



SCYB GIRLS ROOKIE LEAGUE RULES

In general, Referees will defer to KHSAA and NFHS (High School) rules & Regulations for all SCYB games with the following exceptions explained below:

SECTION 1. General Time and Player Rules

Games will consist of four quarters, with each quarter being **10 minutes**. It is a running clock the entire game and all violations will be called. *No grace periods given. (clock will only stop for timeouts)

- a. There will be 1-minute intervals in between quarters and a 5-minute halftime.
 - i. Referees and/or SCYB members running the clock/book, reserve the right to shorten the halftime interval based on game schedules throughout the day.
- b. Overtime periods consist of 3-minutes.
- c. Teams may be called for delay of game for not hurrying on substitutions, dead balls, and free throws. The first violation will result in a warning. Any subsequent violations will result in one technical foul shot and possession of the ball.
2. Each team will have 3 full timeouts and 2-30 second timeouts. Each team is awarded 1 extra timeout in overtime, only if they have used all previous timeouts.
3. All players must play two full quarters in the game and play no more than 3 quarters per game. The only exception is a team playing with 6 or less players before the 2nd quarter begins. In this case, each player must play at least 3 quarters.
 - a. Due to the nature of equal playing time and no substitutions: It is encouraged that coaches take a timeout and coach kids to pass the ball should one team be significantly outscoring the other team during a period. **(If the game Score Differential becomes more than 20 points, the Scorer may set the score to 0-0 on the scoreboard for remainder of game and score will only be kept in the book)**
4. Teams must have five players to begin a game. A 5-minute grace period will be given. If four players are present, teams must play a 4 on 4 game, with the team with more players receiving a forfeit win.
5. Teams must always have five players in a game unless players are not available due to injury or disqualification.
6. The Home Team as designated by the online website Schedule will wear the Light or (brighter) color side of jersey. Away Team will wear the Darker Color Side. See *(Figure 2) for Bench location and Proper Warm up goal.
7. A team may only have ONE coach Standing on the floor, and may stand either within the coaches' box, or if they wish they can coach from within the backcourt moving up and down court with play of game. (the coach will act the same as a referee and move for opposing team players and

loose balls and play will continue live even if coach contacts player or ball) ALL other coaches must remain seated during game play. (A team may have no more than 3 total coaches)

SECTION 2. Offense and Defense Rules

1. Three (3) pointers will not be counted.
2. Foul shots will be made from the 2nd lane marker *(figure 1) No violation called on the shooter, if he/she jumps over the line, however; violations can be called if shooter then advances to the ball before it touches the rim. Free throws are played on the Release when the ball leaves the shooters hand.
3. **DEFENSIVE COACHING:**
 - a. Defense must play Man to MAN. (No ZONE Defense is allowed!) Each player will wear a wristband the same color as the player they are defending against on the opposite team. If coaches disagree on matchups, they may instruct their player(s) to defend someone wearing a different color but accept the risk of committing a double team violation.
 - b. Players should not be double teamed at any time anywhere on the floor. (The only exclusion will be within the paint but not the 3 second lane). Help defense in this league should be limited to only under the basket and no player should be in the restricted area unless actively guarding another player. On the third violation the player who was double teamed will shoot one technical foul free throw and their team will retain possession. Each subsequent violation will result in the same penalty. *The Double team Technical Fouls count will Reset 0 at the start of the 2nd half.
 - c.
 - d. Isolation and clear out plays are not allowed. Each player should be encouraged to participate in every play. If a referee determines this is happening, the ball will be turned over to the other team.
 - e. No backcourt defense is allowed throughout the game. Team clearly losing possession of ball must drop back on defense and may not challenge offense until offense crosses the halfcourt line. The defense must remain past the first line after halfcourt AKA “volleyball Line” (figure. 2) and may not defend a player until he/she crosses the halfcourt line completely (body and basketball). The first two violations of back court defense will result in a warning and the offense taking the ball out of bounds. Any subsequent violation will result in the offense shooting one free throw and retaining possession. *The Backcourt Technical Fouls count will Reset to 0 at the start of the 2nd half.
 - f. Should a team struggle so significantly to get the ball across halfcourt, referees reserve the right to use discretion and pull the defender back.
 - g. Out of bounds plays being passed from front court to back court CAN NOT be contested by the defense even if the ball had previously advanced over the center court.
4. **Traveling and Double Dribbling.** Excessive traveling or Double dribbling will be called imediately.
 - a. Excessive Traveling is moving with ball more than 4 steps without a dribble start.
 - b. Excessive double dribbling is 3 or more attempts at restarting a dribble without passing.

Referees reserve the right to use discretion when calling these infractions. Our goal is to make the season fun while also assisting with player development. These infractions will be called more often as we progress through the season, but they may also be ignored in cases where the infraction does not give an advantage to the offense, or a referee determines the player is less skilled. The goal is to call all infractions by the tournament.

5. When a Team leads by 15 or more points that team must make two passes in the front court before attempting to shoot the ball. If a shot is attempted before two passes are made, it is a dead ball and the losing team will take over possession. If the ball goes out of bounds after the two passes have been completed and that team retains possession, they do not have to make any more passes before a shot attempt. Both passes must be made in the frontcourt (which is once the player passes halfcourt). A pass from the backcourt to the frontcourt does not count. A handoff does not count as a pass.
6. After the first and second quarters, the players playing in each quarter will get to attempt 1 free throw each to be added to the total score.
7. Initial possession will be determined by a coin toss. Possession will alternate after that.

SECTION 3. Conduct & Discipline Rules

1. Head coaches are responsible for the conduct of all personnel on their bench, including assistant coaches.
2. A team may only have one coach standing at any given time. The first offence will result in a warning from the referee(s). Any subsequent violations will result in a technical foul and possession of the ball for the opposite team.
3. Any player that receives 2 technical fouls in one game will be ejected from the game. The SCYB board will determine any further action. SCYB Board reserves the right to use judgement in cases of fighting or behavior problems.
4. A coach who receives two technical fouls and/or is ejected from the game will automatically be required to serve an immediate one game suspension not to include the game from which they were ejected. A coach ejected from two games will not be allowed to coach the remainder of the year. Coaches may appeal these suspensions to the executive board of directors.
5. Parents and spectators are to refrain from yelling and taunting the players, coaches, referees, and other spectators. Under NO circumstances should a parent or spectator EVER approach a referee or opposing coach prior to, during, or after the game with a complaint.

SECTION 4. Clock/Book Rules

1. One member from a home team and one member from an away team is responsible for keeping the clock and the book for a game other than their own. This is typically the head coaches or assistant coaches from another team. The example schedule is as follows:

	Saturday @ (southern)					
	8:30AM	9:40AM	10:50AM	12:00PM	1:10PM	
Game Time	A	B	C	D	E	
Clock/Book	B	A	D	C	League Cord.	

EXAMPLE: Play Game time A keep Clock book for A time

2. The only people allowed at the clock/book table are the Home and Away team personnel responsible for keeping the clock/book and any SCYB board member.
 - a. Family members, players, and children etc. are not allowed at the table. Exceptions can be made upon request to a SCYB board member.
3. If a HEAD COACH has a discrepancy with the clock/book or personnel responsible, it is OK to question the accuracy, if it is done in a respectful and appropriate manner. Assistant coaches are not allowed to question or approach the table.

SECTION 5. Equipment

1. The goal will be set at 8'.
- the Rookie GAME Ball size will be 25.5" (size 4). The Jr.NBA recommends this size for youth age 5-8. And we know this size is difficult to find. Search for this size ball from these brands :
 - KUYOTQ
 - MIKASA-BX1006 -(outdoor)
 - Wison NBA DVR -(outdoor)
 - Kuangmi
 - Reboil Phase

We will be using the KUYOTQ brand for games this year.

FYI: the next Ball size up is 27.5" (size 5) youth which is also a ball we recommend you should train with at home or practice to build strength and shooting form for the next league (bantam).

- a. Practice balls - Each team will be awarded one (1) practice ball for the season, which must be returned at the end of the season. League coordinator(s) are responsible for ensuring all team balls are collected.

Changes Log

Date	Change made by:	Details of change
2/8/2024	MJG	Initial issue
12/2/2024	MJG	Update to Reflect Co-Ed league change (RED text is GIRLS league UNIQUE)
2/8/2026	MJG	2026 Rules Revisions 10min clock, 15pt 2 pass, Free throw release Ball size, Coaches Box standing

Figure 1.

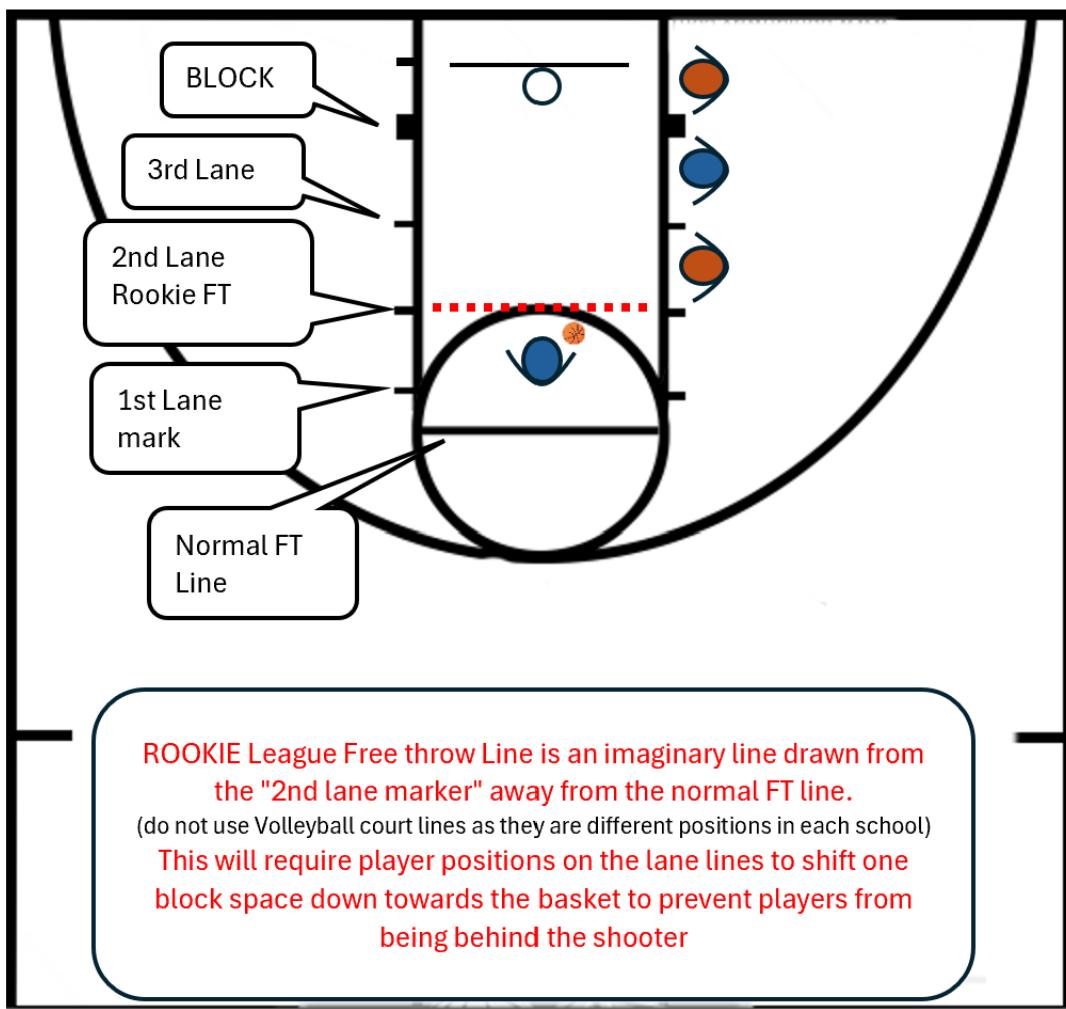


FIGURE 2.

