



Youth Basketball Alliance

Gulf Shores, SBCA, Foley, and Orange Beach.



(Revised December 6th, 2021)

1. Player Participation

Every player dressed out for a game must play at least one half of each game (teams with 10 or more players will distribute playing time evenly). If a player is disrespectful to the coach, teammates or opponents, minimum playing time may be reduced to one quarter of the next scheduled game. If a player has multiple unexcused absences from practices, playing time may be reduced to the minimum of one half of the next scheduled game. This will be at the discretion of the coach and the player's parent. **The official scorekeeper and the opposing coach must be notified of any player not dressed before the start of the game.** Failure to comply with these rules may result in a forfeiture of the game.

Teams may start a game with a minimum of 4 players all of whom must be on the official team roster. Teams shall have a maximum of 5 minutes from the scheduled start time to field the minimum number of players needed. A technical foul will be assessed for any team for subbing in a player not listed on their roster in the scorebook (regardless of circumstance). Coaches need to list all players from their official team roster in the official scorebook to avoid a technical foul for subbing a player in the game who arrived late and/or after the game started.

Participation with a cast, metal brace, or some other hardened support device will not be permitted. No amount of foam coverage will suffice a hard cast, metal brace, etc. to be allowed on the court. A player may not participate while wearing jewelry or other items, which in the opinion of the referee may be dangerous to the player or other players.

A team participating in this league shall not be permitted more than three events per week which includes practices, games, and/or a combination of both. Furthermore a team may not be allowed to practice for a time period lasting longer than 1.5 hours.

No player may play for more than one (1) team during the season. Players who participate in their Middle School's basketball program and listed on a school roster at any point during the winter 2020-2021 season will not be permitted to play.

2. Divisions

Time Outs – 2/3, teams can use up to 2 time outs per half, 3 total time outs per game.

Ages	Quarter Length	Ball Size	Goal Height	Free Throw	Time Outs
6U Coed	6 minutes	Junior	8'	10'	2/3
8U Boys	8 minutes	Intermediate	8'	10'	2/3
8U Girls	8 minutes	Intermediate	8'	10'	2/3
10U Boys	8 minutes	Intermediate	10'	12'	2/3
10U Girls	8 minutes	Intermediate	10'	12'	2/3
12U Boys	8 minutes	Official	10'	15'	2/3
12U Girls	8 minutes	Intermediate	10'	15'	2/3
14U Boys	8 minutes	Official	10'	15'	2/3
14U Girls	8 minutes	Intermediate	10'	15'	2/3

3. Distribution of Players

Players will be distributed by the respective league athletic directors according to each player's age and gender. Large divisions may require a draft. The goal of the league is to distribute the players in a manner, which creates the most equally balanced teams in each division. By doing so this shall promote equally competitive games between the teams and throughout the league.

4. The Game

A. Age divisions, quarter lengths, ball size, goal height, free throw distance and time outs are listed in section 2 (**Divisions**).

B. 6U Coed will be playing 5v5.

C. There will be a two-minute break between quarters and a five-minute break at half time.

D. Time outs shall be a period of one minute.

E. Each team will receive one additional time out for a game, which involves an overtime period.

F. The official game clock will be a **running clock. It will not be stopped for free throws. It will only be stopped the last minute of each quarter on a dead ball whistle (including free throws). During the last minute, the clock will begin once the ball is touched inbounds by a player.**

G. During free throws players must wait until the ball hits the rim to move into the lane.

5. Technical Fouls

Technical fouls may be called by an official against the bench of any team, which shall result in two free throws and possession of the ball to the opposing team. Offenses for which technical fouls may be called are:

A. Unsportsmanlike behavior by any player, coach or spectator for either team.

B. Deliberate and flagrant play by any player.

C. Consequences for an ejection of a coach, player or spectator will be determined by majority vote of all participating city Athletic Directors.

Note: Officials are encouraged to give a warning for any foul that may result in a technical foul. Although a warning is not deemed necessary it will be left to the referee's discretion according to the foul. The decision of an official as to what shall constitute unsportsmanlike behavior and rough play shall be conclusive. An official may remove/eject any player, coach, or spectator from the gym for unsportsmanlike behavior, cursing, or deliberate and flagrant play or conduct. A technical foul called on a coach shall be documented in an incident report or game report at the conclusion of the game. A coach may be further reprimanded subject to the review of the league coordinators.

6. Conduct

Coaches, players or other team scorekeepers may only check the officials scorekeeper's book during breaks in the games (timeouts, in between quarters, halftime).

The table scorekeeper's book is the official scorekeeper book for the game. Game officials and supervisors will only refer to the official scorebook.

Coaches are responsible for their own conduct as well the conduct of their players and spectators. Spectators may not pace the court sidelines as to distract, instruct, or coach the basketball game.

Coaches, players and spectators shall not be permitted to question an official's call during a game except, however; a coach may use one of his or her time outs to ask for an explanation of a call or a clarification of a rule in a **professional** and **calm approach**. Improper questioning of an official's call may result in a warning or an assessment of a technical foul at the discretion of the official.

Anyone ejected from the game must be fully removed from the gym building so that they will not distract the continuation of the game. The game shall be stopped until the person(s) have left the premises. If the ejected individual refuses to leave the premises, officers of the law will be called and the game may be subject to a cancellation or forfeiture by the team whom had the ejection. A minor not accompanied by a parent must be supervised by an adult of that team for the remainder of the game. Ejection of a coach, player or spectator will result in a minimum one game suspension (no exceptions) and additional discipline action may be subject to review by the league basketball coordinators.

7. Special Rules

Jump balls will **only be allowed** in the following divisions: **12U Boys/12U Girls and 14U Boys/Girls**. Jump balls in these two age divisions will be permitted only at the start of the game and at the start of any overtime period. The alternating possession rule will apply for any subsequent jump ball during regular play.

8. Substitutions

Every coach is expected to play each of his or her players at least half of the game. Failure to play athletes their allotted time without adequate explanation to the official scorekeeper and opposing coach will result in forfeiture of the game. All age groups have free substitutions, meaning you can substitute players anytime during a dead ball or during quarter breaks. For free substitution, players may be substituted once they have checked in with the official scorekeeper, the buzzer has been sounded and the referee has acknowledged that the sub may enter the game.

9. Defense

6U Coed teams:

- A. Only man-to man defense allowed. While on the court, players will use colored wristbands to match-up with opposing players.
- B. Defensive players may guard the offensive players once he/she have crossed half court.
- C. No double teaming, pressing or traps
- D. No reaching in, stealing or stripping the ball from the player in possession of the ball. Players are only allowed to steal the ball off of a pass or mishandled/fumbled ball. A basketball not deemed in the player's possession can be stolen.

8U Boys and 8U Girls:

- A. Teams can play any defense.
- B. Players are allowed to steal the ball off the dribble and tie-up a player inside the lane **only**. Stealing a pass or picking up a ball not in control of the offensive team is permitted at any point. The closely guarded 5 second rule is in effect.
- C. Defensive players may guard the offensive players once he/she have crossed half court.
- D. Full court press **only** during the last minute of the half and the game. 8U teams will also be allowed to press during all of the overtime periods. You are allowed to steal off the dribble during the full court press minute.

10U Boys/Girls:

- A. Play any defense.
- B. Full court press **only** during the last two minutes of the half and the game.

12U/Girls Boys:

- A. Girls may **only** press during the last 2 minutes of each quarter. Girls may press during the entire overtime period as well. All AHSAA rules apply otherwise.
- B. ASHAA rules apply to boys.

14U Boys/Girls:

- A. ASHAA rules apply.

10. Offense

Free Throws – players can enter the lane and play for the rebound once the basketball hits the rim.

6U Coed

- A. No fast breaks by passing the ball down the floor. Players may only fast break by dribbling the ball down the floor.
- B. No lane violations.
- C. The three-point shot is not in effect at gyms without a three-point area (i.e. Orange Beach Elementary School, Foley Elementary School).

8U Boys and 8U Girls:

- A. The three-point shot is not in effect at gyms without a three-point area.
 - a. (i.e. Orange Beach Elementary School).
- B. Lane violations will occur after 5 seconds instead of the traditional 3 seconds.
- C. The 10 second back court rule is in effect (the offensive team has 10 seconds to cross half court).

11. Tie Games and Overtime

In the event the score is tied at the end of regulation, there will be a three-minute overtime period and each team will receive one timeout for the overtime period. A two-minute break will be allowed in between regulation play and overtime. At the end of those three minutes if a winner is not declared the game ends in a tie.

In the case of a tie during a play-off or tournament game the same rules apply except you will continue with three-minute periods until a winner is declared.

12. Mercy Rules

In the event during a game any team is ahead by 20 points, the referee will instruct the official scorekeeper to let the time clock run. If the team that is behind by 20 points pulls the score back to within a 10-point deficit the referee will instruct the scorekeeper to revert back to stopping the clock at normal intervals. The team ahead by 15 or more points shall not press during the mercy rule.

13. Other

Teams will conduct player warm-ups on the side of the court opposite of their team bench (8Under – 14Under age groups).

Due to the limited availability of the gym, game start times are approximate. All players and coaches should be at the gym thirty minutes prior to the start time of their game. The right of the league is reserved to adjust starting times slightly to allow all games to be completed within the gym time allotted.

Coaches shall be responsible for controlling their bench and their spectators. They shall insure their bench area is clean prior to leaving a game. No food or drinks allowed in the gyms. Water will be available at each facility. They shall insure the safety of each child prior to leaving a game and that each player's ride has arrived prior to leaving the gym.

No artificial noisemakers will be permitted.

These rules were drafted by and agreed upon by the following athletic directors:

**Gulf Shores Parks and Recreation Department
Orange Beach Parks and Recreation Department
Foley Parks and Recreation Department**