

## **Excel Sports League Youth Basketball Rulebook**

All Basketball Games hosted by Excel Sports League will be conducted in accordance with the NFHS basketball rulebook. Excel Sports League will also have the right to add to or change game play rules as we see fit in order to create a more balanced and competitive Program.

### **Player safety and dress code**

1. All players must play in some form of sneakers or basketball specific shoes for his or her own safety. Courts can be slick and depending on shoe worn, may cause slipping/ sliding depending on shoe bottom. **This rule also applies to Coaches. Coaches may not wear slippers, flip flops or dress shoes to practice or games.**
2. All players must play in a league provided uniform, they are not to change or alter without the consent of Excel Sports. All players are also not to play in branded shorts or personal tees/ jerseys without consent of the league as well.
3. No player can participate in game play with any type of jewelry on such as watches, earrings, bracelets, necklaces, etc..
4. All Coaches must be wearing their league provided T-shirt during all games and for first practice only to match their team colors for uniformity. This is also so parents and or referees alike can identify coaches during games if necessary.
5. All players must be enrolled to participate during the ongoing/ current season in order to play in a game or practice. No coach is allowed to ask or have a player play in a game or practice unless enrolled in the season to do so.

### **Divisions (co-ed)**

Starters - ages 4-6 will play on an 8-1/2' hoop attachment with a 27.5" ball.

Jr. WNBA - all ages will play on a 10' hoop with a 28.5" ball.

D-League - ages 7-9, Gold Teams will play on a 10' hoop with a 28.5" ball, Silver teams will play on a 10' hoop with a 27.5" ball, Black teams will play on a 10' hoop with a 27.5" ball. If no Gold, Silver or Black teams then D-League will play on a 10' hoop with a 28.5" ball observing Gold rules here.

Jr. Ballers - ages 10-12 will play on a 10' hoop with a 28.5" ball.

Ballers - ages 13-15 will play on a 10' hoop with a regulation size 29.5" ball.

Varsity - ages 14-17 will play on a 10' hoop with a regulation size 29.5" ball.

**Note: depending on skill level and or birthdate, we can place certain individuals in higher or lower divisions if necessary.**

**Also note: we reserve the right to change the ball size if necessary in all divisions.**

### **Coaches (Volunteers)**

1. Coaches must wear during all games and for first practice only, their league provided T-shirts so all can identify who the coaches are as well as for uniformity during game play. 1st shirt is league provided, any additional needed during single season will require purchase. Coaches must also adhere to the leagues dress code, see above.
2. Coaches are never at any time before, during or after games/ practices to be alone with any player unless accompanied by someone from Excel Sports, the child's parents

or in fact the child you are with is yours.

3. Coaches must maintain a professional attitude with all children, parents, officials any Excel Sports League representatives and or other volunteers. Any violation can and may result in (1) game suspension, removal of duties and or removal from league depending on violation.

4. There is to be (1) head coach, head coach can elect an assistant but must provide contact info of assistant to league as well as parents. Only (1) coach is allowed to stand during game play and no more than (2) on the sideline.

5. Assistant coaches will not be provided with coaches T-shirts but will be required to dress appropriately if to be on sideline IE, sneakers, shorts, sweat pants, jersey, T-shirt, etc... No heels or dress shoes allowed on sideline.

6. Head Coach can elect a team parent/ manager if it is desired to provide snacks following each game. Team Manager will be in charge of snack list/ distribution and any and all team scheduled events such as end of season team party. This is not a league requirement rather to be done at the coaches/ parents discretion.

7. There is absolutely no cursing or foul language what so ever at any time from coaches to any child, parent and or official at any time prior, during or after a game. If there is any discrepancy, please take your business outside. Remember, you are representing the league and its participants. Be the positive role model these kids believe you are.

### **Game Play**

#### **\* Game length**

Starters - Will use a running clock with (4) 10 minute quarters. Each quarter will be broken into (2) 5 minute sub periods

Jr WNBA - Will use a running clock with (4) 10 minute quarters. Each quarter will be broken into (2) 5 minute sub periods with exception to the 4th quarter, 4th quarter will display full 10 minute clock time.

D-League (All skill divisions) - Will use a running clock with (4) 10 minute quarters. Each quarter will be broken into (2) 5 minute sub periods with exception to the 4th quarter, 4th quarter will display full 10 minute clock time.

Jr. Ballers (All skill divisions) - Will use a running clock with (4) 10 minute quarters. Each quarter will be broken into (2) 5 minute sub periods with exception to the 4th quarter, 4th quarter will display full 10 minute clock time.

Ballers - Will use a running clock with (4) 10 minute quarters. Each quarter will be broken into (2) 5 minute sub periods with exception to the 4th quarter, 4th quarter will display full 10 minute clock time.

Varsity - Will use a running clock with (4) 10 minute quarters. Each quarter will be broken into (2) 5 minute sub periods with exception to the 4th quarter, 4th quarter will display full 10 minute clock time.

#### **\* Halftime**

Starters - Jr. Ballers will have a 2 minute halftime, Ballers and Varsity will each have 3 minute halftime.

#### **\* Time outs**

Starters - Varsity will each have (2) timeouts per half, time outs will not carry over. If timeout is called when you do not have one, it will result in (2) technical points awarded to the other team and forfeit of ball as well.

### **\* Start of game - Home v Away**

Starters and D-League Black: Visitors will inbound and Home will get ball at the start of the 2nd half.

D-League Silver - Varsity (including Jr. WNBA): There will be a jump ball, 2nd half will start with jump ball losing team inbound.

### **\* Offense & Defense including press rule/ double and triple teaming.**

Starters will pick up once the opposing team crosses the 3 point line, they cannot play defense until this happens. If a team crosses the 3 line and then dribbles outside the 3 line, defense can follow. This is the only occasion where defense can be played outside the 3 line.

All other divisions can half court pick up.

Starters must play zone defense, it is the head coaches discretion as to which defense they play but no matter the set, all players must remain inside and or the outside line of the key. They cannot be set around the 3 point line.

Coaches will have the discretion to position the kids accordingly during in bound plays however, once inbounded, the kids must return to their positions on the floor. In the event of a blow out (team leading by 15 or more points), the team up may be confined to playing zone defense inside the key only and will not be allowed to leave the key until the opposing team is caught up to within 10 points. The team catching up will have to "compete" in order for the zone rule to be lifted, for example: if the zone rule goes into effect and it takes that team limited time to get the game to within 10 and or they are caught up, the zone rule can be lifted however, if it takes the same team longer than 2 quarters to catch up, the zone rule may still stay in effect simply because that team is not "competing". It will be at the discretion of the league on whether or not the zone rule is lifted should it come into effect. Note, this rule applies only to the Starters division.

D-League - Varsity can play man to man as well as zone defense however, coaches must teach and practice ways of beating a zone defense if this is the case and they choose to use a zone as a part of their arsenal.

Starters cannot triple and quadruple team the ball at any time. They will be asked to stay in their defensive zones.

Starters can double team at any time during a game however must be within their zone to do so. Explanation provided upon request.

All other divisions can double team at any time during a game as they see fit to do so.

D-League - Varsity can triple team however this is during press only.

Starters/ D-League Black will not be allowed to press at any time during the game.

Jr. WNBA will adhere to the Jr. Ballers press rule below.

D-League Gold/ Silver teams may full court press but this can only be done during the last minute of each period. (8 times in a game), If no Gold or Silver teams then D-League will observe Gold rules here.

Jr Ballers may full court press but this can only be done during the last minute of each period. (8 times in a game)

Ballers and Varsity may full court press but this can only be done during the last 2 minutes of each period. (8 times in a game)

Teams allowed to press cannot do so with a 15 point or more lead.

### **\* Game flow & clock management**

Starters - Jr. Ballers will have to be in constant attack mode on offense, no staling or holding the ball. All coaches must have their kids ready on both offense and defense

when the ball is inbound. The stalling technique cannot be used to slow the game down, avoid a good defensive player and or wait for kids to get set on offense and defense alike.

Ballers - Varsity can slow game pace down to a realistic measure that will be at the officials discretion (due to no shot clock) as a part of a game clock strategy or management only. This strategy may only take place if a game score is within 10 points. This strategy cannot be used during a blowout. An official can warn the player with the ball during a game if he or she is holding the ball for too long but again, they will be given a certain amount of leeway.

Clock will stop on dead balls for all divisions during last minute of the game as long as the game is within 15 points.

All divisions - Clock will run with 15 point lead, this rule supersedes the above with exception to timeouts. Only the losing team may call a timeout if losing by 15 or more.

#### **\* Substitutions - 4th quarter rule**

Starters - Varsity will have a substitution at the end of each sub period. All players on bench will sub into game unless there are open spots (if a team doesn't have full roster or a player(s) is missing) at which point, the coach can use this spot as he or she sees fit in playing a player(s) in consecutive sub periods. The sub rule will reset after halftime at which point, the coach can rearrange his or her roster. The sub rule reset will also apply to the Ballers/ Varsity division(s) only theirs can take place every quarter rather than at halftime giving the coach more control over line up while still enabling each player equal playing time throughout the game. Note, the Starters Division only has to sub every period for the full 4 quarters where every other division need only period sub for the first 3. 4th quarter rule now states that D-League - Varsity (including Jr. WNBA) need only sub every period for the first 3 quarters, the 4th quarter will now be set for the full 10 minutes where each team now has the flexibility to sub at any time and play any player or combination of players as they see fit. This will help to combat any team that has open spots where coaches are playing their best players for the duration of a game.

#### **\* Scoring & fouls including technicals**

3 point shots will be recognized as 3 points where court is outlined, 2 points for all field goals and 1 point per free throw. (Starters will not shoot free throws, in the event of a foul, the team fouled will retain possession and inbound the ball.)

When a player reaches (5) fouls, they must sit for a period of (1) minute, (6) fouls, player will sit for (2) minutes. On the 7th foul, the player is now fouled out of the game. This rule applies to every division.

Although team fouls are reset after each half, personal fouls will follow a player for the duration of the game.

When a player is fouled in the act of shooting and the basket is counted, no free throw will be shot rather the additional point will be tacked onto score automatically.

A team is in the bonus when they reach (6) fouls, teams will shoot 1 and 1 in this case. For the Starters/ D-League Black, no free throws will be shot rather each foul in the bonus (8 total team fouls for these divisions) will result in (1) point added to the teams total score, ball will be awarded to the fouling team automatically. For all other divisions, 2 free throws will be shot following a foul while in the double bonus IE (10) team fouls. If a coach or player receives a technical foul, the other team is awarded (2) points and the ball. No shots will be taken, coaches or players who receive (2) techs in the same game will be ejected and unable to participate during the next practice and game. The

other team will receive an additional (2) points and the ball.

**\* Traveling and Double dribbling**

Starters cannot be called for traveling or double dribbling however the official will blow the whistle if a player runs with the ball (similar to football). On the 6th blown whistle, the ball will be awarded to the other team.

D-League - Black/ Silver teams will be given an extra step in week 1, traveling and double dribbling calls will come into effect starting week 2. Gold teams, all rules in effect immediately. If no Gold, Silver or Black teams then D-League will observe Silver rules here.

Jr. Ballers - Varsity: rules will be effective immediately.

**\* (4) shot rule - This rule applies to the starters division only**

Offense will have a maximum of (4) shot attempts, no basket made during that period will result in automatic turnover.

**\* 3 seconds in key - This rule applies to Jr. Ballers and up.**

**\* Overtime - The following rule applies to all divisions.**

In the event of a tie at the end of regulation play a (2) minute OT will be assessed with a running clock. All fouls will carry over in this case both team and personal. Each team will have (1) time out and the coach can select any 5 players he or she wants for the duration, no substitutions. If a game is still tied at the end of OT, a sudden death period will be assessed with no running clock. First basket wins, there will be no timeouts in sudden death.

**\* Forfeiting/ amount of players needed for game to count.**

If a team has 4 or more players, game will count as live however it's at the opposing coaches discretion if they play 4 on 4. They will have the right to play 5 if they choose. If a team has 3 players or less, it is considered an automatic forfeit. If a team has 4 players and one should foul out, **this is not a forfeited game but rather that player will continue to play.** 1 point will be given to the opposing team each foul that player accrues. This way, that player is still allowed to play and avoid a forfeit but there are still repercussions to each foul that player commits. If a team has injuries occur during a game bringing their roster total to 4 and a player should then foul out, that player will continue to play until one of the players sustaining an injury is able to play at which point the player who fouled out will now sit for the duration necessary according to the amount of fouls they accrue.

**\*Playoffs**

All teams are automatically scheduled to participate in the playoffs unless a team or more is unable to prove they can compete over the course of the season. It will be at the discretion of Excel Sports League as to whether or not a team is allowed to participate in the playoffs. League officials will have a discussion with any and all coaches involved prior to making such a decision. We will NOT discuss this with parents prior to a decision.

**Gamesmanship/ Sportsmanship**

All games will end with teams and coaches shaking hands, we expect all our coaches, players and parents to conduct themselves in a mature fashion. We will also require all parties participating in our events to extend our partners and locations the upmost respect for their facilities, grounds and parking lots. This means you will need to clean up after yourselves, no trash or food left behind. We also ask those to be mindful of who

is around you meaning, no swearing, no lewd or disrespectful behavior of any kind to anyone and certainly no physical or verbal abuse of any kind to anyone. Failure to abide by these rules may result in suspension and in worse cases, a ban from the league. It will be at the discretion of Excel Sports League the direction taken based on the offense.