

# LINCOLN YOUTH BASKETBALL

## 2021-2022 General League Rules

Updated: 12/20/21

- C.I.F. High School rules will apply unless otherwise noted.
- Eligibility will be determined by grade as of September 1, 2021.
- No player(s) may be added or removed from team rosters without the consent of the league administrators.
- **Coaches** will be responsible for their player's and parent's behavior. Should behavior become unmanageable, the referee or league official will ask the spectators, coaches or players to leave the gym and the team will be assessed a technical foul. Additional penalties may be applied by the league.
- Warm-Up time before games will be 5-15 minutes depending on the amount of time until the official start time.
- Halftime will be 2.5 minutes.
- Time between quarters will be 1 minute.
- All teams will be given 2, 30 second timeouts per half. Timeouts do not carry over into the second half or overtime. 1 timeout during overtime.
- In the event of a technical foul, the opposing team will be awarded 2 points and possession of the ball. Two technical fouls to the same person will result in an ejection from the game, that player, coach or parent must leave the gym and will be suspended from future practices and games at the league's discretion after review.
- Overtime will consist of a 2 minute stop clock period. If a tie still exists the game will be scored a tie.
- Substitution strategies are at the discretion of the coaches. However, all players on the roster and in attendance at the game must receive a minimum amount of playing time. (See handbook for breakdown)
- Forfeit Rule: Games will be ruled a forfeit 10 minutes after the scheduled start time if a team has less than 4 players. A team may start with 4, but cannot continue if they drop lower than 4 players. If a forfeit occurs, it is in the best interests of everyone to do what is necessary to even the teams and play a scrimmage. Coaches may also use half the court and practice with their teams.
- Possession Arrow / Jump-Balls: The possession arrow alternates on jump-balls and quarter changes. The team that loses possession of the opening tip will be awarded the first "Jump-Ball". If no jump-ball occurs, that team will then receive the possession at the start of the second quarter.
- Players may enter the key on free-throws on the release of the shooter. Lane violations will result in an additional free-throw attempt.
- For more details on Rules or League Policies & Procedures please see the League handbook or contact us.



**DIVISION RULES ON REVERSE SIDE**

# LINCOLN YOUTH BASKETBALL

## 2021-2022 Division Rules: 3rd & 4th Boys

Updated: 12/20/21

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|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Game Length:</b>     | Games will consist of 4, twelve-minute quarters<br>1 minute between each quarter<br>2:30 halftime                                                                                                                                                                                                                                                                            |
| <b>Clock:</b>           | Running Clock. Stop clock last 2 minutes of 4 <sup>th</sup> quarter if game is within 15 points                                                                                                                                                                                                                                                                              |
| <b>Timeouts:</b>        | 2, 30 second timeouts per half, timeouts do not carry over<br>1 timeout per overtime                                                                                                                                                                                                                                                                                         |
| <b>Rim Height:</b>      | 10 Feet                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Ball Size:</b>       | Intermediate (28.5")                                                                                                                                                                                                                                                                                                                                                         |
| <b>Free-Throw Line:</b> | 12 Feet (From backboard to free-throw line. 3 feet in front of regulation line)                                                                                                                                                                                                                                                                                              |
| <b>Defense:</b>         | Man-to-Man<br>Zone only allowed in the 2nd half                                                                                                                                                                                                                                                                                                                              |
| <b>Press:</b>           | No Press<br>No half-court trapping                                                                                                                                                                                                                                                                                                                                           |
| <b>Fouls:</b>           | Personal & Team Fouls will be kept.<br>Players are allowed 5 Personal Fouls. On the 5 <sup>th</sup> Personal Foul the player will leave the game.<br>On the 7 <sup>th</sup> Team Foul of each half, the opposing team will be awarded a one-and-one bonus. On the 10 <sup>th</sup> Team Foul of each half, the opposing team will be awarded a double bonus (2 Free-Throws). |
| <b>Playing Time:</b>    | Equal – minimum (see handbook ) through 3 quarters. (General Rules of Play – B – 4b)                                                                                                                                                                                                                                                                                         |
| <b>3pt Shot:</b>        | No                                                                                                                                                                                                                                                                                                                                                                           |

### **GENERAL LEAGUE RULES ON REVERSE SIDE**



# LINCOLN YOUTH BASKETBALL

## 2021-2022 Division Rules: 3rd & 4th Girls

Updated: 12/20/21

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| <b>Game Length:</b>     | Games will consist of 4, twelve-minute quarters<br>1 minute between each quarter<br>3 minute halftime                                                                                                                                                                                                                                                                        |
| <b>Clock:</b>           | Running Clock. Stop clock last 2 minutes of 4 <sup>th</sup> quarter if game is within 15 points                                                                                                                                                                                                                                                                              |
| <b>Timeouts:</b>        | 2, 30 second timeouts per half, timeouts do not carry over<br>1 timeout per overtime                                                                                                                                                                                                                                                                                         |
| <b>Rim Height:</b>      | 10 Feet                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Ball Size:</b>       | 28.5"                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Free-Throw Line:</b> | 12 Feet (From backboard to free-throw line. 3 feet in front of regulation line)                                                                                                                                                                                                                                                                                              |
| <b>Defense:</b>         | Man-to-Man<br>Zone only allowed in the 2nd half                                                                                                                                                                                                                                                                                                                              |
| <b>Press:</b>           | No Press<br>No half-court trapping                                                                                                                                                                                                                                                                                                                                           |
| <b>Fouls:</b>           | Personal & Team Fouls will be kept.<br>Players are allowed 5 Personal Fouls. On the 5 <sup>th</sup> Personal Foul the player will leave the game.<br>On the 7 <sup>th</sup> Team Foul of each half, the opposing team will be awarded a one-and-one bonus. On the 10 <sup>th</sup> Team Foul of each half, the opposing team will be awarded a double bonus (2 Free-Throws). |
| <b>Playing Time:</b>    | Equal – minimum (see handbook ) through 3 quarters. (General Rules of Play – B – 4b)                                                                                                                                                                                                                                                                                         |
| <b>3pt Shot:</b>        | No                                                                                                                                                                                                                                                                                                                                                                           |

### **GENERAL LEAGUE RULES ON REVERSE SIDE**



# LINCOLN YOUTH BASKETBALL

## 2021-2022 Division Rules: 5th & 6th Boys

Updated: 12/20/20

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| <b>Game Length:</b>     | Games will consist of 4, twelve-minute quarters<br>1 minute between each quarter<br>2:30 halftime                                                                                                                                                                                                                                                                            |
| <b>Clock:</b>           | Running Clock. Stop clock last 2 minutes of 4 <sup>th</sup> quarter if game is within 15 points                                                                                                                                                                                                                                                                              |
| <b>Timeouts:</b>        | 2, 30 second timeouts per half, timeouts do not carry over<br>1 timeout per overtime                                                                                                                                                                                                                                                                                         |
| <b>Rim Height:</b>      | 10 Feet                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Ball Size:</b>       | 29.5"                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Free-Throw Line:</b> | 15 Feet (From backboard to free-throw line)                                                                                                                                                                                                                                                                                                                                  |
| <b>Defense:</b>         | Man-to-Man<br>Zone only allowed in the 2nd half                                                                                                                                                                                                                                                                                                                              |
| <b>Press:</b>           | 4th Quarter Only. No press or trapping by a team leading by 15 points or more.                                                                                                                                                                                                                                                                                               |
| <b>Fouls:</b>           | Personal & Team Fouls will be kept.<br>Players are allowed 5 Personal Fouls. On the 5 <sup>th</sup> Personal Foul the player will leave the game.<br>On the 7 <sup>th</sup> Team Foul of each half, the opposing team will be awarded a one-and-one bonus. On the 10 <sup>th</sup> Team Foul of each half, the opposing team will be awarded a double bonus (2 Free-Throws). |
| <b>Playing Time:</b>    | Equal – minimum (see handbook ) through 3 quarters. (General Rules of Play – B – 4b)                                                                                                                                                                                                                                                                                         |
| <b>3pt Shot:</b>        | Yes                                                                                                                                                                                                                                                                                                                                                                          |

### **GENERAL LEAGUE RULES ON REVERSE SIDE**



# LINCOLN YOUTH BASKETBALL

## 2021-2022 Division Rules: 5th & 6th Girls

Updated: 12/20/21

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|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Game Length:</b>     | Games will consist of 4, ten-minute quarters<br>1 minute between each quarter<br>3 minute halftime                                                                                                                                                                                                                                                                           |
| <b>Clock:</b>           | Running Clock. Stop clock last 2 minutes of 4 <sup>th</sup> quarter if game is within 15 points                                                                                                                                                                                                                                                                              |
| <b>Timeouts:</b>        | 2, 30 second timeouts per half, timeouts do not carry over<br>1 timeout per overtime                                                                                                                                                                                                                                                                                         |
| <b>Rim Height:</b>      | 10 Feet                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Ball Size:</b>       | 28.5"                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Free-Throw Line:</b> | 15 Feet (From backboard to free-throw line)                                                                                                                                                                                                                                                                                                                                  |
| <b>Defense:</b>         | Man-to-Man<br>Zone only allowed in the 2nd half                                                                                                                                                                                                                                                                                                                              |
| <b>Press:</b>           | 4th Quarter Only. No press or trapping by a team leading by 15 points or more.                                                                                                                                                                                                                                                                                               |
| <b>Fouls:</b>           | Personal & Team Fouls will be kept.<br>Players are allowed 5 Personal Fouls. On the 5 <sup>th</sup> Personal Foul the player will leave the game.<br>On the 7 <sup>th</sup> Team Foul of each half, the opposing team will be awarded a one-and-one bonus. On the 10 <sup>th</sup> Team Foul of each half, the opposing team will be awarded a double bonus (2 Free-Throws). |
| <b>Playing Time:</b>    | Equal – minimum (see handbook ) through 3 quarters. (General Rules of Play – B – 4b)                                                                                                                                                                                                                                                                                         |
| <b>3pt Shot:</b>        | Yes                                                                                                                                                                                                                                                                                                                                                                          |

### **GENERAL LEAGUE RULES ON REVERSE SIDE**

