

**HERMOSA BEACH**  
**YOUTH BASKETBALL LEAGUE**  
**General Rules & Guidelines**

1. **Time for Games and Practice**

- 1.a Each pair of competing teams will have a reserved time slot to be divided between warm-up, practice and game. The warm-up period may be shortened to ensure timely completion of the game.

*Division 1*            75 minute time slot | 20 minute warm-up | 55 minute game  
*Division 2,3*        60 minute time slot | 15 minute warm-up | 45 minute game  
*Division 4,5,6*      75 minute time slot | 30 minute practice | 45 minute game

- 1.b The game will consist of four quarters.

*Division 1*            10 minute quarters  
*Division 2,3*         9 minute quarters  
*Division 4,5,6*       8 minute quarters

- 1.c In **Boys Divisions 1, 2 & 3**, the clock will stop with the whistle during the last two (2) minutes of the game. In **Boys Divisions 4, 5 & 6**, the "running clock" will only stop with a timeout. There will be no overtimes during the regular season games. Five (5) minute overtimes will be played to determine a winner in play-off games.

- 1.d Each team is entitled to two 30-second time outs in each half of the game, Either a coach or player may call the time outs with the referee.

- 1.e A two minute break will be allowed between each quarter and a five minute break at half time, unless the requirements are such that the referee must shorten these to finish the games.

- 1.f It is the responsibility of the coaches and the referee to ensure the games start promptly and end before the designated start time of the next game. **The horn will be sounded manually at the scheduled start time of the next game, and any game still in progress will end immediately.** The time shown on the East wall clock in the gym will govern.

- 1.g All Divisions are entitled to (3) pre-season team practices. In **Boys Divisions 1, 2 & 3**, each team is entitled to one (1) practice per week (in addition to the warm-up before the game) of no more than (60) minutes in length. A team practice is considered to be any meeting where a coach and three or more players from the team are present. Each violation of the practice rule will result in the forfeiture of one game for the computation of season standings and play-off game seeding and/or termination of the coach. In **Boys Divisions 4, 5 & 6**, each team is entitled to the (30) minute pre-game practice and one (1) optional practice for both players and coaches per week of no more than (30) minutes in length. No team practices are to occur at any other times or for any length longer than specified. Any violation of the practice rule will result in termination of the coach.

2. **Basket Height and Ball**

- 2.a Basket heights will be set as following:

*Division 1,2,3A*        10'-0"  
*Division 3B*            9'-0"  
*Division 4,5*            8'-6"  
*Division 6*             8'-0"

- 2.b Ball sizes to be used are as follows:

<i>Division 1,2,3A</i>	<i>Regular Men</i>	<i>29.5"</i>
<i>Division 3B</i>	<i>Regular Women</i>	<i>28.5"</i>
<i>Division 4,5,6</i>	<i>Youth</i>	<i>27.5"</i>

3. **Players, Coaches and Referees**

- 3.a Each player must be played at least the equivalent of two full quarters. Coaches will be given the discretion of playing their players in half quarter or lesser increments (i.e. the coach can play a player for four half-quarters or for one whole and two half-quarters).
- 3.b The minimum playing time rule assumes that players follow coaching instructions and attend practices in a timely and responsible manner. A player who ignores coaching instructions or fails to attend games and/or practices regularly may be allowed to play less than the allotted time as a disciplinary action. A coach who thinks disciplinary action against a player is justified must obtain advance approval of both the Divisional and overall Boys Commissioner and notify the parents and referees prior to the start of the game.
- 3.c Substitutions will be allowed during momentary breaks in the action such as when the ball goes out of bounds, a foul is called, or at a time out. However, substitute players must check into the game at the scorer's table and wait for the referee to signal them to enter the game. If a player goes down he must be replaced.
- 3.d A team must have at least 4 players to begin a game and a minimum of 3 to finish a game. Teams with 3 or fewer players at game time, or teams that drop below 3 players at any time during the game, must forfeit.
- 3.e The maximum amount of points that can be scored by any one player is listed below. A player who has reached the maximum allowed points can remain in the game but is not allowed to score, if he does the points do not count and a turn over occurs.

<i>Division 1</i>	<i>Unlimited</i>
<i>Division 2</i>	<i>24 points</i>
<i>Division 3</i>	<i>20 points</i>
<i>Division 4,5,6</i>	<i>16 points</i>

- 3.f Coaches are to coach from their bench area, **except in Boys Division 5 & 6.**

*Division 5 – Coaches allowed on perimeter of court.*  
*Division 6 – Coaches allowed on court.*

- 3.g Paid referees will be present for each game.

4. **Game Rules**

4.a **(20) Point Rule**

**Once the 20 point lead is achieved that team will win the game, the clock will continue to run, but the scoring won't be recorded on the scoreboard or in the scorebook.**

***A losing team must attempt to reduce the Point Margin. Based on the discretion of the referee, a team that fails to try and reduce the Point Margin will be awarded a loss.***

- 4.b Teams must play one on one defense in the first half. They can play one on one or zone defense in the second half only.

- 4.c In **Boys Division 1**, Full-court defense (behind the mid-court line) is permitted. Teams with a 10 or more game point lead may not press, but the losing team may press for the entire game.
- In **Boys Divisions 2**, Full-court defense is not allowed except during the second half of the game and during overtime periods, if any. Teams with a 10 or more game point lead may not press.
- In **Boys Divisions 3**, Full-court defense is not allowed except during the last two minutes of the fourth quarter of the game and during overtime periods, if any. Teams with a 10 or more game point lead may not press.
- In **Boys Divisions 4, 5, & 6**, they can play "red line" defense only.
- 4.d The team with the ball in the back-court will have 10 seconds to advance it past the mid-court line. Failure to do so will result in a turnover.
- "10 second" violations will not be called in **Boys Divisions 4, 5, & 6**. However, During the last two (2) minutes of the game, **Divisions 4, 5, & 6** will have 10 seconds to advance the ball past the "red line". Failure to do so will result in a turnover.
- 4.e A jump ball will be called at center court at the beginning of the first quarter only. After that, possession will alternate between teams when a jump ball is called by the referee.
- 4.f Referees have been instructed to be especially vigilant about discouraging physically rough play. A player who commits five fouls will be removed from the game **except in Boys Divisions 4, 5, & 6**, where fouls are not counted. If the players removal would result in a team having only (4) players, the coach has the option to continue with a "fouled out" player under the following conditions: (1) If a foul is committed after a player has fouled out, two points will be added to the opposing team's score, (2) the award of two foul shots to the fouled player, and (3) the return of the ball to the fouled team after the second foul shot. Fouls will be called for the following violations, and they will be recorded against the individual player (4) only if he has no other players to substitute:
1. Charging and making contact with a stationary defender.
  2. Bumping or pushing a player who has possession of the ball.
  3. Hitting or touching the hands or arms, or holding on to a player dribbling, shooting, or otherwise in possession of the ball.
- 4.g "Over and back" violations will not be called in **Boys Divisions 4, 5, & 6**. However, a team that brings the ball back past the "red line" may be pursued by the defending team.
- 4.h Lane Violations: In **Boys Divisions 1 2 & 3**, players on offense will be called for a lane violation if they remain in the lane area for more than 3 seconds. In **Boys Divisions 4, 5, & 6**, no lane violations are called.
- 4.i Dribbling: Players will be called for double dribbling if they stop with the ball and then resume dribbling. In **Boys Divisions 4, 5, & 6**, players will be instructed on proper dribbling. No dribbling violations are called.
- 4.j Traveling: Players will be called for traveling if they complete a second step (their second foot makes contact with the floor) without dribbling. In **Boys Divisions 4, 5, & 6**, players will be instructed about traveling. No traveling violations are called. (except Boys Division 4 will be at the referee's discretion).

4.k Free Throws:

1. Two free throws will be given to a player who is fouled in the act of shooting.
2. A bonus situation will go into effect (one and one) after a team commits six fouls in either half.
3. Players will shoot free throws from behind the black line in **Boys Divisions 1, 2 & 3**. In **Boys Divisions 4, 5 & 6** players will shoot based on the discretion of the referee.

4.l The scorebook should be deposited in gym storage room at the end of each block of divisional games.