

## **Foothill Youth Basketball Rule Book**

**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 remove from 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.

**Man to Man Defense Philosophy:** FYB's development philosophy emphasizes that all teams play Man to Man Defense the entire game. The main difference versus a zone defense is that we want to emphasize that Man to Man defense involves all five players being responsible for guarding another player. Teams/Players are allowed to switch, double team and most importantly have help side defense assignments. Help side defense allows for a player to be in the key for a period of time. However, each player needs to be aware of where their person is on the court. Help side defender will need to be within a reasonable distance to close out and defend once the player they are guarding is a threat to score. NOTE – the offense shares in the responsibility to have movement; therefore, creating situations where defenders will need to move to have proper Man to Man Defensive Principles. NOTE – A defense can setup in a zone during an outbounds play, but as soon as ball is in play, defense must play Man to Man Defense.

All teams must teach these principles and if during a game these principles are being violated a 1) warning will be assessed, if continued violations, 2) Technical Fouls called up to 3 times and finally if violations continue a 3) forfeit of game.

**Division 3 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 coaches is removed due to technical fouls and other inappropriate behavior Division Coordinator will provide notice and possible punishment with 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 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 on 5 <sup>th</sup> Team Foul during a period. Team is granted 2 Free Throw on 5 <sup>th</sup> foul and beyond. Team Fouls reset every period. Team Fouls in 5 <sup>th</sup> Period continue into Overtime Period.

All	<b>Game Time (Player Participation)</b>	Every Player Must Play a minimum of 2 Quarters (1 Quarter per Half); no player can play more than 3 of the first 4 periods.
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 3)</b>	<b>Division 3 Rules</b>
D3	<b>Defense Play Allowed</b>	Must Play Man to Man Defense the entire game (unless up 15 pts "Mercy Rule")
D3	<b>Defense (Half-Court Press)</b>	Half Court Press ONLY Allowed in 2nd Half (3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Qtrs) – Must Fall Back in Man to Man Defense
D3	<b>Defense (Full Court Press)</b>	Full Court Press allowed the 5th Quarter – Must Fall Back into Man to Man Defense
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 coaches is removed due to technical fouls and other inappropriate behavior Division Coordinator will provide notice and possible punishment with 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 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 on 5 <sup>th</sup> Team Foul during a period. Team is granted 2 Free Throw on 5 <sup>th</sup> foul and beyond. Team Fouls reset every period. Team Fouls in 5 <sup>th</sup> Period continue into Overtime Period.

All	<b>Game Time (Player Participation)</b>	Every Player Must Play a minimum of 2 Quarters (1 Quarter per Half); no player can play more than 3 of the first 4 periods.
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>	Must Play Man to Man Defense the entire game (unless up by 15 pts see "Mercy Rule")
D2	<b>Defense (Half-Court Press)</b>	Allowed in 2nd Half (3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> ) – Must Fall back into Man to Man Defense.
D2	<b>Defense (Full Court Press)</b>	No Full Court Press in 1st half; Full Court Press Allowed in 2nd Half (3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> Qtr) – Must fall back into Man to Man Defense
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 coaches is removed due to technical fouls and other inappropriate behavior Division Coordinator will provide notice and possible punishment with 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 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 on 5 <sup>th</sup> Team Foul during a period. Team is granted 2 Free Throw on 5 <sup>th</sup> foul and beyond.

		Team Fouls reset every period. Team Fouls in 5 <sup>th</sup> Period continue into Overtime Period.
All	<b>Game Time (Player Participation)</b>	Every Player Must Play a minimum of 2 Quarters (1 Quarter per Half); no player can play more than 3 of the first 4 periods.
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</b>	Must play Man to Man Defense the entire game (unless up by 15pts see "Mercy Rule")
D1	<b>Defense (Half-Court Press)</b>	Allowed at Any Time, must fall back into Man to Man Defense
D1	<b>Defense (Full Court Press)</b>	Allowed At Any Time, must fall back into Man to Man 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