



Equipment: Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

DIVISION: HIGH SCHOOL PLAYING RULES

6.01 Unless modified by these rules, the League will follow the rules of the National Federation of State High School Associations (NFHS). A Special note that rules regarding team jersey numbers applies to this league.

6.02 All divisions will play (2) halves with a 20-minute running clock. Clock stops on time-outs. Clock is start/stop the final minute of the first half, and the final 2 minutes of the second half. If a mandatory substitution whistle becomes necessary to help Coaches sub players, the League Coordinator will inform Coaches, Referees and Scorekeepers.

6.03 Halftime will be (2) minutes long.

6.04 Each team will receive (2) time-outs per half. These time-outs do not carry over and do not carry over into an overtime period.

6.05 Overtime period(s) are (2) minutes long with a start/stop clock the last minute. Multiple overtimes will be played as necessary. Teams receive (1) overtime timeout.

6.06 Backcourt Defense (Press): **Backcourt defense (Press) will be allowed during all games unless a team is ahead by 20 or more points in the second half.** The second infraction will result in a technical foul charged against the team. The offensive team will shoot (2) free throws for the technical foul and receive the basketball at half court.

6.07 Player Playing Time: **Each player suited up and healthy for a game MUST play a minimum of 8 minutes per half**, not including overtimes. Technical fouls can be assessed for violations of this rule. Coaches are free to play whomever they choose during overtime periods.



6.08 Free Throws: Teams will shoot the one-and-one bonus free throw on the 10th foul. There is no double bonus. There is no bonus at the 7th foul (traditional basketball rule). Players are allowed to rebound after the shooter releases the basketball.

6.09 A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. An athlete shall not continue competition unless the bleeding is controlled and the wound covered. An athlete is required to remove, change or cover any article of clothing that has blood.

6.10 Dunking is NOT ALLOWED. Any player who dunks will receive a double-technical and be ejected from the game.

6.11 All playing rules are to be followed during all Regular Season games and all Playoff games.

6.12 Only rostered players, certified coaches, Officials and authorized staff are allowed in the team bench and court area during games.

6.13 All coaches are required to wear their Coaches Registry badge for the YBL. Officials will assess a technical foul at the beginning of a game if a coach isn't wearing his/her badge.

6.14 Teams can play with 4 players. If a Team has less than 4 players available either at the start of a game or at any point during the game, the game will be an automatic forfeit.

6.15 If determined necessary due to unforeseen circumstances, there will be up to a 10-minute grace period granted for the start of the game.

6.16 Anyone receiving technical fouls leading to an ejection is subject to league disciplinary measures.

6.17 All teams must adhere to any COVID-19 guidelines and protocols currently in place.



Coaches Code of Ethics

I hereby pledge to provide positive support, care and encouragement for the children.
I am coaching in youth sports by following this code of ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.

I will place the emotional and physical well-being of a child ahead of any personal desire to win.

I will insist that we play in a safe and healthy environment.

I will demand a drug, alcohol, and tobacco-free sports environment for the children, and agree to assist by refraining from their use at all youth sports events.

I will remember that the game is for children and not adults.

I will do my very best to make youth sports fun for the children.

I will expect the children to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will always be available to discuss any issues with parents concerning their child in a private environment.

I will encourage teamwork and camaraderie.

I will continue to be a student of the game.

I will always be fair and treat everyone equally when discipline is required.

I will have organized and structured practices.



Parents Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this code of ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports events.

I will place the emotional and physical well-being of my child ahead of any personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.

I will demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.

I will remember that the game is for children and not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

I will always address any issues with my child's coach in private.

I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.



Players Code of Ethics

I hereby pledge to provide a positive attitude and be responsible for my participation in Youth Sports by following this code of ethics:

I will encourage good sportsmanship from fellow players, coaches, officials, and parents at every game and practice.

I will attend every practice and game that is reasonably possible and will notify my coach if I cannot.

I will expect to receive a fair and equal amount of playing time.

I will do my best to listen and learn from my coaches.

I will treat my coaches, team admin, and teammates with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.

I will help my coach in setting up the field and gathering equipment.

I will take care of our equipment so that other might enjoy it.

I will help in cleaning up the bench area after a game or practice.

I will make sure no trash is left behind.

I will always try to do my best.

I deserve to have fun during my sports experience and will alert my parents or coach if it stops being FUN!

I deserve to play in an alcohol, tobacco, and drug free environment and expect adults to respect that wish.

I will encourage my parents to be involved with my team in some capacity because it's important to me.

I will do my very best in school.

I will remember that sports are an opportunity to learn and have fun.