

Seymour Recreation Youth Basketball League Rules

I. League Rules

II. Special Defensive Rules

III. Miscellaneous Rules

I. League Rules:

1. Each game will consist of four 10 minute quarters with running clock **except for the last two minutes of regulation.**
2. Every player on your team must play in both halves of the game and in each quarter. There will be substitutions made every 5 minutes.
3. Substitutions will be followed by a number system for all Divisions. (Refer to Substitution sheet)
4. Substitutions can also be made via timeout in the **2nd half under 2 minutes of regulation only.**
5. Each player is allowed five personal fouls. A player will be fouled out on committing the 6th foul. If any of the fouls are deemed flagrant by the official. The player can be susceptible to removal from the game and also a 1 game suspension upon review by the Recreation Department.
6. Ejected Coaches/Players from a game by the referee will leave the gym area immediately and is automatically suspended from participating or attending any future games until such time as the Seymour Recreation Department has reviewed the circumstances and has voted on disciplinary action.
7. No Bonus Shots. 7 fouls or more per half results in a 1+1 free throw opportunity.
8. 2 time-outs per half (timeouts do not carry over) 45-second duration
9. There will be a 3-minute break in between 1st and 2nd half
10. Mercy Rule: If a team is winning by 15 points or more at any point during the game they must implement a 3-pass rule. This rule is meant to slow down gameplay. All passes must happen in the front court (Coaches refrain from counting out loud with your players to the number 3 as this defeats the purpose of the rule.) If at least 3 passes are not met before the basket. **The basket will not be counted**
11. 2-minute overtime for tied games, with clock stopping for every whistle, all common fouls are 1 + 1, one time-out for each overtime period. 1 overtime period for the regular season. [Playoffs will be played until a winner is declared.]
12. No Jewelry is allowed.
13. "NO MOUTH" rule. Unsportsmanlike conduct will not be tolerated during the game.
14. Should any two teams have the same record at the conclusion of the season; the following tie breaker system will be employed.
 1. Head to Head Competition. 2. Points Allowed

II. Special Defensive Rules

1. ***3rd & 4th grade:** You must respect the 3-point line meaning the defender must not pass the 3 point line **prior** to the ball being brought over half court. You may play any type of defense once the ball is crossed over half court. There will be NO pressing at any time during the game. A Technical Foul will be called after one team warning if you break defensive rules. (Two shots and the ball)
2. **5th & 6th grade:** You may play any kind of defense prior to half court. You may press only at the **final 2-minutes of the 4th quarter**, but if a team is leading by 15 or more points, the team that is leading is not allowed to press. A Technical Foul will be called after one team warning if break defensive rules. (Two shots and the ball)
3. **7th & 8th grade:** You may play any kind of defense anywhere on the court and may press at any time, but if a team is leading by 15 or more points there will be no pressing. A Technical Foul will be called after one team warning if you break defensive rules. (Two shots and the ball)

III. Miscellaneous Rules

1. No parents/siblings are allowed to sit on the bench during the game unless they are the approved designated coaches allowed by Seymour Recreation Department. No more than two to three approved/selected coaches on the bench during the game.
2. Coaches are not allowed to switch players or change their practice or game times, days and locations. The Seymour Recreation Department has final discretion on any changes.
3. Please do not bring outside basketballs to gym on game days. No shooting of basketballs while other teams are having practices and games. This is for safety reasons.
4. There is no food/drink other than water allowed in all the gyms we use. In addition, please do not wander the halls of the community center or schools, go on stages and play in elevators. Parents are fully responsible for their child's behavior while in our facilities. Please do not jeopardize the use of our town and school buildings.
5. No smoking is allowed in any gyms or doorways leading to the gym we use.
6. No pets of any kind are allowed in the gyms unless it's a service animal. Please send notification to the Seymour Recreation Department prior to attending a game/practice so we can get you an adequate location to sit and enjoy the program.
7. When Seymour Public Schools are closed or dismissed early due to weather conditions, all basketball practices and games will be cancelled. An email will be sent out if we need to cancel no later than 3:00 PM.

Substitution Sheet

Subs will happen every 5 minutes during the duration of the 40-minute game. Each child will be given a number. The number they are given will determine when they will be playing in the game. Any player that arrives after the start of the game may be added to your pattern as the highest number in your pattern. Your team will then change to the new rotation (ex. 7-person team with a late arrival would then follow the 8-person team sub pattern) If a player becomes injured and cannot continue or is disqualified due to fouls, ejection, etc. you will replace them with the highest numbered player (according to your assigned substitution numbers) that is sitting on your bench. If a player is unable to enter at their assigned time you will continue to replace them with the highest numbered player now sitting on your bench. Below is an example of 7-player rotation sheet.

Starting Lineup	Subs (Round 1)	Sub (Round 2)	Sub (Round 3)	Sub (Round 4)
1	6	4	2	7
2	7	5	3	1
3	1	6	4	2
4	2	7	5	3
5	3	1	6	4
Bench	Bench	Bench	Bench	Bench
6	4	2	7	5
7	5	3	1	6

SUBSTITUTION PATTERN PLAYER NUMBERS	PLAYER NAMES	JERSEYNUMBER
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

6 PERSON TEAM	START OF QUARTER	5 MINUTES SUBSTITUTION
1 ST QUARTER	1, 2, 3, 4, 5	6, 1, 2, 3, 4
2 ND QUARTER	5, 6, 1, 2, 3	4, 5, 6, 1, 2
3 RD QUARTER	3, 4, 5, 6, 1	2, 3, 4, 5, 6
4 TH QUARTER	1, 2, 3, 4, 5	6, 1, 2, 3, 4

7 PERSON TEAM	START OF QUARTER	5 MINUTES SUBSTITUTION
1 ST QUARTER	1, 2, 3, 4, 5	6, 7, 1, 2, 3
2 ND QUARTER	4, 5, 6, 7, 1	2, 3, 4, 5, 6
3 RD QUARTER	7, 1, 2, 3, 4	5, 6, 7, 1, 2
4 TH QUARTER	3, 4, 5, 6, 7	1, 2, 3, 4, 5

8 PERSON TEAM	START OF QUARTER	5 MINUTES SUBSTITUTION
1 ST QUARTER	1, 2, 3, 4, 5	6, 7, 8, 1, 2
2 ND QUARTER	3, 4, 5, 6, 7	8, 1, 2, 3, 4
3 RD QUARTER	5, 6, 7, 8, 1	2, 3, 4, 5, 6
4 TH QUARTER	7, 8, 1, 2, 3	4, 5, 6, 7, 8

9 PERSON TEAM	START OF QUARTER	5 MINUTES SUBSTITUTION
1 ST QUARTER	1, 2, 3, 4, 5	6, 7, 8, 9, 1
2 ND QUARTER	2, 3, 4, 5, 6	7, 8, 9, 1, 2
3 RD QUARTER	3, 4, 5, 6, 7	8, 9, 1, 2, 3
4 TH QUARTER	4, 5, 6, 7, 8	9, 1, 2, 3, 4