



Coast Youth Basketball League Game Rules

- There will be 8 periods lasting 4 minutes a period with a running clock. This means 16-minute halves. The final two minutes of each half are stop clock.
- Games should not go over an hour. In case of a tie, two, two (2) minute overtimes will be allowed. If teams are still tied after the second overtime, the sudden death format will be used with the first team scoring a basket being declared the winner.
- Each coach will have two 1-minute timeouts each half.
- There will be a 4 minute break for half-time.
- All fouls will be taken out of bounds. After the 5th foul in a period, the team fouled is awarded one point and the ball.
- Travelling, dribble violations (Double dribble and carry) and five seconds should be called strictly.
- All kids must wear appropriate shoes to all games and practices, and team shirts to the games. If a replacement is needed, please notify Natalie Cottrell immediately at 707-357-5171. There will be a \$20 charge for each replacement shirt.

Lower Level (1)

- Coaches are to referee their own games on weekdays to stop play for instruction. This is especially true in the first couple of games.
- New this year - Please ask parents to help keep score, time, and team fouls.

Upper Level (3)

- Coaches are to referee their own games on weekdays. Please ask parents to help keep score, time, and team fouls.
- Defense: Zone defense will be introduced. Getting them ready for the school league is the goal, and we want the kids to get a sense of what a simplified defense is.
- NO Pressing! Must allow 1 pass after crossing half-court.
- Make sure court match ups are equal. We should strive for parity when players are playing each other. Again, we want this program to help kids learn and succeed. Double teaming and stealing the ball from less experienced players every time does not make well rounded players. Make the kids do it right and they will get better and have more fun!
- SUBSTITUTION: Please follow the laminated substitution rotation. It helps to make sure that players get a fair playing time during games. Use the dry erase marker to write on the forms and then erase at the end of each



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game. Remember that there is no “starting five” in this league and that your starters should rotate from game to game.

- Pinafores are available for practices.
- **COACHES BAGS:** Only coaches that hold practice outside of the Rec Gym will have a bag.

The following should be included in your coaches bag:

- Basketballs x 6
- Cones x 8
- First Aid Kit- Band-aids, Tape and Ice Packs
- Binder with rosters, accident and incident reports, and schedules
- Old towels to keep floors dry and safe
- Coaches: don't forget your whistle and to be a true leader by positively instilling skills, sportsmanlike conduct, teamwork, **fair** and safe practices, and maintaining a bully free space.

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