

# Rancho Bernardo Youth Basketball League / RBYBL / REC BASKETBALL RULES

## SUBSTITUTION RULES

- Substitutions only at 15:00, 10:00, & 5:00 each half.
- Coaches have your subs ready to run on the court at these times! This is not a time out / game proceeds.
- Open subbing in the last 5 minutes of the game, only if minimum playing time requirement has been met for all players.
- Note: If less than 8 players are present, minimum playing time is more per player, (per below), and some players may need to play at least 5 straight minutes in the 4th to fulfill their minimum time.
- Only Players who have met both minimum playing time, & sitting timemay be openly subbed in & out in the 4th
- Exceptions for minimum playing time rules: injury/illness, player arriving late, foul trouble = 3in 1st half / 4 in 2nd half

## MINIMUM PLAYING TIME REQUIREMENTS

- WHEN **7, 8, 9 PLAYERS PRESENT**, EACH PLAYER MUST PLAY **FOUR** 5-minute segments (20 minutes total)
- WHEN **6 PLAYERS PRESENT**, EACH PLAYER MUST PLAY **FIVE** 5-minute segments (25 minutes total)

**Subbing violations: 1st violation = warning / Further violations = forfeit game**

**MINIMUM SITTING TIME:** Every player must sit for 5 sequential minutes per game (unless only 5 players present)

## QUARTERS / CLOCK 20 Minute Halves - Running Clock except for:

- Clock does not stop for shooting fouls, line up quickly
- Clock stops *briefly* at 15:00, 10:00, & 5:00 minutes for substitutions / **NOT A TIME OUT!** / Sub Quickly
- **Last 2 minutes of each half, clock stops on all whistles. HALF TIME = 2 MINUTES - SET CLOCK TO RUN TIME DOWN**
- Overtimes are 2 minutes, stop clock in last 30 seconds. **3rd overtime is 'sudden death'**
- Time-outs = 2 per half. No carry-over. 1 time out per overtime period. Time outs from 2nd half period do not carry over

## GENERAL INFORMATION

- Rim height will be at 10' for all divisions (i.e., lowered goals will NOT be used for the 3/4 division this year).
- Youth siz ball will be used for 3/4 Divisions (28.5")
- Regulation size ball will be used for 5/6 & 7/8 Divisions (29.5" - Size 7)

## SPECIAL RULES FOR 3-4 DIVISION

- Man or Zone defense allowed, with certain limitations (see below)
- No defense until ball is brought past half court (no full court pressing). **Pressing is allowed in the last 2 minutes of each half only.**
- No double teaming outside the 3 point line (except during allowed pressing times)
- No pressing by any team with a 10 point lead
- **5 Seconds In the Key is Allowed.**

## SPECIAL RULES FOR 5-6 DIVISION

- Pressing allowed any time except by a team having a 15 point lead

## SPECIAL RULES FOR 7-8 DIVISION

- Pressing is allowed any time except by a team having a 15 Point lead

## GENERAL REMINDERS

- Bonus (1 plus 1) on 7th Team Foul / Double Bonus on 10th Team Foul
- Play the release on free throws
- Game is legal with 4 players
- Code of Sportsmanship: Press or no press? - Try to keep margin less than 20 - Try not to blow teams out

## GAME ELIGIBILITY

◆ A game is considered legal with 4 players or more. The other team is NOT required to play with 4 players. In an eligible game, once a player fouls out, no re-entry can be made - regardless of how many players are left on the court. In that case, however, the game is not considered to be a forfeit and will be played until conclusion.

◆ If a team has less than four players at the start, it is considered a forfeit. A scrimmage can still be conducted utilizing 'pick-up' players from within RBYBL only (must be covered by our insurance / have signed releases on file), but the game does not count. The referees will still referee the game in good faith, for the safety of the players and since they are still paid for the time.