

SFX YOUTH SPORTS - 2023-2024 WINTER BASKETBALL LEAGUE RULES

Registration

- I. All players must be registered for the current season of SFX Basketball through the SFX Youth Sports registration system.
- II. All players must be assigned to a roster before playing in any game or practice.
- III. All adults must be registered as a Coach, Assistant Coach or Volunteer prior to helping any players in a game or practice.
- IV. To ensure efficient communication throughout the season, information will be distributed from SFX Youth Sports to coaches and players through the SFX Youth Sports registration system and through the messaging in the LeagueApps app. All coaches and players must download the LeagueApps app and should ensure their contact information, especially the email address, is updated.

Schedule

- I. Schedules will be distributed prior to start of the season. Any requests for changes to games must be made at least 72 hours prior to start of the weekend's games (e.g., by 12PM Wednesday for Saturday games).
- II. In the event that games need to be cancelled or rescheduled due to bad weather or loss of the use of space (e.g., schools being closed), any changes will be communicated to coaches and players' families via e-mail or through the LeagueApps app. All coaches and players' families should ensure their correct, updated email address is in the SFX Youth Sports registration system.

Rules

- I. Uniforms – each player must be in her/his league-provided jersey and shorts for the game. Home team will wear darker side of jersey and visiting team will wear white/lighter color. T-shirts under jerseys must be the same color as the primary color of the jersey or white.
- II. Scoring - Free throws earn 1 point, made baskets earn 2 points, and 3-point shots will earn 3 points. The 3 point shot will be in effect only in those gyms with a 3 point line.
- III. Scorekeeping
 - a. To ensure accuracy, both teams should keep score in the provided scorebook. Teams should confirm team scoring and fouls at half-time and, if time allows, at the end of each quarter. In the event of a discrepancy on scoring, the clock should be stopped at the next stoppage of play and the score reconciled with the referee(s).
 - b. The home team will designate an Official Scorer at the start of each game. The Official Scorer and the one scorer from the visiting team are the only score keepers allowed at the score table.
 - c. First initial and last names and uniform numbers must be entered into the official score book for each player.

d. A set of rules will be available at every score table.

IV. Timekeeping

a. There will be a league-provided OFFICIAL TIMEKEEPER at each game. If the Official Timekeeper is unavailable, the home team should designate a timekeeper for the game.

b. GAME CLOCK: In all games, the clock will stop on timeouts, held balls, shooting fouls, and substitutions. During the last two (2) minutes of the first half and the fourth (4) quarter, as well as overtime periods in their entirety, the clock will stop on all whistles.

c. Backcourt Rule: the 10 second backcourt rule will be used. In the Co-Ed Rookie and Girls Rookie divisions, AND AT ANY TIME IN THE LAST MINUTE OF A HALF OR GAME AT THE REFEREES' DISCRETION, defenses may be able to come across the midcourt lines and teams may be able to pass back into the backcourt without violation.

d. OVERTIME: In all divisions, overtime periods will be THREE (3) MINUTES. Teams will play a maximum of ONE (1) overtime period, and if the score remains tied at the end of the overtime period, the game will end as a tie, except during the end-of-season tournament.

e. Games will have the following lengths (same for Co-Ed and Girls' divisions):

i. Rookie (7-8) – 4 6 minute quarters

ii. Novice (9-10) – 4 7 minute quarters

iii. Bantam (11-12) – 4 8 minute quarters

iv. Juniors (13-14) – 4 8 minute quarters

v. Seniors (15-17) – 4 8 minute quarters

f. There will be a three (3) minute break at Halftime and a one (1) minute break between the 1st/2nd and 3rd/4th quarters.

i. During the regular season, in the event a game runs longer than 60 minutes, and there is a regularly scheduled game to follow on the court, the referees reserve the right to end the game, to ensure the day's schedule can be maintained. This is done in the interest of fairness to all teams.

g. Mercy Rule – if one team has a lead of 25 points or more at halftime or at any stoppage of time in the 2nd half, the scored/timed game will end. For the remainder of the time, the clock will run continuously and no further updates to the score will be recorded.

V. Time Outs

a. In all divisions 3 FULL & 2-30 SECOND timeouts are allowed per team per game. One FULL time out will be allotted to each team for each overtime period. Unused 30-second time outs may be carried over into overtime.

b. Each FULL timeout will last for no longer than 60 seconds. The horn will go off after 45 seconds and teams must be ready to play at 60 seconds.

c. You must indicate to the ref(s) if a FULL or 30-second time out is being used. If not indicated, the ref(s) will not ask but just charge the team with a FULL time out.

VI. Substitutions

a. Substitutes may enter the game at any whistle, ONLY after signaling and checking in at the scorers' table. Referee(s) will confirm when players may enter.

- i. However, to ensure equal playing time, as described below, coaches should attempt to rotate rosters each quarter rather than making continuous substitutions throughout the game.
 - b. The clock should stop when players enter and should re-start upon the referee(s)' whistle.
- VII. Basketball Balls
 - a. A 27.5" ball will be used in the Girls Rookie (7-8) division.
 - b. A 28.5" ball will be used in the Co-Ed Rookie (7-8), Co-Ed and Girls Novice (9-10), Girls Bantam (11-12) and Girls Juniors (13-14) divisions.
 - c. A 29.5" ball will be used in all other divisions.
 - d. For consistency, teams should use the league-provided basketballs for games. If one is not available, teams must agree on which basketball to use.
- VIII. Defense Rules
 - a. Pressing
 - i. Rookie and Novice (both Co-Ed and Girls' divisions) – ***no pressing at any point of the game and season.*** Teams must fall back beyond the half-court line when the offensive team is bringing up the ball.
 - ii. Bantam and Junior (both Co-Ed and Girls' divisions) – ***no pressing for games in December; teams may begin to press in both teams' first January game, subject to limitations below.***
 - 1. No pressing in the first quarter of any game.
 - 2. If 7 or fewer players are available for a team at the start of the game, the opponent may not press during that game.
 - 3. If a team has a lead greater than 15 points at any point in the second half, it may not press on defense. If the lower scoring team cuts the lead to less than 15 points, the higher scoring team may press again until it achieves a 15 point lead.
 - iii. Seniors division – teams may press at any time, subject to limitations below.
 - 1. If 7 or fewer players are available for a team at the start of the game, the opponent may not press during that game, unless mutually-agreed by coaches.
 - 2. If a team has a lead greater than 15 points at any point in the second half, it may not press on defense. If the lower scoring team cuts the lead to less than 15 points, the higher scoring team may press again until it achieves a 15 point lead.
 - b. Defensive Formation (Zone)
 - i. Rookie (both Co-Ed and Girls' divisions) – teams play person-to-person defense for the full game;
 - ii. Novice (both Co-Ed and Girls' divisions) – teams play person-to-person defense in December games; beginning in both teams' first January games, teams play person-to-person defense for a minimum of 3 quarters; teams may try to implement a zone defense for instructional purposes;

- iii. Bantam (both Co-Ed and Girls' divisions) – teams play person-to-person defense in December games; beginning with both teams' first January games, teams must play person-to-person defense for a minimum of 2 quarters, one in each half; teams may implement a zone defense for instructional purposes for the remainder but not for the entire second half;
 - iv. Junior (both Co-Ed and Girls' divisions) – teams play person-to-person defense in December games; beginning with both teams' first January games, there are no restrictions;
 - v. Seniors division – no restrictions or requirements on defenses.
 - c. Teams which violate the Pressing and Defensive Formation (Zone) warnings will, for the first offense, receive a warning; for the second offense, the team will receive a technical foul, resulting in two shots and possession to the other team.
- IX. Fouls
 - a. Personal Fouls: once a player collects five fouls (which include Intentional and Technical Fouls), the player must be removed from the game.
 - b. Team Fouls: Seven (7) Team Fouls puts the opposing team in a ONE and ONE situation. Ten (10) team fouls will award the opposing team two (2) Free Throws.
 - c. Intentional Fouls: An intentional foul committed anywhere on the court will be penalized with two (2) free throws and possession of the ball.
 - d. A technical foul against a player will count as a personal and team foul.
 - e. A technical foul on the bench counts as a team foul. Two technical fouls called against a player or coach will result in ejection from the game. NOTE: AN EJECTION CARRIES A ONE (1) GAME SUSPENSION and possible further disciplinary action from SFX Youth Sports.
- X. Coaches:
 - a. All Coaches and Assistant Coaches must be registered in the SFX registration system.
 - b. During the game, only two (2) coaches are allowed on each team's bench. Any other assistants or parents must be seated off the court.
 - c. Coaches are responsible for the conduct of their team as well as their fans. Spectators are not allowed on the player's bench.
- XI. Participation
 - a. SFX Youth Sports focuses on player development, instruction, safety and fun.
 - b. ***Coaches must ensure equal playing time for all players. All players should play the equivalent of two quarters per game, one in each half.*** Coaches should only substitute within quarters for injury. While coaches can create rotations at their discretion, every effort should be made to ensure balanced playing time between players.
 - c. Teams can continue to play with a minimum of 5 players. If a team, either through injury, fouls, disqualification or other reason, has fewer than 5 players, the teams may agree to continue as a scrimmage, with a fully running clock. Teams with more than 5 players should share players with the other team to ensure the scrimmage is 5-on-5. If there are fewer than 10 players, the scrimmage must end.
- XII. Playoffs / Tournament
 - a. The season will conclude with a tournament. All teams will participate in the tournaments

- b. Seeding/playoff matchups will be determined by the SFX directors and communicated during the season.
- c. Regular season win/loss records will not contribute to seeding in any division. Teams should focus on player development, participation, and fun.

XIII. Rule Changes

- a. Changes to these rules can only be made by the SFX Youth Sports Rules Committee. Coaches, except where explicitly stated in these rules, cannot independently, even if by agreement, modify the rules of the division or league.
- b. Any modification to these rules during the season, whether for safety, instructional purposes, competitive balance, or other reason, will be communicated to all coaches and team families, with an indicated start date. Any requests for changes or feedback should be sent to Perry Solomon at perry@sfxys.com.

ALL PARENTS, VOLUNTEERS AND GUESTS/SPECTATORS ARE EXPECTED TO FOLLOW THESE GUIDELINES:

SFX Youth Sports is a recreational organization that teaches fundamental skills through teamwork and good sportsmanship. Our coaches and leadership follow a set of basic principles, and expect parents and guardians to reinforce these principles on the field.

SFX Youth Sports Principles

- Teach all children to play fair and do their best;
- Positively support all managers, coaches and players;
- Respect the decisions of the umpire and referees;
- Praise a good effort despite the outcome of the game;
- Be a good partner and guest to the gyms where we host our games.

Parent/Guardian Expectations

Respect

1. I will respect my child by not forcing him or her to participate in sports.
2. I will teach my child that doing one's best is more important than winning, and do everything in my power to make sure my child does not feel defeated by the outcome of a game or his/her performance.
3. I will respect the officials and their authority during games and will never question, discuss or confront coaches at the game field, and will take time to speak with coaches at an agreed time and place
4. I will refrain from coaching my child or other players during games and practices unless I am one of the official coaches of the team.
5. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
6. I will remove all belongings and garbage, when leaving, and not damage or deface the gyms in any way, and be courteous to all building staff when entering and exiting and while in the buildings.

Safety

1. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
2. I will not encourage any behaviors or practices that would endanger the health and well being of the children, coaches or other parents.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will teach my child to play by the rules and resolve conflicts without resorting to hostility or violence.
5. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol; I will refrain from their use at all sports events.

Sportsmanship

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. I will learn the rules of the game and the policies of the league.
3. I (and my guests) will be a positive role model for my child and encourage sportsmanship by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or sporting event.
4. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing, taunting, refusing to shake hands or using profane language or gestures.
5. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.

Discipline

[NYC Code § 10-138](#) is **STRICTLY ENFORCED** by SFX Youth Sports, and any offensive behavior during games or practice by any official, coach, parent, player, spectator or other participant that violates this law may result in that individual being immediately banned from the ball field. Additional sanctions may be imposed including a permanent ban of said individual, **INCLUDING THE PLAYER**, from all activities sponsored by SFX Youth Sports.