

## LEXINGTON YOUTH BASKETBALL LEAGUE RULES

1. Teams will consist of 10 - 12 players on a roster.
2. Head Coaches may claim his/her child to play on their team.
3. Each player present must start and finish a least 1 complete quarter. When a player is inserted at the beginning of the quarter, that player must remain in until they complete that entire quarter. There are **NO EXCEPTIONS** unless a player is sick, injured, fouls out or is unable to play because of disciplinary problems. No player can substitute or be substituted for unless they have completed their mandatory playing time, are sick or injured. Substitutions are at the coaches discretion after each player has fulfilled their mandatory playing time. Failure to abide by this rule may result in suspension of the coach from their next ball game.
4. No team who is 10 points ahead may full court press as long as they remain 10 points ahead. 1st Violation of this rule will result in a warning. 2nd Violation of this rule will result in a Technical Foul. Any violation after the 1st warning will result in a Technical Foul
5. Any type of defense may be used in all age groups.
6. **\*\*Over Time\*\*** If a game remains tied after the first 2 minute overtime, then the game will go into "SUDDEN DEATH". This means that the 1<sup>st</sup> team to score, by any means during "SUDDEN DEATH", will be proclaimed the winner.
7. Official High School Basketball rules will be used with exception to our League rules stated above. Head Coaches may stand up and instruct, but Assistant Coaches must remain seated on the bench during games. It will be left to the officials discretion as to how strictly they will enforce Head Coach standing on courtside rule.
8. The entire league shall be under the direction of a supervisor.
9. The supervisor, with just cause, may terminate all activities and lock the facility.
10. The supervisor shall have complete authority over all activities in the facility and the enforcement of all rules and regulations. They will have complete determining authority over any situation that may arise.
11. Basketballs will be provided by the Recreation Commission. Please refrain from bringing basketballs in the gym on Saturdays except for those that the coach takes responsibility for.
12. Each Coach is responsible for keeping their players off of the playing area when they are not participating in a game. Coaches who are removed, ejected from a game or ejected after 3 technical fouls will be suspended from attending and/or coaching their next game.

13. Every effort should be made to start all games on time. Coaches shall have their team's line-up ready for the official scorekeeper at least 10 minutes before game time.

14. Boys (8 - 10 age group) and girls ( all age groups) will play with a 5 second lane and a 15 second back court.

15. Boys (except for 8 -10 age group) will play with a 3 second lane and a 10 second back court.

16. The length of each quarter will be 10 minutes.

\*All leagues will have a running clock. The clock will only stop for:

A. Officials time out

B. Team time out

(A regulation clock will be used during the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters.)

17. Boys (8 -10 age group) and girls (all age groups) will play with the smaller ball (28.5).

18. The boys & girls (8 -10 age group) will have a 12 foot free throw line. They will not play with the 3 point shot.

19. Coaches can practice their team at least 2 but not more than 3 times per week.

20. All ties in league standings will be decided by head to head match-ups.