

Somerset Youth Basketball Association

Junior and Senior Divisions League Rules

(In 2022, SYBA began co-ed play for all game divisions. If number allows for separate girls' divisions in the future, the division rules listed below will still apply to those girls' divisions)

- I. Standard MIAA high school rules, with the noted exceptions below and NO closely guarded 5 second calls.
- II. Code of Conduct
 - A. The Somerset Youth Basketball Association has a Code of Conduct that all players, coaches/assistants, parents, and spectators are expected to follow.
 - B. When a player is registered, the parent or guardian must read the Code of Conduct and sign it, indicating adherence to the policy.
- III. Official Time
 - A. Games consist of four eight-minute quarters.
 - B. Clock runs at all times except for shooting fouls, subs, player injury and last two minutes of game. Note: for subs, the clock is only stopped briefly (20 seconds), so subs should be ready and kneeling in front of scorer's table.
 - C. During the last two minutes, clock is stopped on every dead ball.
 - D. Overtime (playoffs only): Clock is stopped on every dead ball the last 2 minutes of each OT.
- IV. Overtime
 - A. None during the regular season
 - B. During playoffs, 1st overtime is 3 minutes
 - C. During playoffs, each additional overtime is 2 minutes
- V. Time Outs
 - A. Regular Season: Two per half, which cannot be carried over
 - B. Playoffs:
 1. Two per half, which cannot be carried over
 2. One timeout per overtime
- VI. Bonus Foul
 - A. On fifth and all subsequent fouls in a quarter, 2 shots
- VII. Fouls
 - A. Five per player per game
- VIII. Three Point Shots
 - A. Allowed in both junior and senior divisions
- IX. Full Court Press
 - A. Junior Division(s)
 1. Allowed in the last 2 minutes of each half of the game

2. Losing team may press at any time in second half, only if losing by 10 or more points
3. Team up by ten or more points may not press, even if losing team presses
4. Ball is "live" and can be contested while in the key (in the backcourt) during entire game
5. Loss of possession in backcourt may result in turnover during entire game

B. Senior Division(s)

1. Allowed in entire game.
2. Team up by ten or more points may not press, even if losing team presses.

X. Playing Time

- A. Each player must play a minimum of eight minutes (8 min.) per half.
- B. No player may play more than three quarters of a game (24 min.) until all players have played, or will play by the end of the game, a total of three quarters (24 min.) of the game. [NOTE: This is only possible if there are 6 players for the game.]
- C. All players must sit once (4 min.) per half. If only 6 players, each player must sit at least one four-minute session during the game.
- D. Player substitution may occur only at the beginning of each quarter, and approximately at the 4-minute mark of each quarter, except for player injury, a player fouling out of game, or as described in Section X –G below.
- E. Play and the clock will be stopped briefly (20 seconds) every 4 minutes to facilitate the substitution.
- F. Substitutions: Coaches should have their substitutes ready and kneeling in front of the scorer's table at each four-minute interval for substitutions. This is crucial to moving the games along.
- G. A coach will have the ability to sub out a player if the coach is concerned about safety. If this substitution is used, there will be follow up discussion among the player, parent, coach, and possibly division director. This substitution can only occur at a play stoppage after one of the following:
 1. If the referee has warned the player.
 2. If a flagrant foul has been called against the player.

***Note: Playing time rules still apply if the coach pulls a player out for a safety concern. The player who went in should still play at least half of the game, and this player still needs to sit as deemed by Rule X-C.

XI. Pre & Post Game

- A. In order to get 3 games played each night, time slots for games are only 50 minutes.
- B. Coaches need to be aware of the time, and keep games to the schedule.
- C. Warm-ups should be limited to the time coaches are setting up the scorer's table and scorebook.
- D. Immediately after the conclusion of a game and the handshakes, coaches should move their players and parents to the end of the gym or out of the gym to allow the next team a quick transition.
- E. Coaches/assistants must make sure their players clean up their bench at the conclusion of games.

- XII. Uniforms
- A. During games, players should wear league-issued team shirts and their own athletic shorts.
 - B. Any exceptions to Rule XII, must approved by a game referee prior to play.
- XIII. Injured Player
- A. No player will be allowed on the court if he/she is bleeding.
 - B. Bleeding must be stopped, and the wound must be adequately covered before the player may return to play. In this case only, the bleeding player can reenter during the same four-minute rotation during a stoppage in play.
 - C. Protective Braces/Casts
 - 1. No player will be allowed to play with a metal brace or a hard cast.
 - 2. If in question, the final determination shall be based upon the decision of a member of the Board of Directors.
 - D. Coaches/assistants are not allowed onto the court during the progress of a game, except to aid an injured player.
- XIV. Jewelry
- A. No jewelry is allowed (this includes earrings of any kind, necklaces, watches, bracelets, etc.)
 - B. The only exception to this rule would be due to medical reasons and would need to be cleared by a game referee prior to the start of the game.
- XV. Facility Rules
- Coaches/assistants should assist Division Directors to ensure that the following rules are observed:
- A. No spectators are allowed behind the players' benches.
 - B. Nobody is allowed in the boys and/or girls locker rooms.
 - C. Nobody is allowed in the back area of the gym at SMS (the corrective area).
 - D. Toilet facilities to be used are located at the entrance of the gymnasium.
 - E. Players should leave basketballs at home when they have a game. Players can bring basketballs to practices; however, they must hold them until it is time for their practice. No dribbling basketballs in school hallways.
 - F. Players/coaches/spectators are only allowed in the hallways immediately outside of the gyms, the restrooms nearest the gyms, and the gyms.
 - G. Coaches, parents and players should not crowd the baseline before and/or after their game.
 - H. Parking in the fire lanes is strictly prohibited. Please show courtesy to allow for emergency vehicle access.

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