

# 2025 / 2026 WYBL League Rules

## Game Format

### Length

- Two 20 minute halves, running clock (if games are behind 18 minutes)
- Clock stops in last minute of the 1<sup>st</sup> half and two minutes of 2<sup>nd</sup> half (exception below)
- Running clock (last two minutes of game) when the lead is 15 points or more

### Overtime

- The clock is turned off. A jump ball to start overtime.
- For all levels, the first team to score four points is the winner. For 4<sup>th</sup> grade, two minutes are put on the clock and the first team to score four points is the winner but if neither team has scored four points, the team with the most points after two minutes is the winner. If the game is still tied, it shall then continue with the first team to score declared the winner.
- Team fouls carry over.
- No time outs can be used in overtime.

### Basketball Size

- 4<sup>th</sup> – 6<sup>th</sup> grade will be 28.5 ball
- 7<sup>th</sup> & 8<sup>th</sup> grade is regulation men's

### Warm Up

- Five minutes will be provided unless the game schedule is behind. In that case, officials may elect to start the game with less warm up

### Uniforms

- Every player must wear a team uniform.
- Uniforms must have numbers of the front & back
- Teams may be asked to reverse their jersey by referees to aid in the officiating of the game.

### Team Rosters / Eligibility.

- No player will be allowed to participate unless they are listed on the team roster. Player additions/subtractions will be allowed (an updated roster will be required to be on file) until the *final roster freeze date which is the first Sunday of league games in January*. Subsequent to that date, no changes may be made.
- Player eligibility provisions are detailed on our website.

### Scoring Table Help

- One parent volunteer per team is required at the scoring table to run the clock and/or paper score sheet.
- Parents need to be "neutral" when performing this task and *should not be openly cheering for either team or criticizing officials*.

### Sportsmanship / Parent Behavior

- Unruly fan behavior will not be tolerated. Coaches will be issued a warning and told to handle the situation.
- If the behavior continues, a technical foul will be assessed and following that, a forfeit may be declared.
- The WYBL reserves the right to eject unruly fans and/or coaches at any time.

## Game Play

### Technical & Intentional Fouls

- No shots. Automatic two points plus possession.
- Ejection from the game and premises with the second technical in any single game.
- In the event a coach has been ejected from a game, he/she may be **SUSPENDED** from coaching in the teams' next regularly scheduled WYBL game (it may carry over to the following week).
- No free throws. Automatic two points plus possession.

### Coaching Box.

- Only the head coach may stand and walk the sideline. Assistants **must** stay seated. The WIAA varsity rule will be followed.
- Only three total (3) non-players, which includes the head coach, will be allowed on the bench. This includes young kids, scorekeepers, assistant coaches, etc.
- No parents are allowed to stand behind team benches during games.

### NFHS Basketball Rule 9-1-4 (free throw rule)

- Players may enter the free throw lane upon release of the basketball by the free throw shooter with two notable exceptions: the free throw shooter himself and everyone outside the three-point arc. Those players must wait until the ball hits the rim.

### Timeouts

- Each team will get three timeouts per game.
- Timeouts *do carry* over into the second half, but not into OT.

### 3<sup>rd</sup> & 4<sup>th</sup> Grade Free Throw Shooting

- The shooter will be allowed to cross the FT line but cannot be the first to touch the basketball.

### Pressing

#### 4<sup>th</sup> Grade & 5<sup>th</sup> Grade

- M2M Press allowed only in the last two minutes of the game providing they are not leading by 15 or more points.
- A team will be allowed to “trap” the ball handler in the back court by a double-team, but cannot align itself in a zone formation nor have players guarding areas, not players
- Pressing will be allowed in Overtime.

#### 6<sup>th</sup> – 8<sup>th</sup> Grade

- Pressing is allowed at any time, providing they are not leading by 15 points or more points.
- Teams may utilize zone presses, M2M, full court, ¾ court or half court traps. No restrictions.

### Defenses

#### 4<sup>th</sup> & 5<sup>th</sup> Grade

M2M defense only.....no zones or disguised zones. The following examples will help to clarify:

- A team *will be* allowed to send help (double team) to a low post player *if he has the ball*. It is not allowed before he receives the ball or after he passes the ball
- A team *will not* be allowed to run a trap at the dribbler immediately upon crossing half court (exception is last two minutes of each half).
- Out-of-bounds under your own basket: your defender should rightfully establish inside position but must not lose “contact” with the man he is guarding. See both man and ball. No guarding an area. Referees will be instructed to issue a warning and then subsequent technical fouls for violations.
- Proper weak-side defensive positioning is allowed, but referees will be given broad latitude to call a technical if the M2M is sagging and merely packing the lane. A good rule-of-thumb will be to be within one pass of your man if you are help side defender.
- On pick-n-roll plays, a team is allowed to “switch”. However, extensive use of “switching” in an effort to just protect specific locations on the court is not within the spirit of the rule. In those instances, referees issue warnings to coaches before issuing subsequent technical fouls.

#### 6<sup>th</sup> – 8<sup>th</sup> Grade

Teams may utilize zones, M2M, or any hybrid of the two at any stage in the basketball game.

### Door Fee

- There is a \$3 CASH charge to enter the game facilities. Kids age 5 and younger get in free.
  - Two (2) coaches get in free. If your team has more than two (2) coaches, all coaches after the first two must pay the entry fee.
  - There is no senior discount.

### Miscellaneous

Our Website is [www.wyblonline.com](http://www.wyblonline.com) It will be the main communication vehicle for the league. Get used to checking it every week for updates.

- Updated Standings for each division.
- Updated game results for each division
- Master schedule, location schedules, and team schedules.
- Lost & found
- Urgent communication