

## **Quabbin Valley Youth Basketball League Game Rules – 2019-2020**

*The Quabbin Valley Basketball League is a recreational basketball league designed to give children the chance to play basketball, learn various skills associated with the game, fair play, and sportsmanship. While winning is an important goal, it is not the sole importance of playing the games.*

### **General Rules:**

1. The Quabbin Valley Basketball League (QVBL) is a recreational league from the towns of Belchertown, Chicopee, Easthampton, East Longmeadow, Granby, Longmeadow, Ludlow, Monson, Northampton, Palmer, South Hadley, Ware and Wilbraham. Any community from the surrounding area may request to join; however, they must have the backing or support from their local park and recreation department and/or a recognized parent association and they must agree to play by the rules of play as written in this document.
2. We ask coaches and parents to serve as role models and ensure that players develop positive attitudes and good sportsmanship. While we keep scores and standings, fun and good sportsmanship are the priorities.
3. The league website will be used for schedules, standings, contact info, and the distribution of information. It is [www.leaguelineup.com/quabbinvalleybasketball](http://www.leaguelineup.com/quabbinvalleybasketball)
4. All coaches and managers in all divisions are directly responsible to their organization representatives and/or town recreation director.
5. There shall be no tobacco products on school grounds.
6. The QVBL, officials of the cities and/or towns, sponsoring organizations, coaches, managers, referees, or any other city and town employees cannot be held responsible for any injuries incurred while participating or observing activities in this league.
7. It is mandatory that each team in all divisions have a First Aid Kit available for games and practices.
8. All coaches must submit a CORI check through their parks and recreation department and/or sponsoring organization.

### **Divisions/Rosters:**

1. Players must be from the town of the team for which they are playing on and/or attend school in the town through a “school choice” program with the following exceptions:
  - a. If a community does not offer a team in the league or division, a player from that community may play for another community in the QVBL. If a league program has an “in town” division, those players are not eligible to play for another community if people are looking for a travel experience.
  - b. If a player wants to play for another community and their community has a team in that division, they must get permission (written and/or email) between coordinators.
  - c. Players that live in non-QVBL communities and do not school choice or have a parent living in those communities cannot play in the QVBL.

2. The determining effective date for all grade classifications is ***September 1<sup>st</sup>, 2019***, and participants must play in the grade division they are currently in for the 2019-2020 school year.
3. There will be 3 divisions of play in both boys & girls leagues. The divisions will be as follows:
  - a. 3/4. Players cannot turn 11 prior to Sept 1, 2019 and cannot be in 5<sup>th</sup> grade or above.
  - b. 5/6. Players cannot turn 13 prior to Sept 1, 2019 and cannot be in 7<sup>th</sup> grade or above.
  - c. 7/8. Players cannot turn 15 prior to Sept 1, 2019 and cannot be in 9<sup>th</sup> grade or above.
4. Participants are allowed to participate in a division above his or her age group; however, this must be approved by the director and this player can only play and appear on one team's roster.
5. If a player is looking to play in a lower age group, this must be approved by the QVBL directors and is done only for extreme circumstances.
6. The use of Suburban and/or travel players is allowed; however, this is a recreational league and the use of those players should be to get kids additional playing time that are not receiving it at that level or to assist when a QVBL team is short players. **The QVBL is not for the Suburban/travel player that plays significant minutes in that league.** Each community can have their own policies which might differ from the league which are more strict.
7. Middle school players that are brought to their high school program and eligible to play; however, once they achieve varsity status, they are ineligible to play in this league.
8. Second graders may be used in the 3/4<sup>th</sup> divisions with the approval of their communities' director. This is intended to help fill in a roster that needs extra players and not as a substitute for a second-grade division due to quality of play.

### **Season:**

1. The regular season games will be played between January 2 and March 1.
2. Teams may play pickup games, scrimmage games, etc... in December; however, those will not be considered QVBL regular season games.
3. Teams will play between 10-12 regular season games.
4. Games are played any time on Saturday, after 11am on Sunday and during the evening on weeknights. The 8pm weeknight slot can only be used for the 7/8<sup>th</sup> grade division.
5. Teams can submit a list of schedule requests (no play dates); however, requesting all Saturdays or Sunday's off will not be honored. This is primarily a weekend play league.
6. The playoffs for 5/6<sup>th</sup> and 7/8<sup>th</sup> grade will be played March 6-8. The following weekend will be use if that weekend is cancelled due to bad weather.
7. There will be no playoff in the 3/4<sup>th</sup> division. They will have a jamboree in March hosted in Belchertown.

### **Game Play Rules: *We play by regular NFHS/MIAA Rules if it is not found in this document.***

1. Equal playing time for all participants should be the goal for all coaches.
2. Jewelry as prescribed in NFHS Rule is illegal and cannot be worn. This includes earrings, necklaces, rubber bracelets, rings, etc...

3. The head-coach is the only coach permitted to stand during play. Assistant coaches can stand during timeouts and/or intermissions. If a team has co-coaches, they must designate one coach that can stand prior to the game.
4. Basketball:
  - a. The 3/4<sup>th</sup> Divisions will use a “Junior” sized basketball (27.0 or 27.5).
  - b. The 5/6<sup>th</sup> Boys and 7/8<sup>th</sup> Girls will use a 28.5 basketball.
  - c. **The 5/6<sup>th</sup> girls will use a “Junior” 27.0 or 27.5 basketball.**
  - d. The 7/8<sup>th</sup> Boys will use a standard “Men’s” basketball (29.5).
5. 10-Second Backcourt:
  - a. There will be a 10 second backcourt violation for all divisions. This includes the 3/4<sup>th</sup> division as we want teams to get the ball over half court and not delay.
6. If a team has less than five (5) players, the teams can agree to play with less than five (play four on four) or the other team can “loan” a player to the other team. Teams are allowed a 10-minute period to field a team.
7. Free throws:
  - a. Team will shoot the bonus “1 and 1” on the seventh team foul in each half. On the tenth team foul, go to two shots. Teams do not shoot the bonus following team/player control fouls (a foul on the offensive team).
  - b. *The block closest to the basket is now empty. The first lane space is no longer used...the two defensive players that are required now go in lane spaces #2. The two offensive players go in #3 and the other two defensive players go in #4*
  - c. *Players along the lane line(s) can now enter the lane for a rebound after the shooter releases the ball on a free throw attempt. The shooter and all remaining players behind the 3-point arc must still wait until the ball hits the rim and/or backboard before they can enter that area.*
  - d. **3/4<sup>th</sup> and 5th/6th Grade Players ONLY** - *If the player crosses the foul line in the act of shooting, a violation will NOT be called; however, the shooter must start with both feet behind the line, the free throw shooter cannot run in the lane to get a rebound until the ball hits the rim (Officials' discretion).*
  - e. **In the 3/4<sup>th</sup> division, the player can shoot from 12 feet instead of 15 feet** which is the mid-point between the free throw line and the semi-circle closest to the hoop.
8. Defense: A team can play any type of defense they want, zone or man-to-man. When there are 3 or more subs at one time, teams can quickly request a “match-up” when subbing.
9. There is NO 3-second rule in the 3/4<sup>th</sup> division.
10. Pressing:
  - a. In the 3/4<sup>th</sup> Divisions, there is no pressing. The defensive team must remain in their 3-point arc until the offensive team crosses half court. Once the ball crosses half court, the defense can leave the 3-point arc.
  - b. In the 5/6<sup>th</sup> and Divisions, team can press during the entire game **unless they are ahead by 10 or more points (15 in 7/8<sup>th</sup>).** If they are ahead by 10 or more points, that team **must fall back to inside the 3-point arc.** Once the ball obtains front court status with the ball and player in the front court, the defense can then come out of the 3-point arc and play defense anywhere in the front court.
    - *Penalty: Teams will be given two warnings for violations of this rule. Any subsequent violation will result in a technical foul assessed to the head coach.*

- *The purpose of the penalty is to have a deterrent from coaches deliberately keeping a press on. If a player attempts a quick steal after a rebound and realizes his/her mistake and then gets back on defense, we are not looking to penalize a team in that manner. The warnings are for deliberate acts to play full court defense and the official has the ability to rule based on his/her discretion.*
- *It is highly recommended that if a team is up by 20 or more points, that team should refrain from fast breaks on offense. The team ahead should make every effort to hold the ball until the defense is allowed a chance to setup and then bring up the ball at that point. They are encouraged to make a certain number of passes and give all of their players a chance to score.*

**Timing:** We are playing regular “stop time” rules.

Division	Game Length	Halftime	Timeouts
3/4 <sup>th</sup> Grade	Two, 14 min halves	3 minutes	Three @ 60 seconds
5/6 <sup>th</sup> Grade	Two, 14 min halves	3 minutes	Three @ 60 seconds
7/8 <sup>th</sup> Grade	Two, 14 min halves	3 minutes	Three @ 60 seconds

1. In the last three (3) minutes of the game, timers may run the clock if one team is ahead by 15 points or more.
2. Timeouts are 60 seconds in length. Teams are expected to return to the floor after the warning horn at 45 seconds and be ready to play for the second horn.
3. Overtime:
  - a. If the game is tied at the end of regulation, there can be one (1) overtime period.
  - b. Overtime will be two (2) minutes in length.
  - c. Teams will have one (1) timeout during overtime, they lose any unused timeouts.
  - d. If the game is still tied after one (1) overtime, then the game is declared a tie.
  - e. In the playoffs, there is no overtime limit. Teams play until there is a winner.

**Standings/Score Reporting:**

1. The **WINNING COACH** must call in or email the scores within 24 hours after the completion of the game to **their coordinator**.
2. The point system used for division play will be two (2) points for a win and one (1) point for a tie.
3. If there is a tie, the head-to-head result will be the first tie-breaker. If there is still a tie, a coin toss will be the next tie-breaker.

**Officials/Behavior:**

1. Each community is responsible for scheduling and paying officials for their home games.
  - a. In the 7/8<sup>th</sup> grade division, it is mandatory that the referees be adults (18+) and ideally certified.
  - b. In the 5/6<sup>th</sup> grade division, it is mandatory that the officials be adults (18+) and ideally certified.

- c. In the 3/4<sup>th</sup> division, any official can be used provided they are properly trained. A certified official with a youth official is allowed.
2. If there are no officials for the game, the head coaches must agree on a parent or parents to officiate the game. It is always best to try to get all games in under this circumstance and the result of the game is final once they agree to play.
3. If a player receives a technical foul, they must sit out for the next five (5) minutes of play. This can carry over from half to half or to overtime. If they receive two (2) technical fouls, they are out for the remainder of that game and the following game.
4. Players, coaches and spectators are prohibited from harassing or verbally abusing officials at any time preceding, during or following the game.
  - a. If harassment continues the officials will give a technical foul to the offending team to stop further abuse.
  - b. Any player or coach, receiving two technical fouls must leave the premises.
  - c. Officials will file a report with their communities' coordinator who will then report it to the league director.
  - d. Any spectator ejected from the gym during a Quabbin Valley game will receive a minimum of a three (3) game suspension. Two (2) ejections in the same year will result in a one-year suspension from attending Quabbin Valley games. If the offended individual is caught attending a game, that team will forfeit the game and will risk being removed from the league.
5. Any player or coach that is ejected, will serve a minimum of a one game suspension. The program coordinator and/or league board will decide on additional games.
6. **Any player, coach, or manager who threatens or assaults any League Official will automatically receive a one year suspension with discussion of the severity of assault for possible lifetime banishment.**
7. Any player or coach involved in a fighting incident anywhere on park property while participating in League activities will be suspended for the remainder of that game and the next scheduled game. Any 2<sup>nd</sup> offense will result in suspension from the League for the remainder of the season and possible lifetime banishment.
8. The league will have a committee devoted to dealing with issues that arise during the season and their decisions are final. We will look for communities to offer volunteers to serve on this committee and they will not rule on items that involve their own communities.

### **Cancellations and Reschedules:**

1. The home program/team is responsible for cancelling games a minimum of two hours prior to the start time. **Each community has their own procedures for cancelling, but at a minimum, they must update the league website if a game is to be cancelled and should contact the opposing coach and/or coordinator.**
2. Make-up Games:
  - a. Game should be replayed within two (2) weeks of the original date when possible.
  - b. The home team is responsible for setting up the makeup date with the visitors.
  - c. The coordinator must be notified to update the league website and schedule officials.

### **Playoffs:**

1. There is a playoff for the 5/6<sup>th</sup> and 7/8<sup>th</sup> grade divisions. Teams can “opt out” if they would like.
2. Players must have played in 50% of their team’s games to be eligible to play unless they have written approval from the QVBL due to injury or other extenuating circumstance.
3. The format for each division will be decided by the league director with approval of the coordinators.
4. Individual towns will be assigned to run a specific playoff division (i.e. South Hadley runs 5/6 girls Northampton has 5/6 boys).
5. The playoffs for the 5-8<sup>th</sup> grade divisions will be held March 6 to March 8, 2020. The playoffs for a certain division will all be played in one community and teams can play double-headers to get the games in.
6. The 3/4<sup>th</sup> division will have a jamboree. Boys on March 7, 2020 and girls on March 8, 2020 in Belchertown.

ADD a summary rules page for referees