

## **Foothill Youth Basketball Rule Book**

### **Mission Statement:**

We bring a renewed commitment our founding principles:

- Bettering our community, providing opportunities to serve and give back
- Fostering an environment that supports strong character growth for our kids
- Developing talents and skills that build confidence in sports and life
- Providing the highest level of competition possible
- Commitment to the program for a safe, fun and rewarding experience

### **Coaching Expectations:**

Coaching youth sports is a tremendous responsibility. We at Foothill Youth Basketball hold the coaching position with a great deal of pride. We ask the coach to not only respect the game but to uphold the values and safety of the players that are entrusted to you. First, prior to the season kick-off we expect all coaches to submit to a background check. Second, we expect that all coaches commit to being at as many practices and games as possible. Third, we expect that all coaches follow safety guidelines (covid protocols) as well as safety standards for practices and games. Fourth, we expect coaches will act with integrity and honor and respect players, coaches, officials, and fans when participating in any Foothill Youth Basketball activity. Finally, not following any of these expectations will result in immediate removal from the program and can impact your child's current and future participation within the program.

### **Background Check:**

All coaches (Head Coach and Assistant Coach) must submit a background check prior to conducting any activity with players.

### **Conduct:**

Coaches are responsible for the conduct of both players and fans. Please ensure that all players and fans conduct themselves in a proper manner at all Foothill Youth Basketball activities. This includes fighting, taunting, poor sportsmanship, excessive abuse towards fans or referees as examples.

### **Health and Safety:**

The safety of our community is a core value of the Foothill Youth Basketball (FYB) organization. To ensure a safe program we follow and exceed the guidelines of the CDC for youth sports, the State of California Youth Sports guidelines, the Santa Clara County guidelines, the safety protocols established by the school districts covering the FYB boundaries and the YMCA of Silicon Valley indoor protocols as organizations running youth indoor basketball programs. Please visit our website [Safety Protocols](#) page for more information.

**Division 3 Rules of Play:**

Division	Game Rules (All Divisions)	Rule Specifics
All	<b>Coaching Box</b>	Coaching allowed to move within designated coaching box; unless technical foul assessed then coach must sit for remainder of game
All	<b>Coach Conduct</b>	If the coach is removed due to technical fouls and other inappropriate behavior, the Division Coordinator will provide notice and possible punishment which can include suspension. If coaches actions are repeatedly inappropriate coach will be ask to be removed from league and their child may also be removed from team
All	<b>Spectator Conduct</b>	Coaches are responsible for spectator conduct at all games.
All	<b>Player Conduct</b>	If player conduct is deemed inappropriate they may be asked to be removed from the game. In addition, actions at practice may deem a suspension or removal from the league as well.
All	<b>Game Time (Clock)</b>	8 min running clock, stops under 2 mins per quarter
All	<b>Game Time (Quarters)</b>	5 Quarters played per game (not including overtime)
All	<b>Game Time (Time Outs)</b>	1 Timeout granted in 1st half; 3 Timeouts granted second half (no rollover); 1 Timeout granted in Overtime
All	<b>Game Time (Overtime)</b>	2 Minute Overtime (1 min Running Clock, Stops under 1 min); 2 overtime periods if still tied; Then next basket wins (can be free throw as well)
All	<b>Game Time (Half Time)</b>	3 Minute Halftime Period
All	<b>Game Time (Free Throws Bonus)</b>	Free Throws Granted After 7 Team Fouls (1&1 Free Throw Situation); After 10 Team Fouls (2 Free Throw Shots Granted)
All	<b>Game Time (Player Participation)</b>	Every Player Must Play a minimum of 2 Quarters (1 Quarter per Half)
All	<b>Game Time (Mercy Rule)</b>	If a team is Up by 15 points, that team must retreat to Inside the Designated Attack Line and cannot exit designated area; 1st Violation is a warning, 2nd is Technical Foul; Team can return to normal defense when score is 10 points
Division	Game Rules (Division 3)	Division 3 Rules
D3	<b>Defense Play Allowed</b>	Any Defense can be played in the 1st Half of game (including Zone); 2 <sup>nd</sup> Half requires all teams play Person to Person Defense (including 5 <sup>th</sup> Quarter)
D3	<b>Transition Rule</b>	In the 1st Half only; players must pass the ball at least 1 time in the backcourt after a missed shot (does not apply if turnover or air-ball shot)
D3	<b>Defense (Half-Court Press)</b>	Half Court Press ONLY Allowed in 2nd Half
D3	<b>Defense (Full Court Press)</b>	No Full Court Press until the 5th Quarter
D3	<b>Free Throw Line</b>	Free Throw Line will be approximately 12 feet from the face of Basket
D3	<b>Free Throw to Start Game</b>	Every team gets 1 shot per player in attendance at beginning of game
D3	<b>3 Seconds</b>	Standard 3 second rule
D3	<b>Insufficient Action</b>	5 second rule: All players must make basketball plays towards basket within 5 seconds of crossing Half Court

**Division 2 Rules of Play:**

<b>Division</b>	<b>Game Rules (All Divisions)</b>	<b>Rule Specifics</b>
All	<b>Coaching Box</b>	Coaching allowed to move within designated coaching box; unless technical foul assessed then coach must sit for remainder of game
All	<b>Coach Conduct</b>	If the coach is removed due to technical fouls and other inappropriate behavior, the Division Coordinator will provide notice and possible punishment which can include suspension. If coaches actions are repeatedly inappropriate coach will be ask to be removed from league and their child may also be removed from team
All	<b>Spectator Conduct</b>	Coaches are responsible for spectator conduct at all games.
All	<b>Player Conduct</b>	If player conduct is deemed inappropriate they may be asked to be removed from the game. In addition, actions at practice may deem a suspension or removal from the league as well.
All	<b>Game Time (Clock)</b>	8 min running clock, stops under 2 mins per quarter
All	<b>Game Time (Quarters)</b>	5 Quarters played per game (not including overtime)
All	<b>Game Time (Time Outs)</b>	1 Timeout granted in 1st half; 3 Timeouts granted second half (no rollover); 1 Timeout granted in Overtime
All	<b>Game Time (Overtime)</b>	2 Minute Overtime (1 min Running Clock, Stops under 1 min); 2 overtime periods if still tied; Then next basket wins (can be free throw as well)
All	<b>Game Time (Half Time)</b>	3 Minute Halftime Period
All	<b>Game Time (Free Throws Bonus)</b>	Free Throws Granted After 7 Team Fouls (1&1 Free Throw Situation); After 10 Team Fouls (2 Free Throw Shots Granted)
All	<b>Game Time (Player Participation)</b>	Every Player Must Play a minimum of 2 Quarters (1 Quarter per Half)
All	<b>Game Time (Mercy Rule)</b>	If a team is Up by 15 points, that team must retreat to Inside the Designated Attack Line and cannot exit designated area; 1st Violation is a warning, 2nd is Technical Foul; Team can return to normal defense when score is 10 points
<b>Division</b>	<b>Game Rules (Division 2)</b>	<b>Division 2 Rules</b>
D2	<b>Defense Play Allowed</b>	1st Half Person to Person Defense Only/2nd Half Any Defense Allowed/5th Quarter Must Play Person to Person Defense
D2	<b>Defense (Half-Court Press)</b>	Allowed in 2nd Half
D2	<b>Defense (Full Court Press)</b>	No Full Court Press in 1st half; Full Court Press Allowed in 2nd Half
D2	<b>Free Throw Line</b>	Standard Free Throw Line
D2	<b>3 Seconds</b>	Standard 3 second rule
D2	<b>Insufficient Action</b>	5 second rule: All players must make basketball plays towards basket within 5 seconds of crossing Half Court

**Division 1 Rules of Play:**

<b>Division</b>	<b>Game Rules (All Divisions)</b>	<b>Rule Specifics</b>
All	<b>Must Sit Rule</b>	Coaching allowed to move within designated coaching box; unless technical foul assessed then coach must sit for remainder of game
All	<b>Coach Conduct</b>	If the coach is removed due to technical fouls and other inappropriate behavior, the Division Coordinator will provide notice and possible punishment which can include suspension. If coaches actions are repeatedly inappropriate coach will be ask to be removed from league and their child may also be removed from team
All	<b>Spectator Conduct</b>	Coaches are responsible for spectator conduct at all games.
All	<b>Player Conduct</b>	If player conduct is deemed inappropriate they may be asked to be removed from the game. In addition, actions at practice may deem a suspension or removal from the league as well.
All	<b>Game Time (Running clock, 8 min qtr)</b>	8 min running clock, stops under 2 mins per quarter
All	<b>Game Time (5 Qtrs)</b>	5 Quarters played per game (not including overtime)
All	<b>Game Time (Time Outs)</b>	1 Timeout granted in 1st half; 3 Timeouts granted second half (no rollover); 1 Timeout granted in Overtime
All	<b>Game Time (Overtime)</b>	2 Minute Overtime (1 min Running Clock, Stops under 1 min); 2 overtime periods if still tied; Then next basket wins (can be free throw as well)
All	<b>Game Time (Half Time)</b>	3 Minute Halftime Period
All	<b>Game Time (Free Throws Bonus)</b>	Free Throws Granted After 7 Team Fouls (1&1 Free Throw Situation); After 10 Team Fouls (2 Free Throw Shots Granted)
All	<b>Game Time (Player Participation)</b>	Every Player Must Play a minimum of 2 Quarters (1 Quarter per Half)
All	<b>Game Time (Mercy Rule)</b>	If a team is Up by 15 points, that team must retreat to Inside the Designated Attack Line and cannot exit designated area; 1st Violation is a warning, 2nd is Technical Foul; Team can return to normal defense when score is 10 points
<b>Division</b>	<b>Game Rules (Division 1)</b>	<b>Division 1 Rules</b>
D1	<b>Defense (zone or man)</b>	1st Half Person to Person Defense Only/2nd Half Any Defense Allowed/5th Quarter Must Play Person to Person Defense Only
D1	<b>Defense (Half-Court Press)</b>	Allowed at Anytime
D1	<b>Defense (Full Court Press)</b>	Allowed At Any Time, must fall back into Person to Person Defense
D1	<b>Free Throw Line</b>	Standard Free Throw Line
D1	<b>3 Seconds</b>	Standard 3 second rule
D1	<b>Insufficient Action</b>	5 second rule: All players must make basketball plays towards basket within 5 seconds of crossing Half Court