

WILLIAMSON COUNTY YOUTH BASKETBALL
TRAINING LEAGUE
OPEN DIVISION

SECTION I: ELIGIBILITY

Article 1: The training league is for those players who are 7 or 8 years old on or before December 31st of the current year.

SECTION II: EQUIPMENT

Article 1: Playing court: The size of the playing floor will be a regulation court.

Article 2: Goals: The goals will be set at a height of 8 feet

Article 3: Foul Line: The foul line will be as far as high school play.

Article 4: Basketball: The official basketball shall be a youth size, 27.0 synthetic leather basketball, such as the Spalding 62-154

SECTION III: PLAYING REGULATIONS

Article 1: Timing Regulations

A. The game shall consist of 4 periods of 8 minutes each. The clock will be stopped only for time-outs and free throws or stopped by the officials, except for the last 10 seconds of the first three quarters and the 3 minutes of the fourth quarter or overtime period. During these times the clock will be operated according to high school rules.

B. If the score is tied at the end of regulation play, the first overtime shall be one minute. If the game is not settled after the first overtime, then each overtime after that will be one minute until the game is settled. (Overtime is an extension of the fourth quarter and all high school rules apply except for jump-ball situations.)

Note: when a team is up by more than 15 points the clock will continue to run.

C. There will be no full court press allowed once a team is up by 15 points or more.

D. Each team shall be allowed 3 time outs per game plus 1 additional time out for each overtime.

Article 2: Defense

A. Each team must play a one-on-one defense during the first two quarters. Any half court defense may be used in the Third and Fourth quarters.

Note: A player more than 4 feet from the opponent they are guarding is to defend, is considered to be playing zone.

B. There will be no defense allowed in the backcourt until the fourth quarter and overtime periods. A team that is 10 points or more ahead may **NOT** press full court anytime (no violation).

1. Before any defensive pressure may be applied, the offensive player with the ball must have both feet and the ball in the frontcourt. The defensive player must be at least 6 feet from the mid court line.

2. Once the offense has the ball in its frontcourt, backcourt defense may be played during that possession.
 3. Incidental back-court shall be called if a defensive player accidentally interferes with play in the backcourt. The ball will be awarded back to the offense and a backcourt violation should not be called.
- C. Trapping or double-teaming will not be permitted during the first two quarters, except when the ball is in the 3 second lane. Switching, however, is permitted as long as there is only one defensive player at a time playing the person with the ball.
- Note:** A violation must be called and the ball awarded to the offense if any advantage is gained by the defense.
- Note:** If a defensive violation is called simultaneously with a made shot, the basket shall count and the defensive violation call will be ignored.

SECTION IV: MISCELLANEOUS RULES

- A. The 3-point shooting arc will be used in this age group provided the gym floor is so marked.
- B. All other play will be governed by the rules set forth by the National Federation of State High School Association.
- C. There will be open substitution and no minimum requirement of playing time.
- D. The 3-second lane will be the full lane according to the National Federation of State High School Association.