



Waterford Youth Basketball League Rules

11/21/2025

1. Age and Eligibility:

- Players must be between 3rd to 8th grade to participate or Ages 9 through 14.
- All players must provide proof of age and grade (birth certificate and school records) for 1st year players

2. Team Formation:

- Teams will be formed by a draft system. The draft order will be decided by random drawing at the coaches meeting and will be officiated by the Waterford Youth Basketball League.
- Rosters will consist of a maximum of 8 players.

3. Game Format:

- Games will be played 5-on-5.
- Quarters: 8-minute quarters for all divisions
- 1-minute between quarters
- 3-minute half time
- Overtime: 1st OT, 2:30 minute period plus 1 time out; 2nd OT, 1st point scored wins - with no time out. No time on clock
- Each team will have 3 timeouts per game - Two 30 seconds - One 1-minute.
- Running clock, except for timeouts and the final 2 minutes of the 2nd quarter and 4th quarter.
- Mandatory subs at halfway thru each quarter

4. Equipment:

- All players must wear a league-supplied jersey.
- Players must wear appropriate athletic shoes.
- No jewelry or accessories are allowed during games.

5. Court and Facilities:

- The playing area must be free from hazards and obstacles.
- Floors should be cleaned between each game

6. Scoring/Gameplay:

- 2-point field goals, 3-point field goals, and 1-point free throws as per standard basketball rules.
- Fundamentals will be a focus:
 - No traveling
 - No double dribbling
 - No reaching fouls

7. Player Conduct:

- Good sportsmanship is expected from all participants, including players, coaches, and spectators. “In Waterford Sportsmanship is an expectation. Let the players play, the coaches coach, the officials officiate, and the spectators spectate.”
- Unsportsmanlike conduct may result in technical fouls, ejections, or suspensions.
- Technical foul will result with player sitting out for the quarter. A second technical foul will result with the player being ejected for the rest of the game.
- After a technical foul the opposing team will receive two free throws and possession of the ball.

8. Officials:

- Game officials have the authority to make decisions and enforce the rules.
- Game officials shall be properly equipped with official shirts, whistles, and shoes.
- Game officials shall consist of two surveying the court and an official at the scoreboard table located at center court.
- Score keeper is the official who record all fouls, time outs, points, technical fouls
- Time keeper operates the time clock and inputs the scores

9. Game Procedures:

- Games will start with a jump ball at center court. Scorekeeper maintains the possession arrow unless the Referee changes the arrow
- Possession arrow determines ball possession after jump balls.

10. Fouls and Free Throws:

- Personal fouls will result in a dead ball and possession on the side - all personal fouls will be assessed as team fouls - Technical and flagrant fouls may lead to additional penalties.
- No free throws in Division 1 except in the last 2 minutes of the 4th quarter and team fouls over The 5 foul limit
- 5 fouls in one quarter will result in the team being put in the bonus - every foul after this within the quarter will result in two free throws - team fouls will reset each quarter. For Divisions 2 and 3.

11. Substitutions:

- Substitutions are allowed during dead balls. - All players must play a minimum of one quarter or equivalent playing time.
- All player substitutions shall occur at the scorer's table and shall only enter when directed by the officials.

12. Timeouts:

- Each team is allowed 3 timeouts per game. - Timeouts may only be called by the head coach or designated assistant coach.
- Coaches get 1 timeout to address any issues with the scoreboard or time keeper
- Referees may stop play during an injury to a player. Referees may call an administrative timeout to check the clock, verify score or other issue that may affect play. Scorekeepers and Time clock keepers may stop play if the clock malfunctions

13. Player Safety:

- No dangerous plays, such as tripping or flagrant contact, are allowed. - Players must avoid excessive physical contact.
- Players who enact unnecessary physical contact outside of typical competition will receive a flagrant foul and will be forced to sit out the rest of that particular game.

- Depending on the severity of the flagrant foul, players may potentially be prevented from playing the following game or the rest of the season pending review of the Waterford Youth Basketball League Rules Committee.
- After a flagrant foul the opposing team will receive two points for the first three quarters and in the fourth quarter the player shoots two free throws and shooting team maintains possession of the ball.

14. Coaching:

- Coaches are expected to promote good sportsmanship and lead by example.

15. Schedules and Postponements:

- The league will provide game schedules.

18. Parent and Spectator Conduct:

- Parents, guardians, and spectators are expected to show respect and sportsmanship at all times. "Let the players play, the coaches coach, and the officials officiate." Failure to do so could lead to ejection.
- If parents, guardians, and/or spectators are ejected they will potentially be excluded from future games pending review of the Waterford Youth Basketball League.