

WINFIELD YOUTH BASKETBALL LEAGUE RULES

2003 / 2004

All standard basketball rules apply along with the following Winfield Youth Basketball League rules.

Participation

- each player must sit out three consecutive minutes in one quarter
- no minimum sit out time for either team if one team has five or fewer players at start of game
- on a team with seven or less roster players each player must play two complete quarters ... on a team with eight or more roster players each player must play one quarter start to finish and at least three additional minutes
- minimum play time applies only to those players present at the start of the game
- if a substitution is to be made due to an injury or for five fouls the player substituted must be one who has already set out three minutes (if available) ... *for example: during the last three minutes of a game you have two players on the bench ... your star player and a player of lesser ability ... one of your players on the floor gets hurt or fouls out ... your star player is sitting out his three minutes while your player of lesser ability has already set out three minutes ... the player entering the game must be the player who has already set out three minutes ... the exception to this would be if both players are sitting out their three minutes ... at this point either player can enter the game*

Game Clock

- the clock runs without stopping during the first three quarters except for fouls, injuries, and time outs
- during the last 60 seconds of each of the first three quarters the clock stops on all whistles
- during the fourth quarter the clock stops on all whistles
- quarters are 6 minutes long
- two minutes between quarters
- six minutes for half time

Game Play

- team must have four players to start a game
- start of game can be delayed a maximum of 5 minutes waiting for a fourth or fifth player
- only two coaches allowed per team on bench
- only one coach standing at a time
- three full time outs and two 20 second time outs per game
- coaches can call time outs
- if t-shirts are worn they must be white or same color as jersey
- full court press
- 3rd / 4th and 5th / 6th grade can press only during second and fourth quarters
- 7th / 8th grades can press in all four quarters
- no pressing by any team if ahead by 10 or more points