

2020 First Friends Youth Basketball Rules



The following rules will be in effect for the 2020 First Friends Youth Basketball season. The purpose of these rules are to make the games and practices run smoothly, ensure fair play for all participants, and eliminate any controversies or disputes. First Friends reserves the right to amend or add rules during the season as needed – proper notice of any such changes will be provided. Home teams are listed first on the schedule in each game. Home Team will always be the BLUE side of the jersey while away will be the WHITE side.

1. Timing of games:

1a. Games will consist of 4 quarters lasting 10 minutes each. Halftime will begin as soon as the clock runs out for the half. Halftime will be 3-minutes long.

1b. The clock will run continuously throughout the entire game regardless of gameplay except for timeouts or injuries or foul shots. *Clock will not stop in the 1-2 league.

1c. The scorer's time clock is official and final—the scorer's horn at the conclusion of each period constitutes the end of the period.

1d. If a game is tied at the end of regulation, a two-minute overtime will be played. If the score is still tied at the end of the first overtime it will end in a tie. (Rule does not apply for 1-2). Overtime periods will begin with a jump ball. In tournament play, there will be repeating 2 minute overtimes until a winner is determined.

2. Fouls:

2a. Boys and girls will be required to line up in regulation for foul shots. (Grades 1-2 will not shoot foul shots but will pass the ball in bounds for every foul at half court).

2b. Any foul that takes place during a shot will result in two shots unless the basket is made. This would result in an "and-1" situation (3-4 and 5-6 leagues only).

2c. If the foul happens on the floor, the ball will be given to the team that was fouled to pass in from out of bounds. If this happens after the 8th team foul of the half, the person fouled will shoot "1 and 1" at the foul line. After 10 team fouls it will be 2 shots (3-4 and 5-6 leagues only).

2d. Boys and Girls are to shoot at the regulation foul line (3-4 grade will shoot at 12ft) but are allowed to jump over the line, permitting it does not create an advantage (per referees discretion) in obtaining the rebound.

2e. Fouling Out:

- 3-4 & 5-6 League: Players will foul out after 6 individual fouls. Scorekeeper will alert coaches after 4 fouls. If a player fouling out causes a team to have less than 5 eligible players remaining, the teams will continue to play 4 on 4. If a player fouling out causes a team to have less than 4 players that team will forfeit. 1-2 League: No fouling out. Coaches will monitor fouls accordingly.

2f. The scorer's tabulation of team fouls is official and final.

3. Timeouts:

- 3a. Each team will receive two 45-second timeouts per half. Unused timeouts do not carry over.
- 3b. Each team will receive one 45-second time out in overtime.
- 3c. The scorer's tabulation of timeouts is official and final—the scorer will also time the length of each timeout.

4. Defense:

- 4a. Man to Man defense is REQUIRED during all game play.
- 4b. Players are required to be within the proximity of the person they are guarding.
- 4c. No zone defenses – (a zone defense is defined as an obvious attempt by a player to defend an area rather than his/her player).
- 4d. In “man to man,” the defensive a player may leave his/her person to:
 - Switch to guarding another player, as long as someone else switches to the player they were guarding. Help Defense is okay, double/triple teaming for an extended period of time is not.
 - Stop a break away. It is almost impossible to play perfect “man to man” defense in a fast break situation.
 - In the 1-2 League, steals are only allowed to be attempted on a pass. At this age, it is more important for a player to develop ball handling skills without the defense trying to steal and disrupt.
 - In 3-4 and 5-6 Leagues, all steals are permitted.
- 4e. It will be up to the referee's discretion, but if one team is being notorious for the whole team flocking towards the player with the ball, he or she will stop play to correct and instruct the players. This will also happen if a player on one team is playing zone defense or double teaming. The ball will be given back to the team who had possession.
- 4f. During the final minute of the game, full court pressure is permitted (3rd-4th & 5th-6th only). The normal “man to man” rules still apply.

5. Offense:

- 5a. Possession in the backcourt will be established when a defensive player has taken possession of the ball (either by a rebound, steal, or loose ball recovery). Referees will determine possession on close calls in the backcourt. Once possession has been established in the backcourt, the defensive team must release full court pressure and return to the other half of the court.
- 5b. 1-2 league, there will be no fast breaks. Because this age is very crucial for basic instruction, it is important for players to understand what it means to be in a defensive set. Therefore, once the ball changes possession, the team now on defense, will be given time to get their defense set. Then the offense can bring the ball forward.
- 5c. Once a team has clear possession and the defense releases, they will have 10 seconds to bring it out of the backcourt. If a team is trying to ‘hold’ the ball in the backcourt for longer than 10 seconds it will result in a turnover. This will prevent teams from trying to run out the clock in the backcourt.

5d. Once the player and ball cross the half court line, the defense can guard man to man anywhere on the court.

5e. There will be no 3-point shots. Hoops will be set at the appropriate height for age.

- 1-2 (8.5 Feet) 27.5" Ball

- 3-4 (9 Feet) 28.5" Ball

- 5-6 (9.5 Feet) 28.5" Ball

5e. Games will begin with a jump ball (1-2 will have Blue pass in bounds to start).

5f. Hoop directions will switch at halftime.

6. Playing Time:

6a. First Friends supports equal playing time and requires coaches to attempt to get all players equal playing time. No one player should play more than a half a quarter more than any other. Coaches will be required to fill out a time sheet for each game and stick to it. It must be approved by the scorekeeper.

6b. If a team is only able to have 4 players present at a game, the game will be played 4 on 4. If only 3 or less can be there, the game will be attempted to be rescheduled. If it cannot be rescheduled, the team with insufficient numbers will take a forfeit.

7. Bench Conduct:

7a. Only members of the team and coaching staff (maximum of two coaches) shall be on the bench or in the bench area. All players not in the game must remain seated on the bench during play.

7b. Substitutions will happen and ONLY HAPPEN each quarter at the 5:00 mark and the end of the quarter. The only other time substitutions may happen is in the result of an injury.

7c. The clock will stop at 5:00 but play will continue until there is a natural stopping point (rebound, turnover, ball out of bounds, etc.). Once play is stopped, the subs will enter the game.

7d. The substitution time is NOT a timeout for coaches to talk with their teams. It is a time for teams to switch players, get set, and start up again. This should take no more than 20 seconds. If a team is taking an unnecessary amount of time and seen strategizing (like they would in a time out), the score keeper or ref will dock that team a timeout and inform the coach.

7e. Coaches, parents and players shall focus their energies on player participation, team play, and sportsmanship. Coaches, parents and players **shall not engage in unsportsmanlike conduct**, especially towards referees and score keepers. Our league is based on the biblical example of Christ's life and we would like to maintain that example through our conduct.

7f. Any coach, player or parent who is ejected from a game may not attend that team's next league game.

8. Responsibilities of Coaches and Parents:

8a. It is the responsibility of the coach to notify your team of any cancellation due to weather or unforeseen circumstances. Decisions for game days will be made by 8:00am. Decisions for practice days will be made by 4:00pm.

8b. It is the responsibility of the parents to notify the coaches of any games or practices they will miss. If players are consistently missing practices, the coach is permitted to dock his or her playing time on game days. (See 10b) Reasonably excused absences will not count against the player (extreme sickness, death in the family, etc.). A warning will be issued first.

8c. Adults in the league need to keep in mind that the players look up to you and will likely mimic your actions. If you conduct yourself with respect to the game and each other, the players will do the same. Lead by example.

9. Referees

9a. There will be certified referees for the 3-4 (one) and 5-6 leagues (one). We ask that all coaches, parents, and players respect the referees and their decisions on the court. It is likely that they will not call a perfect game due to human error, and so we ask that instead of arguing and fighting that we show them support and grace.

9b. The 1-2 league will be refereed by the coaches. Each team will be allowed to have one coach on the floor during game play to help structure their team's offense and defense. Remember, the important part of this age group is to get a firm grasp of the fundamentals.

10. Prayer and Devotion Time

10a. It is expected for all players to attend their 10 minute devotion in the middle practice on Monday/Tuesday. A timer will be set for the halfway point of practice, at this point coaches need to instruct their team to go to the cut out part of the gym for devotions. The quicker we can get everyone settled the quicker everyone can return to practice. Saturday practices before the season will be one hour with no devotion.

*Kindergarten Clinic Devos will take place at 9:45, immediately following their clinic each week. Thus, Kindergarten parents should plan to be at the church from 9:00-10:00am every Saturday. Devos will occur in the multi-purpose room.

10b. One missed devotion time = one whole practice time missed. (See 8b) Coaches should attend devotions with their teams.

10c. We will be starting each game with a prayer between both teams. Either a coach, parent, or player will be responsible for leading this prayer time.

10d. Our goal for this league is to teach the basic elements of basketball along with the basic elements of following Christ. To do so, we require your participation in these areas.

It is our expectation that all coaches, players, and parents will follow the guidelines and intent of our league rules. The playing rules have been established to promote and further the objectives stated therein – please abide by the rules and please do not try to twist them or use them to gain a competitive advantage. Enjoy the season!