



Dighton Baseball & Softball League

P.O. Box 395
North Dighton, MA 02764



Dighton Youth Basketball a Division of DBSL

DYBL Game Rules

Basic Rules:

The MIAA High School Rules are used except as noted below.

Mouth Guards

The MIAA High School Rules encourage mouth guards. DYBL does NOT require them.

Coaches:

Only the coach and 2 assistants are allowed on the bench. Anyone else must be a player. Scorers, analysts, or whatever must sit in the stands. An official can allow more, but then may ask the people to leave the bench if behavior becomes a concern.

Shot Clock:

A shot clock is NOT used. Instead, the 10-second back court rule is in effect. A team inbound in the back court shall have 10 seconds to get the ball into the front court.

Game Length:

Games consist of two 12 minute halves. Stop time is used (i.e., clock is stopped on referees whistle). Halftime is 5 minutes but could be adjusted to keep games on schedule. No mercy rule is used. We ask coaches with large leads to back off passing, shooting three's and behavior in a mockery fashion. If a team reaches a lead of more than 20 points in the 2nd half we require them to stop full court pressing.

Overtime:

Overtimes shall be 3 minutes in length. Each team will receive 1 additional time-out per overtime. This adds to any time outs you have. Only one overtime period per games. Game will be ruled a tie, if after the completion of overtime the score is still tied.

Time-outs:

Each team is allowed 3 Full time-outs per game, two can be used per half

Fouls:

The following rules concerning fouls shall be in effect:

1. 1 and 1 shots will be taken on the 7th, 8th, and 9th foul of each half.
2. 2 free throws are awarded on the 10th and succeeding fouls of each half.
3. Second half fouls carry over into overtimes for the purpose of bonus and double bonus.
4. Fouls on missed 3 point attempts are awarded 3 free throws.
5. Player technical fouls are counted as a personal foul and a team foul.
6. Any player receiving 2 technical fouls in a game or who is ejected from a game shall not participate in the next league game. Any player involved in a fight will be removed immediately.
7. Any coach receiving a technical foul must sit for the remainder of the game.
8. Any coach receiving 2 technical fouls in a game or who is ejected from a game shall not participate in the next league game.

9. Coach may receive 2 indirect and 1 direct technical before removal.

Equipment:

Game balls shall be leather or synthetic leather. The following sizes shall be used: Boys A Division- standard men's ball 29.5 inches in circumference.

Boy's B Division and girls all grades use standard women's ball 28.5 inches in circumference.

Full Court Pressing:

There shall be no full court pressing by a team with a lead of 20 points or more. No pressing is allowed for 4th and 5th grade teams except for the last 2 minutes of the 2nd quarter, the last 4 minutes of the 4th quarter and any subsequent overtime.

Playing Time:

Each player must play a minimum of 10 minutes per game. If a player is benched for disciplinary reasons and will not meet this requirement, a board member must be notified prior to the game. Each player must sit out for a minimum of 2 consecutive minutes (120 seconds) per half provided at least 6 players are available.

3 point shots:

Shots taken from beyond the 3 point line are scored as 3 points.

Jewelry:

No Jewelry of any kind shall be worn when a player is participating in a game. There will be no exceptions.

Boys B Division and Girls Modified Rules

FOUL SHOOTING RULE

Applies to Boys B Division and Girls Divisions

The intent of this new rule is to increase foul shooting percentage and avoid the many other rebounding fouls, aggressive play, and confusion during the foul shooting action at these levels.

1st

ALL foul shooters are allowed to start their try 1 step (appx. 1ft) in front of the marked foul line. **Coaches please do not use this to gain a competitive advantage.**

2nd

They must maintain the same line restrictions as with any other foul shot. The imaginary line for jumping forward or leaving once the ball is airborne is at YOUR discretionary judgment.

3rd

If they so desire to start their attempt at the marked line they are allowed to go over it on the follow through but are held to the same rules if they started in front of the line.

4TH

MOST IMPORTANT PART AND ADDITION TO THE NEW RULE AS FOLLOWS:

Following their try in #2 & 3 THE SHOOTER IS NOT allowed to be the first player to secure control of the ball EVEN if it is tapped/touched by anyone else first. THIS WOULD BE A VIOLATION AND THE BALL IS GIVEN TO THE OTHER TEAM at the point of interruption.

NOTE: AT THE END OF A CLOSE GAME IF THE SHOOTER "INTENTIONALLY" MISSES THE TRY SO HE/SHE CAN TIP IT OUT TO A TEAMATE IT IS A VIOLATION AS WELL.

5TH

IF the shooter elects to shoot/try at the marked(traditional) line and maintains all NORMAL restrictions(E.G. THE LINE AND WAITING TILL RIM CONTACT) He or She follows the normal free throw shooting rules.

MAN TO MAN RULE

This applies only to the Boys B Division. All other divisions may play zone or man to man defense.

1. Officials must not allow themselves to be overly distracted from reffing normal game conditions/ decisions and management just to adjudicate this 1 rule.
2. If it is evident that 1 or more defensive players are not attempting to reasonably guard/follow their opponent, but pack it in and intentionally play an area you will have to proceed as follows:
3. Issue an informal/pre-emptive warning to the coach you have noticed this "violation" and further violations are followed by:
4. A: A formal warning is put in the book for illegal defense(1 allowed/half)
5. B: following the formal warning ALL SUBSEQUENT "VIOLATIONS ARE A 1 shot foul shot with the lane cleared and resumption of play is the point of interruption e.g. ball back to the offense etc.
6. If you have already issued a formal warning for illegal(zone press or double teaming) you immediately shoot as these are ALL PART OF THE SAME RULE
7. Please remember all these rules Press,double team and zone are 1 RULE the same as in the past but have been separated out and posted to better understand and explain them.
8. REMEMBER THEY ALL STATE THEY ARE SUBJECT TO THE OFFICIALS JUDGEMENT AND INTERPRETATION
9. In the past TECH NICALS WERE PART OF THE PENALTY. NOTE THAT IS NO LONGER THE CASE FOR ANY OF THESE VIOLATIONS E.G. ZONE PRESS,DOUBLE TEAMING,OR ZONE DEFENSE.
10. The reasoning for the 1 shot foul shot (lane cleared, point of interruption etc. is to avoid technicals that can be adversarial in nature and heat things up.At this age level the intent by the league is to encourage teaching etc.

DOUBLE TEAM RULE

Organized or designed double teaming in the front court are not allowed UNLESS the following conditions exist.

1. The ball is in team control inside the 3 pt arc and the double team occurs a result of the help defense by a defender whose teammate has been beaten by dribble penetration.
2. The ball has been batted away by the defender or offensive player miss handles the ball causing LOSS OF PLAYER CONTROL and two defensive players are around the ball as the offensive player regains team control.
3. The screening by the offense creates a situation where another defender must help/switch for his teammate who is on the ball and the proximity is so close that this is not an intentional double team. This can also be the case when outside the 3 point arc. If two offensive players are too close to each other, and/or a switch occurs which is OK.

4. NOTE: ALL THESE POTENTIAL SITUATIONS MUST OCCUR INSIDE THE 3 POINT ARC TO BE LEGAL DOUBLE TEAMS.

SOME EXAMPLES OF ILLEGAL DOUBLE TEAMING

1. 2 DEFENDERS MIRROR THE MOVEMENT OF THE PLAYER IN CONTROL OF THE BALL.
2. A player in control of the ball being covered by his defender but closely shadowed by another defender as if ready to trap the ball/player.
3. 2 defenders who reach for or grab the ball when no loss of control or interrupted dribble has occurred.
4. Once the ball in player control crosses the 3 point arc another defender runs up to steal. Mechanics of the rule for refs.

Double teams are only allowed inside the arc as a result of loss of player control, interrupted dribble or help/switching defense that is NOT by design.

This is all subject to your interpretation whether the defense is intentionally trying to create by design a double team or trap situation.

The penalty for this: 1 warning to the offending team per half. Further violations are a 1 shot foul by the offense with the lane cleared out. (NO TECHNICALS AT ANYTIME) Resumption of play will be at point of interruption with the ball given back to offense.

This initial warning is included with any "zone" or zone press warning. In other words if you have already issued a warning for any of those (in the half you are playing) an immediate 1 shot foul is taken as the warning has already been given.

PRESS RULE - Boys B Division and Girls Divisions only

No defensive pressure is allowed in the backcourt once a team has established team control following a missed try(rebound), steal, loose ball or violation (naturally followed by a throw in.

PENALTY: THE PENALTY IS 1 WARNING /HALF BEFORE FOUL SHOOTING OCCURS. Any repeat violation following the warning is a 1 shot foul with the lane cleared and play resumed at the point of interruption e.g. ball back to the offense where the ball was when the violation occurred.