



2026 Rules  
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# LONGWOOD YOUTH BASKETBALL

## 2026 SEASON RULES BOOK





## LYSA BASKETBALL MINI Division (5 & 6) RULES

In this division we are introducing the children to basketball. Many of the children have not experienced playing basketball in a group, and some have not even played before. No score will be kept in this division. Our main goal is for the children to learn some of the basic skills of basketball and to have fun.

Some of the basketball skills we will be covering this season are dribbling, passing, shooting and proper defense. By the end of the season each player should have a general understanding of the basic rules of play. It is also our goal to prepare the players for the higher division where rules are more strictly enforced.

Another important goal of this division is to teach the players to maintain both self and team control. Basketball is a physical game. However, it shouldn't cause injuries or altercations.

**Game:** Mini Division will play 4, 8-minute quarters with a 3-minute Halftime. Each team gets 2-time outs per Half.

**The Court:** The mini division will play with 8-foot baskets which in our elementary schools is the short side of the court. Towards the end of the season (the last couple of games), if both coaches concur, some or all a game can be played on the full court. However, this is only advisable if there are sufficient players to allow frequent substitution, as they will be tired more quickly and your players are able to reach a standard 10ft basket. Whenever the number of players supports it, two games will be played simultaneously in each gym using the side baskets. Teams will consist of 4 players per side (when warranted 3-on-3 can be used in the mini-Division) with substitutes rotated on a continual basis. When two games are played simultaneously, each team will be split into two groups, one more experienced on one court and one less experienced on the other.

**Parents:** Are not to give players instruction from the sidelines during the session. This will only cause confusion with the coach's instructions.

**Defense:** Defense shall be man-to-man only. Defensive players can begin to cover their assigned player after the offensive player crosses half court. **NO ZONES OR DOUBLE TEAMING IS PERMITTED.**

**Referees:** Coaches and/or Assistant coaches will act as referees when games are played. Coaches can stop play at any time for instructions. Every attempt should be made to make the stoppages brief and to maintain a continuous flow to the game.

**Violations: (3 seconds, Out of Bounds, Double Dribble, And Traveling):** Team retains ball, briefly stop and advise player of what they did wrong. Remember learning the basic rules is a goal of this division. Additional leniency should be used to not overburden players with rule details. Focus on the larger picture of the game and keep it FUN!

**Traveling Violations:** For instructional purposes, traveling with the ball occurs when:

- ❑ An offensive player brings his dribble to a stop and takes more than the allotted two steps without shooting or passing.
- ❑ An offensive player in possession of the ball takes more than one step in any direction while not keeping one foot stationary. The stationary foot (pivot foot) must not be moved at any time.
- ❑ When an offensive player carries the ball while dribbling.

**Fouls:** There will be no foul shooting!



**Intentional Fouls:** To ensure control is maintained and injuries are avoided when a player intentionally fouls, they should be quietly counseled. If a second occurrence occurs during a session, in addition to counseling, the player should be sidelined for the remainder of the session/quarter to reinforce the need for protecting other players.

**Picks (Screens):** The concept of setting a pick should be developed during the season as the skills increase. The goal is that they understand once you set a pick you do not move to block the opposing player (which in the upper divisions will be called an offensive foul).

**BLOOD RULE:** No bleeding Player may remain in the game. The injured player's parent or the player, when possible, should clean up blood. **Coaches shall provide the basic first aid kit (including with the coach's equipment) to the parent or player.**

**Side Lines: Coaches,** Non-Active Players and Parents shall not go onto the court during a game. Games which are played using the side baskets call for strict enforcement of the following rules: **At no time should non-active players, siblings, parents or other guests be playing basketball** on the unused portion of the gym. This is a distraction to the children playing, the coaches trying to coach, as well as the fact that our insurance does not cover non-registered individuals.

**Official Score:** This is an instructional division, and no scores will be kept. It is the responsibility of the coaches to explain and teach the rules of basketball. Winning shall not be stressed or discussed.

**Starting Time and End Times:** The first 20 to 25 minutes of each session should be used for practice while the remaining 30-35 minutes should be used for game play. All games must be completed within the allotted time. Ideally, the goal is to keep the game and practice to approximately one hour. ***In no case shall the game run over the allotted gym time.*** The coaches have the primary responsibility to make sure that gym times are not exceeded.

**Player Time:** All Players shall play for at least 1/2 the game, or in the case where there are more than 10 players, as equally as reasonably possible. If a team has more than five (5) Players, no Player may play more than a total of 3/4 of the game. Perceived violations should be reported to the Commissioner and/or the assistant commissioner.

**Substitutions:** Substitutions can be made whenever a coach deems it necessary. However, it is encouraged that the coaches coordinate this, so that both teams do it at the same time, to allow line-ups and match ups at center court so players know who they are covering.

**Shirts:** All players' shirts shall be tucked in at all time

**Jewelry:** No jewelry shall be worn during games (e.g., watches, earrings, chains, bracelets, etc.)

**Eye Protection:** Players who wear glasses must use a restraining strap to ensure they do not fall and break.

**Equipment:** Players may bring their own basketballs to use during appropriate times when the team is practicing. During other times the parent should control the ball. Water bottles may be brought by the players; however, they should be the type that will control a spill.

**Profane Language:** Use of profane language by Players, Coaches or Parents shall result in the immediate ejection of that individual. Trash talking and/or taunting will not be tolerated. All incidents shall be reported to the Commissioner and/or the assistant commissioner.

**Fighting:** Any Player, Coach or Parent instigating and/or participating in a fight shall result in the immediate ejection of the respective individual.



**Ejection:** Any Player, Coach or Parent ejected from a game will not be allowed to participate in future League activities until the specifics of the case are brought before the Commissioner and/or the Board of Directors for review.

## **LYSA BASKETBALL INTERMEDIATE DIVISION (7 & 8) RULES**

In this division we are introducing the children to basketball. Many of the children have not experienced playing basketball in a group, and some have not even played before. No score will be kept in this division. Our main goal is for the children to learn some of the basic skills of basketball and to have fun.

Some of the basketball skills we will be covering this season are dribbling, passing, shooting and proper defense. By the end of the season each player should have a general understanding of the basic rules of play. It is also our goal to prepare the players for the Junior Division - where rules are more strictly enforced. It is in the Junior Division they will have real Referee's and score will be kept.

Another important goal of this division is to teach the players to maintain both self and team control. Basketball is a physical game. However, it shouldn't cause injuries or altercations.

**Game:** Intermediate Division will play 4, 10-minute quarters with a 2-minute Halftime. Each team gets 2-time outs per Half.

**The Court:** The intermediate division plays with 10-foot baskets. Teams will consist of 5 players per side with substitutes rotated on a continual basis.

**Parents:** Are not to give players instruction from the sidelines during the session. This will only cause confusion with the coach's instructions.

**Defense:** Defense shall be man-to-man only. Defensive players can begin to cover their assigned player after the offensive player crosses half court. **NO ZONES OR DOUBLE TEAMING IS PERMITTED.**

**Referees:** Coaches or Assistant coaches will act as referees when games are played. Coaches can stop play at any time for instructions. Every attempt should be made to make the stoppages brief and to maintain a continuous flow to the game.

**Violations: (3 seconds, Out of Bounds, Double Dribble, Traveling):** Team retains ball, briefly stop and advise player of what they did wrong. Remember learning the basic rules is a goal of this division. Focus on the larger picture of the game and have FUN!

**Traveling Violations:** For instructional purposes, traveling with the ball occurs when:

- An offensive player brings his dribble to a stop and takes more than the allotted two steps without shooting or passing.
- An offensive player in possession of the ball takes more than one step in any direction while not keeping one foot stationary. The stationary foot (pivot foot) must not be moved at any time.
- When an offensive player carries the ball while dribbling.

**Fouls:** There will be no foul shooting only change of possession.



**Intentional Fouls:** To ensure control is maintained and injuries are avoided when a player intentionally fouls, they should be quietly counseled. If a second occurrence occurs during a session, in addition to counseling, the player should be sidelined for the remainder of the session/quarter to reinforce the need for protecting other players.

**Picks (Screens):** The concept of setting a pick should be developed during the season as the skills increase. The goal is that they understand once you set a pick you do not move to block the opposing player (which in the upper divisions will be called an offensive foul).

**BLOOD RULE:** No bleeding Player may remain in the game. The injured player's parent or the player, when possible, should clean up blood. Coaches shall provide the basic first aid kit (including with the coach's equipment) to the parent or player.

**Side Lines: Coaches,** Non-Active Players and Parents shall not go onto the court during a game. Intermediate division games which are played using the side baskets call for strict enforcement of the following rules: **At no time should non-active players, siblings, parents or other guests be playing basketball** on the unused portion of the gym. This is a distraction to the children playing, the coaches trying to coach, as well as the fact that our insurance does not cover non-registered individuals.

**Official Score:** This is an instructional division, and no scores will be kept. It is the responsibility of the coaches to explain and teach the rules of basketball. Winning shall not be stressed or discussed.

**Player Time:** All Players shall play for at least 1/2 the game, or in the case where there are more than 10 players, as equally as reasonably possible. If a team has more than five (5) Players, no Player may play more than a total of 3/4 of the game. Perceived violations should be reported to the respective Commissioner or Assistant commissioner.

**Substitutions:** Substitutions can be made whenever a coach deems it necessary. However, it is encouraged that the coaches coordinate this, so that both teams do it at the same time, to allow line-ups and match ups so players know who they are covering.

**Shirts:** All players' shirts shall be tucked in at all time

**Jewelry:** No jewelry shall be worn during games (e.g., watches, earrings, chains, bracelets, etc.)

**Eye Protection:** Players who wear glasses must use a restraining strap to ensure they do not fall and break.

**Equipment:** Players may bring their own basketballs to use during appropriate times when the team is practicing. During other times the parent should control the ball. Water bottles may be brought by the players; however, they should be the type that will control a spill.

**Profane Language:** Use of profane language by Players, Coaches or Parents shall result in the immediate ejection of that individual. Trash talking and/or taunting will not be tolerated. All incidents shall be reported to the Division Vice President.

**Fighting:** Any Player, Coach or Parent instigating and/or participating in a fight shall result in the immediate ejection of the respective individual.

**Ejection:** Any Player, Coach or Parent ejected from a game will not be allowed to participate in future League activities until the specifics of the case are brought before the Board of Directors for review.



## LYSA BASKETBALL JUNIOR Division (9 & 10) RULES

The following rules, based on the Junior High School rules and modified for our program, will be used for all play in the Senior and Senior Plus division:

**Defense (Senior Boys Division):** A Man-to-Man defense or “Zone” defense only, double teaming the ball is allowed. Either team can use full court press, If the point difference is 10 points or more, only the team which is losing can press until the point difference is less than 10, at which either team must suspend press.

**Referees:** The main purpose of the Referee is to allow the players to develop by maintaining a continuous flow, while keeping control of the game, and only calling obvious rules violations. There will only be one (1) Referee at each game, and he will have a tough job. Coaches, Players and Parents shall not question referee decisions. Refs are trying to do their best to allow the Players to play and develop. Any questions concerning the Ref's shall be forwarded to the Division Vice President and then, if necessary, to the League President for Board resolution.

**3 Second Rule:** Obvious 3 second violations shall result in a change of possession that will be up to the Referee's discretion. A 3 second violation occurs when an offensive player remains in the foul area for 3 or more continuous seconds. Time begins as the offense crosses the 1/2 court line or when the player may be potentially involved in the play. Players are allowed to enter and re-enter the lane area.

**Traveling Violations:** All Traveling violations called by the Referee shall result in a change of possession. Traveling with the ball occurs when:

- An offensive player brings his dribble to a stop and takes more than the allotted two steps without shooting or passing.
- An offensive player in possession of the ball takes more than one step in any direction while not keeping one foot stationary. The stationary foot (pivot foot) must not be moved at any time.
- When an offensive player carries the ball while dribbling.

### Fouls:

Shooting Fouls: Two Shots, One Team Foul

Intentional Fouls: Two Shots + Possession, One Team Foul

Flagrant Fouls: Two Shots + Possession + Ejection; One Team Foul

Team Fouls: After 6 in any Half, one-and-one situation is invoked. On 10th Team Foul in any Half, two shots.

Personal Fouls: A Player fouls out on the 5th Personal Foul

Technical Fouls: A Coach or Player shall be ejected from the game after the 2nd Technical Foul. Any Technical Fouls resulting from improper language or behavior will result in immediate ejection from the game.

Foul Shots: Players may not enter the lane when a foul shot is taken until the ball hits the rim.



**BLOOD RULE:** No bleeding Player may remain in the game. The injured player's parent or the player, when possible, should clean up blood. Coaches shall provide the basic first aid kit (including with the coach's equipment) to the parent or player.

**Side Lines:** Coaches, Non-Active Players and Parents shall not go onto the court during a game.

**Official Score:** The Home Team scorebook is the official book. Coaches are encouraged to verify the score after each quarter with the opposing coach. A parent from each team should be chosen as scorekeepers at each game.

**Jump Balls:** A Jump Ball shall be used to begin each game. The scorers shall note which team gains possession after the first jump. For the remainder of the game alternate teams shall take possession in jump ball situations (e.g., simultaneous possession of the ball, and beginning of Quarter 2, 3 and 4).

**Starting Time and End Times:** All games must start promptly at the scheduled time so they may be completed within the allotted time. Ideally, the goal is to keep the game to approximately one hour. **In no case shall the game run over the allotted gym time.** If the allotted gym time has expired, the referee will end the game and the team leading will be the winner. The coaches have the primary responsibility to make sure that gym times are not exceeded.

**Game Time:** Junior Division will play 4, 12-minute quarters **running time. The** clock should only stop for time outs or any long delays foreseen such as injury. The clock should not stop for foul shots. During the last two (2) minutes of the first half and the fourth quarter, the clock will stop whenever the whistle sounds.

**Half-time:** Half-time will consist of a brief intermission of 4 minutes. The person keeping time should set their clock for the intermission period.

**Overtime:** Overtime shall be played as follows:

Period 1 - Two (2) minutes using stop time. Initial possession is determined by Jump Ball.

Period 2 - Two (2) minutes using stop time. If there is no winner, the game is a tie.

**Time-Outs:** Each Team will be permitted two time-outs per half. One time-out shall be 60 seconds, and one time-out shall be for 30 seconds. Time-outs do not carry over from the first half to the second half. Coaches should call time outs.

**Player Time:** All Players shall play for at least 1/2 the game, or in the case where there are more than 10 players, as equally as reasonably possible. Perceived violations should be reported to the respective Commissioner or Assistant commissioner. **After an investigation by the commissioner, violations of this rule will result in the forfeiture of the game.**





**Substitutions:** Coaches can substitute for any player at any time. However, substituting for players should not be an excuse for another time out. Players can enter a game during time out, or stoppage of play. If a coach wants to substitute a player during a stoppage, without being charged for a time out, the player should sit by the timekeeper, who will notify the referee the next time the ball is out of play. The clock should not stop for substitutions when a time out is not taken. **Coaches should review substituting patterns prior to the game to eliminate playing time concerns during and after the game.**

**Shirts:** All players' shirts shall be always tucked in.

**Jewelry:** No jewelry shall be worn during games (e.g., watches, earrings, chains, bracelets, etc.)

**Eye Protection: Players** who wear glasses must use a restraining strap to ensure they do not fall and break.

**Profane Language:** Use of profane language by Players, Coaches or Parents shall result in the immediate ejection of that individual. Trash-talking and/or taunting will not be tolerated. All incidents shall be reported to the Division Vice President.

**Fighting:** Any Player, Coach or Parent instigating and/or participating in a fight shall result in the immediate ejection of the respective Player or Coach.

**Ejection:** Any Player, Coach or Parent ejected from a game will not be allowed to participate in future League activities until the specifics of the case are brought before the Commissioner and/or Board of Directors for review.

**Referees:** All judgment calls are final. No player, coach, or parent should attempt to challenge a referee's judgment call. Coaches (only) may ask referees for clarification of rules.

**Forfeiture:** At the start of the game - game can start with a minimum of no less than 4 players. Players arriving late can be added to games play time. Less than 4 players, the game start time will start for the first 15 minutes WITH NO PLAY. Thereafter, if 4<sup>th</sup> player arrives PRIOR to 15-minute forfeiture time, the game can play can start as running clock will continue as players now be able to play on court. 15-minute elapsed time will be considered game time towards expiration of regulated time. If the 4<sup>th</sup> Player(s) arrives after 15 minutes' start of the game, this will be considered a forfeiture.





## LYSA BASKETBALL SENIOR (11, 12, 13 or Older) RULES

The following rules, based on the Junior High School rules and modified for our program, will be used for all play in this division:

**Defense:** Any variety of defense (zone, man-to-man, zone trap, etc.) can be utilized. Either team can use a full court press at any time during the game. However, if the point difference is 10 or more points at any time, then only the team behind can use a full court press until the point difference is less than 10, **at which either team must suspend press.**

**Referees:** The main purpose of the Referee is to allow the players to develop by maintaining a continuous flow, while keeping control of the game, and only calling obvious rules violations. There will only be 2 Referees at each game. Coaches, Players and Parents shall not question referee decisions. Refs are trying to do their best to allow the Players to play and develop. Any questions concerning the Ref's shall be forwarded to the Commissioner or Assistant commissioner and then, if necessary, to the Board for resolution.

**3 Second Rule:** Obvious 3 second violations shall result in a change of possession that will be up to the Referee's discretion. A 3 second violation occurs when an offensive player remains in the foul area for 3 or more continuous seconds. Time begins as the offense crosses the 1/2 court line or when the player may be potentially involved in the play. Players are allowed to enter and re-enter the lane area.

**Traveling Violations:** All Traveling violations called by the Referee shall result in a change of possession. Traveling with the ball occurs when:

- An offensive player brings his dribble to a stop and takes more than the allotted two steps without shooting or passing.
- An offensive player in possession of the ball takes more than one step in any direction while not keeping one foot stationary. The stationary foot (pivot foot) must not be moved at any time.
- When an offensive player carries the ball while dribbling.

### Fouls:

Shooting Fouls: Two Shots, One Team Foul

Intentional Fouls: Two Shots + Possession, One Team Foul

Flagrant Fouls: Two Shots + Possession + Ejection; One Team Foul

Team Fouls: After 6 in any Half, one-and-one situation is invoked. On 10th Team Foul in any Half, two shots.



**Personal Fouls:** A Player fouls out on the 5th Personal Foul

**Technical Fouls:** A Coach or Player shall be ejected from the game after the 2nd Technical Foul. Any Technical Fouls resulting from improper language or behavior will result in immediate ejection from the game.

**Foul Shots:** Players may not enter the lane when a foul shot is taken until the ball hits the rim.

**BLOOD RULE:** No bleeding Player may remain in the game. The injured player's parent or the player, when possible, should clean up blood. Coaches shall provide the basic first aid kit (including with the coach's equipment) to the parent or player.

**Side Lines:** Coaches, Non-Active Players and Parents shall not go onto the court during a game.

**Official Score:** The Home Team scorebook is the official book. Coaches are encouraged to verify the score after each quarter with the opposing coach. A parent from each team should be chosen as scorekeepers at each game.

**Jump Balls:** A Jump Ball shall be used to begin each game. The scorers shall note which team gains possession after the first jump. For the remainder of the game alternate teams shall take possession in jump ball situations (e.g., simultaneous possession of the ball, and beginning of Quarter 2, 3 and 4).

**Starting Time and End Times:** All games must start promptly at the scheduled time so they may be completed within the allotted time. Ideally, the goal is to keep the game to approximately one hour. **In no case shall the game run over the allotted gym time.** If the allotted gym time has expired, the referee will end the game and the team leading will be the winner. The coaches have the primary responsibility to make sure that gym times are not exceeded.

**Playing Time: Games** will consist of four, ten (10) minute quarters **running time**. The clock should only stop for time outs or any long delays foreseen such as injury. The clock should **not** stop for foul shots. During the last two (2) minutes of the **fourth quarter**, the clock will stop whenever the whistle sounds.

**PRESSING:** If team is down by 20 points, team can press defensively until team is down by 5 points, then no more press.

**Half-time:** Half-time will consist of a brief intermission of two minutes. The person keeping time should set their clock for the intermission period.

**Overtime:** Overtime shall be played as follows:

Period 1 - Two (2) minutes using stop time. Initial possession is determined by Jump Ball.

Period 2 - Two (2) minutes using stop time. If there is no winner, the game is a tie.

**Time-Outs:** Each Team will be permitted two time-outs per half. One time-out shall be 60 seconds, and one time-out shall be 30 seconds. Time-outs **do not** carry over from the first half to the second half. Coaches should call time outs.



**Player Time:** All Players shall play for at least 1/2 the game, or in the case where there are more than 10 players, as equally as reasonably possible. Perceived violations should be reported to the respective Division Vice President. **After an investigation by the Division Vice President, violations of this rule will result in the forfeiture of the game.**

**Substitutions:** Coaches can substitute for any player at any time. However, substituting for players should not be an excuse for another time out. Players can enter a game during time out, or stoppage of play. If a coach wants to substitute a player during a stoppage, without being charged for a time out, the player should sit by the timekeeper, who will notify the referee the next time the ball is out of play. The clock should not stop for substitutions when a time out is not taken. **Coaches should review substituting patterns prior to the game to eliminate playing time concerns during and after the game.**

**Shirts:** All players' shirts shall be always tucked in.

**Jewelry:** No jewelry shall be worn during games (e.g., watches, earrings, chains, bracelets, etc.)

**Eye Protection: Players** who wear glasses must use a restraining strap to ensure they do not fall and break.

**Profane Language:** Use of profane language by Players, Coaches or Parents shall result in the immediate ejection of that individual. Trash-talking and/or taunting will not be tolerated. All incidents shall be reported to the Division Vice President.

**Fighting:** Any Player, Coach or Parent instigating and/or participating in a fight shall result in the immediate ejection of the respective Player or Coach.

**Ejection:** Any Player, Coach or Parent ejected from a game will not be allowed to participate in future League activities until the specifics of the case are brought before the Board of Directors for review.

**Referees:** All judgment calls are final. No player, coach, or parent should attempt to challenge a referee's judgment call. Coaches (only) may ask referees for clarification of rules.