



GUIDELINES AND RULES MANUAL

LEAGUE OBJECTIVES

Objectives

The Fife-Milton Youth Basketball league has been organized with three main objectives in mind:

1. To give each player the opportunity to learn the true value of good sportsmanship and fair play.
2. To teach the basic rules, skills and techniques involved in basketball so each player can improve their game.
3. To give players the opportunity to meet in friendly competition with other players of their same age and ability.

Players attitude and conduct

Each participant will abide by the following guidelines and rules:

1. Participants are to play to the best of their ability in both practice and games.
2. Always arrive on time to all practices and games. A minimum of 10 minutes prior is recommended.
3. Notify your coach ahead of time if you are unable to attend a practice or game. A one hour minimum is recommended.
4. Always be prepared for games and practices by wearing tennis shoes to all practices and games and a clean jersey to all games. **Non marking soles are required by the league.** Absolutely no black soled or street shoes are allowed on the court. These shoes will scuff and mark up the floor. Non marking black soled tennis shoes or basketball will be allowed. We will lose our privilege of using these gyms if we damage the floors. This applies to all courts, tile, synthetic or wood. Parents and guardians are responsible that all players' shoes meet these requirements.
5. Play every game with a good attitude. Never use poor language or behave in a way that would embarrass you or your coach.
6. Be a team player. Allow others to handle the ball.
7. When someone makes a mistake, don't yell at them or criticize. Instead, use only positive suggestions to help build up our athletes.
8. Never bring food or drinks inside the gym.
9. After each game be sure to shake hands or high five your opponents. Thank your coaches and game officials.

GENERAL LEAGUE RULES AND GUIDELINES

Other than rules contained herein, W.I.A.A. High School Rules will govern the games. The officials in a game are the sole authority of these rules. An official's rule interpretation or judgment call cannot be disputed. Rules on fouling and all violations will be enforced with some leniency given to the younger leagues. Any disputes will result in a technical foul (see technical foul rules for specifics). Please hold your complaints for the league Director after the game. Email all complaints to the director. (director@fmbasketball.org)

- I. INJURIES sustained during a practice or games are to be reported to the player's parent(s)/guardians and the league Director immediately. A short description of what happened, where and when along with the players name should be emailed to the director at director@fmbasketball.org the same night that the occurred. If necessary, the injury will be reported to our insurance company who will in turn contact the parents directly.
- II. INSURANCE does not cover coaches or fans. It also does not cover transportation to or from practice, games or a tournament.
- III. Home team provides official score keeper and visiting team provides timekeeper. Score keeper and timekeeper must sit together.
- IV. Upstairs or mezzanine at Surprise Lake Middle School is OFF LIMITS! Please ensure that our spectators do not wander into this area.
- V. NO AFTER GAME DRINKS OR TREATS IN THE GYM. (Hand them out as the team leaves the gymnasium)
- VI. Do not contact the school about Gym time or any other basketball issues. Please email the director at director@fmbasketball.org and we will contact you within 24 to 48 hours.
- VII. START EVERY GAME ON TIME. A five-minute warm-up period prior to each game will be allowed, however this must be conducted prior to the scheduled start time of a game. If a team is late, a five-minute grace period may be granted by the officials depending upon the situation. If a game is running late the next game will be granted a five-minute warm-up period, IMMEDIATELY after the previous game.
- VIII. VACATE the gymnasium immediately after your game, please. We must allow the next scheduled teams to warm up and the janitors time to clean up the area prior to the next school day if you're the last game. Clean your areas up before you leave.
- IX. If Fife-Milton Schools are canceled for snow or any other reason, games scheduled that evening are also canceled and will be rescheduled.
- X. Assign an adult to police the hallways at all facilities during games. Siblings must be accompanied by an adult at all times. Siblings are not allowed to participate in practices or be on the gym floor.

FIFE MILTON YOUTH BASKETBALL PARENT CODE OF CONDUCT

FMYB has implemented the following Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and abide by the Code. Any parent/guardian guilty of improper conduct at any game or practice will be asked to leave the gym and be suspended from the following game. Repeat violations will result in suspension from all remaining games.

- A. I will remember that children participate to have fun and that the game is for youth, not adults.
- B. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- C. I will learn the rules of the game and the policies of the league.
- D. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, OFFICIALS, and spectators at every game or practice.
- E. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- F. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes or officials.
- G. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- H. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
- I. I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
- J. I will respect the officials and their authority during games and will NEVER question, discuss or confront officials or coaches on the court. If I feel a comment or discussion is needed I will contact the Officials Coordinator with that information.

We take abuse of our Officials and Table-staff (scorebook, and clock-operator) very serious. FMYB provides an opportunity for players to learn the game and provides our Officials the opportunity to learn and improve their officiating skills. Coaches, players and spectators are not to address any Official or Table-staff in an unsportsmanlike manner.

If there is a concern in regards to an Official's ability, it should be addressed directly to the Officials Coordinator or the Director (director@fmbasketball.org). Please remember these are children learning the game, both as players and Officials. We want to provide officiating opportunities in a positive atmosphere.

Treat our Officials as if it were your own child.

DISCIPLINE

This is purely recreational and is intended to be an introduction to the game of basketball. If we have behavior or practice attendance problems, we encourage you to discuss this with the individual players parents first. If this does not work or you are uncomfortable with this, please call the league Director for assistance. We will make every attempt to resolve behavior or attendance issues with every parent prior to cutting or suspending a player from a team. However, as a last resort the league will reserve the right to remove a disruptive player from a team and or the league.

COMMON RULES FOR ALL DIVISIONS K-6TH

1. JUMP BALL:

- a) Each game will begin with a jump ball. After the initial jump ball the alternating possession rule will be enforced.

2. FREE THROWS PER NHFS RULES (K thru 2nd excluded):

- i) One free throw if the attempted basket is made.
- ii) Two free throws if a 2 point shot is attempted during the foul and not made.
- iii) Three free throws if a 3 point shot is attempted during the foul and not made.

3. INDIVIDUAL PLAYING TIME AND SUBSTITUTIONS:

- a) Four players must be present to begin a game. 5 players must be present prior to be end of the game or a forfeit will be called. In the event a game is forfeited the game will be played with borrowed players, at the coaches' discretion, or simply shorthanded on each side. IE: 4 on 4 if need be. Forfeits will be recorded as a 1 – 0 win.
- b) Every player on the roster **MUST PLAY TWO FULL QUARTERS START TO END** of every game in either the first and/or second half **UNLESS** prior arrangements have been made with the league's director. The opposing coach, official score keeper, and the officials must be notified prior to the start of the game of such arrangement. *For the 7-9 division this rule does not apply, unlimited substitutions are allowed keeping in mind rule 2a, 2c, and 2d with the requirement to sit out the cumulative amount of time equal to one quarter.*
- c) Every player on the roster **MUST PLAY IN EACH HALF**. Either by satisfying rule 2b or by being substituted in for another player.
- d) Each player must **SIT OUT ONE FULL QUARTER START TO END** during the game. *NOTE: If 6 or fewer players are present at the end of the first quarter this rule does not apply to either team however keep in mind rule "2a, 2b, and 2c" is always in effect NO EXCEPTIONS.*
- e) First half substitutions can only be made between quarters unless the coach or parent feels that a player cannot continue for health reasons or other disabilities. Players with multiple fouls may not be

substituted for the soul reason of the multiple fouls in the 1st or 2nd quarter. This substitution must be announced to the official score keeper and the oppositions head coach. Substitutions may be made only on dead ball (whistle stoppage) and with the official's permission. *For the 7-9 division this rule does not apply, unlimited substitutions are allowed keeping in mind rule 2a, 2c, and 2d with the requirement to sit out the cumulative amount of time equal to one quarter.*

- f) Second half substitutions are open keeping in mind rules 2a thru 2e. Substitutions may be made only on dead ball (whistle stoppage) situations with the official's permission.
- g) All players must check in at the official score table and with the officials prior to entering the game. Substitutions may be made only on dead ball (whistle stoppage) and with the official's permission (typically with a hand signal from the officials). First violation will be a warning given to the player(s), second warning is given to the coach, third and subsequent violations results in a team technical foul.

3. SCORE BOOK AND CLOCK OPERATOR:

- a) The home team will assign an adult score keeper and the away team will assign an adult time keeper. The home team's score book will be the official scorebook.
- b) The official time keeper will run the electronic clock and scoreboard. The book will override the scoreboard if there are any discrepancies.
- c) All official score keepers and time keepers shall remain neutral at the scoring table.
- d) It will be the official score keepers responsibility to track substitutions in addition to score, and advise the lead official if a violation of the rules has occurred. If in the judgment of the official, after reviewing the score book, a violation has occurred a team technical foul will be assessed against the offending team and possession will be awarded to the other team. The player that has not played will immediately be substituted into the game or the player that has not been rested for a full quarter will come out of the game for a final quarter beginning at the time the infraction was ruled upon.

Items that need to be in the official scorebook (see example next page):

- **NAMES & #'S:** All player's names and numbers that are present for the game for **BOTH** teams. It is best to put them in numerical order to make it easier to keep track and fill in during the game.
- **QUARTERS PLAYED:** The quarters that each player is playing.
See example. Red = In Q1, Green = In Q2, Orange/partial = in/part of Q3, Purple/partial = in/part Q4. Blank (white) = not in
- **FOULS:** The number of fouls a player has. Maximum is 5 and then they must be substituted from the game. It's a good idea to tell the coach when they have 4 so they know.

4. FOULS, EJECTIONS, AND SUSPENSIONS:

- a) If a team is left with fewer than 5 players due to fouls or injury, they will need to play with less than 5 players. The opposing team has the option to play even (4 vs 4) or uneven i.e. 5 vs 4.
- b) Profanity or kicking/roughly throwing the ball by a player, coach, fan, or parent will result in an unsportsmanlike conduct technical foul. 2 points (except 1st & 2nd grade) and possession will be awarded to the opposing team.
 - i) At the lead official's sole discretion, an official warning may be given to the player, coach, fan, or parent. This warning must be recorded in the official score book.
 - ii) A player technical foul counts as both towards both the players and the team's foul count. The player must be substituted out of the game, Player may enter back into the game on next substitution opportunity, if the coach warrants. A player receiving two technical fouls is ejected from the game.
 - iii) Coaches, fans, and parent technical fouls, ejections, and suspensions is also governed by rule 4-e below.
- c) An intentional foul will result an automatic two points (except K - 2nd grade) and possession of the ball.
- d) A flagrant foul will be called when a player commits an intentional foul that, in the sole judgment of the official, was intended to injure another player. Player will be ejected from the game and possession will be awarded to the opposing team. Player may not enter back into the game and must remain on the bench with the coach. A flagrant foul is also a technical foul and counts towards automatic ejection of the player as in 4-b-ii.
- e) Coaches, Fan's, or Parents' that demonstrate behavior, or conduct, deemed not conducive to sportsmanship and respect of others (officials, players, parents, coaches, scorekeeper, timer, etc):
 - i) A technical foul will be assessed, resulting in 2 points (except K - 2nd grade); possession for the opposing team and the coach shall remain seated for the remainder of the game.
 - ii) At the lead officials sole discretion, an official warning may be given to provide the individual an opportunity to stop unacceptable behavior, or conduct. This warning is to be recorded in the official score book. If the warning is given to the coach; the coach shall remain seated for the remainder of the game.
 - iii) If a coach has been assessed a technical foul, and continues unacceptable behavior or conduct; a second technical foul will be assessed. This results in the coach's immediate ejection from the game. In addition any coach receiving two technical fouls in the same game will be suspended from his or her team's next game.
 - iv) In the lead official's sole discretion; the lead official has the authority to eject a fan or parent from the gym if their behavior or conduct warrants ejection. Head coaches will assist in the removal of the person. If the ejected person refuses to leave the gym, the lead official has the authority to forfeit the game in favor of the opposing team. If the opposing team is ahead the score will stand at the point of the ejection. If the opposing team is tied or behind, the final opposing teams score will be set so that they are ahead by one point. The game is officially over at that point and the final score will be recorded in the league records for the game.
 - v) Technical fouls and ejections must be recorded in the official score book.
 - vi) Two suspensions in a season will result in suspension for the remainder of the season.

vii) League Director must be notified within 24 hours of all technical fouls against coaches, fans, and parents and all ejections.

5. **PRACTICE TIME:**

- a) Coaches reserve time thru the facility reservation system. These practice times are a minimum of 50 minutes. Additional practice times are available as space permits. Look on the website for instructions on reserving additional practice time or email the Director for availability.

FIFE-MILTON YOUTH BASKETBALL

(Grades K – 2)

BEGINNERS – BOYS AND GIRLS RULES - This is a purely instructional league. No score is kept.

1. **PLAYING TIME:**

- a. Games will be played in four 8 minute running clock quarters for grades 1 & 2.
- b. Three minutes will be allotted at half times and one minute between quarters for rest and instruction.
- c. Each team will receive a total of three 1 (one) minute time outs for the game.

2. **FREE THROWS:**

- a. **NO** free throws are taken in this division.
- b. All violations and fouls will result in the opposing team gaining possession. Restart game with a brief explanation to the player that committed the violation or foul and then by having other team players pass the ball inbounds.

3. **FULL COURT PRESS:**

- a. **NO** full court press in grades K thru 2nd grade league will be allowed.

4. **DEFENSE:**

- a. Only man to man defense will be allowed. No double-teaming will be allowed in any game situation. Players must strive to stay within a reasonable distance of their offensive player. Colored wrist bands are used to help players identify who they should be guarding. Switching is allowed inside the key only as help defense.
- b. Double teaming the ball will result in: (in order of enforcement):
 - 1) A warning to the player
 - 2) A warning to the player and the coach

Note: Officials will strive to assess the skill level of the child and act accordingly. This rule will be stressed more in the rookie's league (3rd and 4th grade) and less in the beginner's league (K – 2nd grade).
- c. No backcourt defense will be allowed.
- d. On dead ball sequences the defense must be set-up in front court **PRIOR** to the resumption of play.
- e. 1st & 2nd grade **NO STEALING ALLOWED EVER**. Interception of a pass is not considered stealing.

5. **VIOLATIONS:**

- a. Grades K thru 2 – No key violation will be enforced.
- b. No closely guarded violations. Officials will encourage players to pass the ball in these situations.
- c. All traveling, double dribble and fouls or violations will result in stoppage of play, explanation (by the officials) to the player, and possession of the ball to the opposite team, out of bounds. Restart game by having players pass the ball inbounds.

6. **MISCELLANEOUS:**

- a. Eight foot hoop
- b. Junior 27.5 or women's 28.5 basketball

FIFE-MILTON YOUTH BASKETBALL

(Grades 3 & 4)

ROOKIES LEAGUE – BOYS AND GIRLS RULES

1. PLAYING TIME:

- a. Games will be played in four 10 minute running clock quarters for grades 3 & 4 except in the last 2 minutes of play when the clock will stop during dead ball situations. If a team is up by 20 or more points the clock will not be stopped.
- b. Three minutes will be allotted between half times and one minute between quarters for rest and instruction.
- c. Each team will receive a total of three one-minute time outs for the game.
- d. Overtime periods will be a 3-minute running clock period except in the last minute of play when the clock will stop during dead ball situations. Each team will receive one additional time out. Disqualified players will not be eligible for the overtime period. If needed a 2nd overtime will be sudden death. No clock and 1st team to score wins.

2. FREE THROWS:

- a. Bonus free throws will begin after the 6th (on the 7th) team foul, except for shooting fouls. At the 10th foul, double bonus will be in effect and free throws will be awarded for each foul. Team fouls reset at the half.
- b. Shooting fouls will award the player free throws per NHFS rules.
- c. Players will use an approximately 2 foot shortened free throw line.
- d. Lane players may leave the lane on the release of the shot. Shooter when ball hits the rim.
- e. No free throws for intentional and technical fouls. Automatic +2 points and the awarded the ball out of bounds.

3. FULL COURT PRESS:

- a. **NO** full court press in grades 3 and 4 will be allowed. **Penalty - 2 warnings per team with additional violations being a team technical foul.** (Two points and possession of the ball)

4. DEFENSE:

- a. Only man to man defense will be allowed. No double-teaming will be allowed except for in the key in a help defense (in the paint). Players must strive to stay within a reasonable distance (6 feet) of their offensive player at all times. Switching is allowed.
- b. No backcourt defense will be allowed.
- c. On dead ball sequences the defense must be set-up in front court **PRIOR** to the resumption of play.
- d. 3rd & 4th grade off the dribble stealing is allowed only if your team is not up by more than 15 points.

A zone defense is a judgment call by the officials. Players guarding an area on the floor instead of an individual will be called for using a zone defense.

Penalty for violating 4a – d: 1 warning to the player, 2 warning to the coach, upon the third consecutive warning, a team technical foul will be assessed against the offending team. Two points and possession of the ball will result.

Note: Officials will strive to assess the skill level of the child and act accordingly. Enforcing man to man defense only and mismatches.

5. **FIVE SECOND VIOLATION:**

- a. Grades 3 and 4 – FIVE seconds in the key will be enforced.

6. **MISCELLANEOUS:**

- a. Nine foot hoop is preferred if available, if not then ten foot hoop
- b. Shortened free throw line approximately 2 feet or 2 tiles on the floor
- c. Intermediate size basketball 28.5

FIFE-MILTON YOUTH BASKETBALL

(Grades 5 & 6)

BANTAM LEAGUE – BOYS AND GIRLS RULES

1. PLAYING TIME:

- a. Games will be played in four 10 minute running clock quarters. Clock will stop in the last two minutes of the 4th quarter for dead ball situations. If a team is ahead by 20 or more points the clock will not stop.
- b. Three minutes will be allotted between half times and one minute between quarters for rest and instruction.
- c. Each team will receive a total of three one-minute time outs for the game.
- d. Overtime periods will be a 3-minute running clock period except in the last minute of play when the clock will stop during dead ball situations. If a 2nd overtime is needed it will be a sudden death, no clock and the 1st team to score wins. Each team will receive one additional time out. Disqualified players will not be eligible for the overtime period.

2. FREE THROWS:

- a. Only 2 offensive players may be on the blocks during free throws.
- b. Bonus free throws will begin after the 6th (on the 7th) team foul, except for shooting fouls. At the 10th foul, double bonus will be in effect and two free throws will be awarded for each foul. Team fouls reset at the half.
- c. Shooting fouls will award the player throws per NHFS rules.
- d. Lane players may leave the lane on the release of the shot. Shooter when the ball hits the rim.
- e. No free throws for intentional and technical fouls. Automatic +2 points and the awarded the ball out of bounds.

3. FULL COURT PRESS:

- a. Full court press is allowed in the 4th quarter only.
- b. No pressing if your team is ahead by 15 points or more.

Penalty for violating 3a or 3b: 1st warning to the player, 2nd warning to the coach, upon the third consecutive warning, a technical foul will be assessed against the offending team. Two points and possession of the ball will result.

4. DEFENSE:

- a. Only man to man defense will be allowed - No zone defense is allowed. Guarding an area such as sitting back in the key waiting or guarding the key area is illegal. **A zone defense is a judgment call by the officials. Players guarding an area on the floor instead of an individual will be called for using a zone defense.**
- b. Switching and double teaming is only allowed in the front court unless it is the 4th quarter (see 3 and 4-c below). Maximum of 2 players may double team the player with the ball. If you are not active in a double team, you must guard a player and maintain a minimum distance of 6 feet, once the ball is inside the front court.

- c. Help defense (double-teaming, no limit on number of players) is allowed once the ball enters the key area (paint). Note: Isolation plays (clear out) geared to take advantage of this rule is illegal and will result in a turnover.
- d. No backcourt defense will be allowed except for the 4th quarter unless you are ahead by 15 points or more. Trap defense near half court is allowed in the 4th quarter as long as no more than 2 players are double teaming the ball.
- e. On dead ball sequences the defense must be set-up in front court PRIOR to the resumption of play, except when full court press is allowed.

Penalty for violating 4a-e: 1st warning to the player, 2nd warning to the coach, upon the third consecutive warning, a team technical foul will be assessed against the offending team. Two points and possession of the ball will result.

5. **VIOLATIONS:**

- a. The three seconds in the key violation will be enforced.
- b. Closely guarded rule will be a delayed 5-second count if in the official's sole judgment:
 - i) The defense has "trapped the ball"
 - ii) The player with the ball is closely guarded and is not making progress towards the goal.

Officials will announce "Closely Guarded" at the start of the count and encourage players to pass the ball in these situations.

6. **MISCELLANEOUS:**

- a. Ten foot hoop
- b. Standard free throw line
- c. Official size 29.5 basketball for boys, 28.5 for girls

FIFE-MILTON YOUTH BASKETBALL

(Grades 7 - 9)

SENIORS LEAGUE – BOYS AND GIRLS RULES

1. PLAYING TIME:

- a. Games will be played in four 12 minute running clock quarters. Clock will stop in the last two minutes of the 4th quarter for all dead ball situations (officials whistle). If a team is ahead by 20 or more points the clock will not stop.
- b. Three minutes will be allotted between half times and one minute between quarters for rest and instruction.
- c. Each team will receive a total of three one-minute time outs for the game.
- d. Overtime periods will be a 3-minute running clock period except in the last minute of play when the clock will stop during dead ball situations. If a 2nd overtime is needed it will be a sudden death, no clock and the 1st team to score wins. Each team will receive one additional time out. Disqualified players will not be eligible for the overtime period.
- e. *For the sport of the game in this league try to pair 9th graders against 9th graders.*

2. FREE THROWS:

- a. Only 2 offensive players may be on the blocks during free throws.
- b. Bonus free throws will begin after the 6th (on the 7th) team foul, except for shooting fouls. At the 10th foul double bonus is in effect and two free throws will be awarded for each foul. Team fouls reset at the half.
- c. Shooting fouls will award the player throws per NHFS rules.
- d. Lane players may leave the lane on the release of the shot. Shooter when the ball hits the rim.
- e. No free throws for intentional and technical fouls. Automatic +2 points and the awarded the ball out of bounds.

3. FULL COURT PRESS:

- a. Allowed in the 2nd half only. **If BOTH coaches agree to allow or disallow full court press for the entire game then they may notify the officials. Double teaming while applying the press is allowed in this league.**
- b. No pressing if your team is ahead by 15 points or more.
Penalty - 2 warnings per team with additional violations being a technical foul. (Two points and possession of the ball)

4. DEFENSE:

- a. Optional – man to man or zone

5. VIOLATIONS:

- a. The three seconds in the key violation will be enforced.

- b. The 5 second closely guarded rule will be enforced. Officials will use standard officiating signals; no verbal announcement by an official is required to indicate when a count has started.

6. INDIVIDUAL PLAYING TIME AND SUBSTITUTIONS:

- a. Unlimited substitutions for all quarters.
- b. Each player must play in each quarter.
- c. Each player must play at least the equivalent of one full quarter.
- d. Each player must sit the equivalent of one full quarter, or be subbed out in each quarter.
- e. The official score keeper will be responsible for tracking and enforcing the substitution rule.

****COACHES REMEMBER YOU ARE ON THE HONOR SYSTEM TO ENSURE EACH PLAYER RECEIVES HIS/HER PLAYING TIME****

7. MISCELLANEOUS:

- a. Ten foot hoop
- b. Standard free throw line
- c. Official size 29.5 basketball for boys, 28.5 for girls