DAVIDSON COUNTY YOUTH SPORTS LEAGUE

Playing Rules

1) Instructional and Little League games will consist of four 6-minute quarters. Junior League will consist of four 7-minute quarters. Senior League games will consist of four 8-minute quarters. Overtime periods will be 2 minutes. (All Leagues)

2) A team can start with fewer than five players (4) if the remaining players are able to compete. However, if a team is reduced to three players due to ejections, they will automatically forfeit the game. The opposing team "will" start and play five players. There will be no agreement between the coaches to play with one player down.

3) The clock will run continuously except for shooting fouls and time-outs, until last two minutes of each half in which the clock will stop as outlined in the NFHS rulebook. Mercy Rule: When a team is ahead by 20 or more points, all players on the defense must stay within 3-point arc until which time the score goes below 20 points. The clock will run continuously (even during free throws) except during timeouts and injuries. Again, if the score differential drops below 20 points, the clock will run according to our normal rules. (All leagues) Penalty: Violation of Full Court Press: 1st violation: Team warning, 2nd violation: The technical foul shall be awarded to the bench, not the player committing the violation. (All Leagues) The clock will be stopped at the mid-point (or close to it, could be seconds before or after depending of the flow of the game) of the each quarters to allow substitutes to enter the game. Coaches should have their players at the scorers' table before the 3-minute mark, ready to enter the game. (All Leagues) Penalty: The violating team(s) will be charge with one of their four time outs.

4) Instructional League: The free throw line shall be 12 feet from the basket: however, the 3 second lane violation is counted within the regulation 15 foot free throw line. No (3) three point shot in instructional league. Little League, Junior, and Senior: (NFHS rule)

5) Instructional, Little League (All Leagues) will use the Women's size ball (28.5) Junior and Senior Boys' League will use the Men's size ball (29.5).

6) All jerseys: A) Must be reversible, have legal basketball numbers on the front and back.0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55 B) One side of the jersey must be white and other side of jersey shall be dark color. C) Black can be used as the "away" color for any booster club to give teams an additional choice when necessary. D) Jersey "fronts" may have booster club name and/or mascot name and number prominently and clearly displayed on the jersey. E) Jerseys "backs" may have player name or sponsor but MUST have number prominently and clearly displayed. F) Writing and numbers on white side of jersey will be in the dark jersey color, and dark side of jersey will be in white. G) A small graphic design (logo) is allowed on front of jersey only. H) Uniform Shorts shall be similar in color. Uniforms are to be worn as manufacturer designed. No jewelry or headwear (hats) may be worn by boys or girls. Solid color headbands, wristbands, arm sleeves do not have to match uniforms (no advertisements, logo, slogan) are allowed. Undergarments are to be one solid color only and do not need to be the color of uniform. No advertisements, logo, slogan. (All Leagues) Penalty: Illegal

Undergarments and Not Wearing Uniform as Designed: The player will be removed from the game and will not be allowed to re-enter the game until corrected.

7) Free Throws-NFHS. (All Leagues) - In addition to awarding two foul shots for all common fouls, teams will reach the bonus when their opponent commits five (5) fouls in each quarter and team fouls will reset at the end of each quarter. *Previously teams were awarded the one-and-one bonus when their opponents committed seven fouls in a half and two fouls shots when 10 fouls were committed each half. NFHS Amended the free throw rule for the 2023-2024 season*.

8) Timeouts - Four 60-second time-outs per game. Overtime games each team will recieve one 60-second time-out. Timeouts can carry over into overtime.

9) Free Throws - Players in marked lane spaces (set-up above the box) will be able to move into the lane when the ball is released by the free-throw shooter. Shooter has to stay behind the free throw line until ball hits the rim.

10) Back Court Defense: Instructional League: Once the defensive team has clearly established possession of the ball and they make no attempt to immediately advance the ball up court, no pressing defense shall be allowed in the back court until the last two (2) minutes of the game and any overtimes. Little League: Once the defensive team has clearly established possession of the ball and they make no attempt to immediately advance the ball up court, no pressing defense shall be allowed in the back court until the last two (2) minutes of each half and any overtimes. Junior and Senior Leagues-NFHS

11) There will be 5 minutes for halftimes. (All Leagues)

12) Mandatory Playing Time Rules - Review MPT rules under "Forms/Handouts". MPT is the responsibility of the coach not scorekeeper. Note, if coach decides to make a substitution before player gets his;her three consecutive minutes, the minutes the player played does not count, unless Player has played his consecutive minutes. Example: Player plays two minutes, coach substitutes before player has played his/her MPT, those two

13) Game time is game time. There is no grace period for any games. Have teams ready to play ten minutes before scheduled game time (except first game of the day), games will start once five players are present. (All Leagues)

Davidson County Youth Basketball League reserves the right to take any action necessary to accomplish the objectives of the program. These rules supersedes all other playing rules under "Forms/Headlines".