



HATFIELD

### **XL Youth 5v5 Basketball League Rules & Regulations:**

1. Each team consists of five players each on the court. Games will have at least one coach at a full court basket.
2. Teams will have “at least” a 45-minute Practice prior to Live Gameplay.
3. Smaller basketballs (28.5) will be used in the 9-11’s Division and Regulation Sized Basketballs (29.5) will be used in the 12-15’s Division.
4. Regulation size rims will be used for both age groups. If players cannot consistently make layups at 10 Feet, they cannot play in the league!
5. **Age Limits will be followed. I.e. Players are the age that they are at the time of registration (No Round Ups). If a player is younger than the required age and wants to participate or wants to play in the older division, they can be offered to try out at the discretion of the Basketball Director!**
6. Warmups can be up to two minutes before every game. After this, there will be a Live Jump Ball at Halfcourt to determine who gets first ball possession.
7. In any Jump Ball Situation, the Table or Ref determines who’s given the ball.
8. Every successful basket inside of the Arc is given two points and outside of the Arc is given three points.
9. **Pressing Rule: Teams cannot full court press until the final minute of each quarter.**
10. The game is four five-minute quarters with a running clock. The running clock only stops at the last minute in each quarter. If the game is tied at the end of regulation, there will only be one Overtime. The first team to score five points will be the winner in Overtime or the team with the highest score at the end of three minutes wins.

11.) For Free Throw Situations, on two-point fouls it is two shots, three-point fouls it is three shots. Technical or Flagrant Fouls are two shots.

12.) All Personal, Technical and Flagrant Fouls count as Team Fouls. There are no Individual Fouls.

13.) Every time a player touches the ball, there is a six-dribble max. If a player ever dribbles the ball more than six times, this will lead to an automatic turnover.

14.) If substitutions are available for a game, substitutions occur at three minutes and one minute of the first three quarters. Three minutes of the final quarter, the Free Substitution period begins. When a team has seven players, the substitution pattern is the following. Everybody on the team must play (maximum ten players per team).

15.) The first three weeks of the season is the "Evaluation Phase" for the league. If the team is too good or too bad as judged by staff, players will be moved around to create more league parity. Any further team moves after Week 3 can only be done by the house staff.

16.) Players are not permitted to argue with the refs during Live Gameplay. A Verbal Warning will be issued and then the player(s) will be taken out of the game for three minutes.

17.) If a team is ever down by 10-points, the losing team will be allowed to do Free Substitutions.

18.) If there is other paid programming occurring on other courts, players aren't permitted to shoot on them. Failure to adhere to this rule is an automatic Technical Foul at the beginning of the following game.

19.) Coaches have two 30-second Timeouts per half. If the game goes to Overtime, the timeouts don't carry over and you only get an additional timeout.

20.) Teams will play 5v5 games under a 35-second Shot Clock per possession. The clock automatically resets on a shot that hits the rim or an offensive rebound! Coaches/ Refs will aid players with knowing the time by giving a warning at 10-seconds left on the clock.

**21.) Buddy Rule: Parent or Player Requests to play with specific players or coaches will not be honored!**

22.) No Bullying is allowed. Any instances of that will be dealt with by XL Staff immediately and may result in termination from participation in the league, final discretion at the behest of the XL Sports World Hatfield Basketball Director.

23.) When players aren't in the game, they must stay on the bench unless they're going to the bathroom, etc. There is no leaving for "Parent /Guardian Coaching." Failure to adhere to this can lead to actions by the XL Sports World Hatfield Basketball Director

24.) Players are required to wear jerseys during live gameplay. Failure to do so will result in missing out on starting in games or not playing during the Live Substitution Period.

#### **Questions?**

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