



## **BLENDERS BASKETBALL LEAGUE AT PYC** **ORGANIZATION REGULATIONS & PLAYING RULES**

### **PURPOSE**

The Blenders Basketball League at PYC is a program of service to youth. It is geared to provide an outlet of healthful activity and training under good leadership in an atmosphere of wholesome community participation. The program is under the direction of The Page Youth Center, a non-profit youth organization. The Executive Director and Program Staff are responsible for the administration of the basketball program.

The purpose of amateur sports programs is to instill in young people those attitudes and characteristics which will help them grow to be better adjusted in the years ahead. This can be accomplished by teaching them to prepare themselves physically and mentally before competition so they have every chance to learn, win, and enjoy the game.

#### **I. DEFINITIONS AND TERMINOLOGY**

- The name of the league shall be "BLENDERS BASKETBALL LEAGUE."
- The league will include boys and girls in grades 1 through 8.

#### **II. INSURANCE**

- The league insurance supplements other insurance programs carried under family policy or provided by parent's employers.

#### **III. RESIDENCE**

- There is NO requirement that a player live in any particular area in order to participate in the PYC Basketball program.

#### **IV. PARENTAL CONSENT**

- No player shall be registered on any approved team if he/she has not secured a written consent from his/her parent or legal guardian, and such consent filed in the Page Center office.

#### **V. PARENT & FAMILY INVOLVEMENT**

- The Page Youth Center recommends that each family volunteer at least 4 hours of help in some way. Therefore, the league strongly recommends that prior to the first practice, a meeting or gathering of parents or guardians of each player be held to explain the purpose, program and benefits of PYC Basketball. We have provided an outline for this meeting in Attachment "A."
- At the close of the season, all teams, either individually or in conjunction with other teams, are encouraged to have a suitable season-end get-together.

**VI. COACHES**

- All coaches must complete a background check screening and submit an annual Concussion Training certificate.

**VII. DIVISION FRAMEWORK**

- All divisions will consist of as many teams as playing facilities, player registrants, and coaches will allow.

**VIII. EVALUATIONS & DRAFT**

- All players are required to attend an evaluation in order to participate in the league.
- All players are placed on teams by a draft system to create parity in the league.
- Evaluations numbers are collected by Staff, Coaches, and Volunteers not directly associated with the division in which they are providing evaluations.

**IX. PRACTICE RULES**

- Teams in all divisions may not practice more than (6) hours a week including games. Any coach violating this rule may be subject to automatic suspension.

**X. SAFETY STANDARDS**

- On an annual basis, a concussion and head injury information waiver shall be completed and returned to the Page Youth Center by the youth athlete and his or her parent or guardian. The information waiver must be returned prior to the youth athlete's participation in practice or competition.
- A youth athlete who is suspected of sustaining a concussion or head injury during a practice or game shall be removed from participation at that time.
- A youth athlete who has been removed from participation during a practice or game based upon a suspected concussion or head injury may not participate in practice or game-play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and received written clearance to return to participation from the health care provider.
- All players wearing glasses are strongly encouraged to wear an eyeglass headband to hold their glasses on.
- Knee pads are optional safety equipment.
- Athletic supporters or briefs are recommended for boys. No boxer style shorts/underwear will be worn that shows outside the uniform.
- All coaches must carry the player contracts with them at all times as there is a medical treatment authorization section that is necessary to have before a doctor can or will treat a severely injured player.
- All jewelry, necklaces, earrings, watches, etc. must be removed prior to practicing or playing a game. No bobby pins, barrettes, etc. in girl's hair.

**XI. DIVISION CHAMPIONSHIP**

- Teams finishing the season schedule with the best win and loss record will be known as the division champions. Ties for first place may be determined by designating the winner of the season-scheduled game between the tied teams, or tie breaker by point differential versus common opponents.

**XII. POST SEASON PLAY-OFFS**

- All teams in each division may be eligible to participate in the PYC post-season playoffs.
- The playoff format shall be pool play (Boys 1<sup>st</sup> Grade) and/or bracket play (All other divisions) depending on number of teams per division. Pools and seeding will be determined by league standings. Playoff structure TBD by PYC Staff.

- Playoff Tie breaker system: 1) Head to Head Play - The team that wins the head to head competition between the two teams will move on. 2) Point System – A point differential system (using all Pool Play games) will be used if three or more teams are tied. Teams will receive a maximum + or - 13 points. The team with the most positive points will be 1st place then 2nd place, etc. This will only be calculated for common opponents. If two teams are still tied, they would revert to the first tie breaker system. 3) Coin Toss

### **XIII. AWARDS**

- League awards shall be as follows:
- Trophies awarded to post-season champions
- All 1<sup>st</sup> and 2<sup>nd</sup> graders will receive a medal or trophy for participating.

### **XIV. GAME OFFICIALS**

- PYC contracts for the services of game officials and provides training for these officials. No official shall be under the age of 18, unless approved by the Page Youth Center Program Staff.
- Game officials shall be responsible to the Page Youth Center Program Staff for rules, conduct, and appearance. All game officials must be dressed in black and white striped official's shirts, black shorts or pants.
- Boys 1<sup>st</sup> Grade Division will have 1 referee during the regular season and 2 during playoffs. All other divisions shall be officiated by two referees per game. When, due to circumstances, only one referee is available, the Program Staff may permit the game to be played with only one official.

## **LOCAL PLAYING RULES**

### **1. RULE BOOK**

- PYC Basketball shall be played in accordance with the National Federation of State High School Association's RULES for Basketball except as hereinafter provided in the PYC Basketball Rules, as approved by the PYC Board of Directors, with the modifications and local rules as stated herein.

### **2. GAME LENGTH**

- 1<sup>st</sup> - 4<sup>th</sup> grade divisions will be 4 quarters of 9 minutes running clock. Clock will only stop at time outs and a "stop" clock will be used the last 2 minutes of the 4<sup>th</sup> quarter if the difference in the game score is 10 points or less.
- 5<sup>th</sup> – 8<sup>th</sup> grade divisions will be 4 quarters of 7-minute stop clock.

### **3. BASKETBALL SIZES**

27.5 - All 1<sup>st</sup> - 2<sup>nd</sup> Grade Divisions  
 28.5 - Girls 3<sup>rd</sup> - 8<sup>th</sup> and Boys 3<sup>rd</sup> - 5<sup>th</sup> Grade Divisions  
 29.5 (Official) - Boys 6<sup>th</sup> - 8<sup>th</sup> Grade Divisions

### **4. HALF TIME**

- Half time will be four minutes long. The first and third quarter breaks will be one-minute long. If games are running behind, half time and quarter breaks may be reduced.

## 5. TIME OUTS

- Each team is allowed a maximum of three full time-outs in regulation time.

## 6. OVERTIME

- In the case of a tie after regulation time, there will be one overtime period of two minutes in length. **All Divisions of overtime play will be stop clock**. Each team will get ONE time-out.
- If the score is still tied, the second period will be played as **SUDDEN VICTORY**. **The first team to score, wins. No time outs are allowed in Sudden Death. All Overtime Periods will start with a Jump Ball.**

## 7. NUMBER OF ELIGIBLE PLAYERS

- A team can start with 4 players. The game will count as an official game.
- If by 10 minutes after game time, four players have not arrived for any single team, the game will be declared a forfeit.

## 8. DRESS CODE FOR PARTICIPATING IN GAMES

- All players must wear the jersey issued by the league. **Players may wear T-shirts under their jerseys providing the color of the T-shirts is either black or white. Preferably, white for home and black for visitor.**
- Players must wear black shorts. No sweats are allowed as part of the official playing uniform.

## 9. HOME TEAM AND VISITING TEAM

- The home team will sit under the home side of the scoreboard and the visiting team will sit under the visitor side of the scoreboard. At the beginning of each game, teams will warm up at the opposite basket.

## 10. HEAD & ASSISTANT COACHES

- Only one coach (either the Head Coach or Assistant) is permitted to stand while coaching games (of course, both coaches can sit while coaching during games).
- The other coach is required to stay seated on the bench while play is in progress.
- The ONLY exceptions are:
- Boys and Girls 1<sup>st</sup>/2<sup>nd</sup> Grade Divisions where one coach is allowed to stand baseline behind the designated area on the opposite side of their bench the entire game. **All coaches are required to stay in the designated coaching box (red line to red line).**

## 11. SCOREKEEPING AND TIMERS

- EACH team must provide a Volunteer Scorekeeper to keep the scorebook or the time clock at the table. In some cases, community service scorekeepers provided by the Page Center will be available. Only the PYC scorebooks are considered "official." Scorekeepers are officials of the game and consequently, must act accordingly. The scorebook, not the scoreboard, is final. Coaches are responsible for keeping track of their players playing time. Scorekeepers are welcome to keep their own sub sheets to compare with the coaches.
- Boys 1<sup>st</sup> and Girls 1<sup>st</sup>/2<sup>nd</sup> Grade Divisions will not keep score during the regular season, but will keep score during the playoffs.

**12. MUST PLAY RULE**

- Each player, if eligible, must play at least one full, **non-interrupted** quarter in the 1<sup>st</sup> half **and the equivalent of one full quarter in the 2<sup>nd</sup> half**. He/She must enter at the start of the quarter and complete the entire quarter in the first half only. Any player who arrives after the start of the 2<sup>nd</sup> quarter has forfeited their guaranteed playing time. They may or may not play in the game at the coach's discretion ONLY if the rest of the team meets their playing time requirements.
- **Coaches, it is your responsibility to make the substitution. FAILURE TO PLAY ALL TEAM MEMBERS THE PROPER AMOUNT OF TIME MAY RESULT IN FORFEITURE OF THE GAME.** The only exceptions shall be for injury/ ill or a player fouls out of the game. Or if a player is not playing due to behavioral issues or failure to follow team rules. These rules must be set at the start of the season with all parents notified of these team rules. **The coach must notify PYC Staff and officials prior to the game starting why the child is not playing. Failure to do so could result in a technical foul or forfeit.**

**13. DEFENSE**

**IN 1<sup>ST</sup> & 2<sup>ND</sup> GRADE DIVISIONS:**

- No pressing is allowed and all defensive players must have both feet inside the 3-point line area on defense. A player may not leave the designated defensive area to intercept a pass or loose ball. All coaches should design their offense so that every player on the team has an opportunity to take shots and handle the ball.
- To eliminate excessive stalling at the end of games, during the last two minutes of the game and/or in overtime, if the score is within 10 points or less, the defensive team is allowed to cross the 3-point line and play defense up to half court.

**14. FULL COURT PRESS**

- No full court press is allowed in the 1<sup>st</sup>/2<sup>nd</sup> Grade Boys' and Girls' Divisions.
- In every division, on the inbounds, the ball must reach half court within 10 seconds or a violation will be called (since there is no shot clock). When possession of a defensive rebound or defensive steal is secure, the new offensive team cannot be defended and all players on the other team must retreat to a defensive position.
- For 3<sup>rd</sup> and 4<sup>th</sup> Grade Divisions, in an effort to prevent stalling if a team is within 10 points with 2 minutes or less left in the game, full court press is allowed.

**15. THREE SECONDS**

- All divisions will play the three second rule as it pertains to occupying the key.

**16. THREE POINT RULE**

- Only divisions that play on hoops at 10 feet will be awarded for made three point shots.

**17. INJURY**

- If a player is injured such that the referee has to stop play, then the injured player must be taken out of the game for one possession. If the coach calls a timeout and the injured player can recover before the expiration of the time out, then they are allowed back on the court.

- **Any player with a broken bone or other medical conditions that require a hard cast to be worn may not participate until the cast is removed and a note of doctor's clearance is received. Additionally, any player with an injury that requires a soft cast to be worn may participate only if a doctor's note of clearance is received.**

## **18. TECHNICAL RULE CLARIFICATION**

- Receiving two technical fouls in one game is an ejection from the game and the gymnasium. All double technical fouls will be reviewed by advisory board for possible further action. A flagrant technical foul is, in the judgment of the official, a foul that was completely unwarranted, and could result in a double technical and removal from the game and gymnasium. Any official finding it necessary to eject a coach or team shall report the incident to the commissioner after the game. Two ejections during the season for any coach or team representative shall call for an automatic suspension for the balance of the season. If coaching more than one division, you will be suspended from the division you were issued the technical foul in.

## **19. BLOW OUT RULE**

- It is the coach's responsibility to control the game so no team loses by more than 25 points. **USE COMMON SENSE. 'THE EXCUSE I COULDN'T CONTROL MY TEAM FROM FASTBREAKING, SCORING, AND OR PRESSING ETC... WILL NOT BE ACCEPTABLE.** If this occurs a disciplinary action may be taken at the discretion of the PYC Staff.

## **20. PROTESTS**

- A coach may protest the eligibility of a player or the "must play rule" only. No game can be protested using the judgment call of an official as the basis for the protest. All judgment decisions are final. Any rule protested must be submitted **IN WRITING** to the Program Staff within 48 hours of the protested game. Program Staff will make the league ruling.

## **21. ABSENT OR DISCIPLINED PLAYERS**

- The coach must alert the referees AND the opposing coach of any playing time exceptions, **BEFORE THE GAME STARTS.** Make sure that if you discipline a player by not letting him play, you have a very legitimate reason that the PYC Staff can support. **Coaches—this should be a written rule for your team (no practice = no playing time).** This means excessive missed practices, not for one or two.

## **22. GAME SCHEDULE CHANGES**

- No game time or date may be changed without Program Staff approval. **Requests must be submitted in writing at least 2 weeks prior to requested change.**
- Requests are NOT guaranteed. Holiday weekends and soccer tournaments will not be considered a reason for game change. PYC encourages head coaches to first ask another parent/assistant coach on team to step in before submitting their game change request.

**23. HOOP HEIGHT**

- All 1<sup>ST</sup> and 2<sup>ND</sup> Grade Divisions: 8 Feet
- GIRLS 3<sup>RD</sup>/4<sup>TH</sup> Grade Divisions: 8.5 Feet
- BOYS 3<sup>RD</sup> Grade Divisions: 8.5 Feet
- GIRLS 5<sup>TH</sup>-8<sup>TH</sup> Grade Divisions: 10 Feet
- BOYS 4<sup>TH</sup>-8<sup>TH</sup> Grade Divisions: 10 Feet

**24. SUSPENSIONS AND FORFEITURES**

- When a player or coach is ordered out of a game by a referee or Program Staff for misconduct, he or she is suspended for the remainder of the game and may be ineligible to play or coach in the next game.
- Any player, parent, coach or assistant coach hitting, shoving, displaying disruptive behavior or causing verbal abuse to a referee, PYC staff, another player or coach may be suspended or expelled for the remainder of the season. PYC reserves the right to act accordingly based on the conduct displayed.
- A game shall be declared forfeited when a team plays with an ineligible player.

**25. FREE THROWS**

- Distance that free throws are shot from by division (see Rules Matrix)
- Violation if crossing the free throw line on shot by division (see Rules Matrix)

**26. KEY VIOLATION**

- Amount of time allowed to occupy the key on offense (see Rules Matrix)

## **TEAM PARENT MEETING**

(Attachment A)

Schedule meeting for parents and players (at the first practice or in a classroom at the Page Youth Center, if available).

Suggested outline for meeting:

Introduce and give a little background about yourself. Have everyone in room introduce him or herself.

Tell your philosophy of the game and any team rules you have. Invite parents to talk to you or the Board about problems.

Pass out printed material including:

List of players with phone numbers and addresses

Your phone number (home and work)

Practice schedule—locations and times (start and finish)

Game schedule

Write down team rules

Parent Code of Conduct

Discuss practice sites and any car-pooling necessities.

Recruit a team parent to coordinate game snacks or drinks and for phone communications.

Recruit one or two game scorekeepers for your games.

Discuss playoffs after regular season.

**COMMUNICATE!!! COMMUNICATE!!! COMMUNICATE!!!**  
**THIS IS THE KEY TO A SUCCESSFUL SEASON!**