



WSBL - Sunshine Youth Basketball League

WSBL - SUNSHINE YOUTH BASKETBALL

“Where Success Is A Team Effort”

Division Rules and Guidelines for WSBL Recreation League

WSBL-Sunshine Youth Basketball will adhere to all National High School Federation rules, with the following adopted rules that better suit the needs of a recreational/competitive league.

Sportsmanship

Coaches who condone or display un-sportsmanlike behaviors from their team members or parents will not be allowed to coach. Profanity is unacceptable. Encouraging rough play is also unacceptable. The behaviors that you, your parents, and your players exhibit reflect either positively or negatively on you and WSBL-Sunshine Youth Basketball. The league will not have coaches who do not act as positive roll models and exhibit strong leadership skills. At every practice and game, parents and other members of the community will observe your demeanor and behaviors.

- **Technical Fouls on players:** A technical foul called on a player is both a personal and a team foul. A player may be ejected from a game at any time that is deemed necessary by an official. This includes before, during, or after a game. A player that is ejected from a game must sit out the next game. The official's decision is final. There are no appeals or protests. Continuing problems involving a player will result in suspension from the league and forfeiture of the league registration fee.

- **Technical Fouls on coaches:** If a coach on the bench receives a technical foul, he must sit down. If a second technical foul is called on the coach, he will be ejected from the game and an assistant or a parent must coach the team. Any coach that is ejected will be suspended from coaching for the next scheduled game. (An ejection from the gym is entirely at the official or site director's discretion. Failure to cooperate will result in the loss of coaching responsibilities.)
- **Un-sportsmanlike Parents/Friends:** Any parent or friend of a player that is asked to leave a facility by an official or site director due to poor behavior, and refuse to do so, will forfeit their child's registration fee and not be permitted to continue as a member of WSBL-Sunshine Youth Basketball. **A coach or an assistant coach should always intervene if one of your parents or friend(s) of a player is acting in an inappropriate manner.** A child or player should not be embarrassed or penalized for the behaviors of his/her parent or friend, but WSBL-Sunshine Youth Basketball will not tolerate parents or friends of players that are uncooperative with the authorities that are placed in charge of the facilities.
- **Parents:** understand that they too represent our team, community and basketball program. Parents agree to encourage and cheer for the team in a positive fashion during the game and to refrain from rude or obnoxious behavior or comments toward the opposing team and officials. Parents should never confront referees or other game personnel -- that is solely the province of the coaching staff. Parents should respect and support the decisions of the coach.
- **Problems:** If a Parent or player has any problem with a **WSBL** staff member, coach or other team related matter, the parent or child should **FIRST** speak directly with the head coach. If the parent or player is unable to do so or is unsuccessful in doing so, then the next line of communication is with the **WSBL** Director or President. All issues should be addressed in an appropriate manner bearing in mind that the expertise and judgment of the coaching should be respected particularly when it comes to positions and playing time.
- All athletes, coaches and parents and/or legal guardians participating in the WSBL-Sunshine Youth Basketball agree to abide by the rules of the WSBL-Sunshine Youth Basketball which are posted at www.wsbl.com. and by the rules and regulations set forth in this document.

THE FOLLOWING WILL NOT BE ALLOWED IN PRACTICE OR GAMES:

- No cursing, derogatory name calling or abusive language
- No fighting with teammates or opposing players
- Do not argue or question a referee's call.
- Do not argue or talk back to the coaches.
- **Most Important: HAVE FUN!!**

Playing Time

Every player must play one full period, from beginning to end, in the first half of the game. All players must be allowed to play in both halves of the game. Coaches may substitute freely in the second half of the game. (If a player is not present in the first half but arrives in the second half, he/she is permitted to play.) This rule is designed to insure that all participants are given a reasonable amount of playing time. All coaches must be consistent in the implementation of this rule. It is strongly recommended that all coaches give each member of their team equal playing time, regardless of the circumstances.

In order to insure that our games run on schedule, the WSBL will utilize a running clock for all games, with the clock stopping on the officials whistle in the final two minutes of play in the second and fourth period. The clock will also stop at the official's discretion and for time outs.

Coaches' Responsibilities:

- Communicate with your players, parents, and league administrators.
- Set a positive example for your players, parents, and other members of the league.
- Intercede in the event of a parent or other coach problem.
- Keep a copy of your division rules with you and discuss them with your parents.
- Conduct a “parent meeting” prior to your first practice.
- Make sure you have a scorekeeper/timer available at your games.
- Have the scorebook filled out promptly before each game.
- Keep your players under control at the gym sites. Do not let them horseplay, run around unsupervised, harass other players, or bounce basketballs unnecessarily. Players are not to go onto the court between periods while another game is in progress. Please talk to your parents about the importance of supervising their children (siblings) while attending our games or practices.
- Clear all water bottles and trash from your bench area after your games.
- Attend any “coaches certification” class that is offered.
- Bring a thermos or small ice chest to practices and games in the event of injury.
- Have copies of the emergency medical release form for each of you players with you at all practices and games.

General Game Rules and Guidelines

- K, 1, and 2 Co-ed Instructional Division

Coach Participation: The coach is on the floor during games. He/she must stand behind the free throw line at the top of the circle. The coach may catch the ball from any player on his/her team on the floor or from an inbounds pass. We encourage the coach to use this as a teaching tool for players to move to another spot after passing them the ball. Coaches are encouraged to distribute the ball to all players. Coach must distribute the ball within 5 seconds or a violation will be called. The coach **may not** rebound or pick up loose balls. The coach **may not** set picks or screens for players. Only one coach per team is allowed on the floor. There must be a coach on the bench.

Season: Eight games (no post season tournament).

Game Time: Ten-minute periods, no overtimes, one time-out per quarter.

Half Time Free Throws: All players will shoot a free throw at the half time.

Defense: Man to Man only. No zone defense allowed. No presses allowed.

Ball: Junior size.

Goal: Eight Feet.

Records/standings: None will be kept for these divisions.

Trophies/Awards: All participants will receive a medal at the conclusion of the season.

Scorekeepers & Scorebooks: Each coach is responsible to provide a scorekeeper or timer for each game. Ask for a parent volunteer. The league will provide a scorekeepers clinic. The league will provide an official scorebook at each game site. This scorebook will remain at the score table at all times.

• Grades 3 – 4 Boys and Grades 3 – 5 Girls

Season: Eight games guaranteed. Plus a post-season tournament if more than 4 teams.

Tournament: Post-season division tournament for divisions of more than 4 teams.

Seeding will be determined by the final standings for the division.

Game Time: 8 minute running clock. Clock will stop on the officials whistle in the last two minutes of the second and fourth quarter, the last minute of overtime games, at the official's discretion, or for time outs. Two full time outs per half. In the 2nd half, each team will also receive a 30-second time out. Overtime is 2 minutes. *If the game is still tied after the first overtime, each team will shoot free throws to determine the winner. A team with fewer players than the other, will shoot the same number of free throws as their opponent, but the player or players, that shoot again, must have missed their first attempt, unless all players made the first attempt. In the event that this happens, then you will start with the first player that shot.*

Half Time Free Throws: All players will shoot a free throw at half time and points will be counted for each successful attempt.

Defense: Man to Man or Zone defense is allowed. *Double-teaming outside the three-point line is not allowed. Pressing is not allowed.*

Mercy Rule: If a team leads by 20 or more points in the last minute of play of the game, the clock will continue to run.

Ball: 28.5 or Intermediate size.

Goal: Regulation (10 ft.)

Records/standings: Records will be kept weekly and posted on the WSBL web site. All ties will be determined by: (1.) Head to head competition, (2.) Total defensive points allowed for all games played. Any forfeit will be an average of points allowed during the season.

Trophies/Awards: Trophies will be given to each member of the Tournament Championship team, and the Tournament Runner-up team. In the event that there is a division that does not have a post-season tournament, Trophies will be given to each member of the first place teams and medals to the rest of the teams.

Scorekeepers & Scorebooks: Each coach is responsible to provide a scorekeeper or timer for each game. Ask for a parent volunteer. The league will provide a scorekeepers clinic. The league will provide an official scorebook at each game site. This scorebook will remain at the score table at all times.

• **Grades 5 – 6 Boys**

Season: Eight games guaranteed. Plus a post-season tournament if more than 4 teams.

Tournament: Post-season division tournament for divisions of more than 4 teams.

Seeding will be determined by the final standings for the division.

Game Time: 10 minute running clock. Clock will stop on the officials whistle in the last two minutes of the second and fourth quarter, the last minute of overtime games, at the official's discretion, or for time outs. Two full time outs per half. In the 2nd half, each team will also receive a 30-second time out. Overtime is 2 minutes. *If the game is still tied after the first overtime, each team will shoot free throws to determine the winner. A team with fewer players than the other, will shoot the same number of free throws as their opponent, but the player or players, that shoot again, must have missed their first attempt, unless all players made the first attempt. In the event that this happens, then you will start with the first player that shot.*

Defense: Man to Man or Zone defense is allowed. Pressing is allowed, but only in the 2nd or 4th period or in overtime. No pressing is allowed if a team is leading by 15 or more points.

Mercy Rule: If a team leads by 20 or more points in the last minute of play of the game, the clock will continue to run.

Ball: 28.5 or Intermediate size.

Goal: Regulation (10 ft.)

Records/standings: Records will be kept weekly and posted on the WSBL web site. All ties will be determined by: (1.) Head to head competition, (2.) Total defensive points allowed for all games played. Any forfeit will be an average of points allowed during the season.

Trophies/Awards: Trophies will be given to each member of the Tournament Championship team, and the Tournament Runner-up team. In the event that there is a division that does not have a post-season tournament, Trophies will be given to each member of the first place team and medals to the rest of the teams.

Scorekeepers & Scorebooks: Each coach is responsible to provide a scorekeeper or timer for each game. Ask for a parent volunteer. The league will provide a scorekeepers clinic. The league will provide an official scorebook at each game site. This scorebook will remain at the score table at all times.

• Grades 7 - 8 Boys

Season: Eight games guaranteed. Plus a post-season tournament if more than 4 teams.

Tournament: Post-season division tournament for divisions of more than 4 teams.

Seeding will be determined by the final standings for the division.

Game Time: 10 minute running clock. Clock will stop on the officials whistle in the last two minutes of the second and fourth quarter, the last minute of overtime games, at the official's discretion, or for time outs. Two full time outs per half. In the 2nd half, each team will also receive a 30-second time out. Overtime is 2 minutes. *If the game is still tied after the first overtime, each team will shoot free throws to determine the winner. A team with fewer players than the other, will shoot the same number of free throws as their opponent, but the player or players, that shoot again, must have missed their first attempt, unless all players made the first attempt. In the event that this happens, then you will start with the first player that shot.*

Defense: Man to Man or Zone defense is allowed. Pressing is allowed, but only in the 2nd or 4th period or in overtime. No pressing is allowed if a team is leading by 15 or more points.

Mercy Rule: If a team leads by 20 or more points in the last minute of play of the game, the clock will continue to run.

Ball: Regulation size.

Goal: Regulation (10 ft.)

Records/standings: Records will be kept weekly and posted on the WSBL web site. All ties will be determined by: (1.) Head to head competition, (2.) Total defensive points allowed for all games played. Any forfeit will be an average of points allowed during the season.

Trophies/Awards: Trophies will be given to each member of the Tournament Championship team, and the Tournament Runner-up team. In the event that there is a division that does not have a post-season tournament, Trophies will be given to each member of the first place team and medals to the rest of the teams.

Scorekeepers & Scorebooks: Each coach is responsible to provide a scorekeeper or timer for each game. Ask for a parent volunteer. The league will provide a scorekeepers clinic. The league will provide an official scorebook at each game site. This scorebook will remain at the score table at all times.

• **HS Boys (Grades 9 & 10)**

Season: Eight games guaranteed.

Tournament: Post-season division tournament for divisions of more than 4 teams. Seeding will be determined by the final standings for the division.

Game Time: 10 minute running clock. Clock will stop on the officials whistle in the last two minutes the second and fourth period, the last minute of overtime games, at the official's discretion, or for time outs. Two full time outs per half. In the 2nd half, each team will also receive a 30-second time out. Overtime is 2 minutes. ***If the game is still tied after the first overtime, each team will shoot free throws to determine the winner. A team with fewer players than the other, will shoot the same number of free throws as their opponent, but the player or players, that shoot again, must have missed their first attempt, unless all players made the first attempt. In the event that this happens, then you will start with the first player that shot.***

Defense: Man to Man or Zone defense is allowed. Pressing is allowed, but only in the 2nd or 4th period or in overtime. No pressing is allowed if a team is leading by 15 or more points.

Mercy Rule: If a team leads by 20 or more points in the last minute of play of the game, the clock will continue to run.

Ball: Regulation size.

Goal: Regulation (10 ft.)

Records/standings: Records will be kept weekly and posted on the WSBL web site. All ties will be determined by: (1.) Head to head competition, (2.) Total defensive points allowed for all games played. Any forfeit will be an average of points allowed during the season.

Trophies/Awards: Trophies will be given to each member of the Division Championship team.

****If there is enough interest, there will be an 11th – 12th grade division offered.**

Scorekeepers & Scorebooks: Each coach is responsible to provide a scorekeeper or timer for each game. Ask for a parent volunteer. The league will provide a scorekeepers clinic. The league will provide an official scorebook at each game site. This scorebook will remain at the score table at all times.

• Grades 6, 7 & 8 Girls

Season: Eight games guaranteed.

Tournament: Post-season division tournament for divisions of more than 4 teams. Seeding will be determined by the final standings for the division.

Game Time: 10 minute running clock. Clock will stop on the officials whistle in the last two minutes of the second and fourth quarter, the last minute of overtime games, at the official's discretion, or for time outs. Two full time outs per half. In the 2nd half, each team will also receive a 30-second time out. Overtime is 2 minutes. *If the game is still tied after the first overtime, each team will shoot free throws to determine the winner. A team with fewer players than the other, will shoot the same number of free throws as their opponent, but the player or players, that shoot again, must have missed their first attempt, unless all players made the first attempt. In the event that this happens, then you will start with the first player that shot.*

Defense: Man to Man or Zone defense is allowed. Pressing is allowed, but only in the 2nd or 4th period or in overtime. No pressing is allowed if a team is leading by 15 or more points.

Mercy Rule: If a team leads by 20 or more points in the last minute of play of the game, the clock will continue to run.

Ball: 28.5 or Intermediate size.

Goal: Regulation (10 ft.)

Records/standings: Records will be kept weekly and posted on the WSBL web site. All ties will be determined by: (1.) Head to head competition, (2.) Total defensive points allowed for all games played. Any forfeit will be an average of points allowed during the season.

Trophies/Awards: Trophies will be given to each member of the Division Championship team. Medals will be given to the rest of the teams.

****If there is enough interest, a HS girls division will be offered.**

Scorekeepers & Scorebooks: Each coach is responsible to provide a scorekeeper or timer for each game. Ask for a parent volunteer. The league will provide a scorekeepers clinic. The league will provide an official scorebook at each game site. This scorebook will remain at the score table at all times.

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RULES ADDITION

Playing Time Rule:

Boys 3 /4, 5/6, 7/8, HS Division, and 3 – 5 Grade Girls.

1. Playing time rule is as follows: Every player **MUST** play one full quarter from beginning to end in the first half of play. There are no substitutions in the first or second quarter of the first half.
2. Exceptions to this:
 - a. Is a player receives three fouls in one quarter,
 - b. A player is injured,
 - c. A team has less than ten players and a player must play the first and second quarter. He can be substituted in the second quarter if he becomes tired.
3. Every player must play in the second half as determined by the coach.

Girls 6/8 Division.

1. **If your team has ten or less players, you follow the playing time rules stated above. If your team has more than ten players, you may substitute during the first and second half to ensure every player received enough playing time. Every player must play in both halves of play.**

Boys 5/6 Division

1. **We will follow the 6th grade rules that are in the rulebook. Ten minute running clock. You may press, full or half court, only in the second and fourth period of play. You can double team and trap outside the three-point line.**

Open Division Rules

WSBL Sunshine Youth Basketball will adhere to all National High School Federation rules, with the following adopted rules that better suit the needs of a “competitive league”. These rules are in addition to the regular league rules.

I. General Game Rules

- Four 10-minute periods – clock will stop on the officials whistle in the last two minutes of the second and fourth period and at time outs. **Exception:** 3rd and 4th grade open will play 8 minute periods.
- Time outs – Two full and one-30 second time outs per half.
- Twenty-point mercy rule – If a team is winning by twenty points or more, the clock will continue to run.
- Press – You may press at any time during the game – full or half court except when a team is ahead by 20 or more points. **Exception:** 3rd and 4th grade open can only press in the 2nd and 4th quarter.
- Ejections – Any player or coach that is ejected from a game for any reason will not be allowed to participate or sit on the bench in the following game. Any further problems that involve a player or coach will result in a \$25.00 fine including possible suspension from the league.
- Overtime – Two-minute overtimes. Clock will stop on the officials whistle and for time outs. Each team will have one time out per overtime.
- Home team will wear white jerseys and the visitors will wear dark colored jersey.
- Scorekeepers/Timers – Each coach should have a volunteer parent to be responsible for the scorebook or clock at each game. We will try to have community service students work as many games as possible, but if they are not available, please be prepared to have a parent volunteer.

All participants including players, coaches, assistant coaches, and parents will be held accountable for inappropriate behaviors. As a coach, you are expected to set a positive example for your players and parents. You must intercede if your players or parents are acting in any way that causes problems with officials, league representatives, or opposing players parents. Failure to do so may result in suspension from the league.

II. Officials

The majority of our officials are well-trained, high school and college level officials. If you have a problem with the officials, please take the time to file a game report at www.wsbl.com, stating the nature of the problem, the game time and date. ***Do not escalate a problem by approaching the official after your game, or worse, letting your parents approach an official.*** The league administrators and the officials association will deal with any problems that occur concerning poor officiating, lack of professionalism, or an officials' appearance or effort. It is important that the head coach make a report regarding officials, not the parents. It is also recommended that you have an assistant coach to intercede in the event that a parent or fan approaching an official after a game.

III. Tournament

All teams in the division with more than four teams will participate in a post-season tournament. Seeding will be determined by the final standings after the last games have been played. In the event of ties, head to head competition will decide the standings. Defensive points allowed will be the tiebreaker if teams have the same record and defeated each other during the season. This is the total defensive points allowed for all games. In the event of a forfeited game, then the defensive points allowed would be the average allowed for the season. Weekly standings will be posted on the WSBL web page at www.wsbl.com.
(Divisions with only four teams will not play a tournament but will play a nine game season. The Division Championship team will receive trophies. The second place team will receive medals.)

