

WILLIAMSON COUNTY YOUTH BASKETBALL TRAINING LEAGUE

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 3 feet shorter than the regular line when adjustable goals are used and 2 feet shorter when the hangover goals are used.

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 6 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 last minute of the fourth quarter or overtime period. During these times the clock will be operated according to high school rules.

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

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.)

Article 2: Player Participation: each player must play at least 2 quarters

Note: Scorekeeper should notify coaches before the start of the fourth quarter of players who have not met this requirement. Non-compliance will result in a forfeit. (A player becoming sick or injured during the game will be exempt from this requirement.)

Article 3: Jump Ball Situations: The game shall begin with a flip of a coin with the winner getting the ball first. For each jump-ball situation thereafter, possession will be given on an alternating basis until the end of regulation play. If the game goes into overtime, each overtime period will begin with a flip of a coin to determine who has the first possession. All other possessions during that overtime period will be on alternating basis. The team gaining the first possession in each period will have the option of which backcourt sideline or endline to use in putting the ball into play.

Article 4: Defense

- A. Each team must play a one-on-one defense until the final two minutes of the fourth quarter and overtime.

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

- B. There will be no defense allowed in the backcourt until the last two minutes of 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 backcourt 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 until the final two minutes of the fourth quarter, 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.

Article 5: Isolation

- A. All players must remain in active participation and or not allowed to stand in an isolated area of the court while others work one-on-one, or two-on-two patterns.

Note: An isolated area of the court is any area too far from the goal from which to take a shot

Note: Penalty for violation A of Article 5 will be loss of ball.

- B. A player may only score and be given credit for a maximum of 16 points for the entire game.

Note: If a player is fouled after they have accumulated the 16 points, the coach may select a player that is currently in the game to shoot the free throws or the coach may substitute for the fouled player to shoot the free throws. If a substitute is brought into the game for this purpose, they must remain in the game until the next dead ball period.

Article 6: Miscellaneous Rules

- A. After any combination of 3 per half of the following infractions, the fourth violation will constitute a technical foul with the offended team being awarded 2 free throws and possession of the ball.

1. Zone Defense
 2. Back court defense
 3. Double teaming
 4. Isolation
- B. Each team shall be allowed 3 time outs per game plus one additional time out for each overtime period.
- C. The 3-point shooting arc will be used in this age group provided the gym floor is so marked.
- D. The 3-second lane will be the full lane according to the National Federation of State High School Association.
- E. All other play will be governed by the rules set fourth by the National Federation of State High School Association.