



Pleasanton Youth Basketball (P.Y.B.) Rules Grades 5-12

The Pleasanton Youth Basketball League (PYB) uses basic high school playing rules with modification as listed. **The philosophy of this program is that everyone plays at least half of each game. It is mandatory that coaches adhere to this philosophy.** In addition, no player will be dropped from any team due to lack of skill; nor should any player be penalized playing time for any reason except by PYB rules. This sport program stresses the promotion of team play while teaching skills and creating an atmosphere of sportsmanship. C.I.F. Rules prohibit high school team players from participating in non high school leagues. High school teams can be severely penalized for violations.

Players

Each team in each division will have approximately the same number of players. Only the Department of Parks and Community Services has the authority to ADD players to a team. A player may not participate until the “Player Information Form” is submitted and the player has registered with the Parks and Community Services Department.

Court and Equipment

1. UNIFORMS: Each player will be issued a uniform, which is kept by the player at the end of the season.
2. SHOES: Players must wear gym or tennis shoes (preferably white colored soled shoes) in a game or at any practices conducted in gym facilities.
3. BASKET HEIGHT:
 - a) Grades 5-12, the basket height is ten (10) feet.
4. FREE-THROW LINE: Girls, grades 5-6, the Referee prior to game time will move the free throw line up two (2) feet.

Game Start, Timing and Scoreboard

1. GAME START:
 - a) Each team will be required to appear at the time it is scheduled to play or suffer a forfeit of the game. Game time is forfeit time unless there is a delay due to a late start of preceding game(s). A team must have four (4) players to start a game. During a game no team is to play with less than four (4) players.
 - b) All coaches prior to the game start will submit a Line-Up listing all roster players with uniform numbers.
2. TIMING:
 - a) Running Time for two twenty (20) minutes halves. The clock will not be stopped during play with the following exceptions:

1. Coach's or Official's Time-Out. Teams will be allowed two (2) 20 second time-outs per half.
 2. Substitution at the 15, 10 and 5-minute marks of each half.
 3. On-court injuries. (Note: If the clock is stopped for an injury, the injured player may leave the game if he/she is unable to continue. The player substituting for the injured player and the injured player will trade spots on the substitution grid. Both players will then enter and leave the game based on the revised grid.)
3. OVERTIME: There will be no overtime in regular season games. (*A game can end in a tie.*)
4. SCOREBOARD:
- a) Staff may turn off the scoreboard at anytime.
 - b) Players, coaches and parents are not allowed to approach the scorer's table during the game. Any person in violation will cause his or her team to receive a team technical foul and that person may be asked to leave the facility. Exception is players and coaches may approach the scorer's table for substitution purposes. Coaches may also approach to check on players and team fouls.
5. STOP CLOCK TIMING:
- a) Grades 5-6: The clock is stopped during the last two (2) minutes of the second half only if no team is leading by more than ten (10) points and any overtime period(s).
 - b) Grades 7-12: The clock is stopped during the last two (2) minutes of the second half only if no team is leading by more than fifteen (15) points and any overtime period(s).
6. HALFTIME: Five (5) minutes, or less if behind schedule.
7. TIME OUTS: Each team in all Divisions will be allowed two (2) time-outs per half. Time outs do not carry over from first half to second half.

Substitution

1. All teams must substitute by "emptying their bench" at the 15, 10 and 5-minute marks of each half and at the start of the second half. The clock will stop at the 15, 10 and 5-minute marks to allow for substitutions. This is not a time out so please have players ready to play.
2. Coaches must adhere to the player's substitution grid.
3. A player substituting for an injured, fouled-out or ejected player will continue to be rotated into the game as scheduled on the substitution grid.

Ball Possession

1. ALTERNATION POSSESSION: Alternating Out Rule as adopted by the National Federation is in effect. A jump ball will be used to begin the game and any overtime period(s). Thereafter, teams will alternate possessions in all subsequent jump ball situations. A possession indicator arrow kept by the timekeeper will tell the Referees which team is to be awarded possession.
2. POSSESSION AFTER SUBSTITUTION MARK:
The team in control or possession of the ball immediately prior to the 15, 10 or 5-minute substitution mark retains possession of the ball when play is resumed. (*A team does not have to try to "beat" the clock by shooting before these substitution marks.*) If a shot was attempted or made at the substitution mark, the non-shooting team is awarded the ball when play is resumed. The ball is thrown-in at the mid-court line.

3. **POSSESSION AFTER HALFTIME:** At the end of the first half, the possession arrow is “flipped” to indicate possession of the ball at the beginning of the second half.

Illegal Defense

1. Grades 5-6 cannot defend in the backcourt once the opponent team has gained control or possession of the ball in their backcourt. In addition, a team leading by ten (10) or more points cannot defend outside of their defensive 3-point line once the opponent team has gained control or possession of the ball outside of that defensive 3-point line.

PENALTY: Any violation of the above will be considered as Illegal Defense. For Grades 5-6, the first and second Illegal Defense will be a warning. The third Illegal Defense will result in the opponent team awarded one (1) free throw and possession of the ball at the mid-court line.

2. Grades 7-12 may defend in the backcourt. However, a team leading by fifteen (15) or more points cannot defend outside of their defensive 3-point line once the opponent team has gained control or possession of the ball outside of that defensive 3-point line.

PENALTY: Any violation of the above will be considered as Illegal Defense. For Grades 7-12, the first Illegal Defense will be a warning. The second Illegal Defense will result in the opponent team awarded one (1) free throw and possession of the ball at the mid-court line.

Violations

1. **KEY VIOLATION:**
 - a) Grades 5-6: Four (4) seconds in the key.
 - b) Grades 7-12: Three (3) seconds in the key.
2. **TEN (10) SECONDS VIOLATIONS:**
 - a) Grades 5-12: The mid-court line is in effect.

Fouls

1. Grades 5-6: A player with five (5) personal fouls will be considered as “fouled-out” and immediately replaced with any eligible player. However, if a fouled-out player will reduce the number of eligible players to less than five (5), the fouled-out player will be immediately replaced with any player until the next substitution mark. At the resumption of play after a substitution mark, and after any subsequent substitution mark(s), the coach will continue playing the remaining eligible players along with rotating in sufficient fouled-out players to be able to play with the required number of players.

PENALTY: Any subsequent defensive fouls by a fouled-out player (considered as a flagrant foul), or any offensive fouls by a fouled-out player, will result in that player being immediately replaced with another player. For a defensive flagrant foul, the player fouled is awarded two (2) free throws and his or her team possession of the ball at the mid-court line. For an offensive foul, the opponent team is awarded the ball.

2. Grades 7-12: A player with five (5) personal fouls will be considered as “fouled-out” and immediately replaced with any eligible player. However, if a fouled-out player will reduce the number of eligible players to less than four (4), the fouled-out player will be immediately replaced with any player until the next substitution mark. At the resumption of play after a substitution mark, and after any subsequent substitution mark(s), the coach will continue playing the remaining eligible players along with rotating in sufficient fouled-out players to be able to play with the required number of players.

PENALTY: Any subsequent defensive fouls by a fouled-out player (considered as a flagrant foul), or any offensive fouls by a fouled-out player, will result in that player being immediately replaced with another player. For a defensive flagrant foul, the player fouled is awarded two (2) free throws and his or her team possession of the ball at the mid-court line. For an offensive foul, the opponent team is awarded the ball.

3. A player charged with a technical foul is considered ejected, immediately removed from the game and cannot re-enter the game for any reason.

Free Throws

1. **ONE-AND-ONE FREE THROW RULE:** In effect for Grades 5-12 starting on the seventh (7th) team foul. The double bonus rule [two (2) free throws] starting on the tenth (10th) team foul is in effect.

2. **TECHNICAL FOULS:** Two (2) free throws and the ball awarded at the mid-court line.

3. **FLAGRANT OR INTENTIONAL FOULS:** Two (2) free throws and the ball awarded at the mid-court line.

General Information:

1. All rules and regulations not covered in the preceding will be governed by High School playing rules unless there are amendments officially made during the course of the season at the request of officials or City staff.

2. There are **NO PROTESTS** of games in the PYB program.

Safety Regulations:

1. All players wearing glasses must have unbreakable lenses.

2. No climbing gym bleachers or other equipment at games and practices.

3. Officials, Programs Leaders and Gym Monitors must check for safety measures at all times.

4. Officials must control all games from any intentional rough play.

4. Earrings should be removed. Wristwatches, bracelets or other jewelry that may cause an injury are not to be worn by players in games or practices. Determination at league officials' discretion.

5. No food or drink inside of middle school Gymnasiums.

Sportsmanship and Conduct:

1. Standings are not kept – **EVERYONE WINS.**

2. PYB tradition calls for teams and coaches shaking hands at game conclusion.

3. Adverse spectator reaction towards officials will not be tolerated.

4. All participants (players and coaches) will conduct themselves in a manner conducive to good sportsmanship and will observe the basketball rules in effect. Any participant exhibiting unsportsmanlike conduct will be subject to removal from the game at the discretion of the Referee or PYB City Staff.

5. Coaches/players that receive a technical foul during a game are considered ejected and must immediately leave the facility. Those who do not cooperate will be permanently banned from all City sponsored sports programs. **PARTICIPANTS EJECTED FROM A GAME OR PRACTICE MUST MEET IN PERSON WITH THE PYB SUPERVISOR BEFORE PLAYING THEIR NEXT GAME.** Any participant/spectator who commits physical or verbal abuse of an official or PYB personnel will be banned from the league.