

The mission of all our programs is to strengthen the individual, the family, and the community through participation in youth sports. Each program is centered around sportsmanship and emphasizes fun and the importance of fair play.

Our goal is to offer an amateur sports program, through a volunteer base, for all participants to grow in physical, mental, and moral development through recreational competition and to promote excellent citizenship, sportsmanship, and teamwork, exemplified by our coaches and parents.

## THE GAME

- I. It is the object of the game for one team to put the ball into the opponent's hoop. The game is won by the team which accumulates the most points.
- II. The referee(s) has the authority to rule promptly and in the spirit of good sportsmanship in any situation not specifically covered in the rules. The referee's decisions are final in all matters pertaining to the game.
- III. The NYS staff and officials shall assume authority for the contest, including penalizing unsportsmanlike acts while teams are present at the game site including parking lots.
- IV. The referee's decision is final.
- V. Protests of NYS soccer rules are not recognized.
- VI. No dogs allowed at NYS game sites.
- VII. NO TOBACCO, VAPE, ALCOHOL OR DRUGS ALLOWED AT ANY NYS EVENTS

## GAME LENGTH AND STOPPAGES

- I. Each game will consist of four (4) 10-minute quarters.
- II. Intermission between quarters is one minute, with a 3-minute half time.
- III. Each team is allowed two 30-second timeouts per half.
- IV. The game clock will run continuously until the final 2 minutes of the game, when the clock will stop on every whistle.

## THE COURT

- I. The court will be played Full – Court or Cross Court.
- II. The Length of the court is 84'.
- III. The width of the court is 50'
- IV. The Free – throw line is 15' from the hoop.
- V. The Free-throw lane is 12' wide
- VI. The 3-point arc is 19'9" from the middle of the free throw lane.
- VII. The basket is 10"

## TEAM, PLAYERS & EQUIPMENT

- I. The sporting age of a player is their age ON August 1<sup>st</sup>, 2023.
- II. The roster maximum is 12 players unless approved by the Head Coach and League Coordinator.
- III. The game will be played 5 vs 5.
  - a. Teams that do not field 5 players at game time will forfeit. The game will be modified to even teams and still played.
- IV. All players must be registered with NYS and listed on the roster to play. Playing with ineligible players will result in a forfeit of the game even after the fact.
- V. Players must wear approved NYS uniforms. Custom Uniforms should be approved by the NYS office and have the NYS logo present.
- VI. Each player must 10 minutes per half.

- VII. Open substitutions are allowed on any dead ball. Officials must acknowledge the substitution before players can enter the game.
  - a. Please have players report/kneel at the score table ready to check in. Players won't be allowed to enter the game if they are not at the score table. Coaches cannot call substitutes in; they must wait to be directed by the referee or score table.
- VIII. No player may play the entire game unless the team only has 5 players.
- IX. **In age divisions where playoffs are present, teams with custom uniforms must register through National Sports ID(NSID). This is in addition to any other league fees.**
- X. The Head Coach has the authority to limit game playing time of any player on their team who continually misses practice without a valid excuse, or if the player has caused disciplinary problems during a prior practice or game.
- XI. Players may play up one age division if they are within one year of the bottom of that age division.
- XII. **ONLY TWO** coaches are allowed on the sideline/bench during the game.
  - a. Only one coach may stand at a time.
- XIII. Players who are not playing must be seated on their team's bench and cheering positively for their team
- XIV. No hats or, jewelry allowed
- XV. Basketball size for this age division is a regulation size basketball

## GAMEPLAY

- I. Each game will start with a jump-ball.
- II. Possession will alternate after each quarter, jump-ball, or double foul.
- III. There will be regulation scoring. Three pointers will be marked on the court.
- IV. After each basket, the opposing team will inbound the ball from their end line.
- V. After inbounding the ball, the offense has a 10-second time limit to get the ball across half court.
- VI. Stalling is not allowed.
- VII. After inbounding the ball, the offense has a 10-second time limit to get the ball across half court.
- VIII. Stalling is not allowed.
- IX. Defense can be man-to-man or zone.
- X. Double teaming is allowed.
- XI. Pressing defense/backcourt defense is allowed unless the team pressing is ahead by 20 or more points.
- XII. Clear outs are not allowed.
- XIII. Teams are not allowed to create offensive plays that create an intentional one-on-one situation.
- XIV. Three second lane violations will be called.
- XV. Players will foul out on their fifth foul.
- XVI. Speedball Rules are in effect. Speedball is suspended in the final two minutes of the game. Free-throws are only shot in the final two minutes of the game.
  - a. **Common Fouls**
    - i. On all common fouls, the offended team will be awarded the ball out of bounds at the nearest spot where the foul occurred
    - ii. On the SEVENTH team foul of the quarter (Bonus), one (1) point will be awarded for every common foul and the fouled team will retain possession. (Exception offensive fouls)
    - iii. On the TENTH team foul of the quarter (Double Bonus) two points will be awarded for every common foul with the fouled team retaining possession.
  - b. **Shooting Fouls**
    - i. If the shot is missed his/her team is automatically awarded one (1) point and retain possession of the ball out-of-bounds at the point nearest to the infraction.

## 14 U Basketball Rules

- ii. If the shot is made, the basket will count plus ne additional point will be added. The opposing team will receive the ball out of bound under the basket
- c. Intentional, Technical or Flagrant Fouls
  - i. If an intentional, technical or flagrant foul is called, two(2) points will be awarded to the offended team plus the offended team will receive the ball out of bounds
  - ii. Any coach who receives a technical foul will be removed from the game. The game will not resume until the coach has left the gymnasium. Additionally, that coach will be automatically suspended for next week's game.
  - iii. Any coach who receives a second technical foul faces removal from the league.