

YOUTH BASKETBALL LEAGUE

2021/2022 RULES & REGULATIONS GUIDE

CO-RECREATIONAL – Kindergarten, 1st, & 2nd

BOYS & GIRLS – 3rd, 4th, 5th, & 6th Grade



THE YOUTH BASKETBALL LEAGUE IS ORGANIZED, ADMINISTERED AND SUPERVISED BY THE CITY OF CHEYENNE RECREATION DIVISION. ANY QUESTIONS SHOULD BE DIRECTED TO:
Tyler Feezer at (307) 637-6408.

A. ELIGIBILITY

1. Kindergarten - 2nd Grade: A co-recreational league, with teams being formed based on the school they attend whenever possible. Adjacent neighborhood areas may be combined to form complete teams. **There are no guarantees that a player will play on a team from their neighborhood or school.**
2. 3rd - 6th Graders: Boys will play in boy's divisions and girls will play in girl's divisions. Those who have played on a YBL team in 2019/2020 will have the option of returning to that same team in 2020/2021 or may request not to be on that team. **There are no guarantees that a player will play on a team from their neighborhood or school.**

B. FORFEITS AND DISQUALIFICATIONS

1. Game time is forfeit time. Plan on arriving 10-15 minutes prior to game time to ensure you have everything ready.
2. A player who receives two technical fouls or is ejected from a game will sit out the rest of that game and the next scheduled YBL game. This will also carry over to the next season if the two technical fouls occur in the last YBL game of the season. Any player ejected from a game by an official must sit on the team bench quietly or with their parent or risk a three-game suspension from the league that could carry over to the next season. Flagrant technical fouls called for physical fighting or any extreme verbal abuse or gestures will be cause for immediate dismissal from the game and league with no refund applicable. Any adult ejected from a game must leave the gym within 30 seconds after collecting personal articles. If said adult is a coach and no assistant coach is in attendance, a team parent may assume coaching the team for the remainder of the game.
3. Any team that receives three unsportsmanlike technical fouls in one game will forfeit that game. Those players using inappropriate language will risk a technical foul and said penalties. Inappropriate language will not be tolerated at either practices or games.
4. Substitution rule for the league will be as follows for all divisions:
 - A. If your team has ten healthy players, all five players on the bench at the mid-way point of each quarter must be put into the game. This will ensure that all players will participate in half of the game.
 - B. If your team has less than ten healthy players show up for a game, you must substitute the number of healthy players over 5 at the mid-way point of each quarter and those healthy players should play the remainder of the quarter. The healthy players which were left in the game must be substituted for at the next substitution point. **Exception:** If there is extreme exhaustion or a health risk associated with excess play time due to a lack of players, coaches may substitute at appropriate dead ball situations.
 - C. Any team that fails to allow each healthy player to participate in half of the game will forfeit any such game.

C. TIME REGULATIONS

1. Each game will consist of four - six-minute quarters for Co-Rec (K-2nd) and four - eight-minute quarters for grades 3, 4, 5 & 6. Six-minute quarters will have a mandatory substitution at the three-minute mark; eight-minute quarters will have mandatory substitutions at the four-minute mark.
2. There will be thirty seconds between quarters and one two minute half-time.
3. A minimum five minutes of warm up will be allowed before each game.
4. Each team will be allowed two - thirty second time-outs per half. These time-outs are non-accumulating.
5. Clock will be stopped for all Divisions in the following situations:
 - A. Free Throws
 - B. Mandatory Substitutions
 - C. Time-outs
 - D. Injuries or Emergencies
6. Clock will be stopped in the final minute of each half on all dead ball situations.
7. Grades 5 & 6 only: In case of a tie at the end of a regulation game, there will be one three-minute overtime. There will be a one-minute break before the overtime. If the game still remains a tie at the end of the overtime, the score will remain a tie. There will be no overtime periods for the co-recreational league or grades 3 and 4.

D. GENERAL GAME INFORMATION

1. Games will be played under Wyoming High School Athletic Association Rules with the exceptions outlined herein.

2. The co-recreational league for children in Kindergarten through 2nd grade will be organized as an instructional league with the following special rules applying to league games:
 - A. Games will be set up as scrimmages.
 - B. After each quarter each team's scores will revert to 0.
 - C. A referee will be present at each scrimmage to help enforce blatant violations.
 - D. The scrimmage will be full court, allowing the ball to change possession, with coaches still allowed on the court at all times, and mandatory substitution of all players made three minutes into each quarter.
 - E. All other rules listed will also apply to Co-Rec plays, except where noted.
3. All made shots will count for two points except free throws which will count as one. This rule is in affect since most of the facilities that games are played in does not have a three-point line.
4. Fast breaks will not be allowed in Co-Rec or grades 3 and 4 but will be allowed in grades 5 and 6.
5. No full or half court presses will be allowed for Co-Rec or grades 3 and 4. When the defensive team takes possession of the ball, the players of the opposing team must drop back immediately to the mid-court line (hash mark). **FULL AND HALF COURT PRESSES WILL BE ALLOWED TO TEAM IN THE 5TH & 6TH GRADES PROVIDING THAT TEAM IS EITHER AHEAD BY NO MORE THAN 10 POINTS, TIED OR BEHIND IN THE SCORE.**

Penalties will be as follows:

1 st time	-	Warning from the referee
2 nd time	-	Time-out charged to the violating team
3 rd time	-	Bench technical fouls for each subsequent infraction. (These are not considered unsportsmanlike technical fouls unless committed continuously with intent!)

6. Once an offensive player in Co- Rec or grades 3 and 4 has crossed the half court line, the defensive player assigned to that offensive player may pick him/her up and follow him/her back across the half court line to play defense. The 10 second count will begin again if the offensive player crosses back over the half court line.

EXAMPLE: For Co- Rec or grades 3, and 4 the defense must drop back behind the half court line. Once the offensive player has crossed the half court line, the defensive player assigned to that player may cross the half court line and play defense on that player only. Subsequently, if the ball goes back into the back court, the defensive player may continue to defend the player with the ball and a new 10 second count begins on that offensive player.

7. No trapping or double teaming allowed for Co-Rec, or grades 3 and 4. Players may “switch” on defense, but only one defensive player may guard an offensive player at a time.

Penalties will be as follows:

1 st time	-	Warning from referee
2 nd time	-	Time-out charged to violating team
3 rd time	-	Bench Technical fouls for each subsequent infraction. (These are not considered unsportsmanlike technical fouls unless committed continuously with intent).

8. All teams will have 10 seconds to get the ball across the half court line. A back-court violation will be enforced in grades 5th & 6th. There is no back court in Co- Rec or grades 3and 4.
9. There shall be no zone defense in Co-Rec or grades 3 and 4.

Penalties will be as follows:

1 st time	-	Warning from referee
2 nd time	-	Time-out charged to violating team
3 rd time	-	Bench Technical fouls for each subsequent infraction. (These are not considered unsportsmanlike technical fouls unless committed continuously with intent).

NOTE: Grades 5th & 6th can play zone defense.

10. Bonus (one-and one) free throws will be shot **beginning** with the team's 7th personal foul during each half.
11. Each player is allowed five personal fouls.
12. Technical fouls are two shot fouls with the ball remaining with the shooting team. Technical fouls will also be counted as personal fouls.
13. Players are allowed five seconds in the lane for Co-Rec or grades 3 and 4, three seconds for grades 5th & 6th

Violations will be called. The top boundary for the 5/3 second lane is marked by the 15' free throw line for all grade levels.

14. A. Co-Rec or Grades 3 and 4 - A player shall not hold or dribble the ball anywhere in the front court for more than 7 seconds. Players may combine dribbling (7 seconds) and holding the ball (7 seconds) for a maximum of 14 seconds. **NOTE:** "Front Court" is defined as that area of the court on the offensive team's side of the division line.
B. Grades 5th & 6th- A player shall not hold or dribble the ball anywhere in the front court for more than five seconds. Players may combine dribbling (5 seconds) and holding the ball (5 seconds) for a maximum of ten seconds. **NOTE:** "Front court" is defined as that area of the court on the offensive team's side of the division line.
15. Coaches are welcome to ask the referee for a "line-up" when they make substitutions, or at the start of a new quarter, for the purpose of "matching up" for man-to-man defense.
16. No isolation-type offense involving one or two players will be permitted in Co-Rec or grades 3 and 4. Clearing the floor to one side for one-on-one or two-on-two offense is prohibited. Teams must involve all of their players in the offensive pattern. This will be a judgment call by the official. Teams will be warned for first offense and penalized with loss of possession for any following occurrences. In grade 5th & 6th where fast breaks are allowed, this rule does not apply. Intent of the rule is to involve all players within the team's ½ court offense.
17. In all jump ball situations other than the start of the game, and overtime for grades 5th & 6th, teams will alternate taking the ball out-of-bounds for a throw-in. The team not obtaining control of the jump ball at the beginning of the game will start the alternating possession procedure. This possession procedure will be kept by the scorekeeper using the possession arrow.
18. At the end of the game each player shall shake hands with the opposing team. Good sportsmanship will be expected of all players, coaches, and fans.
19. Due to the lack of space in the out-of-bounds area surrounding the courts, players defending a throw-in should stand back from the out-of-bounds line a minimum of 3 feet. This will be enforced by the referees.
20. Ball Size:
Co-Rec = Junior
Boys 3&4, 5&6 = Intermediate
Girls 3&4, 5&6 = Intermediate
21. Basket Height:
Kindergarten and 1st - 8' (where available)
Grade 2, 3, & 3-4 girls - 9'
Grade 4, 5, 6, - 10'
22. Only one postponed game, due to inclement weather will be rescheduled. All other games postponed due to inclement weather will NOT be rescheduled. Please monitor local radio stations if in doubt about games being played. Decision to cancel games will be made by League Directors. All decisions will be final. Every effort will be made to play the games, but Wyoming's winter weather can be treacherous, and safety is the number one priority. When the schools release early on Friday due to weather, the Saturday games **MAY** be canceled. This is due to the fact that the parking lots and sidewalks may not be cleared in time on Saturday morning because school and city staff were sent home on Friday for their own safety. Remember, when in doubt about if games are to be played, monitor local radio stations for game status.
If schools are released early due to weather during the week, practices will be canceled. If requested by affected coaches, attempts will be made to reschedule the lost practice time, but because practice times are scarce this may not be possible.
23. Free throw line:
Kindergarten & 1st - 10-12'
Grade 2, 3, & 4 - 12' (can shoot from 15')
Grade 5, 6, - 15'
24. **ALL T-SHIRTS PROVIDED MUST BE WORN TO ALL GAMES.** Sponsors provide the uniforms so please do not alter by cutting t-shirt sleeves, etc.
25. Substitute Coaches - There are times when emergency situations come up and your child's coach may be called out of town on game days or on a practice day. For games and/or practices to be held all substitute coaches need to have authorization from the Cheyenne Parks and Recreation Division League Director to

substitute coach. Games and practices cannot be held without authorized adults in charge; if teams cannot provide authorized substitutes, practices and/or games will be canceled and/or forfeited.

E. MISCELLANEOUS INFORMATION:

1. All participants will receive an award for participation at the end of the season.
2. The Cheyenne community and events recreation division neither supports nor inhibits teams from traveling to out-of-town basketball tournaments. The YBL schedule of games will not be changed to accommodate out-of-town tournaments. Please plan your schedule accordingly.

F. REFUND POLICY

1. Upon request, full refunds will be given from the time of registration to the end of registration.
2. After teams have been formed but before the start of the season, refunds will be given minus administrative/uniform fees. Refund of \$20.
3. After the start of the season requests for refunds must be due to a verifiable medical reason (we will request a doctor's note). Requested refunds will be given, minus administrative/uniform fees. Non-medical requests for refunds after the start of the season will not be approved.