

Rules and Regulations

LYBA Youth Basketball

2nd Grade Instructional

GAME FORMAT

1. The game is 4 quarters, with each quarter being 8 minutes long. Clock will run continuously.
2. There will be a 1-minute break between quarters, and a 2-minute break between halves.
3. The clock will stop only for injuries.
4. No overtimes are played
5. No timeouts
6. Officiating is by the head coach from each team.
7. Score is to be cleared after each quarter. We will not be recording win-loss records.
8. No score or record books. Players cannot foul out.
9. 8' Basket height and 27.5" ball
10. The Home team coach will select a parent to run the clock. (Home team is listed first on schedule)

PLAYING TIME AND SUBSTITUTIONS

1. Coaches are responsible to make sure all youth on the team play at least half of the game (2 quarters). There can be an exception for injuries, or the player would not like to play. The goal should be to equally divide playing time.
2. Substitution are not permitted, except for injuries.

DEFENSE

1. All teams must play man-to-man defense.
2. No full-court pressing will be allowed. Team must play half-court defense.

FOULS

1. Non-shooting fouls - obvious CONTACT fouls will result in the fouled team receiving the ball out of bounds. The coach/official should take time to describe the foul committed to make sure the player(s) understand the infraction.
2. Shooting fouls - If the shot is made, the player fouled will shoot 1 free throw. If the original shot is not made, the player fouled will shoot 2 fouls.
3. Foul shots should be taken from a 7 foot free throw line.
4. Players on defense should be instructed to give offensive players with the ball a 2-foot halo, but is not a violation.
5. Stealing the ball – No stealing from a player while dribbling or holding the ball. Stealing a pass will be allowed.

MISCELLANEOUS RULES

1. All games are 5 vs. 5
2. Game will start with an odd/even call. The winning team will start with the ball.

This will then rotate every quarter.

3. Teams will switch directions at half.

4. Fouls will not be tallied, but all referees have the right to ask a player to sit due to excessive fouls.

5. Coaches from both teams are encouraged to be on the court during play. One coach only from each team will be permitted. Coaches are encouraged to stop play and instruct on obvious basketball rule violations. For example, for kids who continue to double dribble it is encouraged to give them some leeway initially, but if it continues the ball should be turned over to the other team.