.

## Defense: Inside the 3-point Arc

- To promote learning Help Defense and reacting to offensive moves to the basket, a player that has the ball stolen from a non designated defender is allowable in these instances:
  1. An offensive player that does not have possession of the ball brings their defender to the player that has possession of the ball and a steal occurs.
  2. An offensive player beats their designated defensive player and has an open lane to the basket. An off the ball defender may leave their player to play help defense to stop a wide open lay-up or shot attempt.
  3. An offensive player is screened and during a switch both defensive player end up on the offensive player. The offensive screener should be open for a short period of time. If the ball does not make it to that offensive player one of the two defenders needs to retreat to the open offensive player.
- In no instance should a “designed trap defense” be called. This rule is to institute the simulation of natural basketball play. Reacting to off-the-ball defense, increasing basketball awareness, and making this easier to referee gameplay.
- Basketball naturally involves moments where two defenders are near the ball, such as during screens, rotations, or help-side actions. These are allowed and encouraged. A double team occurs only when two defenders are actively guarding one offensive player for 3 consecutive seconds without trying to recover to the open offensive player. If a defender helps and then returns to their assignment within 3 seconds, this is not a violation. This interpretation supports teaching good defensive habits while maintaining the intent of the rule.
- It is up to the referee to determine what a “designed trap defense” is verses regular defensive basketball movement.

**13. Full-court press: Teams may man to man press during the final 5 minutes of regulation time. Any team that is ahead by 10 or more points cannot press.** First press-violation is a team warning. Referee discretion regarding technical foul assessment for multiple violations. Double team rules still apply in full court press.

14. Referee Disputes, unsportsmanlike behavior: Coaches, players, and/or spectators that demonstrate inappropriate behavior toward any officials, players, coaches or spectators will be ejected from the gym: there will be no warning issued to the violator(s).

One example of unsportsmanlike coaching:

*Team A has the best player in the league. Team A coach has all his players go to the left side of the gym making all the defenders follow. This now creates a one on one match up with no help defense in the paint. Player of team A can easily beat the one on one match up every time. This defeats the developmental purpose of this league. This would be considered unsportsmanlike coaching as it is a competitive disadvantage at this level of basketball. The league official will have the authority to make the judgement call and will report disputes and unsportsmanlike behavior to the league.*

15. 3-point goals count...so let it Fly!!

16. Shooters are allowed to **inadvertently** go slightly over the foul line when shooting a foul shot. **Coaches should not teach the players to take advantage of this rule – if this becomes an issue, we will rescind the rule**

17. Final decisions: All Decisions made by the referees and/or attending WYBA Board member/Site Official are final. The WYBA Board remains open for later discussion for future improvements.

18. Remember this is a developmental basketball league and some players are playing for the first time. It should be a positive experience. If there are concerns, please contact [wymbaeagles@gmail.com](mailto:wymbaeagles@gmail.com)

19. This league is for recreation level players that are not simultaneously playing in another league. No players that are currently playing on a travel team, club team or AAU team will be allowed to play on a senior league team.

20. The WMS will have a site supervisor that operates the scoreboard. The site supervisor can also help with any questions or concerns you may have.