



RCYBA League Rules for 3rd- 6th Girls and Boys

All game results are final. No protests will be heard

Rules that deviate from MSHSL rules for non-obvious reasons, are denoted with a **. These rules were created to encourage player development over high-level competition. Players seeking a more competitive league should sign up for traveling basketball.

Playing Time and Game Format:

1. **All players will receive equal playing time unless a player is not attending practices OR participating in practices (with the exception for excused absences).**
2. The home team is the first team listed or the top team in the bracket and shall wear dark colors, provide a scorekeeper and ball for each game.
3. A team must have at least 5 players to start a game. Teams not on the floor within 5 minutes after the scheduled starting time will forfeit.
4. There will be 3-5 minutes to warm up before each game, this may be adjusted based on the scheduled start time.
5. There will be two **20-minute** running time halves with a 5-minute Halftime. The clock will stop for injuries and timeouts. **Regular stopped time is kept for the last 2 minutes of the second half only.**
6. If one team is up by more than 20 points, then there is no stop time unless the lead gets back to 10 points or less.
7. Each team will be allowed two, 1-minute timeouts per half with no carryover.
8. Overtime period will be 2 minute stopped time with only 1 – 30 second timeout allowed per team.
9. If tied after the first overtime, a 2nd sudden death period will decide the game with no timeouts allowed.
10. The 7th team foul triggers 1 and 1 free throws. The 10th team foul triggers double bonus 2 free throws.

Defensive rules:

1. Half court player-to-player defense will be played at all times. Help defense is allowed if an offensive player with the ball is near the basket. Double teams on players "without the ball" or "away from the basket with the ball" are illegal and are treated like an illegal defense. See the SE MN defensive rules addendum and double team description for more explanation. See exceptions for full court player-to-player pressing in the specific grade rules.
2. Zones are not allowed at any time.
3. 1 warning and stoppage of play on illegal defenses (zone, press, illegal double team). Coaches who feel this rule is being violated but not called, may call a charged timeout and have a calm discussion with the referees away from the bench. After the warning, referees have discretion to call a technical foul if they feel a team is still intentionally violating the defensive rules.
4. For all grades boys and girls: This is an instructional/developmental league and should be treated accordingly with some leniency for the rules at the beginning of the season.

Rationale for the above:

1. ** The player to player requirement at these age levels encourages physical activity and movement and promotes the development of individual skills related to guarding a player both on and off the ball.
2. ** Zones can be frustrating for younger/newer players. The house/rec league is intended to introduce basketball to these players and encourage them to continue playing.
3. ** To prevent continuous violation of the defensive rules.

General Rules: MSHSL Rules will govern all situations except what has been stated above and for the following:

1. Coaches and players may be given 1 warning before a technical foul can be assessed unless the foul is flagrant.
2. A 2nd technical foul (due to unsportsmanlike behavior) will be automatic ejection from the court and adjacent seating area for the remainder of the game. There will also be a 1 game suspension for the next regularly scheduled game. Refusal to leave the gym will mean a **forfeit for their team**. If no other adult is capable of coaching the team, then game is over and the team loses by forfeit.
3. Technical/Flagrant/Intentional fouls – penalty is 2 points and the ball to be inbounded at half court for the team on not in violation. If a team receives a 3rd technical foul that team then forfeits the game.
4. If an injury or foul situation would put a team with fewer than 5 (or 4 for 3rd/4th girls) players on the floor, the last player who fouled out may stay or return to the game. Any subsequent fouls on that player will be treated as a bench technical with free throws shot for the shooting foul then 2 points and the ball awarded to the other team.
5. Only the head coach can be standing during game play in the bench area. This is a MSHSL Rule and will help clarify directions from the bench for both players and referees.

Grade Specific Rules and Format:

1. 3rd-4th Girls and Boys

- a. A 27.5-inch ball will be used which is MYAS recommended.
- b. There are no 3-point goals awarded.
- c. Blocked shots are allowed by the ball defender only. Verticality must be maintained. After a warning, violations may result in a technical foul.
- d. Free throws may be shot from an imaginary line at the first hash or approximately **13-foot line** which is MYAS recommended. **Players are allowed to jump over the line after they shoot.**

Rationale for the above:

- a. ** A smaller size ball encourages better shooting form which is paramount at younger ages
- b. ** Discourages younger players from chucking up long range shots with bad form
- c. ** Eliminates confusion by younger players not knowing who to guard when they first step on the court.
- d. ** Focus on player development and good player to player defense.
- e. ** Most players at this age cannot shoot a free throw with good form, this gives them a better chance of making one which discourages fouling.

2. 5th-6th Girls and Boys

- a. A 28.5-inch ball will be used.
- b. Full court player to player press will be allowed in the last 2 minutes of the second half and any overtime periods **unless a team is leading by 10 or more points.**

Rationale for the above:

- a. ** A smaller size ball encourages better shooting form which is paramount at younger ages
- b. ** Standard size for this age.
- c. ** Permitting person to person defense (no zones or double teams) to extend full-court in the last 2 minutes of the second half and extra periods allows players to become accustomed to full-court defense while not having to understand sophisticated zone presses. It also allows for an introduction to competitive tactics.

Fan Behavior:

Coaches will be responsible for the behavior of their respective parents. If at any time, a parent becomes irate, discouraging, or abusive to officials or any one on the opposing team, the officials will ask the coach to immediately step in to calm the situation. Continued unruly behavior will result in the parent(s) being removed from the gym and/or the offending team being assessed a technical foul, resulting in two points and the ball for the opposing team. If the parent(s) refuse to leave the gym after being asked, their team will forfeit the game.

All comments, questions, concerns, or complaints should be reported to and dealt with by the Site Coordinator.

Any continued questions, concerns, or complaints should be directed to the RCYBA League Coordinator.

**** Please see the Player and Parent Code of Conduct****

Uniforms:

1. RCYBA Jerseys are furnished and must be worn always tucked in.
2. Players must wear dark shorts.
3. The following MSHSL rules will be followed:
 - A. The referee shall not permit any team member to wear equipment or apparel which, in his/her judgment, is dangerous or confusing to other players or is not appropriate.
 - B. Guards, casts and braces must meet the following guidelines:
 - A guard, cast or brace made of a hard and unyielding substance, such as, but not limited to, leather, plaster, plastic or metal shall not be worn on the elbow, hand, finger/thumb, wrist or forearm; even though covered with soft padding.
 - Hard and unyielding items (guards, casts, braces, etc.) on the upper arm or shoulder must be padded with a closed-cell, slow-recovery foam padding no less than ½" thick.
 - Knee and ankle braces which are unaltered from the manufacturer's original design/production are permitted and do not require any additional padding/covering.
 - A protective facemask may be worn and made of hard material but must be worn molded to the face with no protrusions.
 - Must be worn for medical reasons.
 - C. Arm compression sleeves shall:
 - Be white, black, beige or a single solid school color.
 - Meet the logo requirements above.
 - D. Wristbands and headwear shall meet the following guidelines:
 - Headbands and wristbands shall be white, black, beige or a single solid school color and shall be the same color for each item. See above for logo requirements.
 - A headband is any item that goes around the entire head. If worn, only one headband is permitted, it must be worn on the forehead/crown, it must be non-abrasive and unadorned, and it must be a maximum of 2 inches.
 - If worn, only one wristband is permitted on each wrist, each must be worn on the arm below the elbow, each must be moisture-absorbing, non abrasive and unadorned, and each must be a maximum of 4 inches.
 - Rubber, cloth or elastic bands may be used to control hair. ***Hard items, including, but not limited to, beads, barrettes and bobby pins, are prohibited.***
 - Head decorations and headwear, except those specified above are prohibited.

Exceptions:

 - For medical or cosmetic reasons - In the event a participant is required by a licensed medical physician to cover his/her head with a covering or wrap, the physician's statement is required before the RCYBA Board can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play.
 - For religious reasons - In the event there is documented evidence provided to the RCYBA Board that a participant may not expose his/her uncovered head, the RCYBA Board may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely it will come off during play.
 - E. Equipment which is unnatural and/or designed to increase a player's height or vertical reach or to gain a competitive advantage shall not be permitted. Equipment and apparel shall not be modified from the original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.
 - F. Compression shorts/tights shall be a single solid color, the length shall be above the knee. Undergarments shall not extend below the pants/skirt. See above for logo requirements. An exemption for religious reasons may be granted, but the apparel must be safe for the player and other players.
 - G. 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.

Definition/explanation of Rules:

Zone Defense Defined:

1. A zone defense is when players guard opponents within a specified area, rather than guarding a single opponent. All forms of Zone Defenses are NOT allowed.
2. A player will be deemed to be playing a Zone if he or she does not match up to a specific opponent, for instance, they are not allowed to set up in the lane and not orient to a particular player. Each player on the defense must orient to and guard a single offensive player.
3. A player must come half way out from the basket towards the person he or she is guarding. If the person being guarded is further away from the basket than the 3-point arc, the defender need only come half way between the basket and the arc, not half way from the basket to the person being guarded. The defender on the weak side must also come out towards the player he or she is guarding (to at least outside edge of the lane).
4. Defensive matchups need not be the same every trip down the floor – the defense may change their assignments at any time and are encouraged to point out their assigned player and communicate with their teammates.
5. The no-zone rule is not intended to allow for 1-on-1 clear-out type plays, nor in any way provide an undue advantage to the offense. Defenders at no time are required to be more than further out than halfway between the lane and the 3pt line.

Pressing Defined:

1. When pressing is not allowed and once a defensive player has clear control of the ball, the opposing team must fall back to the other end of the court.
2. The defense must not challenge the dribbler or attempt to intercept a direct pass unless the player is advancing the ball in an obvious attempt to break away on a fast break. (i.e. passing the ball from under the basket to half court).
3. Defenders can pick up loose balls or muffed passes.
4. When pressing is not allowed, the defense can pick up their player at half court, but they cannot double team as defined in the next section.
5. There should be no more defenders in the backcourt than members of the offense. Each defender must orient to a particular member of the offense, but are allowed to intercept passes, or leave their current player to pick up an uncovered player.

Double Teams Defined as illegal:

A defensive alignment in which two defensive players guard a single offensive player without the ball or with the ball away from the basket, i.e. outside the free throw lane. The same goes for stealing. When one player is guarding the player with the ball, another player cannot come over and steal the ball away from the basket. Only the player guarding the player with the ball can steal the ball away from the basket. Away from the basket means outside the free throw lane and at least ~10 feet from the hoop in all directions. This is based on the referee's judgement.

See the SE Minnesota Youth Basketball Defensive Rules Addendum for additional clarification.

SE Minnesota Youth Basketball Defensive Rules Addendum

Definition and Enforcement of the Person-to-Person Defense Rule:

Person-to-person (also known as man-to-man) defense is utilized by the majority of youth basketball leagues in Minnesota and across the nation. This rule is implemented for a number of very valid reasons: to teach footwork, agility, speed, defensive position, screens, and switches to our players. While some of these aspects certainly are learned with zone defenses, most agree that a zone is an easy way out of playing defense, especially at the youth level where you can

dare most teams to try to shoot from 15 or more feet out because very few players can do so accurately and consistently. For these reasons, we have defined in our league rules the requirement of always playing person-to-person defense. Two specific areas will be addressed: defensive switches and defensive positioning.

Defensive Switches:

During an offensive set (i.e. the offense is not on a fast break), defensive switches may only be made when a screen/pick is attempted by the offensive team. If an offensive player rotates from one position on the court to another (i.e. high post to low, low post to high, left wing to right, right wing to left), the defensive player with that assignment must also move to an appropriate position to remain the defender for that offensive player. However, if the offensive player sets a screen for a teammate, then the defenders may switch assignments with the player being screened. The switching guideline does not prevent the defensive player from providing help defense; however, the help defense must be on an offensive player with the ball. Double teaming a player with the ball is allowed only near the basket i.e. free throw lane; double teaming a player without the ball is not allowed.

Defensive Positioning:

During an offensive set (i.e. the offense is not on a fast break) all defensive players must be guarding or assigned to an offensive player. The defensive position of the player must be within a reasonable distance and on a line between the offensive player and the ball or the basket.

Examples of reasonable distance and line: For defense of an offensive player who has the ball, if the offensive player is outside the three point line, defend no further away than the three point line and on a line between the player and the basket; once the offensive player is within the three point line, defend within 3-5 feet. For defense of an offensive player who does not have the ball, the defensive player may defend away to a point where one foot of the player is near the edge of the free throw lane, on a line between the player and the basket or the ball. For example, a player on the bottom right of the three point line would be defended from the low right block of the free throw lane; a player at the top right of the three point line would be defended from the high right block of the free throw lane. Defensive players must adjust their positioning when the player they are guarding or assigned takes possession of the ball also known as a close out.

Enforcement Guidelines:

Below are suggestions for teams and officials to use to address enforcement of the person to person defensive rule:

- 1) Coaches, if you know that what you are doing is a variation of a zone defense, change your defensive strategy.
- 2) Defensive switches on screens off the ball should consist of the defensive players maintaining the switch and remaining with the new defensive player. Defensive switches without a screen/pick are not allowed.
- 3) A defensive switch does not always need to occur on screens. Players should be taught how to effectively fight through or around these screens while maintaining their defense against the original player. Teams who constantly switch on cross screens and down screens (not ball screens) are effectively playing a zone defense which is not allowed.
- 4) A situation to look for as a referee is to watch the two defensive players at the bottom of the free throw lane. If these players don't switch positions occasionally, even though offensive players have moved through their zones, warn them about person-to-person defense.
- 5) On inbound plays under the basket, check to see that the defense has matched up to each offensive player. If not, warn them.

Enforcement of these rules is quite difficult, especially given that many referees are high school players and their ability to both recognize and enforce these rules is usually limited. It is up to us as advisors and coaches to work to the 'fairness' of the rule. However, our referees should do the following to enforce person-to-person defense: Blow the whistle to stop play, and stop the clock. In an area away from the team benches, the head coaches and officials should have a 'calm' discussion regarding the infractions that are being seen. Only the head coaches should be involved; no players or assistants. Attempt to come to a consensus on the proper form of defensive play that should be occurring. A discussion of this type should only occur once in a game. A referee has the option to assess technical fouls on subsequent violations. However, recognize this is a teaching league and often the violations are inadvertent. If a referee feels the defensive violation is intentional or blatant, they may assess a technical foul, awarding two free throws and the ball at half-court to the offensive team. Ultimately the responsibility for the proper utilization of the person-to-person defense rule is left to the coaches. Please make every effort to follow these guidelines.