

Between the Game Sports Youth Basketball League Handbook

Contact Information

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League Overview

The Between the Game Sports Youth Basketball League provides a structured and developmental environment for 5th–8th grade boys and girls. Our mission is to promote player growth, teamwork, confidence, discipline, and a love for the game in a competitive yet supportive setting.

League Structure

- Age Groups: 5th–8th grade
- Season Length: 6 weeks (5 weeks of regular games + 1 week of playoffs/championship)
- Break: 2 weeks between seasons before the next session starts
- Teams will play one game each weekend (Saturday or Sunday)
- Practices occur 1–2 times per week, depending on coach availability

Weekly Schedule

- Practices: Weekly 45–75 minute practices held on weekdays.
- Games: All games will take place on Saturdays and Sundays.
- Saturdays: 9 AM – 1 PM
- Game Length: 32 minutes (Running Clock)

Season Timeline

- Week 1: Opening Weekend — Game 1
- Week 2: Regular Season — Game 2
- Week 3: Regular Season — Game 3
- Week 4: Regular Season — Game 4
- Week 5: Regular Season — Game 5 + Final Standings
- Week 6: Playoffs & Championship Weekend

- Weeks 7–8: League Break

Weekend Game Rotation

- 9:00 AM — 5th–6th Grade Game 1
- 10:00 AM — 5th–6th Grade Game 2
- 1:00 PM — 7th–8th Grade Game 1
- 2:00 PM — 7th–8th Grade Game 2
- Courts may adjust based on facility size.

League Rules & Policies

- Roster Size: 8–10 players per team.
- Playing Time: All players must receive fair playing time during regular season games.
- Clock Rules: Running clock except for the final 2 minutes of the 4th quarter.
- Fouls: Players foul out on 5 fouls.
- Timeouts: 2 timeouts per half.
- Overtime: 2-minute overtime, then sudden death if still tied.
- Uniforms: All players must wear official league jerseys.
- Roster / Player Eligibility: Players must play in their grade division (5th–6th or 7th–8th).
- Roster / Player Eligibility: Players can only play for one team per season.
- Roster / Player Eligibility: If a player is playing up, it must be approved by league director.
- Minimum Players to Start / Forfeit Rule: Game starts with 4 players minimum.
- Minimum Players to Start / Forfeit Rule: If a team has less than 4 after 10 minutes, it's a forfeit.
- Minimum Players to Start / Forfeit Rule: If both teams are short, a scrimmage game can be played but won't count in standings.
- Sportsmanship / Zero Tolerance: 1st offense warning, 2nd offense technical + removal, 3rd offense suspension from next game.
- Sportsmanship / Zero Tolerance: No fighting = automatic suspension (and possible removal from league).
- Parent/Spectator Rules: No coaching from stands, no arguing with refs, no profanity, stay in spectator area.
- Parent/Spectator Rules: League staff can remove spectators at any time for behavior.
- Coach Behavior + Bench Control: Coaches responsible for bench and parents, only 1 coach standing, remain in coach box.

- Playing Time Rule: Regular season every player must play at least 2 quarters; playoffs may be competition-based but no full sit unless injured/discipline.
- Pressing / Defense Rules: 5th–6th no full-court press until last 2 minutes; 7th–8th full-court press allowed; optional zone limits.
- Mercy Rule: If lead is 20+, running clock + no pressing; if lead is 30+, sub and play development-style. If a team is up by 30+ with 3 minutes to go, game will stop. If a team is up by 20+ with 2 minutes to go, game will stop.
- Tiebreakers: Head-to-head, record, point differential (cap +15), points allowed, coin flip.
- Scorekeeping + Protests: Scorekeeper is official, no protests on judgment calls, only rule misapplication before next possession.
- Late Arrivals: Arrive 30 minutes early, 5-minute warmup max, late games may be shortened.
- Injury + Safety Policy: Bleeding rule, concussion sit-out until cleared, no jewelry.

Parent & Player Code of Conduct

- Show respect to all players, coaches, referees, and spectators.
- No abusive language, taunting, or unsportsmanlike conduct.
- Parents MUST remain off the court unless permitted.
- Only coaches may communicate with referees during the game.
- Any violation may result in removal from the facility.

Coaches Guidelines

- Provide positive coaching and equal development opportunities.
- Communicate schedules clearly with parents.
- Report game results and any incidents immediately.
- Model sportsmanship at all times.

Awards & Recognition

- Championship Trophy for Division Winner
- Participation Medals for all athletes
- Optional Awards:
- MVP
- Hustle Award
- Team Spirit Award

- Weekly Player Spotlights on social media platforms

Registration Information

- Registration includes jersey, league fee, and facility use.
- Schedules will be emailed one week before the season starts.
- Refunds are only offered before the start of Week 1.

Waiver of Liability (Required)

All participants must submit a signed Waiver of Liability form before participating in any Between the Game Sports league activities. Players will not be allowed to practice or play until this form is completed and submitted.

Code of Conduct Agreement (Required)

All players and parents/guardians must sign the Code of Conduct Agreement before participating in league play or team activities.