

YOUTH BASKETBALL LEAGUE

2024 RULES & REGULATIONS GUIDE 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:
Cameron Travis at (307) 773-1039.

A. ELIGIBILITY

1. 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 2023 will have the option of returning to that same team in 2024 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. **Four - eight-minute quarters for all grades. 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 of 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. The 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. The 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 remains a tie at the end of the overtime, the score will remain a tie. There will be no overtime periods for 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. All made shots will count for two points except free throws which will count as one. This rule is in effect since most of the facilities where games are played do not have a three-point line.
3. Fast breaks will be allowed in grades 3rd-6th.
4. FULL AND HALF-COURT PRESSES WILL BE ALLOWED TO TEAMS IN ALL GRADES, EXCEPT FOR 3RD/4TH GRADE GIRLS, PROVIDING THAT THE TEAM IS EITHER AHEAD BY NO MORE THAN 10 POINTS, TIED OR BEHIND IN THE SCORE.
 - a. Penalties will be as follows:
 - i. 1st time - Warning from the referee
 - ii. 2nd time - Time-out charged to the violating team
 - iii. 3rd time - Bench technical fouls for each subsequent infraction.
(These are not considered unsportsmanlike technical fouls unless committed continuously with intent!)
5. All teams will have 10 seconds to get the ball across the half-court line. A back-court violation will be enforced in all grades.
6. **NOTE: All grades can play zone defense.**
7. Bonus (one-and-one) free throws will be shot **beginning** with the team's 7th personal foul during each half.
8. Each player is allowed five personal fouls.
9. Technical fouls are two-shot fouls with the ball remaining with the shooting team. Technical fouls will also be counted as personal fouls.
10. Players are allowed three seconds in the lane for all grades. Violations will be called. The 15' free throw line marks the top boundary for the 3-second lane for all grade levels.
11. 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:** "Frontcourt" is defined as that area of the court on the offensive team's side of the division line.
12. 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.
13. 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.
14. 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.
15. 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. The referees will enforce this.

16. Ball Size: Boys 3&4, 5&6 = Intermediate
Girls 3&4, 5&6 = Intermediate

17. Basket Height: Grade 3, & 3-4 girls - 9'
Grade 4, 5, 6, - 10'

18. 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 our social media if in doubt about games being played. The 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 our social media for game status. **Facebook: Cheyenne Rec**

19. **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.

20. Free throw line: Grade 3, & 4 - 12' (can shoot from 15')
Grade 5, 6, - 15'

21. **ALL T-SHIRTS PROVIDED MUST BE WORN TO ALL GAMES.** Sponsors provide the uniforms so please do not alter them by cutting t-shirt sleeves, etc.

22. 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 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 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 the registration.
2. After teams have been formed but before the start of the season, refunds will be given minus administrative/uniform fees.
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.