

Westford Youth Basketball Association - Junior Boys Division

2024-25 Rules

High School basketball rules apply unless noted below.

1. Each game consists of four 8-minute quarters, stop time (clock stops on any referee whistle). Referee will stop the clock for substitutions at the midway point of each quarter, as well as the end of the 1st and 3rd quarters. This is not a time out; clock stops for subs only. Clock does not stop after a made basket.
2. No individual player may score more than 10 points in a half (a player with 9 points can hit a "3" and end with 12). Any basket after 10 points will be voided and the offensive team will retain possession under the defender's basket.
3. 7 team fouls per half creates a one-to-one and ten team fouls creates a bonus situation (2 free throws on every subsequent foul).
4. No more than 2 offensive and 4 defensive players may be on the lane when a free throw is attempted. On a free throw attempt, violations can be called if the non-shooters enter the lane too early (can enter on release of the shot). It is **NOT** a violation if the shooter goes over the line, provided he is **NOT** attempting to retrieve his own shot. Both calls are at the discretion of the referee.
5. 2 timeouts of duration 45 seconds each will be allotted to each team for each half. No timeouts can be carried over to overtime.
6. Overtime periods will be 2 minutes long with a maximum of 2 overtime periods. Free throw bonus situations will be carried over from 2nd half. Each team will be allowed one 45-second timeout per overtime. If game is still tied after 2OT's, it's officially a tie. Overtime possessions are determined by a jump ball. Pressing is allowed in overtime and all players can score.
7. 6 personal fouls are allowed per player before fouling out of a game. If a player fouling out would leave a team with less than 5 eligible players, the last player to foul out may continue in the game. However, every subsequent foul committed by that player's team will result in 2 shots and the ball for the opposing team.
8. 2 technical fouls per player or coach results in ejection for that game and suspension for the following game. Repeat offenders may be removed from the league at the discretion of the league directors and the WYBA board. Technical fouls on a player or a coach is 2 shots and the ball.
9. Full court press is allowed only in the last 2 minutes of the game or when a team trails by ten or more points. When not in a full-court press situation, the defensive team can challenge the opposing players only after the offensive player has passed the half-court line. Full court press is not allowed for a team leading by 10 or more points at any time.
10. The offensive team has 10 seconds to advance the ball past half court. Failure to advance the ball past half-court within 10 seconds will result in a turnover.
11. A jump ball starts the game. Subsequent held ball situations will be alternate possessions throughout regulation and overtime.

12. Coaches should do their best to give all players equal playing time. Coaches should not deviate too much from a rotation (for example, a different set of players playing each half). Planning which players are on at which times is fine, based on skill level, rebounding, defensive pairings, or other factors, while also giving equal playing time. There are 2 time slots per quarter. When a player arrives late or leaves early, while the player is present at the game, the player can play one more time slot than any other, but not two more time slots than any other. For instance, with just 6 players, two of those players can play the entire second half, even if those two players arrived at half-time. However, a player arriving at half-time should not play the entire second half, if any other player is off the court for two time slots during that same half.
13. Clear out offense is not allowed.
14. Zone defense is **NOT** allowed: only man-to-man defense will be played for the season and the playoffs. Spread offense is not allowed. Defenses may not double-team any opposing player unless that player has the ball. It is important to develop individual defensive skills over the course of the season. **One warning on the zone defenses will be given to each team: each subsequent offense is a technical foul.**
15. Field goals from beyond the 3-point arch **WILL** count as 3 points. A player fouled in the act gets 3 free throws.
16. Arguing with or harassment of referees by any player, coach or parent will not be tolerated and may be grounds for suspension from the league.
17. Flagrant fouls-If a player intentionally and maliciously fouls another player, the result is 2 shots and the ball. The player who committed the flagrant foul and his coach will be warned. A second offense **DURING THE SEASON** results in an ejection from that game as well as a one game suspension from the league.
18. If a team is not able to start the game with 5 players on the court, 5 min after their scheduled game time, their team automatically forfeits. The game will be played and the team with only 4 or less players can ask other boys in the gym who are currently in 4th or 5th grade to join their team so that a 5 v 5 game can be played.