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 practice and 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. To the best of their ability, scorekeepers will monitor the playing time, each quarter, of all players and notify the referee of any rule violations. However, **you 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 practice or game must be missed, the player must call or email the coach **beforehand**. If a player misses a practice or 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 practices or 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 (or travel shorts)** during each game. Any player not wearing her shirt and black shorts (or travel shorts) may be assessed a technical foul at the start of the game. In addition, jewelry is not permitted, fingernails should be short, and long hair should be tied back.

If a player quits, or a serious injury occurs, please notify the league president immediately.

Promptness at games is essential. Please have your players arrive 15-30 minutes before game time. We reserve the right to start games up to 15 minutes early 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. At the conclusion of the game preceding yours, the timer will set the clock for five (5) minutes (subject to change if we're behind or ahead of schedule). 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. When the horn sounds, your players must be checked in and on the floor ready to go.

You are responsible for your equipment. Please ensure that your equipment bag is returned intact at the end of the season.

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

SYTBB RULES
JUNIOR LEAGUE

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

TIMING RULES

- Five minutes will be allotted between games to provide warm-up for the teams. (subject to change if we're behind or ahead of schedule).
- Each game will consist of four eight-minute quarters.
- The clock will run continuously except for timeouts, fouls shot and the last two minutes of the fourth quarter.
- One minute will be allowed between quarters and three minutes between halves.
- During the last two minutes of the fourth quarter, the clock will be stopped on all whistles (EXCEPTION: For the playoffs the clock will also stop during the final 30 seconds for the first three quarters.)
- Additionally, if a team has a 20-point lead or more, the clock will not stop in the last 2 minutes of the game. The clock will only be stopped for foul shots or by the referees or board member.

OVERTIME RULES

- Overtime, if necessary, will consist of a two-minute period with same timing rules as the last two minutes of the fourth quarter.
- Additional overtime periods will be played until a winner is determined
- Any player may play in the overtime period(s) and free substitution is allowed.

TIMEOUTS

- Each team is allowed four (4) timeouts per game but no more than three per half.
- Any timeouts not used in regulation cannot be carried over to Overtime.
- Each team will be allowed one (1) timeout during each overtime period.

BENCH RULES

- During live play, only the Head Coach may stand, the Assistant Coach and players must be seated.
- Only the Head Coach should speak with the referees.
- This is the same standard applied at the FCBL and high school level because it makes in-game communication more streamlined and effective.

SUBSTITUTION RULES

- Players must sign in with the scorer's table prior to the start of each quarter.
- **All players must play a minimum of one continuous quarter in each half** (except in the event of injury, fouling out, 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]).

- A player arriving during the first quarter may not play in that quarter (remember there are no substitutions until the fourth quarter), but must play in the second quarter (remember each player must play one continuous quarter during each half). A player arriving prior to the end of halftime will play a maximum of one quarter in the second half. A player arriving after the start of the third quarter will not play.
- **If a team starts the game with 6 players, then the opposing coach shall designate which 2 players can NOT appear in all 4 quarters. It is the coach of the team which has six players who is responsible to ensure the opposing coach selects these players PRIOR to tipoff. Both coaches should then report the names to the scorekeeper.**
- **If a team starts the second quarter with 7 players or more, <u>NO PLAYER MAY PLAY OR APPEAR IN ALL FOUR QUARTERS.</u>**
- If a player fouls out of the game, she is still deemed to have played her two continuous quarters. Likewise, if a player is injured and unable to complete play in two continuous quarters, she will still be deemed to have played her two continuous quarters. In the event of injury or fouling out, **coaches must substitute players of <u>equal ability</u> to those players exiting the game.**
- **PLEASE NOTE:** When an injury replacement is made, the quarter played is credited to the player who played more minutes in that quarter. For example, if Player A is hurt with 5:15 remaining in the first quarter and is replaced by Player B then Player B is credited with that quarter for purposes of the "must-play" rules.

- There will be **no substitutions** allowed (other than for injury or a fouling-out situation) **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 have notified the scorer's table and are waved in by the referee.
- No substitution may be made, if in doing so, a player will fail to have played a continuous quarter in the second half of the game (except in the event of injury or fouling out).
- At the start of the game, each team must have a minimum of 5 players, or it is a forfeit.
- Scorekeepers will do their best to monitor the playing time, each quarter, of all players and notify the referee of any violations. In the event playing rules are thought to be violated, the losing coach should protest the game by notifying the Commissioner within 48 hours of the conclusion of the game. If the SYTBB Board concludes that violations were indeed committed, the game will either be forfeited or finished from the point of the infraction. The Board will have final say on which solution is used.

DEFENSIVE RULES

- **Man to man defense is the <u>ONLY</u> defense allowed in the JUNIOR League**.

- No double teaming is permitted in the first three quarters but “Help defense” is allowed in the key.
- During the **fourth quarter only**, an offensive player, with the ball, may be double teamed.
- 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.
- Violation of the zone rules will draw one warning from the referees, and thereafter, technical fouls (only if the referee feels the rule is being violated purposely)
- Defenders may not pick up their “girl” until she has passed the half court line.
- Full court defense is permitted in the last **TWO** minutes of the game and overtime periods unless a team is winning by 10 points or more; in that case, full court defense is not permitted.
- Any team winning by 15 points or more may not pick up their “girl” until she has passed the top of the key.
- Coaches are required to match up players with similar skill sets to guard one another.
- Additionally any set offenses or plays designed to ruin the integrity of the game will not be allowed. Coaches will be warned by their league’s commissioner and/or a board member. If the rule is being continuously violated the board will then take action. Examples of such violations are spreading the floor offenses and overloading all offensive players on one side. **Running out of bounds plays where the team clears all players out of the key except one is NOT permitted.**

FOUL SHOTS

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