



Chosen Youth Developmental Basketball League

Rules & Expectations

Gym Protocol

- Please pay attention to children at all times. This means no climbing on bleachers or unsupervised bathroom visits. Failure to comply could result in ejection with no refund.
- You are welcome to stay for practices, we recommend you bring a lawn chair. Parents will have to wait in the lobby if practices are at Diamond Hills.

Practices

Please be sure that your athlete brings a basketball to practice. Please note that if a player misses practice for any reason (They will lose 4 minutes of playing time). Please notify your coach if you have to miss for any reason.

Substitutions

Players will be substituted every 4 minutes.

Arrival time for games

No games will ever start more than 15 minutes early. Players are strongly recommended to arrive for games at least 10-15 minutes before game time.

Basketball size

Youth balls come in DIFFERENT sizes: Size 4 27.5 ages 5-8, Size 5 or 28.5 ages 9-12 (coed) Girls stay at this ball size) , or Size 6 or 29.5" (boys only ages 13+).

Bench

Only one head coach and one assistant may sit on the bench. All parents must sit on the opposing side of the player bleachers.

Clock

The game clock runs continuously and only stops in the following situations:

- During timeouts
- During the last minute of the game on all dead ball situations



Defense

Man-to-man & 2-3 zone defense is played so that players can learn the basic skills of individual and team defense.

After a made shot, a turnover, or a rebound, teams have to drop back to half-court and allow the ball to be dribbled down without pressure. Once the ball crosses half-court, the defense can guard the ball.

Fouls

Officials want to avoid injury to young kids, and they discourage rough play by blowing their whistles at the smallest physical contact. Even though basketball is considered a contact sport, young players are not big enough, strong enough, or mature enough to handle the kind of contact that occurs at higher competitive levels.

- A player fouls out of the game when he's called for a 5th personal foul.
- Penalty-free throws are awarded on the 10th team foul during each half.
- If a team commits 10 personal fouls in a half, the opposing team is awarded an automatic 1 free throw attempt to earn two points on each subsequent foul.
- Technical fouls count as a personal foul, a technical foul, and a team foul.
- All technical fouls result in 2 shots and possession of the ball in bounds.
- If a player or coach receives 2 technical fouls in any one game, they're ejected from the game and must leave the gym immediately.

Free throws

The free throw distance for young players (up to 2nd grade) is 13 feet. Coaches should have players shoot from the maximum distance at which they can shoot a free throw with good form. Gold, Platinum, and Titanium divisions will shoot from regulation which is 15 feet.

Free throws are usually only awarded for fouls that occur during the act of shooting.

Game length

Two 20-minute halves. The game clock runs continuously and only stops at the end of each half, during timeouts, and for designated group substitutions. Substitutions should happen every 4 minutes.

Gender (CO-ED)



Our league is co-ed.

Half-time

Half-time lasts anywhere from 3 minutes. Players typically have time to grab a drink, meet with their coach on the sideline, and maybe shoot around for a few minutes.

Jump balls/Alternate possession

The game begins with a jump ball, but after the opening tip, the alternating possession rule goes into effect.

- Any time there is a tied up ball, teams alternate throwing the ball in-bounds.
- At the start of each quarter, the team due for the next possession begins with the ball.
- If the game goes into overtime, a center-court jump ball will start the period. The team that fails to get the jump ball will get the next jump ball.

Lane violations

A lane violation will be called if an offensive player remains in the lane longer than 3 seconds without the ball.

Timeouts

Coaches will receive two 60-second timeouts per half.

Overtime

In the event of overtime (OT), the duration of each quarter will be:

- 2 minutes for the 1st OT period.
- If the game is still tied, a 2nd period of 1 minute is played.
- If the score is tied at the end of 3 overtime periods, the game goes to sudden death; the first team to score wins the game.



Game Rules Per Division

Rules Tot and Silver Division
1. All field goals: 2 points
2. No Free Throws
3. No 3-point field goals
4. Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play
5. One 60-second timeout is granted for each extra period
6. Unused timeouts may not carry over to the next half or into extra periods
7. Extra Period (over time) is 2 min
8. If it goes over the extra period sudden death (whichever team scores first in one minute)
9. If the game is still tied after 2 overtime then it goes to free throws only one player from each team gets to shoot the ball team that scores wins
10. The defense stays slightly above the 3-point line
11. no full-court or half-court press
12. Substitute a new player every 4 minutes (must check in at the scoreboard) no substitute is allowed after the player is checked in unless the player wants to come out or is injured Note: this is not a timeout please have your players ready to go in
13. 20 min halves
14. Last half coaches are allowed to substitute players in and out for Silver Division
15. no foul outs
16. Coaches and players must show good sportsmanship
Rules Gold/ Platinum Division
1. All field goals: 2 points (Unless there is a 3-point line)
2. 1 shot for 2 points if fouled on the shot
4. Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play
5. One 60-second timeout is granted for each extra period
6. Unused timeouts may not carry over to the next half or into extra periods
7. Extra Period (over time) is 2 min (If the game is still tied then 1 minute sudden death).
8. If it goes over the extra period sudden death (whichever team scores first)
9. If a team commits 10 personal fouls in a half, the opposing team is awarded an automatic 1 free throw attempt to earn two points on each subsequent foul.
10. Defense stays behind the half-court line



11. No full-court press
12. Substitute a new player every 4 min (must check-in at the scoreboard) If a player misses practice they p
13. The player with the ball must cross the half-court line before ONE defender can guard (no double team until a player passes the 3-point line)
14. After 5 fouls a player is fouled out
15. Coaches and players must show good sportsmanship
Rules Titanium Division
1. All field goals: 2 points (Unless there is a 3-point line)
2. No Free Throws
3. 3-point field goals are allowed
4. Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play
5. And ones are one point
6. One 60-second timeout is granted for each extra period
7. Unused timeouts may not carry over to the next half or into extra periods
8. Extra Period (over time) is 2 min
9. If it goes over the extra period sudden death, Period is for one minute (whichever team scores first)
10. After 10 fouls in a half, 1 shot attempt is awarded to earn 2 points to the other team plus the possession of the ball (team foul carries to overtime)
11. The full-court press is allowed (only after the 5-minute mark of the 2nd half)
12. if a team is up by 10 or more points full-court press is not allowed
13. Substitute a new player every 8 min only if a team has 10 players or less (must check in at the scoreboard)
14. if a team has 11 or more players new players are substituted every 4 mins (must check in at the scoreboard)
15. Half-court press is ok only if the player crosses the half-court line Player with the ball must cross the half-court line
16. After 5 fouls a player is fouled out
17. Coach and players must show good sportsmanship