



Southport Youth Basketball League Rule Book 2025-2026

WE ARE ALL CARDINALS

Officials Discretion and Director's Decision: At the end of the day, SYBL is established for all kids to have the opportunity to enjoy participating in the sport of basketball. We want the kids to be kids, parents be a supportive parent, coaches be an instructional leader, and allow officials to officiate.

(See SYBL Poster Titled Please Remember....at back of document)

1st/2nd Grade SYBL Rules

1) All games will start promptly at the scheduled time and will not start before the scheduled time unless both coaches agree. Five (5) players must start the game, but less than five (5) players may finish. A ten (10) minute grace period will be allowed before the game must be forfeited due to a lack of players.

2) Games shall consist of four (4) six (6) minute periods and a two (2) minute half-time period. A one (1) minute time period will be allowed between periods. Overtime periods shall be two (2) minutes in length. First half shall consist of 1st and 2nd periods, while the second half shall consist of the 3rd and 4th periods.

3) The clock will run continuously, except being stopped for shooting fouls and time outs. However, it will be left to the discretion of the officials to stop the clock for any delay of games, such as balls in the crowd, injured players, etc... The clock will stop on all dead ball situations during the last minute of the first three (3) periods, the last two (2) minutes of the 4th period and during each overtime period.

4a) No player may sit out two (2) consecutive periods, unless due to injury, illness or arriving late. No player may enter the game for a second period until all eligible players have entered the game for one (1) period and so on. For example, no player may play four periods unless everyone has played three periods. Any disciplinary action to limit a player's playing time due to missed practices or for any other reason must be approved by the league commissioners with the request being made at least twenty-four (24) hours before game time.

5a) A player arriving late is not eligible to play until the conclusion of the period in which he arrives. If a player arrives prior to the start of the fourth period, he must play at least two (2) periods. If he arrives after the start of the fourth period, his playing time will be at the discretion of the coach. An injured/sick player who cannot continue is exempt from the period playing rule.

After an injured/sick player re-enters the game, if he is removed a second time due to the injury/illness, he becomes ineligible to play during the remainder of the game. Any eligible player on the bench may enter the game for an injured/sick player or a player fouling out, regardless of skill level. No substitution will be allowed at any time throughout the game until the 4th quarter unless a player is either injured/sick or fouls out. EACH PLAYER MUST PLAY TWO QUARTERS.

5b). Any team consisting of 11 or more players may designate one player as the substitute for that whole game. With the idea being this player plays the accumulation of 2 periods.

6) Foul shots will be shot on the 5th common foul of each quarter. Foul shots will be taken from the 12' line. Players are allowed to step over the line on a follow-through.

7) Three (3) time-outs, lasting one (1) minute, shall be granted each team during regular playing time. However, no more than two (2) time-outs may be used in any one half. One (1) additional time-out shall be granted to each team for each overtime period.

8) Coaches are encouraged to form offensive strategies that incorporate involvement for all players. The "spread" or "4-corner" offense with the intention of player "isolation", whether for purposes of helping an offensive player to score or to keep an offensive player away from the basket in order to minimize the number of defensive players near the basket, is illegal. The result will first be

a warning and then a two (2) shot technical and ball possession. A “spread offense” is different from the offensive team “spreading the floor”. Spreading the offensive floor followed by team movement towards the basket is sound basketball strategy and is not a spread offense in terms of “isolation”. Thus, setting up an offense in a spread position in order to begin offensive play is not illegal.

9) Defense is not allowed in the backcourt except according to Rule 11 below. After the ball is turned over for any reason, such as a made basket, defensive steal, or after a defensive rebound, the defense must retreat beyond the 10 second line. To begin the second, third, fourth, fifth and sixth period of play, a free in will be allowed. ZONE DEFENSES AND TRIPLE TEAM DEFENSES ARE NOT ALLOWED.

10) Double-teaming is not allowed anywhere outside of the paint. If there is a “pick-and-roll”, “fast break” or “help” situation above the foul line, at the referee’s discretion, adequate time will be allowed for the defender to recover and pick up his offensive man before double-teaming is called.

11) All rules and regulations not specifically listed heretofore shall be governed by the official basketball rules published by the National Federation of State High School Athletic Association.

12) Only two (2) coaches are allowed on the bench during the game. The head coach is responsible for the conduct of his assistant, players and parents.

13) Final decisions of rule interpretations will be made by the referee and directors of SYBL. REMEMBER: WE ARE HERE FOR THE KIDS.

15) The 28.5” basketball is the official game ball to be used in all regular season and tournament games.

16) The 1st and 2nd grade will play on 8.5 foot rims to encourage proper shooting form. Attempts will be made to enable the 1st and 2nd graders to practice and play games at facilities with rims which can be lowered accordingly. We will attempt to raise the goal up to 9 feet by the end of the season.

17) You can sub in the 4th quarter, but each player must play 2 FULL quarters. Please see rule 4a, 4b and 5b for clarification on substitutions eligibility. Keep in consideration that playing time in SYBL is designed to allow fair and equal playing time for each player on the team.

18.) **Wristband “Match Up” Rule:** In Division 1/2 we ask players to “match up” guarding the same color wristband. The 1st quarter, the HOME team will put on the wristbands and the AWAY team will “match up”. In the 2nd quarter, AWAY team will put on the wristbands and the HOME team will match up. 3rd quarter the losing team will “match up” with the after the winning team has put on the wristbands. In the 4th quarter, the losing team will “match up” with the winning team.

- Recognize that some players specialize in Defense but are challenged offensively or vice versa
- Policy: 1st Quarter Home team slaps on bands and AWAY team will match up
- 2nd Quarter: Away team slaps on bands and HOME team will match up
- 3rd quarter: losing team gets to match up
- 4th quarter: losing team matches up adjust if there is a lead change at the 3:00 mark
- No cat and mouse shenanigans...we are ALL Cardinals!

Officials Discretion: dribbling vs. traveling stealing vs. guarding what is having dribbling possession

SYBL 3rd/4th Grade

1) All games will start promptly at the scheduled time and will not start before the scheduled time unless both coaches agree. Five (5) players must start the game, but less than five (5) players may finish. A ten (10) minute grace period will be allowed before the game must be forfeited due to a lack of players.

2) Games shall consist of four (4) six (6) minute periods and a two (2) minute half-time period. A one (1) minute time period will be allowed between periods. Overtime periods shall be two (2) minutes in length. First half shall consist of 1st and 2nd periods, while the second half shall consist of the 3rd and 4th periods.

3) The clock will run continuously, except being stopped for shooting fouls and time outs. However, it will be left to the discretion of the officials to stop the clock for any delay of games, such as balls in the crowd, injured players, etc... The clock will stop on all dead ball situations during the last minute of the first three (3) periods, the last two (2) minutes of the 4th period and during each overtime period.

4a) No player may sit out two (2) consecutive periods, unless due to injury, illness or arriving late. No player may enter the game for a second period until all eligible players have entered the game for one (1) period and so on. For example, no player may play four periods unless everyone has played three periods.

4b.) Any disciplinary action to limit a player's playing time due to missed practices or for any other reason must be approved by the league commissioners with the request being made at least twenty-four (24) hours before game time.

5a) A player arriving late is not eligible to play until the conclusion of the period in which he arrives. If a player arrives prior to the start of the fourth period, he must play at least two (2) periods. If he arrives after the start of the fourth period, his playing time will be at the discretion of the coach. An injured/sick player who cannot continue is exempt from the period playing rule. Once an injured/sick player is able to re-enter the game, he should do so immediately and play for the remainder of that period. After an injured/sick player re-enters the game, if he is removed a second time due to the injury/illness, he becomes ineligible to play during the remainder of the game. Any eligible player on the bench may enter the game for an injured/sick player or a player fouling out, regardless of skill level. No substitution will be allowed at any time throughout the game until the 4th quarter unless a player is either injured/sick or fouls out. EACH PLAYER MUST PLAY TWO QUARTERS.

5b).Any team consisting of 11 or more players may designate one player as the substitute for that whole game With the idea being this player plays the accumulation of 2 periods.

6.) Foul shots will be shot on the 5th team foul of each quarter. Foul shots will be taken from the 15' line. Players are allowed to step over the line on a follow-through.

7) Three (3) time-outs, lasting one (1) minute, shall be granted each team during regular playing time. However, no more than two (2) time-outs may be used in any one half. One (1) additional time-out shall be granted to each team for each overtime period.

"This is the use it or lose it rule in the first half"

8) Coaches are encouraged to form offensive strategies that incorporate involvement for all players. The “spread” or “4-corner” offense with the intention of player “isolation”, whether for purposes of helping an offensive player to score or to keep an offensive player away from the basket in order to minimize the number of defensive players near the basket, is illegal. The result will first be a warning and then a two (2) shot technical and ball possession. A “spread offense” is different from the offensive team “spreading the floor”. Spreading the offensive floor followed by team movement towards the basket is sound basketball strategy and is not a spread offense in terms of “isolation”. Thus, setting up an offense in a spread position in order to begin offensive play is not illegal.

9a) Defense is not allowed in the backcourt except according to Rule 16 below. After the ball is turned over for any reason, such as a made basket, defensive steal, or after a defensive rebound, the defense must retreat beyond the 10 second line. To begin the second, third, fourth, fifth and sixth period of play, a free in will be allowed. ZONE DEFENSES AND TRIPLE TEAM DEFENSES ARE NOT ALLOWED.

9b.) Only man-to-man defense will be allowed. On weak side defense you may take a “help” position, but you must maintain reasonable awareness of your man. Prior to the last two (2) minutes of regulation play, A defensive player guarding his man across court from the ball cannot leave his man and come from across the court to double team the ball.

10) Double-teaming is not allowed anywhere outside of the paint. If there is a “pick-and-roll”, “fast break” or “help” situation above the foul line, at the referee’s discretion, adequate time will be allowed for the defender to recover and pick up his offensive man before double-teaming is called.

11) So that the offensive team must initiate play, the five (5) second closely guarded rule will be in effect.

12) All rules and regulations not specifically listed heretofore shall be governed by the official basketball rules published by the National Federation of State High School Athletic Association.

13) Only two (2) coaches are allowed on the bench during the game. The head coach is responsible for the conduct of his assistant, players and parents. We ask that one coach may stand during the game.

14) Final decisions of rule interpretations will be made by the referee. REMEMBER: WE ARE HERE FOR THE KIDS. WE ARE ALL CARDINALS

15) The 28.5” basketball is the official game ball to be used in all regular season and tournament games and all games will be played on 10 foot rims.

16) Teams can press the last 2 minutes of the 4th quarter in a man-to-man press.

18) You can sub in the 4th quarter, however, every player must play two full quarters. Please see rule 4a, 4b and 5b for clarification on substitutions eligibility. Keep in consideration that playing time in SYBL is designed to allow fair and equal playing time for each player on the team.

SYBL 5th/6th Grade

- 1) All games will start promptly at the scheduled time and will not start before the scheduled time unless both coaches agree. Five (5) players must start the game, but less than five (5) players may finish. A ten (10) minute grace period will be allowed before the game must be forfeited due to a lack of players.
- 2) Games shall consist of four (4) eight (8) minute periods and a two (2) minute half-time period. A one (1) minute time period will be allowed between periods. Overtime periods shall be two (2) minutes in length. First half shall consist of 1st and 2nd periods, while the second half shall consist of the 3rd and 4th periods.
- 3) The clock will run continuously, except being stopped for shooting fouls and time outs. However, it will be left to the discretion of the officials to stop the clock for any delay of games, such as balls in the crowd, injured players, etc... The clock will stop on all dead ball situations during the last minute of the first three (3) periods, the last two (2) minutes of the 4th period and during each overtime period.
- 4) Teams may substitute freely throughout the game with the intent being all kids are afforded the opportunity to play equally. Keep in consideration that playing time in SYBL is designed to allow fair and equal playing time for each player on the team. This rule is written due to the quantity of players on a roster, level of exhaustion, and understanding of the nature of operating a recreational league.
- 5) Foul shots will be shot on the fifth team foul of each quarter. Foul shots will be taken from the 15' line. Players are NOT allowed to step over the line on a follow-through.
- 6) Three (3) time-outs, lasting one (1) minute, shall be granted each team during regular playing time. However, no more than two (2) time-outs may be used in any one half. One (1) additional time-out shall be granted to each team for each overtime period.
- 7) Coaches are encouraged to form offensive strategies that incorporate involvement for all players. The "spread" or "4-corner" offense with the intention of player "isolation", whether for purposes of helping an offensive player to score or to keep an offensive player away from the basket in order to minimize the number of defensive players near the basket, is illegal. The result will first be a warning and then a two (2) shot technical and ball possession. A "spread offense" is different from the offensive team "spreading the floor". Spreading the offensive floor followed by team movement towards the basket is sound basketball strategy and is not a spread offense in terms of "isolation". Thus, setting up an offense in a spread position in order to begin offensive play is not illegal.
- 8) Defense is not allowed in the backcourt except according to Rule 11 below. After the ball is turned over for any reason, such as a made basket, defensive steal, or after a defensive rebound, the defense must retreat beyond the 10 second line. To begin the second, third, fourth, fifth and sixth period of play, a free in will be allowed. ZONE DEFENSES AND TRIPLE TEAM DEFENSES ARE NOT ALLOWED.

Only man-to-man defense will be allowed. On weak side defense you may take a "help" position, but you must maintain reasonable awareness of your man. Prior to the last two (2) minutes of regulation play, once the ball has penetrated the free throw line extended, a defensive player in close proximity to the player with the ball may play help defense and double-team the player with the ball as

long as the ball remains below the free throw line extended. A defensive player guarding his man across court from the ball cannot leave his man and come from across the court to double team the ball.

10) Double-teaming is not allowed anywhere outside of the paint. If there is a “pick-and-roll”, “fast break” or “help” situation above the foul line, at the referee’s discretion, adequate time will be allowed for the defender to recover and pick up his offensive man before double-teaming is called.

11) So that the offensive team must initiate play, the five (5) second closely guarded rule will be in effect.

12) All rules and regulations not specifically listed heretofore shall be governed by the official basketball rules published by the National Federation of State High School Athletic Association.

13) Only two (2) coaches are allowed on the bench during the game. The head coach is responsible for the conduct of his assistant, players and parents.

14) Final decisions of rule interpretations will be made by the referee and directors of SYBL. REMEMBER: WE ARE HERE FOR THE KIDS.

15) The 28.5” basketball is the official game ball to be used in all regular season and tournament games.

16) The 5th and 6th graders will play on 10 foot rims.

17) Teams can press the last 2 minutes of the 4th quarter in a man-to-man press.

Officials Discretion and Director’s Decision: At the end of the day, SYBL is established for all kids to have the opportunity to enjoy participating in the sport of basketball. We want the kids to be kids, parents be a supportive parent, coaches be an instructional leader, and officials to officiate. See SYBL Poster Titled Please Remember

ALL divisions are to play under these established rules, however, with the discretion of the directors of SYBL and with the intent of creating a recreational basketball league that focuses on teaching a love for the game we can make amendments. All changes to rules will be communicated appropriately.



PLEASE REMEMBER

- 1. These are KIDS**
- 2. This is a GAME**
- 3. Coaches are VOLUNTEERS**
- 4. Officials are HUMAN**
- 5. Your child is NOT being
scouted by the NBA today**
- 6. POSITIVE cheering is
ENCOURAGED!**

Thanks,

Southport Youth Basketball League