

Valley League Basketball

2011 Rules for Game Play (All Leagues)

Revised 11/30/10

The Valley League is an association of Boys & Girls Clubs and other youth organizations in the mid Willamette Valley. The Albany, Corvallis, Lebanon, Boys & Girls Clubs, Scio Youth Club, and the Philomath Youth Activities Club form the central governing body for addressing rules and participation policies. The purpose of the program is to provide every girl and boy who so desires an opportunity to compete with others of comparable skill in a positive atmosphere. Select Leagues are offered for 6th – 8th grades and Rec leagues for 5th – 8th grades. All rules in the Valley League shall be governed under the current OSAA High School Rules Book unless otherwise addressed here.

A – Equipment / Uniforms

1. Every player must wear shorts of similar style and color to other members of the team. Pocketed shorts or shorts with any type of loop are not allowed.
2. Each Player must have a numbered shirt of the same color.
3. If both teams have jerseys with the same color a coin flip will decide which team will wear pinnies. Pinnies will be provided by the home organization.

B – Game Rules

1. Ball size for boys shall be official size in grades 7 and 8, and intermediate size in grades 5 and 6.
2. Ball size for girls shall be an intermediate size and will be used in all grades.
3. The 3-point line shall be in effect for all grades and levels, unless a gym does not have marked lines.
4. All leagues and divisions will play with a 7-minute STOP CLOCK for each quarter, except the 5th grade league which plays with a 10 minute running clock.
5. If the score is tied at the end of regulation, a 2-minute stop clock overtime will be played.
6. If the game is tied at the end of overtime a sudden death period will follow. Period will start with a tossed ball and the team that scores first will be declared the winner. (No time outs may be taken in sudden death)
7. Teams will receive four (4) 1 minute time outs per game. Teams will receive one additional full time out for the first overtime period.
8. Halftime shall be five minutes, and quarter breaks are one minute.
9. Warm up time between games shall be five minutes.

C- Defense

1. All leagues with the exception of 5th grade Rec and 6th grade Rec will be allowed to play unrestricted defense.
2. A Full Court Zone, Man-to-Man Press or Half Court Trap is allowed in all grades provided a team does not have a lead of **12** or more points.
3. The 5th grade REC program is designed to develop sound man-to-man defensive fundamentals. There are no zones allowed. **Only man-to-man backcourt pressing** is allowed provided a team **does not have a lead of eight or more points**. Defensive players need to stay within 6 feet of the person they are assigned to guard. In the event that a switch is made defensively as a result of a screen for example, the following are to be followed. A defender may “help out” if another defensive player is caught out of position, but the defenders then need to either switch defensive assignments temporarily, or once the original defender recovers, the “help defender” needs to rotate back to his/her original defensive assignment. **Double teams are prohibited.**
4. Backcourt presses (either zone or man) are allowed at the 6th grade Rec league level. Once the offense is in the front court, defenses must play only a “Man to Man” defense. This basic rule implies that players must defend another player within six feet below the 3-point line extended and not an “area” of the court. This does not restrict teams from switching during a screen or playing help side, double down defense. Help side defense is identified by any weak side defender that leaves his man to come help. He/she must stay located *outside of the key* until offensive penetration occurs. A zone defense is guarding an area of the court and not a player. At no time in the front court may there be more than two defenders guarding an offensive player.

D – Playing Rules for Players / Time and Team

1. All “A” league teams should have a minimum of eight players. Any exceptions must be requested in writing and approved by the Valley League Governing Body.
2. If a team has more than 10 players, each player must play in every game they can attend.

3. Each player on the team must play a minimum of ONE TOTAL QUARTER. The Valley League is based on the principle that players improve through participation. All coaches are strongly encouraged to provide equal playing time to each player on their team.
4. Each player must appear in **both** halves of the game.
5. Coaches may limit playing time due to disciplinary or illness situations. Coaches are required to inform the opposing coach if this situation exists before the start of the game.
6. Note – The playing time rule is an honor rule and it is up to coaches of teams to enforce this rule. Game officials are not the enforcers of this rule. This rule is at the heart of what the Club Leagues are all about, improvement through participation. Do not wait until the 4th quarter to complete this requirement. Get all your players in early and often. Then when the game is close in the last quarter you will be in an open substitution situation.
7. Players may not play for more than one team registered in the Valley League. The Valley League is inclusive of both the “A” and “B” leagues.
8. Some of the teams in our leagues may allow players to transfer teams during a season due to injury, parent request, or other reasons. It will be up to your sponsoring association (i.e. school or Club) if such moves are allowed. Player transfers and movement are not allowed after the half way point in the league game season.
9. **Score Reporting** – The winning team must report game results within 72 hours of game date. If not done within the 72 hour grace period, the winning team will be issued a forfeit for the game (the losing team still receives a loss). Reference the bottom of your game schedule for contact information regarding score reporting.

General

1. Each HOME team must provide a volunteer scorekeeper and timekeeper for each home game. Volunteers should report to the score table at least 10 minutes before the game begins.
2. We are guests of the schools and Clubs we travel to. There is no smoking on the property of any of the schools or Clubs. Food and drink is not allowed in any of the schools or in the Lebanon Boys & Girls Club gymnasiums. Only water is allowed in these facilities.
3. PLAYERS MAY NOT WEAR JEWELRY OF ANY KIND OTHER THAN MEDIC ALERT. This goes for earrings, necklaces, etc. Headwear (headbands, berets) is not allowed unless made of soft terry cloth with no knots and must be of similar color to teams uniform color.
4. Player may not participate with any brace or cast, or hard type of material on the elbow or forearm. A player may not wear any type of equipment that is deemed dangerous. This is a game official’s jurisdiction and not a coach, doctor, or parent’s call.
5. Protests – Protests must be filed with the Athletic Director for the location where the game was played. A protest must be filed within 24 hours of the game, and must be directly related to a Valley League violation. Official’s judgment calls are not grounds for a protest.
6. Good sportsmanship is expected of everyone involved in this program. Fans who do not demonstrate proper sportsmanship to the satisfaction of the gym supervisor will be asked to leave the premises.
7. **Inclement weather** – Home associations decide by 3pm on game day whether games will be played that night. To keep phone calls to a minimum for each association, head coaches should be in communication with the association, and then contact your players rather than multiple phone calls coming in.

High School Rule Reminders

1. The three-second in the key count does not begin until a team has possession of the ball in front court. (During shot attempts, while rebounding, or while inbounding the ball, time is not counted.)
2. Both feet and the ball must cross the half court line to establish front court status.
3. Players may not enter the lane during a free throw until the ball hits the rim.
4. Two technical fouls on a player or the bench will result in the ejection of that player or head coach. Head coaches are responsible for the behavior of their players, assistant coaches and fans. If a coach or player is ejected from a game for any reason they will also be ineligible for the next game. Three unsportsmanlike behavior technical fouls on one team will result in the game being stopped and a forfeit win awarded to the opposing team.
5. Substitutions - Players must report to the scorers table and check in before each substitution.