



TWIN CITIES YOUTH BASKETBALL LEAGUE

A Twin-Cities Metro Youth Recreational Basketball League

Our mission is to teach, develop, organize, manage and offer youth players the opportunity to learn the fundamental skills of basketball while instilling life lessons and values such as character, team work, discipline, respect and sportsmanship while having FUN.

The Twin Cities Youth Basketball League is a group of volunteers from the surrounding communities which work together to provide an enjoyable experience for kids playing recreational basketball. Communities represented are: Anoka-Ramsey, Blaine, Coon Rapids, Columbia Heights, DaVinci Academy School, Fridley, Spring Lake Park and Andover.

TWIN CITIES YOUTH BASKETBALL LEAGUE BOYS/GIRLS RULES AND REGULATIONS

(Grades 4-8 Boys/Girls)

State high school rules apply with the following exceptions as listed

1. Game Time

- a. (8) five minute run time periods, except the last minute of the 8th quarter being stopped time
- b. 1 minute between quarters, 3 minute halftime for all grades
- c. League games will play a one-minute overtime period, then sudden death. Tournament games will be 2 minutes overtime periods, then sudden death.
- d. Forfeit time is five minutes after game time.

2. Free Throws

- a. Grade 4, the free throw line will be moved forward one foot. Players will not be allowed to pass the 1 foot advantage line.
- b. Grade 5 and above, players will remain behind the designated free throw line and will not be allowed to cross the line.
- c. Grades 4-6 must wait to rebound a free throw until the ball hits the rim.
- d. Grades 7-12 may rebound a free throw on the release of the ball from the free throw shooter. The shooter may not cross the line until the ball hits the rim.

3. Defense and Offense

- a. Grades 4-5 (girls 5/6 this applies as well) must play half court man to man defense. No zone defense, trapping or pressing is allowed.
 - i. Man to man defense is defined as the defense staying within 3 feet of their offensive person. Defenses are not allowed to “sag” into the lane, and must pick up their player by the three point arc.
 - ii. A defender may leave their player when:
 1. A shot is attempted
 2. Once the offensive player drives into the lane
 3. A switch has been called and properly done between defensive players
 - iii. There will be no trapping or double-teaming of an offensive player outside the lane, as stated earlier.
 - iv. Fall back conditions: The defending team must maintain a defensive position behind the center court line. However, the fall back rule is not in effect any time the offensive team is trying to fast break from its backcourt.
 - v. The penalty for illegal defense will be one warning per game. After that, the offensive team will be awarded two free throws and the ball.
 - vi. There will be no isolation plays by the offense. Offensive players setting up an attempt to create a one on one situation will result in a turnover.
 - vii. All decisions by the referee’s regarding illegal defenses or offenses are final.
- b. Grades (6 boys – 7 for girls) and above will follow state high school rules, thus all defenses are allowed. A full court press is not allowed when a team has a 10 point lead, but all other defenses do apply. See rule 3.a.iv above in regards to fall back conditions.

- c. A full court press for Girls will only be allowed for grades 7 and above.

4. Lane Violations

- a. Five seconds 4th Grade
- b. Three seconds 5th and above

5. Time-outs

- a. Each team is entitled to two 30 second time-outs in each half. One additional time-out is awarded in overtime. Time-outs may not be carried over.
- b. Time-outs can be called by coaches or players.

6. Ten Second Rule

- a. Players must bring the ball to the half court line before the expiration of 10 seconds. If the gym does not have a mid-court line, the Referees and Coaches will agree upon what floor marking will be used as the half court line.

7. Fouls

- a. Players with 5 personal fouls must leave the game.
- b. Teams will be in the bonus and awarded a “one and one” shooting situation starting with the 7th foul in each half. Teams will be in the double bonus and awarded two shots starting with the 10th foul in each half.
- c. The score keeper for each team must announce the bonus situation for their respective teams.

- 8. Jump Balls** – An actual jump will occur at the beginning of the game and the beginning of overtime. Teams will alternate ball possession in every other jump ball situation. The referees will keep track of ball possession.

9. Sportsmanship- All parents will sign and FOLLOW a code of conduct

- a. Each player and coach are required to shake hands with the opposing team in a sportsmanship manner after the game. If this sportsmanship is not followed, it will result in a one game suspension.
- b. All coaches are responsible for the conduct of their players and parents.
- c. Harassment of the referees, players or coaches by any coach, player or parent will be a 2 shot bench technical foul, plus the ball.
 - i. 1st technical due to sportsmanship could result in an ejection and one game suspension.
 - ii. 2nd technical due to sportsmanship will result in an ejection and two game suspension.
 - iii. 3rd technical due to sportsmanship will result in a full suspension from the league, and will be handled by the NMYBL Executive Committee.

10. Participation—ALL TEAMS MUST FOLLOW THESE PARTICIPATION RULES

A player participation rule is in effect to ensure that all participants share as close to equal playing time as possible during the game. The recommended amount of playing time is based upon the number of players available to compete in the game. For example, on a team with eight players, each player would play in five of the eight periods. The recommended number of periods for each player is listed on the player participation chart below.

5 PLAYERS:	5 PLAY 8 PERIODS	N/A
6 PLAYERS:	4 PLAY 7 PERIODS	2 PLAY 6 PERIODS
7 PLAYERS:	5 PLAY 6 PERIODS	2 PLAY 5 PERIODS
8 PLAYERS:	8 PLAY 5 PERIODS	N/A
9 PLAYERS:	4 PLAY 5 PERIODS	5 PLAY 4 PERIODS
10 PLAYERS:	10 PLAY 4 PERIODS	N/A
11 PLAYERS:	7 PLAY 4 PERIODS	4 PLAY 3 PERIODS
12 PLAYERS:	4 PLAY 4 PERIODS	8 PLAY 3 PERIODS

- a. The score keeper is responsible for monitoring playing time and reporting any violations to the referee.
- b. Substitution due to an injury will be approved by the referee.
 - i. A player injured prior to half way through the quarter and not returning in that quarter, will not be counted as playing an unbroken quarter. The quarter will be assigned to the substitute player entering the game.
- c. Penalty for an improper substitution will be a 2 shot bench technical, plus the ball.
- d. NO player should play the entire game unless the team only has 5 players.
- e. NO substitutions are allowed during the quarter except for injured players. See above

11. Other Items

- a. Any knowledge of teams using illegal players or breaking rules should be brought to the attention of the referee by the head coach of the opposing team.
- b. The team listed first on the schedule is the home team.
- c. The home team will wear dark jerseys.
- d. 4th grade girls will use 27.5" and 4th-6th grade boys will use intermediate size 28.5" balls. 4th grade boys will be phased in to use 27.5" in 2019. Boys/girls 7th grade and above will use full size balls 29.5" balls.
- e. Coaches must report scores each week to the league/community representative and the league standings coordinator as assigned or the coach will be responsible to report scores to the league website when implemented.

- f. No gum or jewelry is allowed and eye glass straps must be worn.
- g. All folding chairs should be picked up and put on racks provided following the final game.
- h. All water bottles and other trash should be removed from benches by the teams after the completion of their game.
- i. There is no use of liquor, beer, tobacco or drugs on school grounds.

TWIN CITIES YOUTH BASKETBALL LEAGUE BOYS/GIRLS RULES AND REGULATIONS

(Grades 2-3 Boys/Girls)

State high school rules apply with the following exceptions as listed

1. Game Time

- a. (8) 4 minute running time periods
 - i. The clock will stop for all time-outs including injury time-outs
 - ii. The clock for all whistles in the last 2 minutes of the game.

THE TIME KEEPER SHOULD NOT STOP THE CLOCK UNTIL SIGNALLED TO DO SO BY THE REFEREE.

- b. There will be an 8 minute break between halves
- c. Breaks between periods should be limited to as soon as the players can check in.
- d. Overtime will consist of 1 three minute running time period, then sudden death. After this
- e. Teams will have a 5 minute grace period after the scheduled start time to field a team. After this, the game will be forfeited.

2. Players

- a. A team must begin and end the game with five players (4 for 2nd girls) or the game is forfeited.
- b. Teams will have a 5 minute grace period after the scheduled start time to field a team. After this, the game will be forfeited.
- c. In 2nd grade, the point guard position will be rotated by each player so all players will get a chance to bring up the ball.

3. Free Throws

- a. There are no free throws at the 2nd and 3rd grade level. A player fouled in the act of shooting shall be awarded points as follows:
 - i. If the field goal (basket) was made, the field goal will count and one additional point will be awarded.
 - ii. If the field goal (basket) was not successful, the shooting team will be awarded one point, plus the ball.

4. Rebounds

- a. The opposing team must drop back to mid-court line once a rebound has occurred and possession has been established.

5. OVERTIME

- a. There will be no limit on player substitutions and no minimum or maximum playing time.
- b. In the event of a TIE at the end of regulation time, a 3-minute overtime period will be played with running time. In the event score remains tied it will moved to sudden death.

6. Ten Second Rule

- a. Players must bring the ball to the half court line before the expiration of 10 seconds. If the gym does not have a mid-court line, the Referees and Coaches will agree upon what floor marking will be used as the half court line.

7. OUT-OF-BOUNDS THROW-INS

- a. A defensive player must remain behind the half-court line, but can intercept the ball if they do so without going over the half-court line. However, if an offensive or defensive player in the forecourt of the team possessing the ball touches the ball, the player may go over the half-court line.

8. Defense

- a. Teams must play half court man to man defense. No zone defense, trapping or pressing is allowed.
 - i. Man to man defense is defined as the defense staying within 3 feet of their offensive person. Defenses are not allowed to "sag" into the lane, and must pick up their player as soon as they cross the half court line.
 - ii. A team must drop back behind mid-court once a rebound has occurred and possession has been established.
 - iii. A defender may leave their player when:
 1. A shot is attempted
 2. Once the offensive player drives into the lane
 3. A switch has been called and properly done between defensive players.
 - iv. Three seconds will be allowed for defensive players to determine who they should be guarding when a pick is set. After this, illegal defense may be called if a player is being double teamed.
 - v. There will be no trapping or double-teaming of an offensive player outside the lane, as stated earlier. However, double teaming will not be called on a fast break until normal half court play has resumed.

- vi. The penalty for illegal defense will be one warning per game. After that, the offensive team will be awarded 1-point and the ball.
- vii. There will be no isolation plays by the offense. Offensive players setting up in attempt to create a one on one situation will result in a turnover.
- viii. All decisions by the referee's regarding illegal defenses or offenses are final.

9. Stealing--boys

- a. 2nd grade
 - i. Emphasis will be on individual confidence and improvement. Stealing off the dribble or while the player is holding the ball will only be allowed once the offensive player enters the lane.
 - ii. A defensive player can not "tie-up" or reach in for the ball for a jump ball situation and cannot steal unless in the lane as mentioned above.
 - iii. Stealing off the pass is allowed at all times.
- b. 3rd grade - Stealing in any situation is allowed all season, unless a team is ahead by 15 points, then:
 - i. Stealing is only allowed off the dribble or while the player is holding the ball once the offensive player enters the lane.
 - ii. A defensive player may not "tie-up" the ball for a jump ball situation and cannot steal unless in the lane as mentioned above.
 - iii. Stealing off the pass is allowed at all times.

Stealing---girls

- a. 2nd grade
 - i. Emphasis will be on individual confidence and improvement.
 - ii. Stealing off the dribble (including when player picks up the dribble) will ONLY be allowed once the dribbler enters the 3 second lane. Full stealing is allowed off the pass. In addition the defensive player cannot 'tie' up the ball or reach in resulting in a jump ball.
- b. 3rd grade
 - i. Stealing the ball is allowed all season.
 - ii. Once a team ia ahead at any point in the game by 15 points, stealing off the dribble (including when players pick up the dribble) will only be allowed once the dribbler enters the 3 second lane. In addition, the defensive player can not 'tie' up the ball for a jump ball.

10. Offense – All players must participate in all offense players. A team may not run isolation players for one or two players. Any team that in the judgment of the referee puts any player

intentionally out of play is subject to a technical foul. There will be one warning given to each team.

11. Lane Violations – No lane violations will be called in 2nd and 3rd grade

12. Time-outs

- a. Each team is entitled to two 30 second time-outs in each half. One additional time-out is awarded in overtime. Time-outs may not be carried over.
- b. Time-outs can be called by coaches or players.

13. Fouls

- a. Players with 5 personal fouls must leave the game.
 - i. If the player getting five fouls results in the team only having four players on the court, then the player with five fouls may continue to play. Each foul that player commits from then on will result in the opposing team being awarded 2 points and the ball.
- b. Teams will be in the bonus and awarded one point starting with the 7th foul in each half. Teams will be in the double bonus and awarded two points starting with the 10th foul in each half.

14. Jump Balls – An actual jump will occur at the beginning of the game and the beginning of overtime. Teams will alternate ball possession in every other jump ball situation. The referees will keep track of ball possession.

15. Sportsmanship- All parents will sign and FOLLOW a code of conduct

- a. Each player and coach are required to shake hands with the opposing team in a sportsmanship manner after the game.
- b. All coaches are responsible for the conduct of their players and parents. Coaches shall refrain from yelling at players, and at NO TIME will any profanity be tolerated by coaches, players or parents.
- c. Coaches WILL NOT argue with the referees. Total disagreements will be resolved by the TCYBL.
- d. Any interference by a spectator/parent with an opposing player or coach will be an IMMEDIATE EJECTION of that person with a technical foul being assessed to the offending team.
- e. Harassment of the referees, players or coaches by any coach, player or parent will be a bench technical foul on the aggressor, resulting in an automatic 2-points and the ball to the opposing team.
 - i. 1st technical could result in an ejection and a possible one game suspension.
 - ii. 2nd technical due to sportsmanship will result in an ejection and two game suspension.
 - iii. 3rd technical due to sportsmanship will result in a full suspension from the league, and will be handled by the NMYBL Executive Committee

16. Participation

- a. All boys 2nd & 3rd Grade Boys will play 5 vs 5.....2nd Grade Girls will play 4x4
- b. Every player must play an equal amount of time. Based on the number of players, this may vary by one quarter but should never vary by more. No player at any point should have played two more quarters than any other player on the team. Please reference the charts following these rules to make sure playing time is equal.
- c. No player may sit twice until the entire team has sat once.
- d. The score keeper is responsible for monitoring playing time and reporting any violations to the referee.
- e. Substitution due to an injury or foul out will be approved by the referee.
 - a. A player injured prior to half way through the quarter and not returning in that quarter, will not be counted as playing an unbroken quarter. The quarter will be assigned to the substitute player entering the game.

2nd Grade Girls– Games will be in 4 vs 4 format

# of Players	Playing time
8	8 players play 4 quarters
7	4 players play 5 quarters, 3 players play 4 quarters
6	2 players play 6 quarters, 4 players play 5 quarters
5	2 players play 7 quarters, 3 players play 6 quarters
4	4 players play 8 quarters

2nd Grade Boys and 3rd Grade Girls/Boys– Games will be in 5 vs 5 format.....

# of Players	Playing time
10	10 players play 4 quarters
9	4 players play 5 quarters, 5 players play 4 quarters
8	8 players play 5 quarters
7	5 players play 6 quarters, 2 players play 5 quarters
6	4 players play 7 quarters, 2 players play 6 quarters
5	5 players play 8 quarters

17. Other Items

- a. Rim height for 2nd grade will be 8 feet, for 3rd grade will be 9 feet.
- b. NO substitutions are allowed during quarters except in the case of an injury.
- c. NO player is allowed to play the entire game unless the team only has 5 players (4 2nd)
- d. All 2/3 grade levels will use intermediate 27.5" balls.
- e. Allowances will be made for slippery gym floors.
- f. Each team must provide a score keeper or time keeper for each game.
- g. Coaches must report scores each week to the league representative and the league standings coordinator as assigned or enter scores on the league website once implemented.
- h. No gum or jewelry is allowed and eye glass straps must be worn.
- i. NO FOOD OR DRINK WILL BE ALLOWED IN THE GYM AT ANY TIME. Water bottles are allowed, but no sports drinks.
- j. There is no use of liquor, beer, tobacco or drugs on school grounds.

18. Section IX. HALF TIME SKILLS Challenge

- A) **At halftime**, teams will break for a skills competition. The skills will consist of lay-ups, a dribble relay and pass and catch. The purpose of this competition is to improve individual skills of each player and to ensure that all coaches are stressing skills in practice. Should your team have an uneven number of players for the skills contests, we expect coaches to vary the extra turn, player, throughout the season.
- B) **Referees** will monitor the skill events. Their counts will be considered the official results.
- C) **Scoring:** The winning team for the skills challenge will have one point added to their halftime game score. If both teams tie, there will not be a tie breaker - game score does not change.
- D) **Skills Challenges**
 - 1) **Lay-Up Skills:**
 - Teams will shoot lay ups from each side of the basket.
 - All players first line up to the right of the free throw line.
 - The first player dribbles in and shoots a lay-up. The coach rebounds the shot and passes it to the next player in line.
 - The players will move individually to the left of the free throw line once they have attempted the lay-up.
 - Once all players have moved to the left side, the first player in line starts again. Continue to alternate sides.
 - Competition goes for 3 minutes. The team with the most layups at the end of 3 minutes wins. There will be no tie breakers.
 - 2) **Dribble Relay:**
 - Players line up along the base line facing the far end of the court.
 - On the signal of the referee, the first player will dribble to the mid court line and back to the base line and down to the far base line and back.
 - Each time the player changes direction, they must change their dribbling hand without picking up

the ball.

- The ball is then handed to the next player in line.
- Each player participates once, unless there is an uneven number.
- If a player loses control of their dribble, the player must return to the point at which they lost control and continue at that point.
- Team that completes the drill first wins. There will be no tie breakers.

3) Pass and catch skills:

- Players line up across from each other on their respective free throw lanes.
- On the signal of the referee, the first player passes across the lane to the first player on the other side.
- Passing continues across the lane in sequential order for two minutes.
- Players must maintain one foot behind the lane line at all times.
- After the player makes the pass, they run to the back of the opposite line.
- The total number of passes made and caught for each team determines the winner. There will be no tie breakers.