

# Yorkville Youth Athletic Association Rules

## Jr. Varsity Division



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## Rule #1 – Game Rules

***\*This division will follow the National High School Federation Rules\****

Click the link to find the NHSF rules and 2022-2023 points of emphasis.

- I. Team Defense
  - a. No Zone in the first half
  - b. Coaches' choice of defense in the second half.
- II. Press
  - a. Pressing is permitted in second half of the game.
  - b. Teams up by 10 points are not permitted to press
- III. Fouls
  - a. Bonus = 7 team fouls = one and one on all fouls.
  - b. Double Bonus = 10 team fouls = 2 Free Throws on all fouls.
  - c. Personal Fouls: 5 Fouls = Foul Out
  - d. A player of equal ability must replace a player who fouls out.  
Coach may take a player out of the game who is in foul trouble only if the Site Director approves.
  - e. Technical Fouls count as Personal Fouls, opposing team is awarded 2 shots and possession.
- IV. Team Timeouts
  - a. 5 timeouts, 3 full (60sec) and 2 half (30 sec).
  - b. 1 full is allowed in overtime, timeouts are not carried over.
- V. Court Rules
  - a. Backcourt
    - i. When bringing up the ball players must get over the mid-court line in 10 seconds.
    - ii. If a player has possession and goes back over the mid-court line.
  - b. 3-seconds in the key will be called.

## VI. Forfeits and Issues Due to Team Attendance

- a. A team that cannot field 4 players will have to forfeit the game.
- b. Teams with only 4 will play 4 players while the other team can play 5 players and have substitutions.

## Rule #2 – Timing

### I. Length of game

- a. 32 minutes
- b. Clock: Stops on shooting fouls, time-outs or when the referee requests it.
- c. Four 8-minute quarters
- d. Game stoppage at or around 4 minutes to allow substitutions

### II. Overtime

- a. Regular season = One 3-minute period
- b. Playoffs = 3-minute period until someone is leading at the end of an OT period.

## Rule #3 – Playing Time and Substitutions

### I. Playing time

- a. Each player must play a minimum of two, 4-minute periods within the first three quarters.
- b. Coaches must plan their line-ups and be fair to every player on their team.

### II. Substitutions

- a. See substitution grid
- b. During the first three quarters there is no substitution outside of the appropriate time except for injury or foul trouble and only if the Site Director agrees.
- c. Free substitution in the fourth quarter and overtime.
- d. If the Site Director decides that a team purposely ignored the substitution rules, then it is up to the Site Director to enforce a penalty. Penalty = losing the game by a score of 1 – 0.

## Rule #4 – Uniform Code

- a. All players must wear their full uniform – provided by the league.
- b. No jewelry may be worn or taped over.

## Rule #5 - Player Responsibility

- a. Players must always remain on the bench during play.
  - i. If a player(s) or coach enter the court when they are not the five playing at the time – a point will be awarded the opposing team plus possession of the ball (if Referee or Director decides it is necessary).
- b. All participants involved in any behavior, that the Site Director deems detrimental to our program, will be asked to leave the game, the gym and/or the league.
- c. Players are required to RSVP via app, text, or e-mail to their coach if they will not be present at a game.

## Rule #6 – Coaches Responsibilities

- a. Coaches should take all changes in stride as we are to remember – we are not here for a winning season, but to teach these young players how to play, sportsmanship, fair play and teamwork.
- b. All Coaches MUST put together a team roster for each player. The team roster includes Team name and division, name of coach(es) and contact information, name of each player, phone number & email address. Once jerseys are assigned, jersey number should be noted as well.
- c. Coaches must inform the Site Director if a player has been absent for two consecutive weeks.
- d. Coaches, with Site Director's approval only, may shorten a players' game time for lateness, absence or poor behavior.
- e. Coaches who need to be disciplined by league officials or referees any more than two times will be brought to the attention of the Program Director and Executive Director and disciplinary action will be taken. We must maintain our composure and we will be very strict regarding coaches' behavior.

## Rule #7 – Referees, Director and YAA Staff Responsibilities

League officials may change rules at random as situations arise to make the experience a good one for all.

