

HYAA Boy's and Girl's Basketball Rules

HYAA Policy on Sportsmanship

Updated November 2024

HYAA Basketball strictly follows the [HYAA Code of Conduct](#) and the [HYAA Sportsmanship Statement](#). We ask all parents and coaches to follow both HYAA's code of conduct and expectations of sportsmanship. HYAA Basketball also strongly promotes the [Guidelines For Supportive Parents](#).

HYAA Sportsmanship Statement

HYAA would like to remind all coaches, parents, and players about the importance of SPORTSMANSHIP in all of our activities. It is an attitude reflected in our actions on and off the playing field.

Good SPORTSMANSHIP includes understanding the rules of the contest, playing by those rules, and showing respect for both teammates and opponents.

Self-control must be maintained at all times. We must always show a positive attitude when cheering and coaching.

Winning and losing lasts only a moment, integrity and dignity are characteristics of a lifetime.

These characteristics can be learned from the examples of our role models. In HYAA, coaches are visible and important role models.

We need to always strive to convey the characteristics of SPORTSMANSHIP to our children and our players. Whether we disagree with an official's call, question the rules of a contest, speak with a league official, or address a parent, we should always show respect. We MUST remain calm and act in a courteous, polite and professional manner.

It is our goal at HYAA to create a positive experience for the participants in our recreational programs AND our volunteers. We can only achieve this goal with everyone's help and cooperation.

REMEMBER, OUR CHILDREN ARE WATCHING US, LET'S SET A GREAT EXAMPLE THROUGH OUR SPORTSMANSHIP!!!

Rules of Conduct for All Recreation and Travel Leagues

Specific to basketball, the following excerpt from the NFSHSA Basketball Handbook is an interpretation of National Federation Rule 10, Section 4 and 5, regarding behavior of coaches. These rules will be strictly adhered to. "These rules prohibit a coach, assistant coach, player, parent or spectator from:

- disrespectfully addressing an official, attempting to intimidate an official or influence an official's decisions,
- using profanity,
- indicating objection to an official's decision by rising from the bench to use gestures of dissatisfaction,
- entering the court unless permitted by an official to attend to an injured player,
- rising from the bench except under circumstances outlined below,
- disrespectfully addressing or baiting an opponent, or
- doing anything that might incite an undesirable crowd reaction."

"The head coach may be off the bench within the designated coach's box to instruct players. Other than for the preceding exception any coach shall remain seated on the bench except to:

- Confer with team members at the bench area during a charged time-out and at intermission periods.
- To call time-out.
- Attend to an injured player.
- React spontaneously to an outstanding play.
- Confer with personnel at the score keeper's table with regard to timing or scoring error, alternate possession arrow mistake or a correctable error.
- The assistant coach must remain seated on the bench.

1. Duties of League Presidents

1.1 League Presidents are responsible for:

- Sharing [All Leagues - General rules](#) and [League Specific Rules](#) to all coaches.
- Finding and organizing coaches for the league.
- Organizing and assigning players for each team in the league, if

preferred, this can be done as a league draft.

- For competitive leagues, it is highly recommended to work with travel coaches to craft balanced teams. Regarding player requests, they are allowed if the teams remain balanced.
- Obtaining from the Basketball Commissioners any necessary equipment such as score sheets, uniforms, etc., for distribution to the coaches.
- Setting up your leagues TeamSnap, creating teams and assigning players and coaches. ([Support for using TeamSnap](#)).
- Providing a schedule of league games and practices to all coaches for them to post in TeamSnap.
- Collecting suggestions from coaches regarding future program improvements and delivering a written compilation to Basketball Commissioners at the end of the season.
- Addressing any issues or conflicts presented and upleveling to Basketball Commissioners as necessary.

2. Administrative Rules and Recommendations

2.1 There may be no use of gyms for any reason during times not assigned to HYAA by the Gym Time Director.

2.2 All games on the official league schedule must be played.

2.3 A game may be postponed ONLY by the League President and ONLY in cases of:

- inclement weather
- unavailability of the gym
- unavailability of both assigned or substitute officials
- with permission of the Commissioners for some other emergency.

Postponed games shall be rescheduled promptly by the League President to a time mutually agreeable to the League President and both coaches. If these parties cannot agree on a playing date and time, a date and time shall be assigned by agreement of the League President, Basketball Commissioners and Director(s) of Recreation. Once rescheduled, that game shall be considered part of the official league schedule.

2.4 Court time for teams and officials is the time shown on the league schedule.

- Referees shall start each game as scheduled. The clock will be started five minutes after the scheduled start time even if one of the teams is not in a position to start the game. This will be done to ensure that the subsequent games will end at a reasonable time.
- If a team does not have four (4) eligible players ready to play and a coach or person designated by the coach is not present on the court within ten (10) minutes of the scheduled court time, the team automatically loses by forfeit. Under this rule there may be a double forfeit.
 - NOTE: It is recommended that in the event of a forfeit as stated in Rule 2.4, that said time allotted be used for the purpose of a scrimmage for the benefit of all players. Teams may be reorganized for this specific purpose to enable the scrimmage to take place and neither team's win/loss record shall be affected by the scrimmage.

2.5 Scoring and timing of each game are the responsibility of the official scorekeeper and timer assigned to that game.

- The home team will provide an adult to keep the clock and the away team will provide an adult to keep the scorebook.
- The score keeper and the timer should not cheer or coach players on the court.

2.6 Recreation League Descriptions:

All leagues will be open to Holmdel residents that are students in grades Kindergarten through 12th.

2.6.1 Kindergarten, 1st & 2nd grade Clinics - These clinics are intended to provide our students with the fundamentals of basketball by providing foundational basketball instruction, via drills and fun games, to teach dribbling, passing, shooting and footwork. At some point during the season, at the League Presidents discretion, intra and inter team scrimmages, reffed by the coaches, may be conducted to give participants a little exposure to the competitive nature of the sport. In addition to honing their basketball skills, players will be taught the importance of team play and the relationship of their positions to the other four (3 to 4) positions on both offense and defense. No scores are kept in this league.

2.6.2 3rd & 4th Grade Leagues - These leagues consist of 3rd and 4th grade students and are intended to give players more intensive exposure to league play on a regulation court with one patch ref and one student official. Basic skills will continue to be improved and additional emphasis will be put on team play and the relationship of the five positions. This league will play on 8 foot baskets.

2.6.3 5th & 6th Grade Leagues - These leagues will consist of 5th and 6th grade students. As in earlier leagues the emphasis will always be on improving basic skills, team play and the relationship of the various positions. This league will play on 10 foot baskets. In addition, players will receive exposure to some of the more complex offenses and defenses. Officials for this league will consist of one professional and one student referee.

2.6.4 7 & 8th Grade Leagues- This League will consist of 7th and 8th grade students. At this level of experience coaches will be dealing with players that may have been involved with HYAA Basketball, from a competitive standpoint, for as many as five years. We will still focus on the basics, however, the level of experience and maturity of the players will demand more exposure to the finer points of the game. The competitive nature of the sport will also come to the forefront. When available, officials for this league will consist of two (2) professional referees.

2.6.5 High School League - The High School League will consist of 9th, 10th, 11th and 12th grade students. Some players will have been involved with HYAA Basketball for as many as seven years. We are now dealing with responsible young men and women that are preparing for another phase in their lives, their college education. It is our challenge to continue to improve their skill levels, stress the value of team play and their responsibility to each other. The officiating for this league will be conducted by two professional referees, under the auspices of the Director of Officials.

3. Rule Modifications for Game Play

Current basketball rules of the National Federation of State High School Associations shall govern play, except as modified here.

3.1 Player eligibility dress code for a game requires the following:

- a. Each team member must wear the uniform provided by HYAA, athletic socks and sneakers. NOTE: Jogging shoes may be deemed to be unsafe.
- b. A team member may not wear jewelry, barrettes or other accessories deemed unsafe by the referee.

3.2 Occupants of a team's bench are limited to team members, the head coach and the assistant coach.

3.3 The following balls will be used for the leagues listed:

- Clinic: 27 inch (Biddy)
- 3rd-6th grades: 28.5 inch
- 7th - HS Girls: 28.5 inch
- 7th - HS Boys: 29.5 inch

3.5 Each game shall be divided into quarters or halves with the clock starting and stopping as outlined below:

- Clinic: No Time
- 3rd - 4th grade: 8 minute quarter or 16 minute halves running time
- 5th - High School: 10 minute quarter or 20 minute halves running time

The clock will run continuously during each quarter/half unless a time out is called. The only exception will be the last 2 minutes of the 4th quarter where the clock will stop on a whistle and start on an inbound. In the 7/8 league the clock will stop for the last two minutes of the second quarter and the fourth quarter. In the High School League the clock will start and stop as defined in the NFSHSA Basketball Handbook. Playing time shall be recorded in the official score book in eighths. At the middle of each quarter the referee shall stop play to allow coaches to make player substitutions.

3.6 Intermission between quarters shall last one (1) minute; intermission at half time will last two (2) minutes.

3.7 Playing Time - Each eligible player, including any who arrive before the beginning of the second quarter, shall play four (4) eighths. Only players who start an eighth get credit for playing that eighth. In 3rd-8th grade leagues players must sit out at least two (2) eighths during the game, except when only five (5) players are available. In the High School league players must sit out at least one (1) eighth during the game. Exceptions to Rule 3.7 are:

3.7.1 A coach has the option of reducing a player's playing time below the minimum for disciplinary reasons. Both the League President and Basketball Commissioner must be notified by the coach within forty-eight (48) hours of any such occurrence.

3.7.2 A player disqualified by fouls is absolved of this requirement.

3.7.3 A player arriving prior to the start of the third quarter must play at least two (2) eighths.

3.7.4 A player arriving after the start of the third quarter may not play.

3.7.5 A player removed from the game due to sickness or injury is absolved of the minimum playing time requirement. The sick or injured player may return to the game in the same or subsequent quarter, subject to Rule 3.8.

3.8 A substitute may be made for any player who has already completed the minimum playing time or who has been disqualified by fouls or who must leave the game due to sickness or injury.

3.9 Three-point field goals will be allowed in the 5th-High School Leagues.

3.11 Boy's and Girl's Clinics

It is strongly recommended that basic fundamentals be taught in these leagues. Instructional drills should emphasize shooting, dribbling, passing, footwork, and defensive and offensive skills. Scrimmages should be minimized but when conducted a 4 vs.4 development scrimmage should be conducted at the clinic level directed by a coach from each team. The basketball commissioner with the director of player development will distribute drills, games and instructional sheets outlining the practice sessions at this level. Games that mimic game-like scenarios and skills are highly recommended.

Note: Score Boards Are Not Permitted in the Clinics

3.12 3rd & 4th grade Leagues

3.12.1 Defensive Restrictions

When a team has gained clear possession of the ball in its defensive half of the court, or when a team is making a throw-in to their back court, A Fall Back condition exists. It is strongly recommended that the referees call out "Fall Back," at this time. When a Fall Back condition exists, the defensive team shall return to its defensive half of the court. A defensive player may not intentionally touch the ball or defend against an offensive player in the back court until the ball has crossed the division line.

A Fall Back condition shall not be interpreted as prohibiting a fast break by the offensive team. Also a Fall Back condition

does not temporarily suspend other rules regarding fouls and violations. A defensive violation of the Fall Back Rule (intentionally touching the ball or defending against an offensive player in the back court) will result in a TECHNICAL FOUL on the team for delay of game.

3.12.2 Pressing allowed for boys 4 and girls 3-4 league and above. Please refer to the rules for each league as they vary.

3.12.3 During the regular season, only one (1) three minute overtime period will be allowed. During the playoffs all games will be completed regardless of the number of overtime periods.

3.12.4 A coach may request a time-out whenever his/her team is eligible to receive a time-out.

3.12.5 Both boys and girls leagues will play on 10 foot baskets.

3.12.6 Free-throw lines will be the regulation line as marked on the court.

3.13 Official End of Game A game will be declared to be officially over when the referee signs the score sheet or leaves the gym. Referees will be encouraged to sign the score sheet at the conclusion of the game.

3.14 Lopsided Scoring Rule – If one team is winning by 15 or more points, the defense must play in the lane. First violation is a warning. Subsequent violations will result in a 2 shot technical foul and possession of the ball. If the score is greater than 20 points, travel players must be subbed at the immediate next sub change/qtr, until the score is less than 15. Travel player(s) then may reenter at the next qtr/sub change. If there is an injury or not enough players, then the travel player is permitted to stay in the game. If only 6 kids, but two travel players, the travel players must be subbed for each other.

4. Violations and Penalties

4.1 To prevent accidental rule violations it is strongly recommended that coaches read these rules. Also, warnings and reminders will be given only once during the game.

4.2 At the end of the game, a coach has the right to examine the official score sheet or speak with the referee to determine whether both teams have satisfied the playing time requirements as outlined in Rule

3.7. If a violation by either team is discovered, it will be reported to the referee. The referee, upon examination confirms the violation, shall declare a forfeit, or double forfeit, against the guilty team(s). The referee shall report such forfeits to the League President.

- 4.3** The participation of an ineligible player or coach shall cause automatic forfeiture.
- 4.4** Any player or coach who receives two technical fouls in a game will be ejected from the game and be automatically suspended for the next game. The player or coach must leave the gym or HYAA facility on any ejection. If the player or coach fails to leave the gym or HYAA facility they will be suspended for an additional game. If the game from which the ejection took place is still underway, the game will be forfeited.
 - 4.4.1** Technical fouls, unsportsmanlike conduct, flagrant fouls and ejection of a player, coach or spectator shall be reported to the Director of Officials, who will then notify the Basketball Commissioners.
- 4.5** If a player, coach or spectator is ejected from two games or accumulates four (4) or more technical fouls for unsportsmanlike conduct during one season, that individual shall be barred from playing or coaching for the remainder of the season, including all tournament activity.
- 4.6** The Basketball Committee may suspend a coach, player or spectator for one or more games for persistent misconduct during HYAA activities including, but not limited to, the involved sport. The suspended coach, player or spectator may appeal to the HYAA Executive Committee to overturn the Basketball Committee's decision by written notification to the Vice President requesting a review of the suspension.
- 4.7** Game participation by a coach, player or spectator who has been suspended will result in automatic forfeiture of the game in which the violation occurs. In addition, the Director of Officials shall ask for the matter to be placed on the HYAA Executive Committee agenda and if warranted, the individual may be suspended for up to one (1) additional year.

5. Assigning Teams

- 5.1** Each player will be assigned to a League according to his/her

grade in school as of September of the current school Year. The following structure is recommended for both Boys and Girls leagues:

- Clinic - Kindergarten - 2nd grade
- Third and Fourth
- Fifth and Sixth
- Seventh and Eighth
- High School - Ninth, Tenth, Eleventh and Twelfth

5.2 League Presidents, along with travel coaches, will make their best effort to create team rosters that are fair and balanced based on player strength, size, and ability.

6. League Schedules, Standings and Awarding of Trophies

6.1 An official league schedule shall be between ten (10) and sixteen (16) regular season games. All league schedules shall be prepared under the direction of the basketball commissioners.

6.2 At the conclusion of the regular season a single elimination playoff will be conducted for all leagues with the exception of the Clinic League.

6.3 In consultation with the League President's and coaches the Basketball Commissioners shall determine whether regular season standings should be kept for the purpose of determining playoff seed position in the single elimination playoffs.

6.4 Trophy awards for leagues shall be:

6.4.1 Participation awards for those players in leagues that do not conduct playoffs.

6.4.2 League Champions, League Runner-ups and Third Place trophies for those players participating in the double elimination playoffs".

7. March Madness

7.1 **March Madness** will be held at the conclusion of the playoffs for competitive leagues. League Presidents run their own festivities - with the emphasis for each league to make it a fun conclusion to the season and celebrate the players. HYAA Basketball will provide snacks and drinks throughout the event.

Some things that have been done in the past with great success:

- League President or a coach act as the Emcee - announce the kids, calling and commenting on the comps and games, and so on.
- Speakers are available to play some music (we've even had a bagpiper pipe kids into the gym!!)
- Skills competitions, some of which can include parents.
- A short "All-Star" game - refs will be available.
- A mini round-robin tournament with 4 teams playing short games for an eventual winner.

7.1.1 Depending on the size of the league League Presidents asks each team to nominate 3-4 players for the event to create two teams with a roster of 12 players each (i.e. a league with 6 teams can have 4 players/team and a league of 8 can do 3 players/each). If a nominated player cannot attend, the coach should invite another player. The League President and coaches will divvy the players up fairly.

NOTE: League Presidents should make it clear that coaches don't have to nominate the "best" players, but rather players a coach thinks represents their team and deserves the recognition.

7.1.2 The Head Coaches of the 1st and 2nd place teams will serve as the March Madness coaches, unless they are unavailable whereby another coach is asked. Additional coaches will be asked to participate to assist with the event.

8. Miscellaneous

Situations not covered in these Rules and Recommendations are left to the Basketball Commissioners and/or the Director of Officials, provided that the situation and ensuing decision is documented and presented to the HYAA Executive Committee, for review and consideration, at the next regularly scheduled HYAA meeting.