



VARINA YOUTH BASKETBALL RULES

COACHES AND STAFF:

All Head Coaches are responsible for submitting rosters and selecting support staff before the season begins. The support staff will consist of the following:

- Assistant Coach
- Score Keeper/Clock Worker
- Team Parent
- Stat Keeper (Optional)

Only one Head Coach and one Assistant Coach will be allowed to sit on the bench with the team. Only one Coach is allowed to stand up to Coach and they must stay in their Coaches' box/area at all times. That is the only Coach that is allowed to address an official (not while the game is in play).

All Head and Assistant Coaches are required to be in a Varina Youth Basketball (VYB) issued shirt while coaching. No hats or jackets can be worn while coaching teams. If either Coach does not have their VYB issued Coaches shirt, they will not be allowed to Coach or be on the bench with the team. Each Coach will also have to wear the same bottoms and be in uniform with each other (i.e. both wear same color khakis, pants, jeans, and/or shorts). A technical foul (2 shots) will be issued during the start of the game if the Coaching attire isn't appropriate for either Coach of a team.

Each Coach is responsible for having the member of their staff present at each game. Failure of a team to have at least one of the support staff present by the beginning of the game can result in a forfeit. In the event of a forfeit under these circumstances, the team meeting the staff requirements will provide support and the game will still be played. If both teams are unable to provide the minimum support, the results will be a double forfeit and the game will not be played.

PARENTS AND PARTICIPANTS:

If a participant does not make the practice for the week, the Coach has the discretion to not play the child during the upcoming game. The Coach will discuss this decision prior to the game with the parent and will not list them on the submitted roster prior to starting the game. We encourage all players to attend practice so that they will learn the fundamentals being taught during that week's practice. If a child is not going to be present during a particular week, it is the parent's obligation to contact the Coach to advice of their absence. If this occurs and both parties (parent and Coach) reach an understanding, the child will be allowed to participate in the game.



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Each participant is required to be in their full (current season) VYB uniform before participating in a game. Players will not be allowed to play. **THERE WILL BE NO EXCEPTIONS.**

GAME RULES

PLAYING TIMES

- Each player shall have the opportunity to play in each game, unless the Coach or parent determines that for medical or disciplinary reason a player should not participate.
- Each player should play as noted on the rotation sheet, at least twice in the first half (for PeeWees, Minors, Juniors, & Seniors) or the entire game for Ballers In Training (BIT) unless the rotation allows a player to play back to back. For all division games, the clock will continue to run at 5 minute, 10 minute, and 15 minute intervals during substitutions.
- During the second half, the Coach is allowed to play their choice of players. Coaches are encouraged to give each player a fair amount of time.
- Each team must have a rotation sheet at the score table before the start of each game. If not, a technical foul will be issued at the start of the game to the Head Coach.
 - a) Only players at the game during tip off are allowed on the rotation sheet during the start of the game.
 - b) If a child is hurt during the rotation period, the Coach will select the next player on the rotation sheet for the substitution.
 - c) If a player comes to the game after the tip off, that player cannot enter the game until the second half.

CLOCK

- The away team will provide a person to work the clock. We will play 2 halves. Each half will be 20 minutes with a continuous running clock. The clock will stop when the game official signals clock stoppage for timeouts, the end of the quarter and at the referee's discretion. The clock will run during free throws. The clock will stop during the last 2 minutes of each half for fouls, dead balls and at the referee's discretion. It will also stop during time outs. For all divisions, the clock will start when the ball resumes play.



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- If a game is tied at the end of regulation, 2-minute overtime will be played, initiated by a jump ball. If the end game remains tied after the first overtime, 1-minute overtime will be played. This will continue until a winner is declared.
- During overtime, there will be a running clock. However, it will stop on shooting fouls and during the last minute of the game for all violations.
- No game other than Ballers In Training (BIT) will start unless 2 referees are present, unless agreed upon by both Head Coaches.

DEFENSE

I. Ballers In Training (BIT):

- The start of the game will begin with a Head Coach coin toss. No scores will be kept within this division; however, stats will be kept for each team. Each child will have the opportunity to dribble, shoot and other fundamental techniques.
- “In the Box” defense is allowed for the entire game. “In the Box” defense is defined as one foot in the box under the goal at all times. Players cannot jump out of the box. Players can jump up and down when they come down, one foot must be in the box.
- At least 2 passes are required before a shot can be attempted. Once a shot is taken or the ball enters the paint, the defense can attempt to retrieve the ball (offense can rebound and score). If the defensive team rebounds, the opposing team must get back on defense. No steals are allowed outside of the box/paint. No fast breaks are allowed. There should be an emphasis on dribbling and passing the ball to teammates.
- This division will be playing on a lowered rim at 7.5 or 8 ft. courts. The ball size is 27.5”. Each team is allowed 2 time outs per half. The foul line will be marked with a line halfway in between the rim and dotted line on the court.

II. PeeWees:

- There will be no 3-point goals allowed in this division. There will be no backcourt pressure. Each team is still allowed 10 seconds to bring the ball into the frontcourt.



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- 🕒 Defense is allowed during the entire game starting at the 3-point line and surrounding. The offensive team will have 10 seconds once across half court, to get the ball pass the 3-point line extended (i.e. dribble, pass, or shot). If this is not done, it will be considered a turnover. “Out the Box” defense is defined as starting at the 3-point line extended area from sideline to sideline. Players cannot step above the 3-point line and/or 3-point line extended area while on defense.
- 🕒 Officials will give one warning if the above is not followed. At the second warning, a technical foul will be issued to the team. The opposing team will be allowed to shoot 2 free throws and that team will receive possession of the ball.
- 🕒 This division will be playing on a lowered rim at 8.5 or 9 ft. court. The ball size is 28.5”. Each team is allowed 2 time outs per half. The foul line is 15 ft. Officials will call all infractions (traveling, double dribbling, etc.) for the entire season.
- 🕒 In this division, the same child is not allowed to attempt to shoot the ball for 3 consecutive offensive attempts. The Coach must allow multiple children to attempt to shoot an offensive shot. If this is done and basket is scored, the shot will not count.

III. Minors:

- 🕒 There will no backcourt pressure until the last 10 minutes of the 2nd half. In the last 10 minutes of the 2nd half, Minors are allowed to full court press. Each team is still allowed 10 seconds to bring the ball into the frontcourt. Officials will give one warning if this is not followed. At the second warning, there will a technical foul given to the pressing team and 2 free throws will be awarded plus possession of the ball to the opposing team.
- 🕒 When a team is up by 20 points, they are not allowed to full court. Half court press is still allowed for the team leading by 10 or more points. Officials will give one warning if this is not followed. At the second warning, there will be a technical foul given to the pressing team and 2 free throws will be awarded.
- 🕒 This division will be playing on an official 10 ft. court. The foul line is 15 ft. The ball size is 28.5”. Officials will call all infractions for the entire season.



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IV. Juniors:

- 🟡 This division will follow the same rules allowed for Junior High and High School basketball. Full court press and any other defenses are allowed the entire game.
- 🟡 This division will be playing on an official 10 ft. court. The foul line is 15 ft. The ball size is 28.5". Officials will call all infractions for the entire season.

V. Seniors:

- 🟡 This division will follow the same rules allowed for Junior High and High School basketball. Full court press and any other defenses are allowed the entire game.
- 🟡 This division will be playing on an official 10 ft. court. The foul line is 15 ft. The ball size is 29.5". Officials will call all infractions for the entire season.

TECHNICALS

- 🟡 If the above rules are not followed for all divisions except BIT a technical foul will be issued to that team. The opposing team will be allowed to shoot 2 free throws and that team will receive possession of the ball as well.
- 🟡 If a Coach receives their first technical foul, he/she has to sit for the remainder of the game. He/she can still Coach, but must stay seated. If a Coach has 2 technical fouls, they will not be able to Coach the remainder of the game and must leave the gym. Their child will also have to leave the gym, unless another parent or guardian is present and the Assistant Coach will Coach the remainder of the game. The ejected Coach will also have to sit out and not Coach the following game as well. Their child will be allowed to play the next game if a guardian is present and take responsibility for the child. If the team does not have an Assistant Coach, the next qualified person will be asked to Coach the remainder of the game (parent, score keeper, etc.).
- 🟡 If a child has two unsportsmanlike technical fouls, they will not be able to play remainder of the game. This offense will need to be indicated on the team's score sheet. They will also have to sit out and not play the following game as well.



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- Any individual (Coach, player, or parent) ejected from a game is to leave the gym and not return to the gym until talked to by a member of the VYB Council. The ejection period is for that game plus the next game unless a member of the VYB Council states a different time period. The ejection time frame can be increased by the VYB Council after the fact and is at the discretion of VYB.

SUBSTITUTES

- Substitutes are made at the above listed time frames in accordance with each team rotation sheet.

GAME START TIMES

- Each game shall start no later than its scheduled time. The official start time for each game is the discretion of the lead official and VYB Council member on duty. Each team will be given at most 5 minutes from the end of the previous game before the start of the next game.
- If the Head or Assistant Coach is not present at the start of the game, we will allow 15 minutes before a forfeit is declared. If a Head Coach is not present, he/she can ask another registered VYB Coach to step in their place until they arrive.
- If a team doesn't have at least 4 players before the start of the game, the game will be declared a forfeit and the team with at least 4 players will be awarded a victory. If both teams fail to have at least 4 players before the start of the game, then the game will be declared a tie.
- A game cannot start unless each team has 5 players. The team who has 5 players within the 15-minute grace time period will be declared the winner of the game.
- There will be a 4 minutes halftime, at most, between the 1st half and the 2nd and half of each game.

TIMEOUTS

- Each team shall be awarded 2 full (1-minute) timeouts and 1 (30-second) timeout per half during regulation. Timeouts cannot be carried over per half. Timeouts can be used all in one half if a Coach chooses to do so. One timeout will be awarded during overtime. Timeouts not used during regulation cannot be carried over into overtime.



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SCOREKEEPING

- 🟡 The home team will provide a scorekeeper for the official scorebook. At the end of each half the scorekeeper and the clock operator will assure that the scores are accurate with the referees. At the end of each game the scorekeeper should ensure the correct scores are indicated in the main book. Any protest about scoring shall be made in writing to the VYB's Council.

CONDUCT

- 🟡 There will be no foul language or fighting tolerated during the game or on the premises while VYB is utilizing the facilities. Any player, Coach, parent or guest, who uses foul language will be banished and/or suspended from VYB events indefinitely or until reinstated by the league President and/or VYB Council. All players, Coaches, parents and guests are to follow the policies for Henrico County Schools and Parks and Recreation for bringing any offensive materials or weapons onto school property. Failure to follow those policies will result in suspension until reinstatement by the league President.
- 🟡 Any Coach that receives two technical fouls during the season will be placed on review by the VYB Council. Any Coach receiving more than two technical fouls during the season will be suspended until reinstated by the VYB Council.

FOOD & DRINK

- 🟡 At no time is food or drinks allowed to be brought into any gym.

SAFETY

- 🟡 The following items are not permitted jewelry (rings, earrings, bracelets or necklaces), hair beads, hairpins, hair barrettes, any head garments, and non-spandex headbands. Jewelry is not to be worn under uniform or covered by other means while playing. Players who need to wear corrective lenses while playing are encouraged to wear protective sports goggles.
- 🟡 Players who are determined to have protruding nails, hair or other items that could possibly cause harm to themselves or other players will not be permitted to play until the situation are corrected and deemed safe.



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- 🚫 If a player is bleeding, he/she will be removed from the game until the bleeding is stopped. At no time will a player be allowed to play where blood could come in contact with another player. If blood is on the jersey, the player will not be allowed to wear the jersey in the remainder of the game. However, the player is allowed to wear some other type of shirt for the remainder of the game.
- 🚫 There is no smoking on Henrico County Public School Property.
- 🚫 League rules are to be followed at all times. If not, disciplinary actions will be taken in accordance to Henrico County Park & Recreation guidelines.

SLAUGHTER RULE: For all divisions except Bitty Ballers, if a team is leading by 20 points, the clock will continue to run. If the lead is no longer by 20 points, the regular clock rule applies.

MERCY RULE: For Juniors and Seniors, teams that are leading by 20 points are encouraged not to press.

As mentioned above, this document represents our effort to put the best interests of all players first. As members of Varina Athletic Association (VAA) and VYB, we understand our membership is not limited to Coaches but includes cooperating with the officials from other organizations. We understand our responsibility is simply not to win but to help shape future young athletes through respect, hard work, honesty, and community involvement, both on and off the court.

Thank you in advance for understanding and adhering to the rules. Thank you for being members of the VAA and VYB. Any questions or concerns, please contact President of Basketball Operations, Chris Johnson at (804) 467-6667.