STAMFORD YOUNGTIMERS PHILOSOPHY

The purpose of this League is to provide the opportunity for the greatest number of players to participate in competitive basketball within a positive environment. Coaches, parents, and observers **must serve as positive role models** for our players. The League will not tolerate unsportsmanlike conduct by players, coaches, parents or observers. Such behavior includes, but is not limited to, swearing, fighting, or verbally abusing other players, coaches, or referees.

Any SYTBB Board Member has the authority to immediately remove from the game and/or the gym, any player, coach, parent, or observer who violates the rules of good sportsmanship. Following such removal, the SYTBB Board will determine if the offending party will be allowed to continue their involvement in the league – immediate termination is possible.

Tim Frank
President

RESPONSIBILITIES OF COACHES

Coaches or their assistants are expected to be present at every game. Please notify a board member if a coach is unavailable so that coverage can be provided.

It is your responsibility to fully understand the rules of the game and the rules specific to the League, **particularly the rules regarding playing time**. The Board has written these rules in a manner to make things as easy as possible. **Coaches are ultimately responsible for understanding and implementing the League rules**. If you are having difficulty interpreting the rules, please get clarification from a Board member as soon as possible.

Coaches should make it clear to their players that if a game must be missed, the player must call or email the coach **beforehand**. If a player misses a game without notifying you, please call and talk to the parents so they understand their responsibilities – they need to call you! If a player misses two games without notifying the coach, please notify the Commissioner **prior to** the next game. In this instance, the Commissioner may suspend the player for one game. **This applies to all players – please explain this rule and its importance to your team.**

Uniform Policy - Each player will be given a team shirt. Each player must wear the team shirt (tucked in) and **black shorts** during each game. In addition, jewelry is not permitted, fingernails should be short, and long hair should be tied back. If earrings cannot be taken out, then they must be covered.

If a player quits, or a serious injury occurs, please notify your Commissioner immediately.

Promptness at games is essential. Please have your players arrive 10-15 minutes before game time. We want to start every session on time so it's essential your players arrive at that time.

On game day, please have your player rotations figured out in advance. Remember that each player must play a minimum of one continuous quarter in each half. If you need to talk to your team prior to the start of the game, call them over to the bench with about 1 minute to go.

We appreciate all the time and effort you are putting in on behalf of the kids. Have fun!

SYTBB RULES
STARTERS LEAGUE

Referees will enforce the official rules of the CIAC, including SYTBB modifications outlined below.

SCORING RULES

- The game is played without keeping track of the score.

TIMING RULES

- Each game will consist of four timed quarters. Quarter length will be confirmed by SYTBB Board each week and will not exceed 8 minutes.
- The clock will run continuously except for timeouts and foul shots.
- One minute will be allowed between quarters and three minutes between halves.

TIMEOUTS

- Each team is allowed two (2) timeouts per game.

SUBSTITUTION RULES

- **All players must play a minimum of one continuous quarter in each half** (except in the event of injury or late arrival – refer to specific discussion below)
    - **The number of players on the bench and ready to play at the start of the second quarter will determine the playing time rules for the team** (remember there are 20 playing quarters [5 players x 4 quarters]).
    - **If a team starts the second quarter with 7 players or more, NO PLAYER MAY PLAY OR APPEAR IN ALL FOUR QUARTERS.**

- There will be **no substitutions** allowed (other than for injury) **prior to the fourth quarter**.
- During the fourth quarter, the coach may sub players in and out of the game during dead ball situations so long as they are waved in by the referee.

DEFENSIVE RULES

- **Man to man defense is the ONLY defense allowed in the STARTERS league**.
- No double teaming is permitted at any time
- A zone or zone press is not permitted. A defensive player cannot “camp out” in the lane. No player can have more than one foot in the lane unless their player is in the lane OR they are acting as a "help" defender for a teammate who got beat.
- Defenders may not pick up their “girl” until she has passed the half court line.
- Coaches are required to match up players with similar skill sets to guard one another.

FOUL SHOTS

- Players may stand approximately three feet in front of the foul line when shooting foul shots.