

# Bay State Youth Basketball League (BSYBL) Game Rules

## General Rules

- [Massachusetts Interscholastic Athletic Association \(MIAA\) High School rules](#) are used for all BSYBL games except where noted below

## Equipment

- Game balls shall be leather or synthetic leather
- Game balls shall measure 28.5 inches in circumference (standard women's basketball)

## Length of Games

- Games shall consist of two 16-minute halves
- Stop time shall be used for the official game clock (i.e. clock stops on all whistles by referees)
- Halftime shall be 5 minutes in duration

## Timeouts

- Each team shall be allowed 3 full timeouts per game
- Each timeout shall be 1 minute in duration

## Overtime

- Overtime periods shall be 3 minutes in duration
- Each team shall be provided 1 timeout per overtime
- Timeouts from regulation shall not carry over into overtime

## Fouls

- **Personal Fouls**
  - 1 and 1 free throws (bonus) shall be awarded on the 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> fouls of each half
  - 2 free throws (double bonus) shall be awarded on the 13<sup>th</sup> and succeeding fouls of each half
  - Second half fouls shall carry over into overtime periods and count towards the awarding of bonus and double bonus free throws
  - Fouls on missed 3-point attempts shall be awarded 3 free throws
- **Technical Fouls**
  - Technical fouls committed by players shall be counted as personal fouls and team fouls
  - Any coach who receives a technical foul shall be required to remain seated on the team bench for the remainder of the game

- **Ejections**
  - Coaches shall be ejected from the game should they receive any of the following:
    - 2 direct technical fouls
    - 2 indirect technical fouls and 1 direct technical foul
    - 3 indirect technical fouls
  - Any player or coach who is ejected from a game shall not participate in the next league game

### **Free Throw Attempts**

- Players shall be allowed to take 1 step inside the foul line (approximately 3 feet as determined by the referee) when attempting free throws
- As with regulation free throws, shooters shall not step towards the basket after a free throw until the ball has hit the rim
- Following a missed free throw attempt, the shooter shall not be allowed to be the first player to secure control of the ball, even if it was tapped/touched by another player first
- Shooters shall not be allowed to intentionally miss a free throw attempt in order to tip it to a teammate – referees shall have full authority to determine intent at their discretion
- Shooters electing to shoot from behind the foul line shall follow standard free throw shooting rules

### **Full Court Pressing**

- There shall be no full court pressing allowed other than during the following time frames:
  - The last 2 minutes of the 1<sup>st</sup> half
  - The last 4 minutes of the 2<sup>nd</sup> half
  - All overtime periods
- There shall be no full court pressing by any team leading by 20 points or more
- Only man-to-man presses shall be allowed - all zone presses are prohibited

### **Use of Zones (Offense & Defense)**

- No zone defenses shall be allowed
- In the frontcourt between the 3 point arc and the timeline, help defense, trapping, and double teaming shall not be allowed
- Inside the 3 point arc, but outside the key, help defense shall be allowed, but not to the point of trapping or double teaming one player
- Inside the key, help defense, trapping, and double teaming shall be allowed
- Offenses shall not be allowed to run “isolation plays” (i.e. send 4 players to remote areas of the frontcourt in order to allow their 5<sup>th</sup> player to go one-on-one against a defender without the risk of encountering help defense)

- The first violation of these rules during a game shall result in a warning being given by the referees to the coach of the offending team
- Second and subsequent violations of these rules during the same game shall result in an indirect technical foul being assessed to the coach of the offending team
- Game officials shall have full responsibility and authority in determining any violations of the above rules
- Any issues or concerns regarding the above rules shall be addressed by Town Administrators directly to the League Commissioner - NOT by coaches directly to the referees while a game is being played

### **Rationale for Zone Rules**

- The general intent of these rules is to avoid teams “packing it in”, thereby forcing teams to beat them with outside shooting, quick passing, etc.
- Players at this level generally do not have the offensive skills to ‘break’ a zone defense successfully, thus creating an unfair advantage for any team choosing to utilize one
- Given the above, allowing zone defenses would likely discourage teams from playing man-to-man defense, thus preventing players from learning and practicing this critical fundamental skill