



Rules & Regulations for Lampeter Strasburg Youth Basketball Rec League



The Lampeter Strasburg Youth Basketball “LSYB” Coaches Manual and the LSYB Code of Conduct must be applied in conjunction with the league rules.

All normal basketball rules will apply with the following exceptions:

- The game shall consist of four (4) eight-minute quarters of running time and a five (5) minute intermission at the half.
- “Alternate possession” will be used in all “jump ball” instances after the initial jump ball to begin the game.
- Overtime – There will be no overtime. Games can end in a tie.
- In order to play in a game, a player must wear a uniform or a T-shirt with a number on it.
- One (1) time-out per half will be allotted to each team. They will be one minute long.
- Fouled when shooting, team will get the ball under their basket. Foul shots will be taken for grades 5 and 6 during the second half ONLY. Clock will stop. (subject to change if games are lasting to long)
- **All players must play equally.** Substitutions will occur at the mid-point of each quarter. The referee/coach/score keeper shall stop the game/clock at 4 minutes for these substitutions via a “Substitution Time Out” which will last one minute. (**Clock can stop but stop the game at an appropriate time. Not in the middle of a shot or fast break away.). The coach shall make every attempt to ensure that all players participate equally. For 3rd and 4th grade, rotate players through all positions, *the same player should not always bring the ball down the court.*
- A 28.5 size basketball will be used.
- There will be no full court pressing or half court traps. All teams are encouraged to teach and play good, fundamental half-court man-to-man defense. NO ZONE defense.
- For grades 3 & 4, man-to-man defense teams should not pick up immediately at the half court line instead allow for a 4-foot clearance for the offense to advance the ball beyond half court. This is **ONLY** for the initial time bringing the ball over half court (This is **NOT** a “safe zone” that players should stop in or be dribbling back to.) This accommodates for the size and strength of the younger players on the court. In general, we discourage forms of defense that intend to take advantage of the developmental stage of players in these grades. Grades 5 and 6 can begin man-to-man defense immediately as the other team passes the half court line.
- Help side defense is permitted and encouraged. However, players cannot camp out in the lane on defense when general man to man principles would not warrant. Further, offense cannot set up a spread offense and expect the defense to be required to guard players far from the basket, especially if

those offensive players do not have the ball. Generally, when the ball is two passes away or on the opposite side of the court, we would expect weak side defenders to be in help position however should be in the vicinity of the man they are guarding.

- Home team will provide a game ball and a score keeper. (Unless someone else volunteers to keep the scoreboard.)
- Teams with 2 coaches, one will coach from the sideline the other will referee. Teams with 3 coaches, one will coach from the sideline, one will referee and the other will coach from the bench.
- Only approved coaches and assistant coaches can sit or be present with the team on the bench, in huddles, etc. during the game.
- Players, coaches, and parents are required to display sportsmanship and consideration for all other players, coaches, and referees at all times. Parents/fans that are not respectful will be asked to leave the building by the referees and coaches. Failure to leave the building will result in the ending of the game. The referee, coach or other league representative at their discretion can call the State or Local Police regarding the conduct of any spectator. The LSYB Board will consider any, and all legal actions that can be taken against a spectator for such behavior.
- If a spectator, referee, player, or coach participate or encourage any physical or verbal altercation inside or outside the premise of the game or practice, that individual will be considered for suspension from Lampeter Strasburg Youth Basketball participation indefinitely. This decision will be at the sole discretion of the LSYB Board.
- If a spectator enters the court or bench area to challenge or question a coach or referee, the team of the spectator will forfeit the game, the coach of the opposing team will receive a technical foul and the spectator will be suspended from all LSYB activities for the remainder of the season.
- Spectators, players, parents, legal guardians, or other individuals associated with a team who post negative or disparaging remarks on public social media sites of any kind about a coach, referee, player or any LSYB volunteer or program will be subject to immediate suspension from all LSYB activities. This decision will be at the sole discretion of the LSYB Board.
- All Coaches and Assistant Coaches must be submitted to the Youth Basketball Board and receive Board approval. All coaches must complete their required clearances to be a volunteer. If a coach or assistant coach volunteer does not have a "clean" background check or is involved in inappropriate or illegal activities that would disqualify them from coaching or volunteering, they must contact the President of the Lampeter Strasburg Youth Basketball league immediately.