South Bay
Youth Basketball

2026 Rules

Updated

8/17/2011: Added Rule 2.5.2.5
7/11/2013: Modified Rules 4.2.9.4 through 4.2.9.6
7/15/2014: NFHS Rule Change: Players on the lane line will be allowed to enter the lane upon release of the free throw
7/24/2014: Modified Rule 4.2.9.5
8/4/2015: Modified Rules 2.3.5, 3.1.4 and 3.1.5
9/1/2015: Modified Rules 4.2.9.4 and 4.2.9.6
6/30/2016: Added Rules 4.3.3.1, 4.4.4 and 4.4.4.1. Modified Rules 4.2.9.4, 4.2.9.5, 4.2.9.6 and 4.3.7.6
6/30/2017: Modified Rules 3.9.1, 4.2.9.4, 4.2.9.5, 4.2.9.6 and Appendix A
7/31/2017: Added Rule 5
6/26/2018: Modified Rules 3.1.9 and 3.6.2.4 to be in line with NFHS Rules
8/26/2023: Added Rule 3.1.1.2, making league modification to the 2023 NFHS rule changes
6/19/2024: Modified Rules 4.2.8.2 and 4.2.9.2
9/7/2025: Removed 3.1.1.2.2 to be in line with 2023/2025 NFHS rules for the 4 front court throw-in spots. Clarified 4.2.7, 4.3.7.6, 4.3.8.5 4.4.2 for ball size. Modified Rules 4.2.9.4, 4.2.9.6 for Girls free throws without drop basket attachments
9/2/2026: 4.4.2 Ball size for Boys 5th grade changed to 28.5" (size 6)
9/20/2026: 3.1.9 Corrected coaches box line of 14 feet per NFHS Rules

SECTION 1: ORGANIZATION STRUCTURE

Welcome to the South Bay Youth Basketball ("SBYB") organization. SBYB is committed to providing youth of all skill levels an organized and safe learning environment in which to develop, play, and appreciate the game of basketball. We promote the principles of participation and sportsmanship, and the development of good character. It is our philosophy that winning should not overshadow these principles.

SECTION 2: TEAM STRUCTURE AND ELIGIBILITY

2.1 ELIGIBILITY

2.1.1 Grade Divisions: All boys and girls teams are determined by grade as of September of the League year.

2.1.2 Written grade level requests shall be considered by the Board.

2.1.3 Use of ineligible players shall result in forfeiture of all games in which those players have played.

2.1.4 The Board has the final decision regarding all player eligibility issues.

2.1.5 A player may be listed on only one roster.

2.2 PLACEMENT

2.2.1 Teams shall be placed at the highest grade level of its players.

2.2.2 The Board reserves the right to move teams to higher or lower divisions.

2.3 REGISTRATION

2.3.1 A team roster shall be submitted to the League during the registration period. The roster must be signed by the coach and the parent representative.

2.3.2 An original, executed liability waiver signed by each player, parent and coach must be submitted during the registration period and no later than one week prior to the first scheduled game. No team shall be eligible to play until all paperwork has been submitted for each player. No exceptions.

2.3.3 A completed and signed coach's code of conduct must be submitted for the head coach listed on the roster.

2.3.4 Each team shall meet the minimum roster requirement of eight (8) players.

2.3.5 New players may be added to the roster through August 15th, or during the season if the team roster falls below the league player minimum requirement. Any roster changes after submittal of the initial team roster must be approved by the Board before the player is allowed on the roster.

2.3.5.1 With the exceptions of 1st and 2nd grade teams, roster changes after August 15th must be accompanied by a $50 Roster Change Fee.

2.3.5.2 The Board reserves the right to waive a Roster Change Fee.

2.3.6 The Board reserves the right to review and approve any roster changes.

2.3.7 Player transfers are discouraged. However, written requests stating the reason for the transfer and signed by the player's parent, former coach, new coach, and former and current organizations**,** shall be considered and is subject to the approval of the Board.

2.4 FEES

2.4.1 The Fall Basketball League is a youth activity sponsored by the South Bay Youth Basketball, a non-profit organization. Fees are charged to cover the expenses incurred to operate a basketball league.

2.4.2 The league fees shall be determined by the Board.

2.5 AWARDS:

2.5.1 Grades 1-2

2.5.1.1 All participants shall receive a participation award.

SECTION 3: OVERALL LEAGUE RULES

3.1 GENERAL

3.1.1 The official playing rules shall be the current Basketball Rule Book of the National Federation of State High School Associations, except as modified by this document.

3.1.1.1 2009 NFHS Rule Changes

3.1.1.1.1. When free throws are being shot, the lane spaces closest to the baseline shall be unoccupied. This will only be applicable to grades 5 through 9. See grade-specific rules for grades 2 through 4. There are no free throws shot in grade 1.

3.1.1.2 2023 NFHS Rule Changes

3.1.1.2.1. Eliminates the one-and-one for common fouls beginning with the seventh team foul in the half and establishes the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter. **This will not be applicable to the SBYB League, as a game consists of two halves; the bonus will continue to be one-and-one on the seventh and two shots on the tenth foul in each half**

3.1.2 A team shall have five (5) players in uniform and ready to play by the official game time.

3.1.3 The game shall start promptly as scheduled. Requests to postpone or reschedule games shall not be allowed.

3.1.4 A five (5) minute grace period shall be allowed before a forfeit is declared. A team, knowing it will have an insufficient number of players for an upcoming game, shall notify its division coordinator no later than 8 PM on the Thursday prior to the forfeited game.

3.1.5 A team that forfeits a game is liable for $300.00 forfeiture fee, if it is determined by the Board that the forfeiture was not for good cause. The forfeiture fee may be reduced to $100 if the forfeiting team provides sufficient players (team members and/or borrowed SBYB-waivered players) to provide a scrimmage game. The Board ruling shall be final. The forfeiture fee shall be paid prior to the team's next scheduled game. Any subsequent forfeit shall result in a $300 forfeiture fee.

3.1.6 The only personnel allowed at the scorekeeper's table shall be the scorekeeper, timekeeper, gym monitor, and the League officials or their representatives.

3.1.7 The only personnel allowed at the team benches are the players, head coach and an assistant coach. There must be at least one adult, over the age of eighteen (18) at all times on the bench, in the event the head coach and assistant coach are under the age of eighteen (18). No other persons are allowed on, near or behind the team benches.

3.1.8 Any player arriving after the start of the game may be added to the game roster by the player's coach, provided the player is able to meet the minimum playing time requirement.

3.1.9 Coaches shall remain in the coaching box, defined by a line 14 feet from the division line and extending to the baseline. First violation results in loss of coaching box privilege (coaches must remain seated). Subsequent violations result in a direct technical foul to the head coach.

3.2 UNSPORTSMANLIKE CONDUCT:

3.2.1 All participants and parents shall abide by the Code of Conduct in Appendix A. Any failure to abide by the Code of Conduct may result in suspension or expulsion from the League, upon review by the Board.

3.2.2 The referee, gym monitor, division coordinator or any attending Board member may eject any coach, player or spectator from the game for unsportsmanlike conduct including but not limited to, provoking a fight, use of profanity, obscene hand gestures, harassing or attacking a referee or scorekeeper, or stepping onto the court during a game.

3.2.3 Any team, coach, parent, or player exhibiting unsportsmanlike conduct as identified by the Division Coordinator, before, during or after a game can result in a game forfeiture or expulsion from the league upon the recommendation of the Division Coordinator and final review and approval by the Board. Examples of unsportsmanlike conduct include, but are not limited to, taunting, trash talking, use of profanity, gang hand gestures or signing, use of the middle finger gestures, and/or provoking a fight.

3.2.4 At the discretion of the Board, the citation of any team, player, parent or coach cited for unsportsmanlike conduct may also include a report to that team's sponsoring organization.

3.3 PROTESTS

3.3.1 The game referee, opposing coach and score keeper shall be informed of the intent to file a protest following the conclusion of the game.

3.3.2 A formal written protest shall be made within twenty-four (24) hours of game completion to the Division Coordinator.

3.3.3 The Board shall review the protest, conduct any investigation, call for a hearing to the extent necessary, and thereafter provide a ruling which shall be final.

3.4 GAME CLOCK

3.4.1 Each game shall consist of two (2) twenty (20) minutes halves, running time.

3.4.2 Time permitting, there will be a five (5) minute halftime period.

3.4.3 Grades 1-2:

3.4.3.1 The clock shall stop every five (5) minutes to allow substitutions.

3.4.3.2 On team game rosters with ten (10) players or less, each player must play at least two (2) of the five (5) minute periods per half.

3.4.3.3 At each stoppage of the clock per Rule 3.4.3.1, the entire bench shall be substituted into the game.

3.4.3.4 Other substitutions shall be allowed only for injury concerns.

3.4.4 Grades 3-9:

3.4.4.1 At any time during the last two (2) minutes of the game, stop time shall be instituted if the score differential is 10 or less points. Once stop time is enforced, it will continue for the remainder of the game even if the score differential exceeds ten (10) points.

3.5 OVERTIME

3.5.1 A two (2) minute stop time extra period shall be played if a regulation games ends in a tie.

3.5.2 Each team shall have one (1) time out during the first overtime with no carry over of time outs from regulation time.

3.5.3 If the tie is not broken after the first overtime period, there shall be a sudden death overtime period played without a clock; the first team to score wins.

3.6 TIME OUTS

3.6.1 Grades 1-2

3.6.1.1 No time outs.

3.6.2 Grades 3-9

3.6.2.1 Each team shall be allowed three (3) one (1) minute timeouts per game.

3.6.2.2 Each team shall be allowed one (1) time out for the overtime period and any unused time outs from regulation play will not carry over into the overtime period.

3.6.2.3 There are no time outs in the sudden death overtime period

3.6.2.4 A timeout may be requested by the head coach or any player on the court, if the ball is dead or if their team is in possession of the ball.

3.7 CLOSELY GUARDED RULE

3.7.1 Grades 3-9

3.7.1.1 In his/her frontcourt, a player shall not hold the ball for five seconds or dribble the ball for five seconds while being closely guarded (defined as being guarded by an opponent who is within six feet of the player who is holding or dribbling the ball).

3.8 MERCY RULE

3.8.1 The scoreboard will be turned off once any team leads by 25 points or more anytime in the game. However, the game and individual scores will be continued on the score sheet. Once the scoreboard is turned off, the team that is ahead is declared the winner but play is to continue to complete a regulation game. Any team exhibiting unsportsmanlike conduct during the remaining playing time, as identified by the Division Coordinator can result in a game forfeiture to either team, subject to final review and approval by the Board. Examples of unsportsmanlike conduct include, but are not limited to, taunting, trash talking, playing keep away, stalling, continued press, and continued fast breaks.

3.9 SCORE SHEET

3.9.1 A game SCORE SHEET, listing the names and jersey numbers for each player in attendance, shall be turned in to the scorekeeper at least 10 minutes prior to the scheduled game time. **A team representative, present at the game, must be listed on the scoresheet; this representative will be held accountable for the team's supporters' conduct**. Failure to comply with this provision may result in a technical foul against the offending team for each minute late. Any players not available at the beginning of the game whose name may appear on a preprinted score sheet, will be lined out by their team. Should the player arrive during the game, the player can be reinstated onto the score sheet. However, the player must be able to meet the playing time requirements as defined in section 3.10.

3.9.2 Coaches, referees, scorekeepers, and gym monitor must sign the score sheet at the conclusion of the game.

3.10 PLAYER REQUIREMENTS

3.10.1 Each player must play at least 5 consecutive minutes in each half upon their initial game appearance in each half.

3.10.2 Grades 1-2 only

3.10.3.1 On team game rosters with ten (10) players or less, each player must play at least two (2) of the five (5) minute periods per half.

3.10.3.2 At each stoppage of the clock per Rule 3.4.3.1, the entire bench shall be substituted into the game.

3.10.4 If a player cannot meet the minimum playing time in the first half, the player is still eligible to play in the second half provided he/she meets the minimum five minute playing time rule.

3.10.5 Playing time requirements shall be the coaches' responsibility.

3.10.6 Any penalty assessed against a team or a coach for violating the player requirement rules shall be at the discretion of the Board.

3.11 UNIFORMS

3.11.1 Dark and light colored jersey with numbers on the front and back is required.

3.11.2 Basketball shoes with non-marking soles are required.

3.12 POSITION GAMES

3.12.1 Position games may be required to complete the League schedule.

3.12.2 Position games are not playoff games, but instead count in the season standings.

3.13 NO SMOKING POLICY

3.13.1 The School Districts expressly prohibit smoking on their campuses. There shall be NO SMOKING once an individual is on the school property (includes the parking lot). Any violation of this rule will result in SBYB losing its gym permit.

3.13.2 A violation of this rule shall result in a game forfeiture and assessed loss. The team cited for the rule infraction will be placed on probation for the remainder of the season.

3.13.3 A subsequent violation will result in the disqualification of the team for the remainder of the season and possible expulsion from the League.

3.13.4 TEAMS ARE RESPONSIBLE FOR EVERY INDIVIDUAL SUPPORTING THEIR TEAM; CLAIMS OF IGNORANCE SHALL NOT BE CONSIDERED.

SECTION 4: GRADE SPECIFIC RULES

4.1 Neutral Zone: Grades 1-2

4.1.1 The neutral zone shall be determined by the game referee who shall notify the coaches of the extent of the area.

4.1.2 The bounding lines of the neutral zone shall vary from gym to gym. As a guideline the following should be considered:

4.1.2.1 Grades 1-2:

4.1.2.1.1 The line closest in proximity to the top of the key, or the top of key if no such line exists.

4.1.3 The offensive team shall be permitted to advance the ball from the backcourt across the midcourt line, into the predetermined neutral zone, without defensive pressure.

4.1.4 The offensive team shall advance the ball from the neutral zone within five (5) seconds, or a violation may be called.

4.1.5 The defensive team shall be permitted to intercept or press the ball once the ball is passed or dribbled out of the neutral zone by the offensive team.

4.1.6 The backcourt and neutral zone shall remain in effect after a timeout or dead ball situation if the ball is inbounded into the backcourt, even if it had been advanced into the front court prior to the dead ball.

4.2 GRADES 1-2

4.2.1 No fast break shall be allowed.

4.2.2 No back court defense shall be allowed.

4.2.3 No score is kept.

4.2.4 Player in possession of the ball shall be allowed to get up without dribbling up.

4.2.5 An offensive player shall not remain in the key for five (5) seconds while the ball is in control of his/her team in his/her frontcourt.

4.2.6 Defensive players shall maintain a three (3) foot distance from the out-of-bounds line on all inbounds.

4.2.7 Ball size shall be the 27" to 27.5" (size 5) ball.

4.2.8 1st Grade Only

4.2.8.1 No jump ball at the beginning of the game. At the start of the game, the first possession of the ball shall go to the home team.

4.2.8.2 Subsequent five-minute periods shall begin at the point of interruption. Second half shall begin with the possession arrow

4.2.8.3 No foul shots; ball out of bounds on all infractions.

4.2.8.4 Basket height shall be eight (8) foot baskets.

4.2.9 2nd Grade Only

4.2.9.1 Jump ball at the beginning of the game.

4.2.9.2 Subsequent five-minute periods shall begin at the point of interruption. Second half shall begin with the possession arrow

4.2.9.3 No excessive dribbling or traveling.

4.2.9.4 **BOYS:** Foul shots taken at the bottom of the free throw circle (approximately 9 foot line) and the shooter is allowed to cross over on the follow through. **GIRLS:** Foul shots taken at the bottom of the free throw circle (approximately 9 foot line) and the shooter is allowed to cross over on the follow through

4.2.9.5 **BOYS**: Basket height shall be ten (10) feet. **GIRLS**: Basket height shall be eight (8) feet

4.2.9.6 When free throws are being shot, the lane spaces closest to the baseline **(BOYS)** shall / **(GIRLS)** shall be occupied by the non-shooting team.

4.3 GRADES 3-4

4.3.1 Fast break is allowed.

4.3.2 The defensive team shall not be allowed to impede or block the offensive player on a fast break until the mid-court line is crossed. It shall be the judgment of the referees to determine as to whether the situation is backcourt defense. The first two (2) infractions shall result warnings. After the second warning, a technical foul will be assessed against the coach.

4.3.3 No back court defense.

4.3.3.1 In the last 2 minutes of the game, or any overtime period, any dead-ball throw-in into the backcourt will result in the clock starting when the ball establishes frontcourt status (i.e., the point at which the offense can no longer legally return the ball to the backcourt). A 10-second backcourt count will be in effect.

4.3.4 Loose balls in the back court remain in the possession of the offensive team and shall not be picked up by the defensive team.

4.3.5 Player in possession of the ball shall not be allowed to get up without dribbling.

4.3.6 Basket height shall be ten (10) feet.

4.3.7 Grade 3 Only

4.3.7.1 No excessive traveling

4.3.7.2 No double dribble.

4.3.7.3 An offensive player shall not remain in the key for five (5) seconds while the ball is in control of his/her team in his/her frontcourt.

4.3.7.4 No three (3) point baskets will be allowed. Shots made from beyond the 3 point arc shall be scored as two (2) points.

4.3.7.5 Free throws shall be at the twelve (12) foot line and the shooter is allowed to cross over on the follow-through.

4.3.7.6 **BOYS:** Ball size shall be the 28.5" (size 6) ball. **GIRLS:** Ball size shall be the 27" to 27.5" (size 5) ball.

4.3.7.7 When free throws are being shot, the lane spaces closest to the baseline shall be occupied by the non-shooting team.

4.3.8 Grade 4 Only

4.3.8.1 No traveling

4.3.8.2 No double dribble

4.3.8.3 An offensive player shall not remain in the key for three (3) seconds while the ball is in control of his/her team in his/her frontcourt.

4.3.8.4 No three (3) point baskets will be allowed. Shots made from beyond the 3 point arc shall be scored as two (2) points.

4.3.8.5 Ball size shall be the 28.5" (size 6) ball

4.3.8.6 Free throws shall be at the twelve (12) foot line and the shooter is NOT allowed to cross over on the follow-through

4.3.8.7 When free throws are being shot, the lane spaces closest to the baseline shall be occupied by the non-shooting team.

4.4 GRADES 5-9

4.4.1 Three (3) point baskets shall be allowed on the courts with permanent 3 point arc markings.

4.4.2 Ball size shall be the 28.5" (size 6) ball for 5th grade and ball size shall be the 29.5" to 30" (size 7) ball for 6th thru 9th grade for the boys' division and the 28.5" (size 6) ball for the girls' division.

4.4.3 Grade 5 Only

4.4.3.1 Free throws shall be at fifteen (15) feet and the shooter is allowed to cross over on the follow through

4.4.4 Grade 9 Only

4.4.4.1 A shot clock (BOYS: 35 seconds; GIRLS: 30 seconds) will be in effect and administered per CIF rules

SECTION 5: SAFETY AND CONDUCT GUIDELINES

5.1 All coaches, parent representatives, and parents shall review concussion recognition and management guidelines, as provided by the Centers for Disease Control (https://www.cdc.gov/headsup/youthsports/training/index.html)

5.2 A player suspected of suffering a concussion shall not be allowed to return until at least 24 hours has passed and with a written clearance from a licensed physician

5.3 All coaches, parent representatives, and parents shall review and enforce the SBYB Sexual Abuse Prevention Policy (http://www.sbybasketball.org/forms/SBYB_SexualAbuseMolestationPolicy.pdf)

Appendix A

Players' Code of Conduct

1. I will show respect towards my coaches, parents, league officials, referees, fellow teammates and other participants at all times.
2. I will refrain from using inappropriate language, taunting, or other unsportsmanlike gestures or comments both on and off the court.
3. I will not engage in any behavior or unsafe practices that might endanger myself or other players.
4. I will inform the coach and my parents promptly of any injury, physical ailments or circumstances that might affect my safety or the safety of others.
5. I understand that basketball is a team sport and I will try to attend required weekly practices whenever possible.
6. I will learn the rules of the game and the policies / rules of the league.
7. I will respect my body and not use any tobacco, drugs or alcohol.

Parent's/Spectator's Code of Conduct

1. I will be a positive role model for my child by being respectful of all coaches, referees, officials, opposing players and parents at all times.
2. I will not engage the referees, scorekeepers or coaches during or after the games or use profane language or threatening mannerisms at any time.
3. I will not venture onto the court during games or engage in any unruly behavior that could endanger other parents, officials or participants at any time.
4. I agree that **all** disputes should be directly solely through my team's parent rep for resolution.
5. The emotional and physical well-being of my child is paramount over winning games. I will inform our coach promptly of any injury or physical condition that my child may be suffering from.
6. I understand that this league is a run by volunteers and I agree to assist whenever possible.
7. I understand any violations of this agreement either by my child, coaches or myself can result in penalties and sanctions by league officials including, but not limited to fines, suspensions or the forfeiture of games & fees.