

Valley League Basketball

2023-2024 Rules for Game Play (All Leagues)

Revised 11/28/23

The Valley League is an association of Boys & Girls Clubs and other youth organizations in the mid-Willamette Valley. These organizations 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. All rules in the Valley League shall be governed under the current NFHS High School Rule 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.
2. Each player must have a numbered shirt (front and back) 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 (29.5) in grades 7 and 8, and intermediate size (28.5) in grades 5 and 6.
2. Ball size for girls shall be an intermediate size (28.5) 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 4 quarters (8 minutes each), stop clock format.
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 three minutes.
9. Warm up time between games shall be a minimum of five minutes.
10. Mercy Rule – Once the second half has begun, at any point in time if a team has a lead of 20 or more points, the clock will change from stop clock to running clock. This does not revert back to a stopped clock if the losing team cuts the deficit to below 20 points later in the half.

C – Defense

(5/6th Competitive, 7th & 8th Grade Competitive):

1. 5/6th Grade Competitive, 7th & 8th Grade Competitive will be allowed to play unrestricted defense.
2. A Full Court Zone, Man-to-Man Press or Half-Court Trap is allowed in these grades provided a team does not have a lead of **10** or more points.

(5/6th Recreational):

1. The 5/6th Grade Recreational program is designed to develop sound man-to-man defensive fundamentals. There are no zones allowed. **Backcourt pressing** is allowed provided a team **does not have a lead of 10 or more points** (*Man-to-Man press only*). **Double teams/traps are prohibited outside of the 3-point line.** 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. A zone defense is guarding an area of the court and not a player. **No zone defense allowed.**

D – Playing Rules for Players / Time and Team

1. All Competitive/Select 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 8 minutes. 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. 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 Recreational, Competitive, and Select 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 halfway point in the league game season.
9. Score Reporting – the winning team must report game results within 48 hours of game date. Head coaches are assigned access to do this on our league website, www.valleyleaguesports.com. If not done within the 48-hour grace period, the winning team *may* be issued a forfeit for the game (the losing team still receives a loss). League Reps will assess late postings and determine whether a forfeit will be implemented based on the circumstances.

E – 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. For clarification, the home team's book is the "official book" for each game.
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 are 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, barrette) is not allowed unless made of soft terry cloth with no knots and must be of a similar color to the team's uniform color.
4. Players may not participate with any brace, 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.

F – 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 enter the lane during a free throw immediately following the shooter's release of the ball.
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 scorer's table and check in before each substitution.
6. Once a team gets to 5 team fouls in a quarter they are in the penalty (2 free throws for the opposition upon any foul thereafter). Team fouls reset with each quarter.