

Ponchatoula Youth Basketball 2015 Rules

1. The primary objective of the Ponchatoula Youth Basketball Program is to provide wholesome and clean fun for our boys and girls. We need your help to make sure their fun does not become a serious competitive affair.
2. We are here to promote and protect youth athletics. In doing so safety, fun, recreation fundamentals and **SPORTSMANSHIP**, have priority over everything.
3. Unsportsmanlike Violations and Penalties apply to actions during PYB activities, and include the facility property boundaries where the violation occurred (inside or out). Each violation carries its own penalty.
4. Unsportsmanlike Violations will not be tolerated and the following penalties will be administered by the Ponchatoula Youth Basketball board.

Unsportsmanlike Violations and Penalties

Violations and Penalties apply to actions during Ponchatoula Youth Basketball activities, and include the facility property boundaries where the violation occurred (inside or out).

The following Unsportsmanlike Categories will include but are not limited to the following violations and include their own penalties. The Ponchatoula Youth Basketball Board will notify individuals of violations and make the final decision of penalty.

A. Unsportsmanlike Technical Violation

Penalty:

Individuals will be notified and placed on probation for the remainder of the season including any and all playoff and championship games for anyone of the following.

Violations:

Disrespectful addressing an Official, Coach, Player, Board Member, Spectator, table worker, PARD employee or PYB personnel.

Attempting to influence an official's decision.

Objecting an official's decision by slamming the ball to the floor, rising from the bench or using gestures.

Allow the game to develop into an action less contest. (Delay Play).

Rough Play

Baiting or taunting an opponent.

Uniform not properly worn.

Failure to shake hands at the end of the game.

B. Unsportsmanlike Flagrant Technical Violation

Penalty:

Individuals will be notified of a minimum of 1 (one) game or maximum of 2 (two) game suspension(s). This will include any playoff or championship games also.

Violations:

Hanging, dunking or grabbing the rim of the goals, during non-game play, or hanging on the rim following a dunk in game play.

Two (2) Unsportsmanlike Technical Violations.

Using profane or inappropriate language or making obscene gestures.

In sighting undesirable crowd reactions.

Player Fighting

Intentional rough play.

C. Suspension

Penalty:

Individuals will be notified of indefinite expulsion from Ponchatoula Youth Basketball.

Violations:

Two (2) Flagrant Technical Violations

Use of alcohol

Indecent exposure

Property damage/ abuse

Non Player Fighting

***** Penalties shall be extended into the following season if not completely resolved by the end of the PYB season (including playoffs and championship game).**

XIV Coaches Rules

Coaches are responsible for all activities and actions during games and practices. Coaches are not to exceed the assigned activities and practice durations.

Coaches must spend at least 15 minutes of practice time on skills and fundamentals.

Coaches are to notify players they must be at the gym 30 minutes before game time begins.

Coaches are to have their line ups at the scorer's table 15 minutes prior to the start of the game. (Players first & last name, and Numbers.)

Coaches are responsible to ensure all players play the required time.

Coaches are responsible for the conduct and behavior of his / her players and assistants.

Coaches are allowed one (1) assistant coach and one (1) bookkeeper on the bench during the game. No non team players are allowed on the bench during the game.

Coaches and assistants are allowed at the scorer's table only between periods and halftime.

Coaches 9-10 and up must stay within the confinements of the coaching box.

Coaches may only enter the court only if beckoned by an official.

Coaches should make an attempt to control the actions and temperament of his/her players, assistant coaches, and fans. If a point is reached where the coach feels uncomfortable then he/she should elicit the help of the referee or the board member in charge.

Coaches must wear coaches shirt provided by PYB or will result in Technical Foul.

The coach shall avoid the use of drugs, alcohol and tobacco products when in contact with players.

XV. Coaches "CODE OF ETHICS"

The function of the coach is to educate through participation and competition. Each player should be treated as though he / she were the coaches own, and his / her welfare should be uppermost at all times.

The coach shall be aware that he / she has tremendous influence, for either good or ill, on education of the player, and shall never place value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the position. In all personal contact with players, officials, board members, directors, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco use.

The coach shall promote the entire Ponchatoula Youth Basketball program and practices and games in harmony with the program.

*** Please note Individual means players, coaches, parents, and spectators. Any individual who is suspended or disqualified may not enter Ponchatoula Youth Basketball facilities for the duration of the suspension or disqualification.**

5. Volunteers are the foundation of the program; it is imperative not to be critical of our program or anyone working with the games (coaches, referees, scorekeepers, time keepers, concession workers etc.) Ponchatoula Youth Basketball welcomes constructive criticism. Any concerns, and/or recommendations should be brought to the attention of a board member in writing, or asked to be added to the Ponchatoula Youth Basketball Board Meeting Agenda.

6. We ask parents to be an example to their children by respecting the primary objectives of the Ponchatoula Youth Basketball program.

7. Registrants who live outside the Ponchatoula Area Recreation District (PARD) may be subject to out of district fees.

8. A registrant who is a member of a High School Basketball Team (Varsity) competing under one of the following sanctioning organizations (LHSAA, LCSAA or MPSA) will not be able to participate in Ponchatoula Youth Basketball.

9. Parents will be notified of practices once teams and coaches are established.

10. Players will have no more than (3) three Ponchatoula Youth Basketball activities per week during regular season. Playoffs may vary. This includes games and (1) one 1 hour practice. The Ponchatoula Youth Basketball board shall assign approved practice gym locations and practice times on a first come first serve basis. Home practice areas are not approved by Ponchatoula Youth Basketball and are not covered under the Ponchatoula Youth Basketball insurance policy.

11. If a player is unexcused from practice, the coach should inform the Ponchatoula Youth Basketball Commissioner/Co- Commissioner prior to the player's next game. Playing time will be determined by the Commissioner/Co-Commissioner after discussions with the parent and coach. If the parent and coach disagree with the decision, the Board shall make the final decision.

12. Only coaches and players are allowed in practice gyms: PHS, PJHS, Perrin, St. Joseph's and Ponchatoula Community Center.

13. No eating or drinking allowed at practices.

14. No food or drinks are to be brought into the gym on game day.

15. **Absolutely no outside balls are to be brought into gym.**

16. Accident insurance coverage provided by Ponchatoula Youth Basketball is secondary insurance.

17. For insurance purposes, only Ponchatoula Youth Basketball players and coaches are allowed on the court at any time.

18. Admission: **Adults 13 and up- \$2.00 each per gym. Children age 5 thru 12 \$.50 each per gym.** Coaches and players enter gyms for **free if wearing jersey and coaches shirts.**

19. Coaches and players will be allowed one free drink after their game.

20. Coaches must be brought before the Board of Directors for approval prior to the beginning of the season.

I. General Rules for all ages

1. The rules as shown are specific in nature for the Ponchatoula Youth Basketball program, and shall be used in conjunction with customary basketball rule as determined within the official's jurisdiction, and duties.
2. Each team is allowed 4 time outs per game.
3. Three point shots count for all age groups.
4. Periods will be running time for all ages. The clock will stop only for time outs, free throws and injury. A stop clock will be used in the last two (2) minutes of the 4TH, 5th or 6th period depending which age group.
5. **In case of a tie, one two (2) minute overtime period will be played in 5/6 & 7/8 age groups. 9/10 age groups and up a second overtime period shall be played if game is still a tie. If still a tie after second overtime the game will finish in tie.**
6. Uniform shorts shall be shorts issued by Ponchatoula Youth Basketball for the current season. Failure to have these shorts will result in not being able to play in game. Only PYB logo **of current year** will be permitted on shorts.
7. Compression shorts (under shorts) shall be made of stretch elastic, material and worn above the knees.
Compression shorts shall be white or black only.
8. A player must wear his or her shorts in a manner in that their underwear does not show when playing.
9. Uniform policy:
 - A. Undershirts shall be **black or white**.
 - B. Undershirts with frayed or ragged edges shall **not** be worn.
 - C. Jersey's must be tucked in during game play. Un-tucked jerseys will not be allowed.
 - D. No names will be permitted on back of jerseys.
 - E. **Shooting Sleeves worn shall be white or black only.**
10. Socks must be dominate in color. Players must wear two (2) socks of the same length and color.
11. The Ponchatoula Youth Basketball board will address and mandate additional actions not emphasized by Ponchatoula Youth Basketball rules.
12. If the philosophy or rules are questioned during the game, the official may consult with the Board Member in charge for clarification. The final decision will be made by the Board Member in charge. For the purpose of consistency at each facility, the referee and the Board Member in charge shall relate such concerns to the assigning official.
13. Game Time Policy:
 - A. No more than 15 minutes will be allowed between each game.
 - B. **Each team must report to gym 30 minutes before their game time.**
 - C. **If previous game is over earlier, the following game may start up to 15 minutes early.**
14. If the event a team only has 4 players they may get with the board member on the floor as soon as they are aware that they will not have 5 players. They can they find 1 player that both coaches and the board member agree on from a younger age group to play up. A forfeit shall be implied if a team has (4) four or less players that are assigned to their team after 15 minutes of their schedule game, and no suitable player can be found to play up. The clock will start at 15 minutes at the scheduled game time. If a team does not have (5) five players, and if the game is a forfeit it is the best interest to play the game however. Registered players from the same age group of PYB can play for the team that forfeits. This must be approved by his or her coach the forfeiting teams coach and board member on duty. If both teams forfeit they both will get a loss in the standings.
15. **Coaches must submit rosters to score table (15) ten minutes before game time. Rosters must contain player number, first, and last name printed clearly. Failure to do so will result in a technical foul.**
16. **Coaches must wear their PYB issued coaches shirt while they are coaching the game failure to do so will result in a technical foul.**
17. **PYB Board members are not allowed to wear their board member shirt while they are coaching a game or will result in a technical foul.**
18. **Coaches need to spend at least 15 minutes of practice time on skills and fundamental drills.**

II. 5-6 Boys

Players shall not wear jewelry of any kind. Earrings shall be removed before playing. Only soft pony tail holders are allowed.

Goal height shall be 8ft/0in.

JR game balls shall be used for ages 5-6. 27.5in.

Score will not be displayed on the scoreboard for this age group, but will be kept in the playbook for ranking use only.

Periods will be **5- 6 minute running clock**. **The five players that enter that period must play the entire period with no substitution unless of an injury. No one player shall play all 5 periods. All players must play 2 periods of the game. During the 5th period, the coach can substitute as much as he or she wants.**

Free throws shall be from the standard free throw line minus 3 ft. Free throws will be administered on the tenth team foul (double bonus) and all shooting fouls. No 1 & 1 free throws will be administered.

Jump Ball establishes the possession arrow to start the game. (Not Referee discretion)

Stop clock shall be used in the last two minutes of the 5th period, free throws, and timeouts.

Offense will have 10 seconds to cross the half court line into the front court. The offense will have an additional 10 seconds to get to the lane in an attempt to score. (Each team will be allowed one warning per game for not attempting to score in the allotted time.) Additional 10 second violations will result in loss of possession.

Offense will not be allowed to fast break during the first 4 periods to allow the defense a chance to get back into position, unless the defense has surpassed all of the opposing team. During the 5th period coaches can let the offense play with fast breaks.

Defense may be man to man or zone.

Defense shall start in the free throw painted area. **One (1) player shall be allowed to pick up the ball at the line between half court and top of the key line.**

Defense shall not double team the ball until the ball is in the free throw painted area.

Defense may play at half court during the 5th period, and may full court press in the last two minutes of the 5th Period Only.

Defense must be played inside the free throw painted area by the team leading by 15 or more points.

The coach, whose team is down by 20 or more points, may call a time out and choose the opposing team's players. This option ends once the score differential is 15 points or less, or if a player may not complete the mandatory 2 periods of playing time.

Head coach and one assistant may help to position kids during the first 4 periods, and may travel up and down the sidelines during the 5th period to offer coaching assistance.

Each team member will shoot (1) one free throw at halftime. Each made basket will add 1 point to the score. A player who fouls out before halftime will not be allowed to shoot free throws during half time.. Each team shall shoot an equal number of free throws during halftime. **Free throws shall be shot after the 3rd period.**

EXAMPLE

Team A: 8 players

Team B: 6 Players

Team B: Shall get to shoot (2) two extra free throws. The opposing team coach shall pick the (2) two players to shoot.

A player, who dresses out and is on the bench to start the game, shall play a minimum of 2 periods. (12 minutes) per game. It is the coach's responsibility to record and ensure the playing of each player and the playing of the opposing players. The book keepers may compare playing after each period. If the playing is in question, it should be brought to the board's attention and added to the board meeting agenda. Coaches will be notified of any concerns; games shall be forfeited for additional violations. Playing time for those players who arrive at the game after the second period has ended, shall be determined by the head coach.

If a player get into foul trouble (4 fouls), the coach has the option of removing the player as long as the player reenters the game later to complete the required playing time.

III. 5-6 Girls

Players shall not wear jewelry of any kind. Earrings shall be removed before playing. Only soft pony tail holders are allowed.

Goal height shall be 8ft/0in.

JR game balls shall be used for ages 5-6. 27.5in.

Score will not be displayed on the scoreboard for this age group, but will be kept in the playbook for ranking use only.

Periods will be **5 - 6 minute running clock**. **The five players that enter that period must play the entire period with no substitution unless of an injury. All players must play 2 periods of the game. During the 5th period, the coach can substitute as much as he or she wants.**

Free throws shall be from the standard free throw line minus 3 ft. Free throws will be administered on the tenth team foul (double bonus) and all shooting fouls. No 1 & 1 free throws will be administered.

Jump Ball establishes the possession arrow to start the game **(Not referee discretion.)**

Stop clock shall be used in the last two minutes of the 5th period, free throws, and timeouts.

Offense will have 10 seconds to cross the half court line into the front court. The offense will have an additional 10 seconds to get to the lane in an attempt to score. (Each team will be allowed one warning per game for not attempting to score in the allotted time.) Additional 10 second violations will result in loss of possession.

Offense will not be allowed to fast break during the first 4 periods to allow the defense a chance to get back into position, unless the defense has surpassed all of the opposing team. During the 5th period coaches can let the offense play with fast breaks.

Defense may be man to man or zone.

Defense shall start in the free throw painted area. **One (1) player shall be allowed to pick up the ball at the line between half court and top of the key line.**

Defense shall not double team the ball until the ball is in the free throw painted area.

Defense may play at half court during the 5th period, and may full court press in the last two minutes of the 5TH Period Only.

Defense must be played inside the free throw painted area by the team leading by 15 or more points.

The coach, whose team is down by 20 or more points, may call a time out and choose the opposing team's players. This option ends once the score differential is 15 points or less, or if a player may not complete the mandatory 2 periods of playing time.

Head coach and one assistant may help to position kids during the first 4 periods, and may travel up and down the sidelines during the 5th period to offer coaching assistance.

Each team member will shoot (1) one free throw at halftime. Each made basket will add 1 point to the score. A player who fouls out before halftime will not be allowed to shoot free throws during half time. Each team shall shoot an equal number of free throws during halftime. **Free throws shall be shot after the 3rd period.**

EXAMPLE

Team A: 8 players

Team B: 6 Players

Team B: Shall get to shoot (2) two extra free throws. The opposing team coach shall pick the (2) two players to shoot.

A player, who dresses out and is on the bench to start the game, shall play a minimum of 2 periods. (12 minutes) per game. It is the coach's responsibility to record and ensure the playing of each player and the playing of the opposing players. The book keepers may compare playing after each period. If the playing is in question, it should be brought to the board's attention and added to the board meeting agenda. Coaches will be notified of any concerns; games shall be forfeited for additional violations. Playing time for those players who arrive at the game after the second period has ended, shall be determined by the head coach.

If a player get into foul trouble (4 fouls), the coach has the option of removing the player as long as the player reenters the game later to complete the required playing time.

IV. 7-8 Girls

Players shall not wear jewelry of any kind. Earrings shall be removed before playing. Only soft pony tail holders are allowed.

Goal height shall be 9ft/0in.

Game balls shall have a diameter of 27.5in.

Free throws shall be from the standard free throw line minus 3 ft.

Jump Ball establishes the possession arrow to start the game.

Periods will be 5 - 6 minute running clock. The five players that enter that period must play the entire period with no substitution unless of an injury. No one player shall play all 5 periods. All players must play 2 periods of the game. During the 5th period, the coach can substitute as much as he or she wants.

Stop clock shall be used in the last two minutes of the 5th period, free throws, and timeouts.

Offense will have 10 seconds to cross the half court line into the front court.

Offense will be allowed 5 seconds in the lane.

Offense Shots from the 3pt line shall be counted for 3pts.

Defense may be man to man or zone.

Defense shall start at the half court line.

Defense shall not double team the ball until it has passed the 3pt line.

Defense may full court press in the last two minutes of the 5th Period Only.

Defense must be played inside the free throw painted area by the team leading by 15 or more points.

The coach whose team is down by 20 or more points, may call a time out and choose the opposing team's players. This option ends once the score differential is 15 points or less, or if a player may not complete the mandatory 2 periods of playing time.

Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.

Each team member will shoot (1) one free throw at halftime. Each made basket will add 1 point to the score. A player who fouls out before halftime will not be allowed to shoot free throws during half time.

Each team shall shoot an equal number of free throws during halftime. Free throws shall be shot after the 3rd period.

EXAMPLE

Team A: 8 players

Team B: 6 Players

Team B: Shall get to shoot (2) two extra free throws. The opposing team coach shall pick the (2) two players to shoot.

A player, who dresses out and is on the bench to start the game, shall play a minimum of 2 periods. (12 minutes) per game. It is the coach's responsibility to record and ensure the playing of each player and the playing of the opposing players. The book keepers may compare playing after each period. If the playing is in question, it should be brought to the board's attention and added to the board meeting agenda. Coaches will be notified of any concerns; games shall be forfeited for additional violations. Playing time for those players who arrive at the game after the second period has ended, shall be determined by the head coach.

If a player get into foul trouble (4 fouls), the coach has the option of removing the player as long as the player reenters the game later to complete the required playing time.

V. 7-8 Boys

Players shall not wear jewelry of any kind.

Goal height shall be 9ft/0in.

Game balls shall have a diameter of 28.5in.

Free throws shall be from the standard free throw line minus 2 ft.

A Jump Ball will establish the possession arrow to start the game.

Periods will be **5 - 6 minute running clock. The five players that enter that period must play the entire period with no substitution unless of an injury. No one player shall play all 5 periods. All players must play 2 periods of the game. During the 5th period, the coach can substitute as much as he or she wants.**

Stop clock shall be used in the last two minutes of the 5th period, free throws, and timeouts.

Offense will have 10 seconds to cross the half court line into the front court.

Offense will be allowed 5 seconds in the lane.

Offense Shots from the 3pt line shall be counted for 3pts.

Defense may be man to man or zone.

Defense shall start at the half court line.

Defense may full court press in the last two minutes of the 5TH Period Only.

Defense must be played inside the free throw painted area by the team leading by 15 or more points.

The coach whose team is down by 20 or more points, may call a time out and choose the opposing team's players. This option ends once the score differential is 15 points or less, or if a player may not complete the mandatory 2 periods of playing time.

Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.

Each team member will shoot (1) one free throw at halftime. Each made basket will add 1 point to the score. A player who fouls out before halftime will not be allowed to shoot free throws during half time.

Each team shall shoot an equal number of free throws during halftime. Free throws shall be shot after the 3rd period.

EXAMPLE

Team A: 8 players

Team B: 6 Players

Team B: Shall get to shoot (2) two extra free throws. The opposing team coach shall pick the (2) two players to shoot.

A player, who dresses out and is on the bench to start the game, shall play a minimum of 2 periods. (12 minutes) per game. It is the coach's responsibility to record and ensure the playing of each player and the playing of the opposing players. The book keepers may compare playing after each period. If the playing is in question, it should be brought to the board's attention and added to the board meeting agenda. Coaches will be notified of any concerns; games shall be forfeited for additional violations. Playing time for those players who arrive at the game after the second period has ended, shall be determined by the head coach.

If a player get into foul trouble (4 fouls), the coach has the option of removing the player as long as the player reenters the game later to complete the required playing time.

VI 9-10 Boys

Players shall not wear jewelry of any kind. Earrings shall be removed before playing. Only soft pony tail holders are allowed.

Goal height shall be 10ft.

Game balls shall have a diameter of 28.5in.

Free throws shall be from the standard free throw.

A Jump Ball will establish the possession arrow to start the game.

Stop clock shall be used in the last two minutes of the 4th period, free throws, and timeouts.

Offense will have 10 seconds to cross the half court line into the front court.

Offense will be allowed 5 seconds in the lane.

Defense may be man to man or zone.

Defense shall start at the half court line.

Defense may full court press in the last two minutes of the 4TH Period only.

Defense must be played inside the 3pt line by the team leading by 15 or more points.

The coach whose team is down by 20 or more points, may call a time out and choose the opposing team's players. This option ends once the score differential is 15 points or less, or if a player may not complete the mandatory 1½ periods of playing time.

Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.

Each team member will shoot (1) one free throw at halftime. Each made basket will add 1 point to the score. A player who fouls out before halftime will not be allowed to shoot free throws during half time.

Each team shall shoot an equal number of free throws during halftime.

EXAMPLE

Team A: 8 players

Team B: 6 Players

Team B: Shall get to shoot (2) two extra free throws. The opposing team coach shall pick the (2) two players to shoot.

A player, who dresses out and is on the bench to start the game, shall play a minimum of 1½ periods. (12 minutes) per game. It is the coach's responsibility to record and ensure the playing of each player and the playing of the opposing players. The book keepers may compare playing after each period. If the playing is in question, it should be brought to the board's attention and added to the board meeting agenda. Coaches will be notified of any concerns; games shall be forfeited for additional violations. Playing time for those players who arrive at the game after the second period has ended, shall be determined by the head coach.

If a player get into foul trouble (4 fouls), the coach has the option of removing the player as long as the player reenters the game later to complete the required playing time.

VII 9-10 Girls

Players shall not wear jewelry of any kind. Earrings shall be removed before playing. Only soft pony tail holders are allowed.

Goal height shall be 10ft.

Game balls shall have a diameter of 27.5in.

Free throws shall be from the standard free throw minus 2ft

A Jump Ball will establish the possession arrow to start the game.

Stop clock shall be used in the last two minutes of the 4th period, free throws, and timeouts.

Offense will have 10 seconds to cross the half court line into the front court.

Offense will be allowed 5 seconds in the lane.

Defense may be man to man or zone.

Defense shall start at the **half court line**.

Defense must be played inside the 3 point line by the team leading by 15 or more points.

The coach whose team is down by 20 or more points, may call a time out and choose the opposing team's players. This option ends once the score differential is 15 points or less, or if a player may not complete the mandatory 1½ periods of playing time.

Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.

Each team member will shoot (1) one free throw at halftime. Each made basket will add 1 point to the score. A player who fouls out before halftime will not be allowed to shoot free throws during half time.

Each team shall shoot an equal number of free throws during halftime.

EXAMPLE

Team A: 8 players

Team B: 6 Players

Team B: Shall get to shoot (2) two extra free throws. The opposing team coach shall pick the (2) two players to shoot.

A player, who dresses out and is on the bench to start the game, shall play a minimum of 1½ periods. (12 minutes) per game. It is the coach's responsibility to record and ensure the playing of each player and the playing of the opposing players. The book keepers may compare playing after each period. If the playing is in question, it should be brought to the board's attention and added to the board meeting agenda. Coaches will be notified of any concerns; games shall be forfeited for additional violations. Playing time for those players who arrive at the game after the second period has ended, shall be determined by the head coach.

If a player get into foul trouble (4 fouls), the coach has the option of removing the player as long as the player reenters the game later to complete the required playing time.

VIII 11 and up Girls

Players shall not wear jewelry of any kind. Earrings shall be removed before playing. Only soft pony tail holders are allowed.

Goal height shall be 10ft.

Game balls shall have a diameter of 28.5in.

Free throws shall be from the standard free throw.

Game Time shall be 2 - 20 minute halves **running clock**.

A Jump Ball will establish the possession arrow to start the game.

Stop clock shall be used in the last two minutes of the **2nd half only and for timeouts**.

Offense will have 10 seconds to cross the half court line into the front court.

Offense will be allowed 3 seconds in the lane.

Defense may be man to man or zone.

Defense must be played inside the 3pt line by the team leading by 15 or more points.

The coach whose team is down by 20 or more points, may call a time out and choose the opposing team's players. This option ends once the score differential is 15 points or less, or if a player may not complete the mandatory 1½ periods of playing time.

Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.

Playing Time, ~~each player must sit at least 4 minutes per half unless only 5 players at game.~~

A player, who dresses out and is on the bench to start the game, shall play a minimum of **14** minutes per game. It is the coach's responsibility to record and ensure the playing of each player and the playing of the opposing players. The book keepers may compare playing after each period. If the playing is in question, it should be brought to the board's attention and added to the board meeting agenda. Coaches will be notified of any concerns; games shall be forfeited for additional violations. Playing time for those players who arrive at the game after the second period has ended, shall be determined by the head coach.

If a player get into foul trouble (4 fouls), the coach has the option of removing the player as long as the player reenters the game later to complete the required playing time.

IX 11-12 Boys

Players shall not wear jewelry of any kind.

Goal height shall be 10ft.

Game balls shall have a diameter of 28.5in.

Free throws shall be from the standard free throw.

A Jump Ball will establish the possession arrow to start the game.

Stop clock shall be used in the last two minutes of the 4th period.

Offense will have 10 seconds to cross the half court line into the front court.

Offense will be allowed 3 seconds in the lane.

Defense may be man to man or zone.

Defense must be played inside the 3pt line by the team leading by 15 or more points.

The coach whose team is down by 20 or more points, may call a time out and choose the opposing team's players. This option ends once the score differential is 15 points or less, or if a player may not complete the mandatory 1½ periods of playing time.

Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.

A player, who dresses out and is on the bench to start the game, shall play a minimum of 1½ periods. (12 minutes) per game. It is the coach's responsibility to record and ensure the playing of each player and the playing of the opposing players. The book keepers may compare playing after each period. If the playing is in question, it should be brought to the board's attention and added to the board meeting agenda. Coaches will be notified of any concerns; games shall be forfeited for additional violations. Playing time for those players who arrive at the game after the second period has ended, shall be determined by the head coach.

If a player get into foul trouble (4 fouls), the coach has the option of removing the player as long as the player reenters the game later to complete the required playing time.

X. 13-14 Boys

Players shall not wear jewelry of any kind.

Goal height shall be 10ft.

Game balls shall have a diameter of 29.5in.

Free throws shall be from the standard free throw.

A Jump Ball will establish the possession arrow to start the game.

Stop clock shall be used in the last two minutes of the 4th period.

Offense will have 10 seconds to cross the half court line into the front court.

Offense will be allowed 3 seconds in the lane.

Defense may be man to man or zone.

The coach whose team is down by 20 or more points, may call a time out and choose the opposing team's players. This option ends once the score differential is 15 points or less, or if a player may not complete the mandatory 1½ periods of playing time.

Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.

A player, who dresses out and is on the bench to start the game, shall play a minimum of 1½ periods. (12 minutes) per game. It is the coach's responsibility to record and ensure the playing of each player and the playing of the opposing players. The book keepers may compare playing after each period. If the playing is in question, it should be brought to the board's attention and added to the board meeting agenda. Coaches will be notified of any concerns; games shall be forfeited for additional violations. Playing time for those players who arrive at the game after the second period has ended, shall be determined by the head coach.

If a player get into foul trouble (4 fouls), the coach has the option of removing the player as long as the player reenters the game later to complete the required playing time.

XI. 15-up Boys

Players shall not wear jewelry of any kind.

Goal height shall be 10ft.

Game balls shall have a diameter of 29.5in.

Free throws shall be from the standard free throw.

A Jump Ball will establish the possession arrow to start the game.

Stop clock shall be used in the last two minutes of the 4th period.

Offense will have 10 seconds to cross the half court line into the front court.

Offense will be allowed 3 seconds in the lane.

Defense may be man to man or zone.

The coach whose team is down by 20 or more points, may call a time out and choose the opposing team's players. This option ends once the score differential is 15 points or less, or if a player may not complete the mandatory 1½ periods of playing time.

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