

**White Plains Youth Athletic Organization
Youth Basketball Rules and Regulations**

The league is established as an instructional league so that boys and girls may learn the fundamentals and basic principles of basketball, learn to work together as a team and to enjoy and participate in the sport of basketball.

I. Player Eligibility

- A. Children between the ages of 5 to 13 years with the age control date being the child's age on August 1st of the current year of registration.
- B. Both boys and girls will participate on the same team.
- C. Any player who has not returned his/her equipment from any WPYAO team will not be allowed to participate until the equipment is received
- D. Any player playing on a school team during the current season, or who tried out and made the team then quit or was released is ineligible to play in the WPYAO Basketball League.

II. Age Divisions

- A. The league will be formed into three age divisions, with the age control date being age on August 1st of the current year of registration.
- B. A participant is allowed to compete in one age division only. Participants may compete in an older age division provided they remain in that same age division for all games and through all levels of basketball competition.
- C. The three age divisions are as follows:
 - A League 13 and Under
 - B League 10 and Under
 - C League 7 and Under

III. Player Draft Selections

- A. A skills day will be held prior to the draft to allow each coach the opportunity to evaluate the players in his/her division. All players will be drafted to a team.
- B. The order in which the coaches pick players will be determined by a lottery pick of numbers. The coach who draws the number one will pick first and the draft will continue until the coach with the last number picks a player. At that point, the coach who drafted last will select a player first and the coach who drafted first will be last. The process will continue until all players are drafted.
- C. If any player registers after the draft, they will be automatically placed on the team that was to be next to draft a player. In the event two or more players register after the draft and it's not known which player registered first the commissioner of the league will conduct a blind draw to determine which team the player will be placed on.
- D. The son/daughter of a head coach will be protected through the second round of the draft or is eligible to be drafted by any coach in that division. If a head coach has more than one child, his/her children will be protected in the round/rounds following the

second round. If a team has an assistant coach, his/her son/daughter is not protected and is eligible to be drafted by any team from the first round on.

- E. In the event a boy/girl is drafted on a team and has other brothers or sisters in the same division, the siblings will automatically be placed on the same team if the parent wishes. The sibling must be taken in the next round as the coach's next pick in the draft.

IV. Rules and Regulations

Official Rules of basketball will be used in all leagues except as otherwise noted in these rules and regulations.

A. Practice Times

- a. The commissioner will be responsible for making a list of all times available for practice. It will be the responsibility of each head coach to schedule practice times with the commissioner.
- b. Each team will be allowed to practice/play no more than three times in one week. In the event that a coach secures a practice facility other than that provided by the WPYAO he/she will still abide by the three practice/play per week rule.
- c. Practice times will be limited to not more than one and one-half hour. This time may be shortened to one hour due to the limited availability of practice times. This will also be enforced on those who secure their own practice facilities.

B. Equipment

- a. The goal height for league play will be as follows:

A League	10 feet
B League	10 feet
C League	8 feet

- b. The approved basketball for play is as follows:

A League	Standard Size Ball
B League	Youth 28.5
C League	Youth 28.5

C. Length of Games

- a. Games will consist of four periods. The length of periods for each league is as follows:

A League	6 minutes
B League	6 minutes
C League	5 minutes

- b. Half time will be 5 minutes

- c. Over time is as follows:

- i. Regular Season-In the event that a regular season game ends in a tie, overtime will be played. If at the end of the maximum number of overtime periods the game is still tied, a "Free Throw Shoot-Off" will begin. Each team will send five players to the free throw line for that league. The team making the most free throws is declared the winner. In the event of a tie this process will continue until a winner is declared.

A team will be allowed to change players in each subsequent "Free Throw Shoot-Off". If a player has fouled out of the game, he/she will not be eligible to participate in any overtime play. In the event a team does not have 5 eligible players to participate in any overtime play, the coach of that team will designate a player(s) to shoot twice. Overtime periods will be as follows:

A League	3 minutes	2 OT
B League	3 minutes	2 OT
C League	2 minutes	1 OT

- ii. Post Season/Tournament- All post season/tournament games that end in a tie will be decided by overtime play. The "Free Throw Shoot-Off" will not be used in post season/tournament play.

D. Playing Rules

- a. Teams will play 5 on 5 in all leagues
- b. Man to Man or Zone defenses may be used in all divisions.
- c. Full Court Press and Fast Breaks will be as follows:

A League	At any time
B League	Last two minutes of 2 nd and 4 th period all of OT
C League	Not allowed at anytime

* Not Permissible with a 10 point lead

- d. The C League will not be permitted to pick up a player on the defense until the offensive player is inside the three point line. Therefore shots outside the three point line will only count as two points.
- e. The B League will not be permitted to pick up a player on the defense until the offensive player has crossed the red line. All defensive players must have crossed the red line before the offensive can cross it. If there is a change of possession, offensive becomes defense and must return to their defensive positions. (This does not apply to the last two minutes of the 2nd and 4th period or all of OT)
- f. The players in the C League will be allowed to Travel and Double Dribble. However, they must make an attempt to dribble the ball and the call will be made by the officials for excessive Traveling and Double Dribbling.
- g. Free Throws will be shot from:

A League	Regular Free Throw Line
B League	Stripe inside the paint
C League	Stripe inside the paint

- h. The games in the C League will begin with Free Throw which will be added to the teams score before regulation play begins. Each player will shoot the ball twice. If the number of players on the two teams are not even the team with fewer players will be allowed to have a player or players shoot twice.
- i. In the event a team does not have five players to start the game, they may begin play with four. However, the opposing team will be allowed to staff the

game with five players. If a team is left with less than five players due to one or more players fouling out of the game, the opposing team will be allowed to continue with five players.

- j. Each player in the B and C Leagues must play a minimum of one period. This means one “unbroken” period and not the last half of a period and the first half of the next. These are *minimum* requirements for these leagues. Coaches are encouraged to play all team members more than League minimum. Failure to comply will result in a forfeit of the game.
- k. Coaches are permitted two timeouts per half. One extra “rest” timeout is allowed per game. Coaches are not allowed to talk with players during a rest timeout.

V. Post Season/Tournament

- A. All teams will participate in the post season/tournament
- B. Rankings for the tournament will be decided by the regular season standings.
- C. Head to Head play (win/loss record) during the Regular Season will be used to break all ties. If Head to Head play is a tie, the team that scored the most points in Head to Head play will be given the higher ranking. If that is a tie the most regular season points will determine the rankings. In the event there is still a tie, the teams will be placed in a hat and the first team drawn out by the commissioner will be given the higher ranking.
- D. The brackets for the tournament will be determined by rankings. The number one ranked team will play the team ranked last. The number two ranked team will play the team ranked second from last and so on.

For an even number of teams, no one will receive a bye.

For an odd number of teams, the two lowest ranked teams will have a play in game to determine which team will play the first place team.