

FFY Athletics - Youth Basketball League

Rules and Code of Conduct

Updated - August 4, 2025

Code of Conduct

All participants, spectators, coaches, officials, and staff are expected to demonstrate respect, sportsmanship, and safety at all times. By attending or participating in Foundation For Youth (FFY) sports events, you agree to the following Code of Conduct:

1. Refrain from unsportsmanlike conduct toward staff, coaches, officials, players, parents, or spectators.
2. Avoid behavior that could endanger the health, safety, or well-being of others.
3. Do not use or be under the influence of drugs, alcohol, or tobacco at any FFY event.
4. Use respectful and appropriate language at all times.
5. Treat all attendees with respect and dignity.
6. Do not engage in threats, abuse, or acts of aggression—verbal or physical.
7. Do not provoke, instigate, or participate in fights or retaliation of any kind.

Violations of the Code of Conduct may result in the following disciplinary actions, applied in any order or combination:

- Verbal warning
 - Immediate ejection from the event
 - Suspension from one or more events
 - Season-long or multi-season suspension
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24-Hour Rule

All concerns or disputes regarding games must wait at least 24 hours before being discussed with officials, coaches, or FFY staff. This rule ensures a respectful environment and time for reflection before addressing concerns.

Technical Fouls

- **1st Offense:** Half-game suspension (next game)
 - **2nd Offense:** Full-game suspension (next game)
 - **3rd Offense:** Mandatory meeting with the Athletic Director
Further suspensions may be issued at the discretion of the Athletic Director.
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Parent & Guardian Acknowledgements

By registering a child in this program, parents/guardians agree to the following:

- Children may not be dropped off before staff are present.
- FFY is not responsible for children left unattended outside of program hours.
- Individual supervision outside of scheduled programming is not provided.
- Parents/guardians are responsible for their child before and after program hours.

Grades K-2 Division Rules

Game Format:

- 4 Quarters
- 8 Minutes Each
- 3 Minute Halftime
- The game will use a running clock except for time outs.

Overtime Format:

- A two (2) minute overtime period will be played if the game is tied at the end of regulation. • A second two (2) minute overtime will be played if the game is still tied.
- A sudden death overtime will follow with the team scoring first to be declared the winner if the score is tied once again.

1. The games will be played on half-court, going across using the side goals.
2. The players will use a 27" or 27.5" ball and shoot on an 8 foot goals.
3. The players will wear color wrist bands to aid in knowing whom to guard. The coaches will match up players before each quarter and remind players to only guard their matching wristband color.
4. **Slow Break Rule** - The ball cannot cross the mid-court line until all defensive players have entered the front court, and the ball has to be dribbled across the mid-court.
5. The games will be officiated by Junior Referees when available or the volunteer coaches.
6. The score will be kept by an FFY Employee using the gymnasium scoreboards.
The score will not be kept if a team is up by 20 points.
The score will not be kept until the team is within a 20 point difference.
7. A team will receive three timeouts per game.
8. The teams will be awarded one additional time out for each overtime period.
9. Obvious fouls will be called, but not tracked and free throws will not be shot.

Grades 3-4 Division Rules

Game Format:

- 4 Quarters
- 8 Minutes Each
- 3 Minute Halftime
- The game will use a running clock **except** for *free throws, time outs* and *the last two minutes of the game*.
 - The last two minutes of the game will be played using a running clock if a team is ahead by 20 or more points.

Overtime Format:

1. A two (2) minute overtime period will be played if the game is tied at the end of regulation.
2. A second two (2) minute overtime will be played if the game is still tied.
3. A sudden death overtime will follow with the team scoring first to be declared the winner if the score is tied once again.
4. The game will be played full court, using a 28.5" ball and 10 foot goals.
5. The players may choose to shoot free throws from either the 12 foot or 15 foot line.
6. The teams in this division may employ zone defense or man to man defense, but no defense in the backcourt and no double teaming during the game, except in the paint.
7. A team will receive three timeouts per game.
The teams will be awarded one additional time out for each overtime period.
8. We allow three point field goals in this division.
9. The score will be kept by an FFY Employee using the gymnasium scoreboards.
The score will not be kept if a team is up by 20 points.
The score will not be kept until the team is within a 20 point difference.
10. The Athletic Director will keep score and standings and use those to make the end of the season tournament brackets.

Grades 5-6 Division Rules

Game Format:

- 4 Quarters
- 8 Minutes Each
- 5 Minute Halftime
- The game will use a running clock **except** for *free throws, time outs* and *the last two minutes of the game*.
 - The last two minutes of the game will be played using a running clock if a team is ahead by 20 or more points.

Overtime Format:

1. A two (2) minute overtime period will be played if the game is tied at the end of regulation. • A second two (2) minute overtime will be played if the game is still tied.
2. A sudden death overtime will follow with the team scoring first to be declared the winner if the score is tied once again.
3. The game will be played full court, using a 28.5" ball and 10 foot goals.
4. The players must shoot free throws from the 15 foot line.
- 5.. The teams may employ any offensive and defensive set - including full court press, half court traps, zone defense and man to man defense.
6. A team cannot full court press if they are ahead by 10 or more points at any time during the game.
7. A team will receive three timeouts per game.
The teams will be awarded one additional time out for each overtime period.
8. We allow three point field goals in this division.
9. The score will be kept by an FFY Employee using the gymnasium scoreboards.
The score will not be kept if a team is up by 20 points.
The score will not be kept until the team is within a 20 point difference.
10. The Athletic Director will keep score and standings and use those to make the end of the season tournament brackets.

Grades 7-8 Division Rules

Game Format:

- 4 Quarters
- 8 Minutes Each
- 5 Minute Halftime
- The game will use a running clock **except** for *free throws, time outs* and *the last two minutes of the game*.
 - The last two minutes of the game will be played using a running clock if a team is ahead by 20 or more points.

Overtime Format:

1. A two (2) minute overtime period will be played if the game is tied at the end of regulation.
2. A second two (2) minute overtime will be played if the game is still tied.
3. A sudden death overtime will follow with the team scoring first to be declared the winner if the score is tied once again. 1. The game will be played full court, using a full size - 29.5" ball and 10 foot goals. 2. The players must shoot three throws from the fifteen (15) foot line.
4. The teams may employ any offensive and defensive set - including full court press, half court traps, zone defense and man to man defense.
5. A team cannot full court press if they are ahead by 10 or more points at any time during the game.
6. A team will receive three timeouts per game.
7. The teams will be awarded one additional time out for each overtime period.
8. We allow three point field goals in this division.
9. The score will be kept by an FFY Employee using the gymnasium scoreboards.
The score will not be kept if a team is up by 30 points.
The score will not be kept until the team is within a 30 point difference.
10. The Athletic Director will keep score and standings and use those to make the end of the season tournament brackets.

Grades 9-12 Division Rules

Game Format:

- 4 Quarters
- 10 Minutes Each
- 5 Minute Halftime
- The game will use a running clock **except** for *free throws, time outs* and *the last two minutes of the game*.
 - The last two minutes of the game will be played using a running clock if a team is ahead by 30 or more points.

Overtime Format:

1. A two (2) minute overtime period will be played if the game is tied at the end of regulation. • A second two (2) minute overtime will be played if the game is still tied.
2. A sudden death overtime will follow with the team scoring first to be declared the winner if the score is tied once again.
3. The game will be played full court, using a full size - 29.5" ball and 10 foot goals. 2. The players must shoot three throws from the fifteen (15) foot line.
4. The teams may employ any offensive and defensive set - including full court press, half court traps, zone defense and man to man defense.
5. A team cannot full court press if they are ahead by 10 or more points at any time during the game.
6. A team will receive three timeouts per game.
7. The teams will be awarded one additional time out for each overtime period.
8. We allow three point field goals in this division.
9. The score will be kept by an FFY Employee using the gymnasium scoreboards.
The score will not be kept if a team is up by 30 points.
The score will not be kept until the team is within a 30 point difference.
10. The Athletic Director will keep score and standings and use those to make the end of the season tournament brackets.