

**City of Dover Parks & Recreation**  
**Youth Basketball League**  
**Rules & Regulations**

*Revised 1/10/20*

1. All games will be governed by the 2019-2020 National Federation High School Rules except as amended herein.
2. **Playing time – substitution Guidelines:**  
It is a requirement in all leagues that each player must play a minimum of two (2) complete quarters per game. Substitutions will be made at the beginning of each quarter until the players minimum playing time has been met. A player cannot be substituted for or replaced by another player during a quarter until his or her two quarters playing time has been fulfilled. Free substitutions can be made when the player(s) being substituted for and with have completed their minimum playing requirement. All players entering the game must report to the scorer's table first.  
  
No player can report for a third quarter until all players have reported for their second.  
  
If seven (7) or more players are at the game, no one can play more than three (3) quarters, unless needed due to injury or foul trouble.  
  
EXCEPTIONS: If a player fouls out or is injured prior to completing the minimum playing time, the *opposing coach* will select the replacement player. Injured players may not return during that quarter from which they were removed. If a player arrives after the start of the second quarter, the two-quarter playing time rule can be waived. However, the youth must play in at least one (1) completed quarter.
3. Every effort should be made to ensure that players come to each game. A team must have at least four (4) players present for a game to start.
4. **Time Limits**
  - A. Games will start on the hour as scheduled.
  - B. There is a 55 minute limit per game for all leagues.
  - C. Pee Wee will play eight (8) minute quarters with a running clock. Bantam, Intermediate & Junior Leagues will play eight (8) minute quarters with the clock stopping on foul shots. During the last minute of the game, the clock will stop on all whistles.
  - D. There is no overtime in the Pee Wee League. Overtime in the Bantam, Intermediate & Junior Leagues will be three (3) minutes in duration IF TIME PERMITS.
  - E. Play will stop when the 55 minute time limit has expired regardless of what the score is at that time.
5. Each team will be allotted three (3) timeouts per half. In case of overtime, each team will be allotted one (1) timeout during the overtime period.
6. One and One (bonus) will commence on the seventh (7<sup>th</sup>) foul of each half. After the fifth (5<sup>th</sup>) personal foul is committed by an Individual, they are benched for the remainder of the game. If the team does not have enough players to continue the game, the individual can return but with the following penalty:  
  
Each additional foul by this individual will be regarded as a bonus situation regardless of the amount of team fouls. Also, an extra foul shot will be awarded for each infraction.
7. Substitutions must report to the scorer's table before entering the game.
8. Pee Wee teams must play zone defense, NO man to man defense permitted.
9. **Press Rule**
  - A. Pee Wee & Bantam – Once a team establishes possession on their defense end, their opponent must retreat to inside the 3 point arc of their defensive half of the court. The ball cannot be advanced until the defense has retreated. The defense is not eligible to attack the ball until it has crossed the half court line. Teams may not press or fast break at any time.
  - B. Intermediate & Junior – During any out of bounds play, the defense team must retreat to inside the 3 point arc of their defensive half of the court. The defense is not eligible to attack the ball until it has crossed the half court line. Following any change of possession that does not require an out of bounds play, defense may be applied immediately. Teams can press in the last 2 minutes of the game, but ONLY if they are trailing in score.
10. Games may not be protested.
11. Unsportsmanlike conduct will not be tolerated from players or coaches. Suspension or expulsion may result.
12. Only those that have successfully completed the required background check may coach or be in the team bench area. This includes both practices and games. Approved volunteers will be wearing a red ID. If you have not been approved you must remain in the bleachers at all times.
13. Officials will be contracted by the Parks and Recreation Department and assigned by the Officials Association.
14. All players must wear their team jersey to each game in order to be eligible to play. All jewelry must be removed.
15. Remember, there are no team championships. These are INSTRUCTIONAL leagues with the emphasis on having fun.