



**YOUTH BASKETBALL LEAGUE**

**2023-2024**

**LEAGUE RULE BOOK**

# YFAC Basketball League Regulations

## Registration

- All players must be registered through the proper YFAC Team Sideline database to play
- No player may play for more than one team in the same division
- All coaches must register and submit to a national background check, code of conduct, and mandatory coach orientation

## YFAC Basketball League Rules of Play

With the following exceptions, the rules of the OKLAHOMA SECONDARY SCHOOL ATHLETICS ASSOCIATION (OSSAA) will be used.\*

## Ball Size, Goal Height, Special Conditions

Grade	Ball Size	Goal Height	3 Point Shot	Backcourt Guarding
<b>GIRLS</b>				
4-5 YO	Junior 27.5	6 FT	NO	NO
K-1 <sup>ST</sup>	Junior 27.5	8 FT	NO	NO
2 <sup>ND</sup>	Junior 27.5	9 FT	NO	NO
3 <sup>RD</sup>	Junior 27.5	9 FT	YES	NO
4 <sup>th</sup>	Regulation 28.5	10 FT	YES	NO
5 <sup>TH</sup> -8 <sup>th</sup>	Regulation 28.5	10 FT	YES	YES

Grade	Ball Size	Goal Height	3 Point Shot	Backcourt Guarding
<b>REC BOYS</b>				
4-5 YO.	Junior 27.5	6 FT	NO	NO
K-1 <sup>ST</sup>	Junior 27.5	8 FT	NO	NO
2 <sup>ND</sup>	Intermediate 28.5	9 FT	NO	NO
3 <sup>rd</sup>	Intermediate 28.5	10 FT	YES	NO
4 <sup>TH</sup>	Intermediate 28.5	10 FT	YES	NO
5 <sup>TH</sup> -6 <sup>TH</sup>	Intermediate 28.5	10 FT	YES	YES
7 <sup>TH</sup> -8 <sup>th</sup>	Regulation 29.5	10 FT	YES	YES

#### TEAM BOYS

3 <sup>rd</sup> -6 <sup>TH</sup>	Intermediate 28.5	10 FT	YES	YES
7 <sup>TH</sup> -8 <sup>th</sup>	Regulation 29.5	10 FT	YES	YES

## Length of Games

- 4-5 Year Olds: consist of four **5-minute quarters** with one-minute quarter breaks and two-minute halftime.
- K - 1st Grade: consist of four **6-minute quarters** with one-minute quarter breaks and two-minute halftime. The game clock stops only for timeouts and free throws. During the last minute of 4th quarter, the clock stops at the referee's whistle.
- 2nd - 6th Grade Girls and Rec Boys: four **8-minute quarters** with one-minute quarter breaks and two-minute halftime. The game clock stops only for timeouts and free throws until the last minute of 4th quarter, the clock will stop at the referee's whistle.
- 7th-8th Grade Girls and Rec Boys: four **6-minute quarters** with one-minute quarter breaks and two-minute halftime. The clock will stop at the referee's whistle.
- All Competitive Boys Divisions: four **6-minute quarters** with one-minute quarter breaks and two-minute halftime. The clock will stop at the referee's whistle.
- All overtimes are two minutes. Overtime periods will continue to be played until a winner is determined.
- Teams have five minutes from the official start of the game to begin play or forfeit the game.

## League Specific Rules

*Applies to all grades unless otherwise specified.*

- A jump ball opens play with a minimum of four players from each team present to play (otherwise it's a forfeit).
- All divisions that don't allow backcourt guarding must inbound all dead balls into front court for the entirety of the game
- Any intentional stalling outside where the players are not allowed to guard will result in an immediate warning followed by a loss of possession.

### 4-5 Year Old Division

- Four players play on the court at a time
- The playing area is half of a court

### Player Participation

- A. In the 4-5 year old division, each player is required to play two uninterrupted quarters.
- B. In K-6th Grade boys rec divisions and K-4th girls divisions, each player **MUST** play 8 mins of game clock time per game (equivalent of 1 qtr).
- C. In all other divisions, there is no league participation rule; it is up to the coach to decide on playing time.
- D. Player Participation Protest: Should a Head Coach choose to protest the game due to their opponent not following participation rules, we will follow this format:
  - Protesting team must pay a \$100 protest charge. Should the team win the protest, they will receive the money back.
  - Protesting team must provide video footage of the game and must indicate with player(s) they do not believe played the minimum amount. YFAC footage can be used but we do not guarantee to have video of all games.
  - YFAC basketball committee will evaluate the protest and make a decision.
  - Should the participation rule prove to be violated, we will enforce the following:
    - Game in question will be a forfeit
    - Coach will be suspended one game

### Timeouts

- Coaches get two 60-second timeouts per half.
- K-3rd grades -- coaches cannot call consecutive timeouts until the ball crosses into the front court. Each infraction of this rule results in a bench technical foul.
- If a team is ahead by 20 or more points the game clock will stop only on time-outs until the point spread is below 20 or until the game ends.

### Uniforms

- Matching home/away jerseys are required for every team. These will be provided by YFAC.

### Defense

- 4-5 Year olds -- No zone defense
- K/1st grades -- No defense outside the three point line until the final minute of the game. At the final minute of the game, teams may play full court defense provided no team is up by 15 or more points.
- 2nd-4th grade Girls and Rec Boys -- No backcourt guarding until final minute of game. At the final minute of the game, teams may play full court defense provided no team is up by 15 or more points.
- The "15 point no press" rule in grades 2nd and 3rd Rec. A team with a 15 points or greater lead may not play defense outside the three point line team until the point margin is below 15 points.
- The "15 point no press" for grades 3rd Competitive and up. A team with a 15 points or greater lead may not backcourt press the opposing team until the point margin is below 15 points.

## Fouls

- After the tenth foul of each half, the fouled team receives two shots on non-shooting fouls. After the 7th foul in the 2nd half the fouled team receives a one-and one.
- 4-5 Year Olds: Shoot from a 5 ft free throw line
- K - 2nd Grade : Shoot from a 12 ft free throw line
- All technical fouls (including those awarded for participation violations) result in two shots and possession of the ball for the opposing team.

## Coaching Conduct

- Only one coach may stand during the game.
- Coaches must remain in the coach's box and bench area during play.
- Coaches receiving technical fouls must remain seated.
- Coaches earning a 2nd technical foul in the season must meet with disciplinary committee
- Beginning with the 3rd technical foul assessed to a coach in a season, each additional technical results in a game suspension
- Coaches receiving a technical are required to submit an email to [yfacsports@normanok.gov](mailto:yfacsports@normanok.gov) to explain what happened.

## Ejections

- The Basketball athletic director, an YFAC board member or member of the gym staff may eject a coach, parent, player or spectator. Any coach or parent that is ejected must also take their player with them. The player will be subject to the same rules as the parent.
- If a coach, parent, player or spectator is ejected they WILL NOT be allowed to re-enter the gym for that day of competition and the next day of competition. The player of a parent will be subject to the same suspension. Prior to being allowed back into YFAC events, the ejected party must meet with the disciplinary committee.
- YFAC reserves the right to eject a coach, player, parent or any spectator for the season on a first offense considering the severity of the offense or any other reason deemed appropriate by the YFAC Basketball Committee. Suspensions can and will be enforced for other YFAC sports as well.
- Anyone ejected two (2) times in a season will be expelled for one full year from all YFAC sports. Player's that are ejected two (2) times in a season will be expelled for one year from all YFAC sports. All those suspended based on this rule may file an appeal with a non-refundable cash deposit of \$100 to meet with the board appointed disciplinary committee. All denied appeals would automatically forfeit the cash deposit.

\*For issues not covered by these rules, the YFAC Basketball Committee will make the final decision.