



SRYBL Gameday Rules Book

The SRYBL youth basketball league is designed to offer young basketball players a safe environment to learn the game of basketball this Winter. It is our mission to offer young basketball players with the best possible individual and team skill development. This is a recreational level league where each player will have an equal playing time each game. Equal playing time is vital to the overall development for each player and passing along the love for the game of Basketball.

3rd Grade Boys and 3rd/4th Grade Girls Specific Rules

- **Equipment & Game Structure**

Size of Ball:	28.5"
Height of the Basket:	9'
Game Length:	Two 20-minute Halves
Substitutions:	Every 5 minutes will have a stoppage of the game to allow substitutions to happen, coaches will number each player and rotate players in order.
Warm Up Time:	3 minutes
Half Time:	2 minutes
Overtime Period:	2 minutes
Timeouts:	Two 45-second timeouts permitted for each half of play and One 45-second timeout permitted for the overtime period.
Start of the Game:	Jump Ball at Half Court

- **Game Tactics & Highlighted Rules**

Playing Time:	Equal Playing time for all players present.
Pressing:	NO PRESSING
Set Defense:	Half Court Man to Man or Zone Defense Allowed
Double-Team:	Double-Team/Crowding Defense is discouraged.
Defensive Guidelines:	Leading team may not extend the defense outside of the key when leading by 20 points or more.
Backcourt Timeline:	No Backcourt Timeline
Clock Stoppage:	Clock will stop the last minute on a dead ball in the first half and the clock will stop the last 2 minutes on a dead ball in the second half.
Injury Timeout:	Clock will stop on any player injury.

4th, 5th, and 6th Grade Boys Specific Rules

- **Equipment & Game Structure**

Size of Ball:	28.5"
Height of the Basket:	10'
Game Length:	Two 20-minute Halves
Substitutions:	Every 5 minutes will have a stoppage of the game to allow substitutions to happen, coaches will number each player and rotate players in order.
Warm Up Time:	3 minutes
Half Time:	2 minutes
Overtime Period:	2 minutes
Timeouts:	Two 45-second timeouts permitted for each half of play and One 45-second timeout permitted for the overtime period.
Start of the Game:	Jump Ball at Half Court

- **Game Tactics & Highlighted Rules**

Playing Time:	Equal Playing time for all players present.
Pressing:	Full Court Press is Allowed
Set Defense:	Half Court Man to Man is preferred, but Zone Defense is allowed.
Double-Team:	Double-Team/Crowding Defense is accepted.
Defensive Guidelines:	Leading team may not full court press when leading by 15 points or more. Leading team may not extend the defense outside of the key when leading by 25 points or more.
Backcourt Timeline:	10 Seconds
Clock Stoppage:	Clock will stop the last minute on a dead ball in the first half and the clock will stop the last 2 minutes on a dead ball in the second half.
Injury Timeout:	Clock will stop on any player injury.

5th Grade - HS Girls Specific Rules

- **Equipment & Game Structure**

Size of Ball:	28.5"
Height of the Basket:	10'
Game Length:	Two 20-minute Halves
Substitutions:	Every 5 minutes will have a stoppage of the game to allow substitutions to happen, coaches will number each player and rotate players in order.

Warm Up Time:	3 minutes
Half Time:	2 minutes
Overtime Period:	2 minutes
Timeouts:	Two 45-second timeouts permitted for each half of play and One 45-second timeout permitted for the overtime period.
Start of the Game:	Jump Ball at Half Court

- **Game Tactics & Highlighted Rules**

Playing Time:	Equal Playing time for each player in attendance.
Pressing:	Full Court Press is Allowed
Set Defense:	Half Court Man to Man is preferred, but Zone Defense is allowed.
Double-Team:	Double-Team/Crowding Defense is accepted.
Defensive Guidelines:	Leading team may not full court press when leading by 15 points or more. Leading team may not extend the defense outside of the key when leading by 25 points or more.
Backcourt Timeline:	10 Seconds
Clock Stoppage:	Clock will stop the last minute on a dead ball in the first half and the clock will stop the last 2 minutes on a dead ball in the second half.
Injury Timeout:	Clock will stop on any player injury.

7th Grade - HS Boys Specific Rules

- **Equipment & Game Structure**

Size of Ball:	29.5"
Height of the Basket:	10'
Game Length:	Two 20-minute Halves
Substitutions:	Every 5 minutes will have a stoppage of the game to allow substitutions to happen, coaches will number each player and rotate players in order.
Warm Up Time:	3 minutes
Half Time:	2 minutes
Overtime Period:	2 minutes
Timeouts:	Two 45-second timeouts permitted for each half of play and One 45-second timeout permitted for the overtime period.
Start of the Game:	Jump Ball at Half Court

- **Game Tactics & Highlighted Rules**

Playing Time:	Equal Playing time for each player in attendance.
Pressing:	Full Court Press is Allowed
Set Defense:	Half Court Man to Man is preferred, but Zone Defense is allowed.
Double-Team:	Double-Team/Crowding Defense is accepted.
Defensive Guidelines:	Leading team may not full court press when leading by 20 points or more. Leading team may not extend the defense outside of the key when leading by 30 points or more.
Backcourt Timeline:	10 Seconds
Clock Stoppage:	Clock will stop the last minute on a dead ball in the first half and the clock will stop the last 2 minutes on a dead ball in the second half.
Injury Timeout:	Clock will stop on any player injury.

Our Onsite Professional Coach and Gym Monitor will help with any rules questions each week during games.