



Guidelines and Rules Manual
2012

League Objectives

Objectives

The Fife-Milton Youth Basketball league has been organized with three main objectives in mind:

1. To give each player the opportunity to learn the true value of good sportsmanship and fair play.
2. To teach the basic rules, skills and techniques involved in basketball so each player can improve their game.
3. To give players the opportunity to meet in friendly competition with other players of their same age and ability.

Players attitude and conduct

Each participant is asked to abide by the following guidelines and rules:

1. Participants are to play to the best of their ability in both practice and games.
2. Always arrive on time to all practices and games. A minimum of 10 minutes prior is recommended.
3. Notify your coach ahead of time if you are unable to attend a practice or game. A one hour minimum is recommended.
4. Always be prepared for games and practices by wearing tennis shoes to all practices and games and a clean jersey to all games. **Non marking soles are required by the league.**
5. Play every game with a good attitude. Never use poor language or behave in a way that would embarrass you or your coach.
6. Be a team player. Allow others to handle the ball.
7. When someone makes a mistake, don't yell at them or criticize. Instead, use only positive suggestions to help build up our athletes.
8. Never bring food or drinks inside the gym.
9. After each game be sure to shake hands or high five your opponents. Thank your coaches and game officials.
10. Absolutely no black soled or street shoes are allowed on the court. These shoes will scuff and mark up the floor. **Non marking black soled tennis shoes will be allowed.** We will lose our privilege of using these gyms if we damage the floors. This applies to all courts, tile, synthetic or wood. Parents and guardians are responsible that all players' shoes meet these requirements.

GENERAL LEAGUE RULES AND GUIDELINES

1. Other than rules contained herein, W.I.A.A. High School Rules will govern the games. The officials in a game are the sole authority of these rules. An official's rule interpretation or judgment call cannot be disputed. Any disputes will result in a technical foul (see technical foul rules for specifics). Please hold your complaints for the league Director after the game. Leave a message at 253-620-4646 and a board member will get back to you.

2. INJURIES sustained during a practice or games are to be reported to the player's parent(s)/guardians and the league Director immediately. A short description of what happened, where and when along with the players name must be left on the league's voice mail at 253-620-4646 the same night that the occurred. If necessary, the injury will be reported to our insurance company who will in turn contact the parents directly.

INSURANCE does not cover coaches or fans. It also does not cover transportation to or from practice, games or a tournament.

3. Home team provides official score keeper and visiting team provides timekeeper. Score keeper and timekeeper must sit together.

4. Upstairs or mezzanine at Surprise Lake Middle School is OFF LIMITS! Please ensure that our spectators do not wander into this area.

5. NO AFTER GAME DRINKS OR TREATS IN THE GYM. (Hand them out as the team leaves the gymnasium)

6. Do not contact the school about Gym time or any other basketball issues. Please leave a message by calling 253-620-4646 and we will contact you within 24 to 48 hours.

7. START EVERY GAME ON TIME. A five-minute warm-up period prior to each game will be allowed, however this must be conducted prior to the scheduled start time of a game. If a team is late, a five-minute grace period may be granted by the officials depending upon the situation. If a game is running late the next game will be granted a five-minute warm-up period, IMMEDIATELY after the previous game.

8. VACATE the gymnasium immediately after your game, please. We must allow the next scheduled teams to warm up and the janitors time to clean up the area prior to the next school day if you're the last game. Clean your areas up before you leave.

9. If Fife-Milton Schools are canceled for snow or any other reason, games scheduled that evening are also canceled and will be rescheduled.

10. Assign an adult to police the hallways at all facilities during games. Siblings must be accompanied by an adult at all times. Siblings are not allowed to participate in practices or be on the gym floor.

FIFE MILTON YOUTH BASKETBALL PARENT CODE OF CONDUCT

FMYB has implemented the following Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and abide by the Code. Any parent/guardian guilty of improper conduct at any game or practice will be asked to leave the gym and be suspended from the following game. Repeat violations will result in suspension from all remaining games.

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the game and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, OFFICIALS, and spectators at every game or practice.
5. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes or officials.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
9. I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
10. I will respect the officials and their authority during games and will NEVER question, discuss or confront officials or coaches on the court. If I feel a comment or discussion is needed I will contact the Officials Coordinator with that information.

We take abuse of our Youth Officials very serious. FMYB provides an opportunity for players to learn the game and provides Officials the opportunity to learn and improve their officiating skills. Coaches, players and spectators are not to address any Official in an unsportsmanlike manner. If there is a concern in regards to an Official's ability, it should be addressed directly to the Officials Coordinator or the Director. Please remember these are children learning the game, both as players and Officials. We want to provide officiating opportunities in a positive atmosphere. Treat our Officials as if it were your own child.

DISCIPLINE

LOWER DIVISIONS (grades 1 – 4):

This is purely recreational and if we have behavior or practice attendance problems we encourage you to discuss this with the individual players parents first. If this does not work or you are uncomfortable with this, please call the league Director for assistance. We will make every attempt to resolve behavior or attendance issues with every parent prior to cutting or suspending a player from a team. However, as a last resort the league will reserve the right to remove a disruptive player from a team and or the league.

UPPER DIVISION (grades 5 – 9)

The following guidelines will be the only form of discipline accepted in this league. If the following guidelines do not work please call the league Director and further action with the player's parents will be pursued.

1. The only acceptable discipline for an unexcused absence from practice will be to limit playing time in games. Any reduction in playing time must first be coordinated with the league's Director and can only be administered after the player's parents have been consulted. It is the head coach's responsibility to notify the opposing coach and official score keeper prior to the start of a game if a disciplinary reduction in playing time is being exercised.
2. Disruptive behavior, abusive language or gestures in practice can be dealt with by running lines or running the gym, eliminating scrimmage time or reducing playing time. Again, all playing time reductions must be coordinated with the league Director prior to it being administered.

Common Rules for All Divisions

1. JUMP BALL:

- a. Each game will begin with a jump ball. After the initial jump ball the alternating possession rule will be enforced.

2. INDIVIDUAL PLAYING TIME AND SUBSTITUTIONS:

- a. Four players must be present to begin a game. 5 players must be present prior to the end of the game or a forfeit will be called. In the event a game is forfeited the game will be played with borrowed players, at the coaches' discretion, or simply shorthanded on each side. IE: 4 on 4 if need be. Every player on the roster **MUST PLAY** at least **TWO FULL QUARTERS** (placed beginning to end) of every game **UNLESS** prior arrangements have been made with the leagues director. The opposing coach and the officials must be notified prior to the start of the game.
- b. Each player must sit out **ONE FULL QUARTER** during the game. (If 6 or fewer players are present at the end of the first quarter this rule does not apply to either team however keep in mind rule "a" is always in effect NO EXCEPTIONS).
- c. First half substitutions can only be made between quarters unless the coach or parent feels that a player cannot continue for health reasons or other disabilities. Players with multiple fouls may not be substituted for the sole reason of the multiple fouls in the 1st or 2nd quarter. This substitution must be announced to the official score keeper and the oppositions head coach. Substitutions may be made only on dead ball (whistle stoppage) and with the official's permission.
- d. Second half substitutions are open keeping in mind rules b, c, and d above. Substitutions may be made only on dead ball (whistle stoppage) situations with the official's permission.
- e. All players must check in at the official score table or with the official prior to entering the game. Substitutions may be made only on dead ball (whistle stoppage) and with the official's permission.
- f. Each team will assign a score keeper to track substitutions. The home team's score book will be the official scorebook. It will be the official score keepers responsibility to track substitutions and advise the lead official if a violation of the rules has occurred. If in the judgment of the official, after reviewing both score books, a violation has occurred a technical foul will be assessed against the offending team and possession will be awarded to the other team. The player that has not played will immediately be substituted into the game or the player that has not been rested for a full quarter will come out of the game for a final quarter beginning at the time the infraction was ruled upon. Timekeepers only in 1st and 2nd grade games.

3. FOULS AND SUSPENSIONS:

- a. If a team is left with fewer than 5 players due to fouls, the opposing coach may designate a fouled-out player to re-enter the game. Subsequent fouls on this player will count as a technical foul, resulting in two points and possession of the ball. The fouled out player will be allowed to score points. The team that is short players may opt to play short instead of risking the technical fouls. The opposing team has the option to play even (4 vs 4) or 5 vs 4.
- b. Profanity (player, coach or fans), kicking or roughly throwing the ball will result in an unsportsmanlike conduct technical foul. Player must be substituted out of the game, 2 points awarded (except 1st & 2nd grade) and possession will be awarded to the opposing team. Player may enter back into the game on next substitution opportunity, if the coach warrants.
- c. A flagrant foul will be called when a player commits an intentional foul that, in the judgment of the official, was intended to injure another player. Player must be substituted out of the game and possession will be awarded to the opposing team. Player may enter back into the game on next substitution opportunity, if the coach warrants.
- d. Coaches will be given a warning for any conduct deemed not conducive to sportsmanship and respect of others (officials, players, parents, coaches, etc.). If the coach continues to act in such a manner a technical foul will be assessed, resulting in 2 points (except 1st & 2nd grade), possession for the opposing team and the coach's immediate ejection from the game. In addition any coach receiving a technical foul will be suspended from his or her team's next game. League Director must be notified within 24 hours of all technical fouls against coaches.
- e. Two suspensions in a season will result in suspension for the remainder of the season.

4. PRACTICE TIME:

- a. Practice time will be based on availability and split as equal as possible.
- b. Each team will be assigned 5 – 8 practices at the beginning of the season. These practice times are a minimum of 50 minutes. Additional practice times are available as space permits. Look on the website for instructions on reserving additional practice time or email the Director for availability.
- c. A player may be disciplined for not attending practices by withholding playing time, but each situation will be pre-coordinated with the league Director prior to implementing.

FIFE-MILTON YOUTH BASKETBALL

(Grades 1 – 2)

BEGINNERS – BOYS AND GIRLS RULES - This is a purely instructional league. No score is kept.

1. PLAYING TIME:

- a. Games will be played in four 8 minute running clock quarters for grades 1 & 2.
- b. Three minutes will be allotted at half times and one minute between quarters for rest and instruction.
- c. Each team will receive three 1 (one) minute time outs for the game.

2. FREE THROWS:

- a. **NO** free throws are taken in this division.
- b. All violations and fouls will result in the opposing team gaining possession. Restart game with a brief explanation to the player that committed the violation or foul and then by having other team players pass the ball inbounds.

3. FULL COURT PRESS:

- a. **NO** full court press in grades 1st and 2nd grade league will be allowed.

4. DEFENSE:

- a. Only man to man defense will be allowed. No double-teaming will be allowed in any game situation. Players must strive to stay within a reasonable distance of their offensive player. Colored wrist bands are used to help players identify who they should be guarding. Switching is allowed inside the key only as help defense.
- b. Double teaming the ball will result in: (in order of enforcement)
 - 1) a warning to the player
 - 2) a warning to the player and the coach
(Officials will strive to assess the skill level of the child and act accordingly; this rule will be stressed more in the rookie's league and less in the beginner's league).
- c. No backcourt defense will be allowed.
- d. On dead ball sequences the defense must be set-up in front court **PRIOR** to the resumption of play.
- e. 1st & 2nd grade **NO STEALING ALLOWED EVER**. Interception of a pass is not considered stealing.

5. VIOLATIONS:

- a. Grades 1 and 2 – No key violation will be enforced.
- b. All traveling, double dribble and fouls or violations will result in stoppage of play, explanation (by the officials) to the player, and possession of the ball to the opposite team, out of bounds. Restart game by having players pass the ball inbounds.

6. MISCELLANEOUS:

- a. Eight foot hoop (Grades 1&2)
- b. Shortened free throw line. (approximately 2 feet inside the free throw line)
- c. Junior size basketball (Grades 1&2)

FIFE-MILTON YOUTH BASKETBALL

(Grades 3 & 4)

ROOKIES LEAGUE – BOYS AND GIRLS RULES

1. PLAYING TIME:

- a. Games will be played in four 10 minute running clock quarters for grades 3 & 4 except in the last 2 minutes of play when the clock will stop during dead ball situations.
- b. Three minutes will be allotted between half times and one minute between quarters for rest and instruction.
- c. Each team will receive three one-minute time outs for the game.
- d. Overtime periods will be a 3-minute running clock period except in the last minute of play when the clock will stop during dead ball situations. Each team will receive one additional time out. Disqualified players will not be eligible for the overtime period.

2. FREE THROWS:

- a. Free throws will begin after the 6th (on the 7th) team foul, except for shooting fouls.
- b. Shooting fouls will award the player two shots.
- c. Intentional or Flagrant fouls will result in an automatic two points and possession of the ball (See number 8 below).
- d. All fouls in the last two minutes of regulation play, and the last minute of overtime periods, will be two shot fouls.
- e. Players will use an approximately 2 foot shortened free throw line.

3. FULL COURT PRESS:

- a. **NO** full court press in grades 3 and 4 will be allowed.
Penalty - 2 warnings per team with additional violations being a technical foul. (Two points and possession of the ball)

4. DEFENSE:

- a. Only man to man defense will be allowed. No double-teaming will be allowed except for in the key in a help defense (in the paint). Players must strive to stay within a reasonable distance (6 feet) of their offensive player while inside the 3 point line. Switching is allowed. (Officials will strive to assess the skill level of the child and act accordingly; this rule will be stressed more in the rookie's league and less in the beginner's league).
- b. No backcourt defense will be allowed.
- c. On dead ball sequences the defense must be set-up in front court **PRIOR** to the resumption of play.
- d. 3rd & 4th grade stealing is allowed only if your team is not up by more than 15 points. **Note: Officials will strive to assess the skill level of the child and act accordingly. Enforcing man to man defense only and mismatches.**

Penalty for violating 5a – d: 1 warning to the player, 2 warning to the coach, upon the third consecutive warning, a technical foul will be assessed against the offending team. Two points and possession of the ball will result.

5. FIVE SECOND VIOLATION:

- a. Grades 3 and 4 – FIVE seconds in the key will be enforced.

6. MISCELLANEOUS:

- a. Ten foot hoop (Grades 3&4)
- b. Shortened free throw line
- c. Intermediate size basketball (Grades 3&4)

FIFE-MILTON YOUTH BASKETBALL

(Grades 5 & 6)

BANTAM LEAGUE – BOYS AND GIRLS RULES

1. PLAYING TIME:

- a. Games will be played in four 10 minute running clock quarters. Clock will stop in the last two minutes of the 4th quarter for dead ball situations.
- b. Three minutes will be allotted between half times and one minute between quarters for rest and instruction.
- c. Each team will receive three one-minute time outs for the game.
- d. Overtime periods will be a 3-minute running clock period except in the last minute of play when the clock will stop during dead ball situations. Each team will receive one additional time out. Disqualified players will not be eligible for the overtime period.

2. FREE THROWS:

- a. Only 2 offensive players may be on the blocks during free throws.
- b. Free throws will begin after the 6th (on the 7th) team foul, except for shooting fouls.
- c. Shooting fouls will award the player two shots.
- d. Intentional or Flagrant fouls will result in a two point technical foul and possession of the ball.
- e. All fouls in the last two minutes of regulation play, and the last minute of overtime periods, will be two shot fouls.

3. FULL COURT PRESS:

- a. Full court press is allowed in the 4th quarter only.
- b. No pressing if your team is ahead by 15 points or more.

Penalty for violating 4a or 4b: 1st warning to the player, 2nd warning to the coach, upon the third consecutive warning, a technical foul will be assessed against the offending team. Two points and possession of the ball will result.

4. DEFENSE:

- a. Only man to man defense will be allowed - No zone defenses sitting back in the key waiting, is illegal
- b. Switching and double teaming is only allowed in the front court unless it is the 4th quarter. Maximum of 2 players may double team the player with the ball. If you are not active in a double team, you must guard a player and maintain a minimum distance of 6 feet, **once inside the three point area.**
- c. No backcourt defense will be allowed except for the 4th quarter unless you are ahead by 15 points or more. Trap defense near half court is allowed as long as no more than 2 players are double teaming the ball.
- d. On dead ball sequences the defense must be set-up in front court PRIOR to the resumption of play, except when full court press is allowed.

Penalty for violating 5a – c: 1st warning to the player, 2nd warning to the coach, upon the third consecutive warning, a technical foul will be assessed against the offending team. Two points and possession of the ball will result.

5. THREE SECOND VIOLATION:

- a. The three seconds in the key violation will be enforced.

6. MISCELLANEOUS:

- a. Ten foot hoop
- b. Standard free throw line
- c. Official size basketball for boys, 28.5 for girls

FIFE-MILTON YOUTH BASKETBALL

(Grades 7 - 9)

SENIORS LEAGUE – BOYS AND GIRLS RULES

1. PLAYING TIME:

- a. Games will be played in four 12 minute running clock quarters. Clock will stop in the last two minutes of the 4th quarter.
- b. Three minutes will be allotted between half times and one minute between quarters for rest and instruction.
- c. Each team will receive three one-minute time outs for the game.
- d. Overtime periods will be a 3-minute running clock period except in the last minute of play when the clock will stop during dead ball situations. Each team will receive one additional time out. Disqualified players will not be eligible for the overtime period.
- e. *For the sport of the game in this league try to pair 9th graders against 9th graders.*

2. FREE THROWS:

- a. Only 2 offensive players may be on the blocks during free throws.
- b. Free throws will begin after the 6th (on the 7th) team foul, except for shooting fouls.
- c. Shooting fouls will award the player two shots.
- d. Intentional or Flagrant fouls will result in a two point technical foul and possession of the ball
- e. All fouls in the last two minutes of regulation play, and the last minute of overtime periods, will be two shot fouls.

3. FULL COURT PRESS:

- a. Allowed in the 2nd half only. **If BOTH coaches agree to allow or disallow full court press for the entire game then they may notify the officials. Double teaming while applying the press is allowed in this league.**
- b. No pressing if your team is ahead by 15 points or more.

Penalty - 2 warnings per team with additional violations being a technical foul. (Two points and possession of the ball)

4. DEFENSE:

- a. Optional – man to man or zone

5. THREE SECOND VIOLATION:

- a. The three seconds in the key violation will be enforced.

6. INDIVIDUAL PLAYING TIME AND SUBSTITUTIONS:

- a. Coaches may agree prior to the game to allow unlimited substitutions for all quarters as long as rules b & c are followed. Notify officials of this change.
- b. The official score keeper will be responsible for tracking and enforcing the substitution rule.

****COACHES REMEMBER YOU ARE ON THE HONOR SYSTEM TO ENSURE EACH PLAYER RECEIVES HIS/HER PLAYING TIME****

7. MISCELLANEOUS:

- a. Ten foot hoop
- b. Standard free throw line
- c. Official size basketball for boys, 28.5 for girls