

HAMDEN REGIONAL YOUTH BASKETBALL LEAGUE (HRYBL)
GENERAL RULES FOR THE **2009-2010** SEASON
HIGH SCHOOL BASKETBALL RULES APPLY UNLESS OTHERWISE STATED
“REMEMBER, IT’S FOR THE KIDS”

Listed below are rules that pertain to the entire league. Rules pertaining to specific divisions are addressed in the “Division Rules” on the following pages. Applicable “Definitions, Interpretations and Comments” follow.

HRYBL LEAGUE RULES:

1. Coaches are encouraged to give all players equal playing time. In order to ensure this occurs at every five-minute break, during playing time each half, all players sitting on the bench **must** be inserted into the game. Each player must sit at least 5 minutes per half. No player can play the entire half unless a team only has six or fewer players.
2. If a team has fewer than five players for the start of a game, it is permissible to ask another player from your division to join your team until players from your team arrive. If you start the game with five players and someone is injured, then you are permitted to ask any player in the gym, from within your division, to finish the game.
3. Substitutions will be made after every five minutes of play. The timer is to alert the official and the official will stop play at an appropriate time. Substitution times are not time outs. Coaches should have their substitutions ready and this activity should be done in a timely manner. An unreasonable delay will require the team to be assessed a time out. Any subsequent delay will result in a technical foul, given to the coach, which will count as a team foul and count toward disqualification from the game.
4. Each team has two time outs per half. There are no carryovers.
5. Referee time outs will be called for injuries as soon as they are observed. The safety of all players is the most important concern.
6. Any player bleeding or with blood on their clothing must leave the game immediately. Players can re-enter the game only after all wounds are covered and any blood that has been exposed is covered. Coaches should use rubber gloves contained in first aid kits when aiding a child with an injury. In addition, the custodian should be notified immediately after an injury so he can take the appropriate action for cleaning up the blood.
7. Foul language and/or unsportsmanlike conduct within the gym will not be tolerated. Technical fouls will be issued to the appropriate team member or coach. Spectators who use abusive language will be asked to leave the gym. Coaches are responsible for controlling the conduct of **their players** and fans. **That includes zero tolerance for incidents of taunting, threatening, menacing, fighting, etc. Coaches and parents are encouraged to prevent such incidents from escalating by "any means necessary" to control the situation.**

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HRYBL LEAGUE RULES: (continued)

8. All games are played as two, twenty-minute halves. The game clock is stopped in the last two minutes of each half as a result of the referee whistle. The game clock is running throughout the game, stopping only for injuries and timeouts.
9. If at the end of regulation the score is tied, one two-minute period with running time will be played. Each team will be given one time out with no carryovers. If the game remains tied at the end of the two-minute extension, then the game is considered completed.
10. Person-To-Person defense is required according to the rules within each division as defined in the Definitions and Interpretations Section.
11. Any complaints should be submitted in writing to the Vice-President of the League, who will, if necessary, form an Ethics Committee according to the By Laws to review the matter.
12. Any flagrant violation of HRYBL rules or violation of the philosophy of the league will be addressed by the Vice-President and the Division Commissioner and will be dealt with in a manner that will be in the best interests of the players and the league.
13. The Referee’s decision on the court is final and cannot be overturned or protested by the Division Commissioner or the Committee Chairman.
14. Players are not allowed to wear jewelry or illegal accessories of any kind during practice or games. It is the responsibility of the players and parents to remove all jewelry and/or illegal accessories before being permitted to play in a game or participate in practice. Examples of jewelry and/or accessories not permitted by rule include, but not limited to, non-cloth wrist bands, elastics worn anywhere but to control hair, bobby pins, barrettes, rings, bracelets, necklaces, earrings and/or any other body piercing.
15. ***All coaches and assistant coaches must sign the HRYBL Code of Ethics before being allowed on the bench during a game.*** The number of coaches is limited to **one** head coach and **one** assistant prior to the draft. More assistant coaches can be added after the draft. **During a game**, the number of coaches allowed on or near the team bench is limited to **two (2)** for the (Boys 10-11) Big 10 Division and older and Big East Division (Girls 12-15) and limited to **three (3)** for the younger divisions.

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DIVISION RULES:

CO-ED – (5 & 6 YEAR OLDS) – **Paul Cuzzo** – Commissioner
CO-ED – (6 & 7 YEAR OLDS) – **Mike Grove** - Commissioner
NEC DIVISION (7-8 YEAR OLDS) – **Gary Aurora**– Commissioner

1. Emphasis will be placed on instruction and player development. **For the Co-Ed 5 & 6**, games will be scheduled as progress warrants.
2. CO-ED Teams play with junior ball on **eight-foot** baskets. NEC DIVISION plays with smaller (285) ball on **nine-foot** basket.
3. Person-To-Person defense only. No double-teaming. **No switching**.
4. **No Illegal (Zone) Defense** allowed.
5. Half court defense only. (Defensive team is not allowed to challenge offensive player, or make a defensive play, until ball is advanced beyond half court.)
6. If time permits, coaches can stop clock during the five-minute substitution period to allow for a line-up and also to allow for referee instruction.
7. **The Backcourt Rule is NOT in effect.**

ATLANTIC 10 DIVISION (8-9 YEAR OLDS) – **Frank Vollero** - Commissioner
BIG EAST DIVISION (9-10 YEAR OLDS) – **Robert Izzo** – Commissioner

1. Teams play with smaller (285) ball on ten-foot baskets.
2. Person-To-Person defense only. No double-teaming. **Legal switching is permitted.**
3. **No Illegal (Zone) Defense** allowed.
4. Half court defense only. (Defensive team is not allowed to challenge offensive player, or make a defensive play, until ball is advanced beyond half court.)
5. The backcourt rule is in effect. Once the ball has been advanced beyond mid-court, the backcourt line is the free throw line extended.
6. Team and personal fouls are recorded.

BIG 10 DIVISION (10-11 YEAR OLDS) **Bill Schule** – (Temporary) Commissioner
SEC DIVISION - (11-12 YEAR OLDS) – **Kevin Bailey** - Commissioner

1. Teams play with regulation size ball on ten-foot baskets.
2. Person-To-Person defense to be played for the first 10 minutes of the game. Any **half-court** defense is allowed the rest of the game.
3. Double-teaming is permitted.
4. Half court defense only. (Defensive team is not allowed to challenge offensive player, or make a defensive play, until ball is advanced beyond half court.)
5. The backcourt rule is in effect. Once the ball is advanced beyond mid-court, the backcourt line is the free throw line extended.
6. Team and personal fouls are recorded.

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DIVISION RULES: *(continued)*

ACC DIVISION (12-14 YEAR OLDS) – **Bryan Kearney** - Commissioner
PAC TEN DIVISION (13-17 YEAR OLDS) – **Joseph Aveni** -Commissioner

1. Teams play with regulation size ball on ten-foot baskets.
2. Person-To-Person defense to be played for the first 10 minutes of the game.
Any defense is allowed the rest of the game.
3. **FULL COURT DEFENSE IS PERMITTED**
4. Team and personal fouls are recorded.

NEC WOMEN’S DIVISION (7-9 YEAR OLDS) - **Mark Horvath** - Commissioner

1. Emphasis will be placed on instruction and player development.
2. Teams play with junior ball or smaller (285) ball (Commissioner option) on eight-foot basket (early season) or nine-foot baskets (Commissioner option).
3. Person-To-Person defense only. No double-teaming. **No switching.**
4. **No Illegal (Zone) Defense** allowed.
5. Half court defense only. (Defensive team is not allowed to challenge offensive player, or make a defensive play, until ball is advanced beyond half court.)
6. If time permits, coaches can stop clock during the five-minute substitution period to allow for a line-up and also to allow for referee instruction.
7. **The Backcourt Rule is NOT in effect.**

SEC WOMEN’S DIVISION (9-12 YEAR OLDS) – **Jack O’Donnell** - Commissioner

1. Teams play with smaller (285) ball on ten-foot baskets.
2. Person-To-Person defense only. No double-teaming. **Legal switching is permitted.**
3. **No Illegal (Zone) Defense** allowed.
4. Half court defense only. (Defensive team is not allowed to challenge offensive player, or make a defensive play, until ball is advanced beyond half court.)
5. The backcourt rule is in effect. Once the ball has been advanced beyond mid-court, the backcourt line is the free throw line extended.
6. Team and personal fouls are recorded.

BIG EAST WOMEN’S DIVISION (12-15 YEAR OLDS) – **John DeRosa** -Commissioner

1. Teams play with smaller (285) ball on ten-foot baskets.
2. Person-To-Person defense to be played for the first 10 minutes of the game.
Any defense is allowed the rest of the game.
3. **FULL COURT DEFENSE IS PERMITTED**
4. Team and personal fouls are recorded.

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DEFINITIONS, INTERPRETATIONS AND COMMENTS

Definition of “Person-to-Person Defense” (Formerly known as Man-to-Man Defense) –

When **one** player continuously defends **only one** player from the opposing team, within a reasonable guarding distance, so that none of the attributes of an **Illegal (or Zone) Defense** are present.

Definition of “Illegal Defense” – When **one or more** players from the same team are;

- 1) Defending an area of the court rather than continuously defending a particular or designated player from the opposing team.
- 2) Defending **more than one** player from the opposing team without being involved in a legal Double Team or Switch.

Definition of “Double-team” – **Any time** a player is defended by **another player from the opposing team** other than the designated defender from the original match-up (made at the beginning of the 5 minute period) a **double-team violation occurs** **except**, when a player is defended by a member of the opposing team that has made a legal “switch”.

Definition of “Switch or Switching” – A switch or switching occurs when two or more defenders change their defensive assignment from the original match-up **simultaneously or, within a reasonable time frame**, during the normal course of play. It **must** be the **intent of each defender** to assume the new defensive match-up and cannot be the intent of **only one player**. A legal switch can occur on a fast break from the backcourt whereby one player from the defending team can leave his or her designated defensive assignment in order to spontaneously defend a player that has broken clear from the majority of players in the backcourt. At the conclusion of the play, a legal switch must result.

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Comments: Switching does not occur by merely yelling the word “switch”. It must be an intentional act to change the defensive match-up by design, not just when a player breaks free to the basket. The legal switch most often occurs when a defender encounters a “pick” and can immediately assume the new defensive match-up as the defender of the player who set the “pick”.

*Double-teaming (or Illegal Defense) often occurs when one or more of the better skilled or more aggressive players in the league defend more than one player at a time. At **no time** may **more than one player** defend or, make a defensive play on, another player. Double-teaming also occurs when the player with the ball dribbles past another defender that quickly pokes the ball away. Illegal Defense often occurs when some of the taller players in the league take a position in the free throw lane and defend, block shots or otherwise intimidate players that have beaten their defender to the basket only to encounter another defender with no intention of making a legal switch. This is more reflective of playing a zone (illegal) defense, which is not allowed by league rule.*

Exceptions can occur when a rebound is being contested and a shot is subsequently made from the middle of a convergence of players under the basket, or when a loose ball is being pursued.

Game officials are encouraged to withhold their whistle until the outcome of the play is determined to have placed the player involved at a disadvantage because of the violation. For instance, when a player shoots through a “double-team” and scores a basket, the violation is only called if the shot is missed. However, if a player dribbles through a double team and the violation is not immediately called, then breaks to the basket undefended and subsequently misses, no violation should be called as it did not appear to have impacted the play.

It has come to our attention over the years that coaches are employing an offensive strategy that predominantly consists of a “spread offense”, “four corners offense” “isolation offense”, etc in order to take advantage of the mandatory person-to-person defense. This strategy employed with a well balanced offense is not considered illegal but can be considered as such when employed to take advantage of weaker players or employed so often that the game deteriorates into an action-less one-on-one contest. If use of this type of offense becomes so frequent that it is noticeable to the game officials, you will be asked to change tactics for the good of the game. Predominant and/or frequent use of this tactic is inconsistent with the philosophy of the HRYBL and may lead to disciplinary action from the Ethics Committee.

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Coaches, please remember the spirit and intent of these rules is to promote fair play for all and not for the game to be dominated by a few players. We must understand that these rules are in place because there is a wide disparity in the skill level, physical ability and/or size of players throughout the league. Those players with lesser skills, physical ability and/or size need to be able to succeed. Please place more emphasis on playing the game well (and within the rules) and place less emphasis on winning. I, too, think winning is important. That is why I would like everyone to have the chance to experience it. Please place more emphasis on teaching and following the league rules that are in place to help level the playing field a little.