

Semper Fit Youth Sports
Basketball Bylaws Ages 5+
Amended 2 Feb 2024

1. DEFINITIONS AND GUIDELINES

1. MCCS Semper Fit Youth Sports follows guidelines of the National Alliance for Youth Sports and National Federation of State High School Sports Association.
2. “Age groups” refers to children of the specified age of each group or children turning of the specified age during the current season.
 - a. Age Division are as followed:
 - I. Youth Sports has the right to modify age division to meet the needs of the community and to provide the best possible experience for all participants.*
 - 1) 5-6 years old
 - 2) 7-8 years old
 - 3) 9-10 years old
 - 4) 11-12 years old
 - 5) 13+ years old
 - b. Defenses
 - 1) Ages 5-6: Man-to-man, no full court press.
 - 2) Ages 7-8: No full court press, no defensive restrictions.
 - 3) Ages 9+: No restrictions.
3. “Bylaws” refers to these rules.
 - a. ***Specific rules for 5–6-year-old are at the end.***
4. This league follows the National Federation of State High School Association Basketball rules book some modifications to accommodate MCAS Iwakuni Youth Sports.

2. COACHES

Coaches are responsible for creating opportunities for players to acquire the basic knowledge of flag football skills, to include sportsmanship; teamwork; discipline; and the value of athletic competition. Coaches are further responsible for the following:

1. Providing players with quality instruction, matched to the players learning and understanding levels.
2. Total administration of the team.
3. Attending the National Youth Sports Coaches Association (NYSCA) training session and become a certified coach.
4. Be trained in First Aid or attend First Aid training.
5. Attend Child Abuse and Neglect Detection, Prevention and Recongnition Training.
6. Ensuring that all league rules and bylaws are complied with by players and spectators. Non-compliance of these bylaws will not be tolerated.

The Youth Sports Coordinator or Athletic Director’s interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.

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7. The conduct of their team participants and spectators. Any derogatory verbalization from anyone towards opposing players or coaches is not allowed. Such lack of control will result in disciplinary action and/or forfeiture of the game in play.

3. PLAYER PARTICIPATION

1. This League is open to all youth dependents of active duty, retired military personnel, DoD and Civilian employees, and Japanese Nationals. The eligible participants must fall under the age requirements set forth by MCCS Youth Sports.
2. It is the intent of this league to ensure that all players have **ample opportunity to play an equal amount of time to commensurate with good discipline and fairness**. During the play of games, **each participant will play in at least half of each half**. This ruling is subject to two exceptions, based on player injury, or if a player is under disciplinary action. In either case the opposing coach, Youth Sports Staff and parents must be notified prior to the start of the official game time. This effort will be supervised by either the coaches or Youth Sports Staff.
3. A player assigned to a team will not be permitted to play in a game until he/she has attend at least one (1) practice before a game in order to play and is on the official roster.
4. Coaches will not allow a player to play or practice with a team unless the coach has a copy of the players Sports Registration form with the signature of the player's parent or legal guardian. Failure to do so invalidates the coaches National Youth Sports Coaches Association (NYSCA) liability insurance. Coaches will be personally liable for any injuries or incidents involving any player for whom they do not have a properly signed Registration Form.

4. EQUIPMENT and UNIFORMS

Players will be given a uniform from Youth Sports. At minimum, Youth Sports will provide a jersey. A uniform consists of:

- Team jersey
- Shorts/Pants
- Rubber Sole Shoes

Players should arrive dressed in their jersey tucked in, shoes on, and ready to play.

- Soft casts will be permitted if approved by officials.
- All types of jewelry (earrings, bracelets, necklaces, etc.) must be removed before the game.
- Adaptive aids are approved on a case-by-case basis.

5. Team Duties

Teams are responsible for their bench and team area. All players and teams are expected to clear up their bench immediately after the game.

All Spectators must be seated in the spectator area. They are to be in the team area, scorer's table, or the courts. Failure to do will result with a Technical Foul on the head coach.

6. PRACTICE

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1. Practice times will be assigned by Youth Sports. Coaches are expected to contact their players to communicate practice days and times. Practice times will be 60-90 minutes. Youth Sports and Coaches will notify if practice is 60 minutes or 90 minutes.
2. All teams will be given one 1-hour practices per week. Any practices or scrimmages in addition to those scheduled by Youth Sports must be voluntary and must not exceed the 1-hour limit.
3. Players must attend at least one (1) practice before a game in order to play. Players will not be penalized for missing extra practices or scrimmages. If a player does not attend two (2) or more consecutive practices, he or she may not be allowed to participate in the next game. This will be at the discretion of the coach and Youth Sports Staff.
4. If a coach needs to reschedule a practice, the coach should contact Youth Sports to arrange for a suitable day and time. The coach will then contact his/her team with the information.
5. Scrimmage games may be played as coaches desire. A scrimmage game can count as a practice for the teams involved.

6. FORFEITS/GAME RESCHEDULING

The Youth Sports Coordinator will manage the game schedule. Games will be rescheduled if time permits, fields are available and when it is most feasible for all involved, to include staff, officials, and teams.

7. REFEREES

- 1) The referee shall be the sole judge on the field of play.
- 2) The referee can ask coaches, parents, players, and spectators to leave the field of play or the facilities to maintain a pleasant atmosphere, and control of the game.
- 3) If a coach, player, or spectator, is ejected from a game, that person(s) is automatically removed from the next game and will be reviewed by the Youth Sports Coordinator and Athletics Director. Should another incident occur within the same season, the coach, spectator, or player may be ejected from the league permanently.
- 4) The referee may stop, suspend, or terminate the game because of the elements of

8. GAME RULES

- 1) The game will be played with 5 players from each time on the court.
- 2) Players can only move the basketball around the court by dribbling or passing.
- 3) **Time rules:** Youth Sports utilizes a running clock until the last 2 minutes of each Half (2nd/4th quarter) for ages 9+.

Age Division	Rim	Free-Throw Line	Game Length	Half-Time	Ball Size	Officials
5-6 yrs	8ft	N/A	4 x 6 min periods	5 min	Size 4 (25.5)	0
7-8 yrs	8ft	10ft	4 x 6 min periods	5 min	Size 5 (27)	2
9-10 yrs	9ft	12ft	4 x 8 min periods	5 min	Size 6 (28.5)	2
11-12 yrs	10ft	12ft	4 x 8 min periods	5 min	Size 6 (28.5)	2
13+ yrs	10ft	15ft	4 x 8 min periods	5 min	Size 7 (29.5)	2
11+ Girls	10ft	15ft	4 x 8 min periods	5 min	Size 6 (28.5)	2

- a. All players will play equal amount of time.

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- b. Teams may assign a up to 2 team captain to meet with the official at the start of the game.
- c. Timeout: Each team will receive two (2), 60 seconds timeouts per half.
 - i. Exception: Ages 5-6 do not have timeouts.
- d. Ages 9+: The last two (2) minutes of each half will use stop clock mechanics.
 - i. Clock will ALWAYS stop for:
 - 1. Timeouts
 - 2. Injuries
 - ii. Clock will only stop in the last two minutes of the 2nd/4th quarter.
 - 1. Out-of-bounds
 - 2. Foul
 - 3. Violation
 - 4. Or any other stoppage necessary at the referee's discretion

4) Overtime:

- a. There is NO overtime during the regular season.
- b. During playoffs, there will be an additional period of a 2-minute running clock.
 - i. This will continue until a winner is determined.

5) Start of the Game

- a. Start of the 1st and 3rd quarter, teams will defend the goal on the same side as their bench.
- b. Start of the 2nd and 4th quarter, teams will defend the goal opposite of their bench.
- c. Ages 5-8: A coin flip will determine who start the game with the ball.
 - i. The ball will be in-bounded at the start of the game at mid-court, opposite of the scorer's table.
- d. Ages 9+: The game will start with a Jump Ball at center court.
 - i. On the referee's signal, a player from each team will jump and attempt to tap the ball to their teammates.
 - 1. Player may tap the ball two (2) times.
 - 2. All other players must be outside the jump circle until the ball exits the jump circle.
- e. Other than the start of the game, the teams will alternate taking the ball out of bounds for a throw-in. The team obtaining control from the jump ball out of bounds for a throw-in. The team obtaining control the jump ball establishes the alternating-possession procedure, and the arrow is set toward the opponent's basket. An alternating-possession throw-in shall result when:
 - i. A held ball occurs.
 - ii. The ball goes out-of-bounds, and it is unclear who last touched the ball.
 - iii. A simultaneous violation
 - iv. A live ball lodges between the backboard and ring or comes to rest on the flange unless a free throw or throw-in follows.
 - v. Opponents commit simultaneous basket-interference violations.
 - vi. The point of interruption cannot be determined.
- f. In the 5-6-year-old division, there will be open substitutions. All children must play at least half the game.
- g. In the 7-year-old and up division, substitutions can be made when a ball goes out-of-bounds, after the first free throw, after the second free-throw if made, injury, timeouts.

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- h. All substitutions must be made at dead balls with the referee's acknowledgment.
- i. Exceptions:
 - i. A player fouls out of a game. You substitute immediately.
 - ii. A player is injured or becomes ill. Substitute immediately.
 - iii. Injured and ill players may re-enter the game during a period and should be encouraged to do so, if able.

6) Scoring:

- a. **Ages 5-8:** All successful baskets are worth 2-points.
- b. **Ages 9+:** Successful baskets under the arc are 2-points.
- c. **Ages 9+:** Successful baskets under the 3-point Arc are 3-points.
- d. **Free Throw:** Successful free throw is 1-point.

7) Deadball

- a. A goal is made.
- b. It is apparent the free throw will not be successful on a:
 - i. Free throw which is to be followed by another free throw.
 - ii. Free throw which is followed by a throw-in.
 - iii. A held ball occurs, or the ball lodges between the backboard and ring or comes to rest of the flange.
 - iv. A player-control or team-control foul occurs.
 - v. An official's whistle is blown.
 - vi. Time expires for a quarter or extra period.
 - vii. A foul
 - viii. A free-throw violation.
 - ix. A violation.

8) Out-of-Bounds and Throw-Ins

- a. A player is out of bounds when the player touches the floor, or any object other than a player/person on or outside a boundary.
- b. The ball is out of bounds:
 - i. When it touches or is touched by:
 - 1. A player who is out of bounds.
 - 2. Any other person, the floor, or any object on or outside a boundary.
 - 3. The supports of back of the backboard.
 - 4. The ceiling, overhead equipment or supports.
 - ii. When it passes over a backboard.
- c. The ball is caused to go out of bounds by the last player in bounds to touch it or be touched by it, unless the ball touches a player is out of bound prior to touching something out of bounds other than a player.
- d. If the ball is out of bounds because of touching or being touched by a player who is on or outside a boundary line, such player causes it to go out.
- e. Ball Awarded out of bounds.
 - i. A violation
 - ii. A free throw for a technical, intentional, or flagrant personal foul.
 - iii. A field goal or a successful free throw
 - iv. A timeout

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- v. A player-control or team-control foul
- vi. A common foul
- vii. A held foul
- f. Throw-In Procedures:
 - i. The Throw-in Count (5-seconds) begins when the official gives the player the ball.
 - ii. The player throwing the ball in
 - 1. Has 1 step in either direction to throw the ball without crossing the boundary line.
 - iii. Defending player may not cross the boundary line plane.
 - 1. 1st violation is a warning.
 - 2. 2nd violation is a Technical Foul for Delay.

9) Screens:

- a. A screen is legal action by a player who, while touching the playing court, without causing contact, delays or prevents an opponent from reaching a desired position.
- b. To establish a legal screen:
 - i. The screener may face any direction.
 - ii. Time and distance are relevant.
 - iii. The screener shall be stationary, except when both the screener and opponent are moving in the same path and same the direction.
 - iv. The screener shall stay within the screener's vertical plane with a stance approximately shoulder width apart.
- c. When screening a stationary opponent from the front or side, the screener may be anywhere short of contact.
- d. When screening a stationary opponent from behind, the screener shall allow the opponent one normal step backward without contact.
- e. When screening a moving opponent, the screener shall allow the opponent time and distance to avoid contact by stopping or changing direction.
- f.

10) Free Throw

- a. When a free throw is awarded by personal foul during goal attempt, bonus situation, technical foul, intentional foul, or flagrant foul.
 - i. Once the ball is at the disposal of the shooter, the shooter has a 10-second count to make their attempt.
 - ii. Number of Free Throws Awarded:
 - 1. 1-Free Throw: After made field goal
 - 2. 2-Free Throws: After a personal foul during a missed 2-point field goal attempt.
 - 3. 3-Free Throws: After a personal foul during a missed 3-point field goal attempt.
- b. If the ball is to become dead when the last free throw for a specific penalty (Technical Foul, Intentional Foul, Flagrant Foul) is not successful, players shall not occupy any spaces along the free throw lines.
- c. During a free throw, lane spaces may be occupied as follows:

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- i. Marked lane spaces may be occupied by a maximum of two offensive players: four defensive players may occupy lane spaces.
- ii. The first marked lane space on each side of the lane, above and adjacent to the first lane-space marks, shall be occupied by opponents of the free thrower. No teammate of the three throwers shall occupy either of these marked lane spaces.
- iii. The second marked lane spaces on each side may be occupied by the teammates of the free thrower.
- iv. The third marked lane space on each side, nearest the free thrower, may be occupied by the opponents of the free thrower.
- v. Players shall be permitted to move along and across the lane to occupy a vacant lane space until the referee signals and the ball is at the free thrower's disposal.
- vi. No more than one player may occupy any part of a marked lane space.
- d. Any player, other than the free thrower, who does not occupy a marked lane space shall be behind the free-throw line extended and behind the three-point line.
- e. If the shooter of the free thrower shall withdraw due to injury or sickness, the offended player's substitute shall attempt the throw(s) unless no substitute is available. In which case any teammate may attempt the throw as selected by the captain or head coach.
- f. Resumption of play will resume after the last attempted free throw.
 - i. At the release of the free thrower, players occupying the lane may position themselves for a rebound.
 - ii. A player beyond the 3-point arc may pass the arc when the ball hits the rim or backboard.
- g. After a made free throw, the defending team will throw the ball from out-of-bounds at the baseline.
- h. **Throw-In differences**
 - i. Commons Personal Foul: Baseline
 - ii. Intentional/Flagrant Foul: Point-of-Interruption
 - iii. Technical Foul: Mid-court, opposite of the scorer's table.

11) Bonus Situation:

- a. When a team reaches 7 total fouls: the opposing team gets two bonus free throws.
- b. Foul count restarts in the 3rd quarter.

12) Violations

a. Free Throw Violations

- i. After the ball is placed at the disposal of the free thrower.
 - 1. The free thrower shall throw within 10 seconds to cause the ball to enter the basket or touch the ring before the free throw ends.
 - 2. The free thrower shall not fake a try, nor shall any player in a marked lane space fake to cause an opponent to violate.
 - 3. No opponent shall distract the free thrower.
 - 4. No player shall enter a marked lane space or leave a marked lane space by contact with the court outside the space markings.

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5. The thrower shall not have either foot beyond the vertical plane of the edge of the free-throw line which is farther from the basket.
 6. A player, other than the free thrower, who does not occupy a marked lane space, may not have either foot beyond the vertical plane of the free-throw line extended and the three-point line which is farther from the basket until the ball touches the ring or until the free throw ends.
 7. A player occupying a marked lane space may not have either foot beyond the vertical plane of the outside edge of any lane boundary, or beyond the vertical plane of any edge of the space designated.
 8. Players occupying marked free-throw lane lines paces may not enter the free-throw semicircle until the ball touches the ring or until the free throws' ends.
- ii. If the Free Thrower or Teammate commits a violation, it immediately ends the free throw attempt.
 - iii. If the opponent of the Free Thrower commits a violation, the Free Thrower is awarded with another Free Throw Attempt.
 1. If an attempt did not occur before the violation, the attempt will be restarted, starting with the ball at the Referee's disposal.

b. Throw-In Violation

- i. The thrower shall not leave the designated throw-in spot until the ball has been released on a throw-in pass.
- ii. The ball shall be passed by the thrower directly into the court from the out-of-bounds, so it touches or is touched by another player.
- iii. The thrown ball shall not be touched by a teammate of the thrower while the ball is on the out-of-bounds side for, the throw in boundary-line plane.
- iv. Once the throw-in starts, the ball shall be released on a pass directly in the court before 5-seconds elapses.
- v. The thrower shall not carry the ball onto the court.
- vi. The thrown ball shall not the thrower in the court before it touches or is touched by another player.
- vii. The thrown ball shall not enter the basket before it touches or is touched by another player.
- viii. The thrower shall not have any body part through the inbounds side of the throw-in boundary-line plane until the ball has been released.

c. Travel

- i. Traveling is moving a foot or fee in any direction in excess of prescribed limits while holding the ball.
 1. A player who catches the ball with both feet on the floor may pivot using either foot. When one foot is lifted, the other is the pivot foot.
 2. A player who catches the abll while moving or dribbling may stop and establish a pivot foot as follows:
 - a. If both feet are off the floor and the player lands:
 - i. Simultaneously on both feet, either foot may be the pivot foot.

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- ii. On one foot followed by the other, the first foot to touch is the pivot.
 - iii. On one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
 - b. If one foot is on the floor
 - i. It is the pivot when the other foot touches in a step.
 - ii. The player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
 - c. After coming to a stop and establishing a pivot:
 - i. The pivot foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for goal.
 - ii. If the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal.
 - iii. The pivot foot may be lifted before the ball is released to start a dribble.
 - d. After coming to a stop when neither foot can be a pivot:
 - i. One or both feet may be lifted but may not be returned to the floor before the ball is released on a pass or try for goal.
 - ii. Neither foot may be lifted before the ball is released to start a dribble.
 - e. A player holding the ball:
 - i. May not touch the floor with a knee or any other part of the body other than hand or foot.
 - ii. After gaining control while on the floor and touching with other than hand or foot, may not attempt to get up or stand.
- d. **Double Dribble:** A player shall not dribble a second time after the player's first dribble has ended, unless it is after the player has lost control because of:
 - i. A try for field goal.
 - ii. A touch by an opponent.
 - iii. A pass or fumble which has then touched, or been touched by, another player.
- e. **Kicking:** *Intentionally striking it with any part of the leg or foot.*
- f. **Closely Guard**
 - i. Closely guarded situations occurs when a player in control of the ball in the player's team's frontcourt, is continuously guarded by any opponent who is within six feet of the player who is holding or dribble the ball. The distance shall be measured from the forward foot/feet of the defender to the forward foot/feet of the ball handler. Closely guard count shall be terminated when the offensive player in control of the ball gets head and shoulders past the defender.
 - ii. The offensive player has 5 seconds to either dribble, pass, or shoot.
- g. **Basket Interference:**
 - i. Touches the ball or any part of the basket (include the net) while the ball is on or within the basket.
- h. **Goal Tending**

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- i. A player touches the ball during a try or tap field goal while the ball is in its downward flight entirely above the basket ring level, has the possibility of entering the basket in flight and is not touching the basket cylinder.
 - ii. A player touches the ball outside the cylinder during a free-throw attempt.
- i. **3-Second Violation**
 - i. A player shall not remain for three seconds in the part of the player's free-throw lane between the end line and the farther edge of the free-throw line while the ball is in the control of the player's team in the team's front court.
 - ii. The three-second restriction applies to a player who has only one foot touching the lane boundary. The line is part of the lane. All lines designating the free-throw lane, but not lane space marks, are part of the lane.
- j. **10-Seconds**
 - i. A player shall not be, nor may the player's team be, in continuous control of the ball which is in the team's backcourt for 10-seconds.

Age Divisions	3-Seconds	5-Seconds	10 Sec. Back-Court
Ages 5-6	No	No	No
Ages 7-8	No	No	Yes
Ages 9-10	No	Yes – inbounds only	Yes
Ages 11+	Yes	Yes	Yes

- k. **Backcourt violation**
 - i. Once a player with control of the ball has established frontcourt, a player in control of the ball may not return to the back court unless an opponent touches the ball.
 - 1. Establishing front court.
 - a. The ball and two feet must in the frontcourt.
 - ii. While in player and team control in its backcourt, a player shall not cause the ball to go from backcourt to frontcourt and return to backcourt, without the ball touching a player in the frontcourt, such that the player or a teammate is the first to it in the back court.
 - iii. During a jump ball, throw-in or while on defense, a player may legally jump from the player's frontcourt, secure control of the ball with both feet off the floor and return to the floor with one or both feet in the backcourt. The player may make a normal landing and it makes no difference whether the first foot down is in the frontcourt or backcourt.

8-year-old and under divisions may not participate in backcourt defense. The offensive team must be allowed to bring the ball into the frontcourt. The defensive players must allow the offensive player to establish position in the frontcourt before initiating defense. Defense must retreat to the arc; players must be able to dribble past half court.

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Ages Division	Man-to-Man Def.	Double Team Def.	Full Court Press	Zone Defense
5-6 Ages	Yes	No	No	No
7-8 Ages	Yes	Yes, in the paint	No	No
9+ Ages	Yes	Yes	Yes	Yes

13) Fouls: A foul is an infraction of the rules which is charged and is penalized.

- a. **Foul Out:** if a player accumulates 5 fouls within a game, they are to be removed from the game immediately and may not return.
- b. **Personal Foul** is a player who foul which involves illegal contact with an opponent while the ball is live.
- c. **Common Foul** is a personal foul which is neither flagrant nor intentional nor committed against a player trying or tapping for a field goal nor a part of a double, simultaneous or multiple fouls.
- d. **Intentional Foul** is a personal or technical foul that may or may not be premeditated and is not based solely on the severity of the act. Intentional fouls include but limited to:
 - i. Contact that neutralizes an opponent's obvious advantageous position.
 - ii. Contact away from the ball with an opponent who is clearly not involved with a play.
 - iii. Contact that is not a legitimate attempt to play the ball/player specifically designed to stop the clock or keep if rom starting.
 - iv. Excessive contact with an opponent while the ball is live or until an airborne shooter returns to the floor.
- e. **Flagrant Foul** may be a personal or technical foul of a violent or excessive nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking, and kneeling. If technical, it involves dead-ball contact or noncontact conduct at any time which is extreme or persist, vulgar or abusive conduct. Fighting is a flagrant act.
- f. **Technical Foul**
 - i. A foul by a nonplayer.
 - ii. A noncontact foul by a player
 - iii. An intentional or flagrant contact foul while the ball is dead, except a foul by an airborne shooter.
 - iv. A direct technical, charged to the head coach because of the head coach's actions or action of assistant coaches, parents, or spectators.
- g. **Control, Player and Team**
 - i. A player is in control of the ball when the player is holding or dribbling a live ball. There is no player control when, during a jump ball, a jumper catches the ball prior to the ball touching the floor or a non-jumper, or during an interrupted dribble.
 1. A team is in control of the ball:
 - a. When a player of the team is in control.
 - b. While a live ball is being passed among teammates.

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- c. During an interrupted dribble.
 - d. When a player of the team has disposal of the ball.
- 2. Team control continues.
 - a. The ball is in flight during a try or tap for field goal.
 - b. An opponent secures control.
 - c. The ball becomes dead.
- 3. While the ball remains live a loose ball always remains in control of the team whose player last had control, unless it is a try or tap for goal.
- 4. Team control does not exist during a jump ball or the touching of a rebound but is reestablished when a player secures control.
- 5. Neither team control nor player control exists during a dead ball, a jump ball or when the ball is flight during a try or tap for a field goal.
- h. **Legal Guarding Position:** A defensive player established legal guarding position with two feet on the court facing the defender.
 - i. It is legal to extend the arms vertically above the shoulders and need to be lowered to avoid contact with an opponent when the action of the opponent causes contact. This
 - ii. Legal use of hands to reach to block or slap the ball controlled by a dribbler or a player throwing for goal or a player holding it and accidentally hitting the hand of the opponent when it is in contact with the ball.
 - iii. It is legal to hold the hands and arms in front of the face or body for protection and to absorb force from an imminent charge by an opponent.
- i. **Blocking/Charging**
 - i. Blocking is illegal contact which impede the progress of an opponent with or without the ball.
 - ii. Charging is illegal personal contact caused by pushing or moving into an opponent's torso.
 - 1. A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in the player's path.
 - 2. If a guard has obtained a legal guarding position, the player with the ball shall get head and shoulders past the torso of the defensive player. If contact occurs on the torso of the defensive player, the dribbler is responsible for the contact.
 - 3. There shall be reasonable space between two defensive players o a defensive player and a boundary line to to allow the dribbler to continue in the dribbler's path. If there is less than 3 feet of space, the dribble has the greater responsibility for the contact.
 - 4. The player with the ball may not push the torso of the guard to gain and advantage to pass, shoot, or dribble.
- j. **Holding/Reaching/Illegal Use:**
 - i. Not legal to:

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1. Use hands and arms or hips and shoulders to force through a screen or to hold the screener and then to push the screener aside to maintain a guarding position relative to the opponent.
2. To use hands on an opponent which in any way inhibits the freedom of movement of the opponent or acts as an aid to a player in starting or stopping.
3. To extend the arms fully or partially in a position other than vertical so that the freedom of movement of an opponent is hindered when contact with the arms occurs. The extension of the elbows when the hands are on the hips or when the hands are held near the chest or when the arms are held horizontally are example of the illegal positions used.
4. To use the hand and/or forearm to prevent an opponent from attacking the ball during a dribble or when throwing a for a goal.
5. Lock arms or grasp a teammate to restrict the movement of an opponent.

k. **Excessive Swinging of the arms(s)/elbows:**

- i. A player shall not excessively swing a player's own arm(s) or elbow(s), even without contact an opponent.
- ii. A player may extend arms(s) elbows to hold the ball under the chin or against the boy.
- iii. Actions of arm(s) and elbow(s) resulting from total body movements as in pivoting or movement of the ball incidental to feinting with, released, or moving it to prevent a held ball or loss of control shall not be considered excessive.

14. CONDUCT

- A. All participants in this league will observe the highest level of conduct to include: Sportsmanship, team camaraderie and respect to all involved while playing, watching, coaching or officiating. Disrespect to fellow players, coaches or officials is unacceptable conduct and will not be tolerated by Youth Sports. Youth Sports Staff has the option to order any player, coach, official or spectator off the field and out of sight and sound of the game for violation of conduct standards. Once the order of removal has been issued, the game will be stopped until complied with. Should the offender refuse to comply with the order the game will be terminated.
- B. The intentional commission of any of the below offenses will result in the ejection from the game of the player committing the offense.
 - i. Kicking or attempting to kick an opponent
 - ii. Tripping or attempted tripping with leg or body
 - iii. Charging an opponent from behind in a violent manner
 - iv. Striking or attempting to strike an opponent
 - v. Holding an opponent
 - vi. Pushing an opponent with hand or arm
 - vii. Tackling an opponent
 - viii. Verbal exchanges to opposing players, officials or coaches. (harassment)
 - ix. Any unsportsmanlike conduct as decided by the acting officials

The Youth Sports Coordinator or Athletic Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.

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- C. Any player or coach being ejected from the game for poor conduct will be asked to leave the "sight and sound" of the field for the rest of the game and for the next game of the season. Playing a disqualified player is not allowed and is a valid ground for forfeiture.
- D. A player who provokes a fight with another player will automatically be suspended for his or her next regular season game.

15. SUSPENSIONS

- A. An ejected player or coach might be subject to a one game suspension by the Youth Sports Coordinator/Athletic Director.
- B. It is the player or coaches' responsibility to appeal the suspension in writing to the Youth Sports Coordinator/Athletic Director within 24 hours of the next working day.
- C. Players ejected a second time may be suspended from the league for the remainder of the season. Individuals may appeal the season long suspension through the Semper Fit Athletic Director or the Chief of Semper Fit.
- D. The Officials are asked to submit a report on incidents that involve ejections, PMO assistance and injuries.

16. ALCOHOL & TOBACCO

- A. The use of any tobacco products by anyone at any Youth Sports Program activity is strictly prohibited.
- B. No alcohol of any sort will be allowed at any Youth Sports event.
- C. No one will be allowed to observe or participate in any Youth Sports Program while under the influence of alcohol.
- D. No glass containers will be allowed at any sporting event.
- E. Smoking is not permitted at the field or near any play or spectator area.

17. AGES 5-6:

- Timing: Four (4) 6-minute quarters. No timeouts.
- No referees: Coaches are to call fouls.
- Parents are to assist as much as possible.
- No "steal" if the ball is a player possession.
- No full court presses.
- 5-6-years-old division players may not block a shot. Player's hands are allowed up or out. If a player leaves their feet, it will be considered blocking.