

Belton Christian Youth Center

Youth Basketball Playing Rules

Revised 12/2/2025



All games will be played by the National High School Federation rules and Texas Amateur Athletic Federation (T.A.A.F.) rules, with the Recreation optioning to accept the recent changes made by NHSF and TAAF. The rules set forth in this outline shall be strictly adhered to and supersede rules from all other sources in the specific areas with which they are concerned. In the best interest of the league, rules of play could be modified over the course of the season.

Player Registration

- For a player to be officially registered, his/her fees must be paid in full.

Contact Information

- BCYC office number and location
 - Address: 505 E. Avenue C Belton, Texas 76513
 - Phone: 254-939-5759

In addition, BCYC communicates with coaches regularly via the team sideline app as well as e-mail. This helps keep everyone informed and updated about the program. BCYC staff can also be reached via email:

Daniel Bucher, Executive Director	daniel@beltonyouth.com
Justin Rogers, Assistant Director	justin@beltonyouth.com

- Inclement Weather Number: Please call the BCYC Office during normal business hours, Monday–Friday from 10:00 a.m. to 6:00 p.m., on any day that may have a chance of cancellation due to dangerous weather: 254-939-5759.
 - These numbers should be disseminated to parents and the public as widely as possible.
 - Inclement weather decisions are normally made after 3:00 PM on weekdays and by 7:30 AM on Saturdays.

Liability

- BCYC is not liable for any injury to players, officials, cheerleaders, coaches, spectators, media, sideline personnel, or any other persons attending a BCYC event.

Scheduling of Games

- BCYC will schedule all games for the BCYC Basketball league in each Division BCYC has a team represented. BCYC will make all efforts to alleviate conflict dates/times in the scheduling of games. There are no guarantees.
- Once the season schedule is posted, BCYC will inform all Head Coaches. Rescheduling will be limited to weather and administrative issues at the discretion of BCYC.

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Players per Team

- It is our intent for each team to have 8-9 players in 5v5 divisions and 4-6 players per team in 3v3 divisions. These numbers may be adjusted based on the number of players, coaches and teams available in a division.

Loss of Players

- If a team loses a player at any time (whatever the reason), the Head Coach must contact the league office via email within forty-eight (48) hours of realizing this loss and inform BCYC of the loss.
- It is our intention to contact all players who withdraw from the league to:
 - Determine why they left;
 - Determine what BCYC can do to improve its ability to retain its players.
- If the loss occurs early enough in the season, the open slot on the team MAY be filled by the player's assignment from a "waiting list."

Roster Formation

- Participants registered in the
- K/1 division will be placed on teams randomly unless requested otherwise.
- According to BCYC, family is defined as biological siblings, step-siblings who reside at the same address, or other family members who reside at the same address with a "Legal Guardian". "Siblings" must be noted on the registration form.
- Report cards/utility bills may be used for address verification.
- BCYC may add, at its discretion, to the maximum number of players to the roster for each league/sport.
- BCYC is responsible for all teams. All adds and drops must be approved and organized by/through BCYC.
- BCYC's main goal during roster formation is competitive balance of teams.
- For the 2nd/3rd, 4th/5th, and 6th-8th grade divisions, teams will be drafted by volunteer coaches based on the following criteria:
 - Protected Players (2 per team max)
 - Coach must submit a [player protect form](#)
 - Player ability assessment scores (evaluated at the play day by volunteer coaches)
 - Age/Grade

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Protected Players

- Each volunteer coach will be allowed two (2) protected players. Volunteer/assistant coach's children are counted toward their protected players.
- Head coaches must fill out the player protect form and have the parents of their protected players sign the form.
- If two or more volunteer coaches attempt to protect the same non-biological player, BCYC will consult with the parent/guardian of the player. The parent/guardian will declare which volunteer coach they want their child to play on.

Player Participation Rule

The following applies to every player that has made half (1/2) of all scheduled team practices within the last seven (7) days. This will be enforced and non-compliance with the players' participation rule could result in discipline up to and including forfeiture.

- K/1 players are required to play at least 2 quarters. Players will remain in for a whole quarter barring any injuries or player refuses to play.
- In 2nd/3rd, the scorekeeper at the table will attempt to keep track of player substitutions. Substitutions may be made at the halfway point of each quarter. The players MUST WAIT until the referee or coach motions them to enter the game during a dead ball. 8U players must play 1.5 quarters. The player's participation must come from both the 1st and 2nd half. (i.e., Player A can play half of the 1st quarter, and all the 3rd or 4th quarter; or all the 1st quarter and ½ of the 3rd or 4th quarter).
- 4th/5th: Each player must play at least 1.5 quarters of each game. The player's participation must come from both the 1st and 2nd half. (i.e., Player A can play half of the 1st quarter, and all the 3rd or 4th quarter; or all the 1st quarter and ½ of the 3rd or 4th quarter).
- 6th/7th/8th: Each player must play at least 1.5 quarters of each game. The player's participation must come from both the 1st and 2nd half. (i.e., Player A can play half of the 1st quarter, and all the 3rd or 4th quarter; or all the 1st quarter and ½ of the 3rd or 4th quarter).
- Scorekeepers will attempt to track Player Participation in the scorebook. However, it is the coach's responsibility to ensure that each player plays their allotted time.

Please remember that this is a Recreation league. We aim for this to be an introduction to sport for all players. Therefore, we require that each player actively participates in both halves of each game.

Please note: If teams have players not attending at least half (1/2) of scheduled practices and/or missing games, they must notify BCYC Admin staff within 24 hours of the game. If the Director is not officially notified, the player will be expected to play as stated above. Player participation issues will be handled case-by-case to determine player participation eligibility.

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Equipment & Uniforms

1. All players on each team must wear the uniforms provided by the BCYC athletic staff.
2. Players must wear shoes designed for indoor/wood court surfaces. NO “turf shoes” or other black-soled shoes will be allowed. Players may not play barefoot or in stocking feet.
3. All player uniform bottoms (such as shorts) shall have NO POCKETS. Bottoms with pockets will only be allowed if the pockets are stitched or taped up to prevent injury.
4. No jewelry may be worn at any time during the game unless medical alerts, which shall be taped down.
5. Wristbands and headbands must be worn on the wrist or on the head above the ears.
6. Referees may ban any equipment that they deem unsafe or illegal.
7. All players wearing eyeglasses must have a retainer band attached to their glasses during play.
8. No gum chewing on/or around the basketball court.

Rules for ALL levels:

1. Teams will be allowed a five (5) minute warm-up prior to the start of the game if time allows.
2. Teams will warm up on the goals opposite their team bench.
3. A lineup must be turned into the Official Scorekeeper (10) minutes prior to game time. Line-ups must include last name, first name, and jersey number.
4. During games, only ONE coach (either assistant coach or head coach) may be standing on the designated bench area. The other coach must remain seated for the duration of the game.
5. The pre-game warm-up and half-time intermission periods may be cut short by the league official present if games are running behind the posted schedule.
6. An official game shall consist of:
 - a) K/1st Division - Four (4) six (6) minute quarters
 - b) 2nd/3rd Boys Division - Four (4) eight (8) minute quarters
 - c) 2nd/3rd Girls Division - Four (4) eight (8) minute quarters
 - d) 4th/5th Divisions - Four (4) eight (8) minute quarters
 - e) 6th/7th/8th Divisions - Four (4) eight (8) minute quarters

If time allows, a three (3) minute halftime will be observed.

7. Games will end in a tie, and no overtime will be played, except in tournament play.
 - a. Overtime will be played ONLY in the “postseason-bracket” in the event of a tie after four quarters.

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- i. Overtime play begins with a jump ball; overtime will be played in 2-min periods. If tied at the end of the 2-min period, then another 2-min period will be played.
 - b. Teams will receive one (30 sec) timeout per overtime period. Timeouts left over from each half or in regulation will NOT carry over to the next half or overtime.
 8. Time-outs:
 - c. All divisions except K/1 will receive two (2) 30-sec timeouts per half.
 9. 5v5: Teams that start a game with four (4) players must finish the game with at least four (4) players. Teams that do not have at least four (4) players at game time will forfeit the game. A grace period of five (5) minutes will be allowed if games are on time at the discretion of BCYC Athletics Staff.
 10. 3v3 or 4v4: Teams that start a game with two (2) players must finish the game with at least two (2) players. Teams that do not have at least two (2) players at game time will forfeit the game. A grace period of five (5) minutes will be allowed if games are on time at the discretion of BCYC Athletics Staff.
 11. Basket & Ball Specifications:

Division	Age Group	Height of Goal	Free Throw Distance	Ball Size
K/1st	5-6	8'	N/A	27.5 Junior
2nd/3rd	7- 8	8.5'	12' 0"	27.5 Junior
4th/5th	9 - 10	9'	12' 0" or 15' 0"	28.5 Intermediate
6-8th Girls	11-12	10'	15' 0"	28.5 Intermediate
6-8th Boys	11-12	10'	15' 0"	29.5 Regulation

Playing Rules (K/1st – 3v3 Half Court)

1. ONLY coaches will act as referees to manage the game, and a BCYC representative will operate one clock for both games happening at the same time.
2. K/1st defense will be man-to-man. No double teams or steals allowed.
3. Any ball out of bounds will be brought back in at the top of the "lane" on the dot by the team awarded the ball.
4. After a made basket, the defensive team will now have possession and bring the ball in at the top of the "lane" on the dot.
5. Rebounds inside the lane:
 - a. The offensive team can shoot and rebound and shoot again without bringing the ball back outside the lane.
 - b. If the defensive team rebounds the ball, they need to make every attempt to dribble outside the lane and bring it back in, or pass it outside the lane prior to bringing the ball back in and shooting.
 - i. **This needs to be a point of emphasis in practices. If worked on, the kids will understand.

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6. The clock will run continuously.
7. Players may ONLY use squeeze water bottles—NO cups or bottles w/removable lids.
8. No standings or scores are kept in this division.

Playing Rules (2nd/3rd Boys Division – 5v5 Full Court)

1. There will be an official referee to manage the game, and a BCYC rep will operate the scoreboard. Scorekeeper will be provided by BCYC.
2. There will be no full-court press at any point during the game, and the defensive team must return to the red volleyball line on the defensive end. Referee will have discretion in determining if a team is taking too long in the back court to waste time.
 - a. 2nd/3rd defense can be man-to-man or a zone defense. No triple teams. No traps. No stealing. “Intercepted passes” are allowed.
3. Free throws will be one shot for two points on team fouls over ten (10) with a running clock
4. The clock will run continuously except for timeouts.
5. The game officials may use their discretion to stop the clock for injury, ball retrieval, etc.
6. Players may ONLY use squeeze water bottles—NO cups or bottles w/removable lids.

Playing Rules (2nd/3rd Girls - Division 4v4 Full Court)

1. There will be an official referee to manage the game, and a BCYC rep will operate the scoreboard. Scorekeeper will be provided by BCYC.
2. There will be no full-court press at any point during the game, and the defensive team must return to the red volleyball line on the defensive end. Referee will have discretion in determining if a team is taking too long in the back court to waste time.
 - a. 2nd/3rd defense can be man-to-man or a zone defense. No triple teams. No traps. No stealing. “Intercepted passes” are allowed.
3. Coaches will have discretion to play 4v4 or 3v3 depending on number of girls available at each game. Both coaches will need to agree prior to game start time and inform the referee and score keepers.
4. Free throws will be one shot for two points on team fouls over ten (10) with a running clock
5. The clock will run continuously except for timeouts.
6. The game admins may use their discretion to stop the clock for injury, ball retrieval, etc.
7. Players may ONLY use squeeze water bottles—NO cups or bottles with removable lids.

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Playing Rules (4th/5th and 6th-8th Divisions – 5v5 Full Court)

1. The clock will run continuously, except for the last (2) minutes of each half (Regulation clock will be played). However, the clock will stop for all timeouts. The game officials may use their discretion to stop the clock for injury, ball retrieval, etc.
2. Point Spread Rule: If one team is ahead by twenty (20) or more points, the clock will remain a running clock, except for time-outs. If the deficit drops below 20 at any point within the last 2 min of each half, the clock will become a regulation clock for the remainder of the half.
3. A “five (5) second” lane violation rule will be in effect.
4. The ten (10) second rules for offensive teams to advance the ball past half court will be in effect during all games.
5. Free throws will be allowed on shot fouls, bonus fouls and technical fouls. Clock will remain a running clock until the final 2 minutes of the period. Referees will be given a point of emphasis to hurry the teams to the line and get the game resumed. To keep the game moving, all free-throw scenarios will be one shot:
 - a. Shot fouls will be one shot for two points, or one shot for three points if a three-point attempt.
 - b. “And-one” fouls will be one shot for one point
 - c. Technical fouls will be one shot for two points
 - d. 7+ team fouls will be one shot for one point; 10+ team fouls will be one shot for two points.
6. Three (3) point shots will be in effect when court lines are available and painted.
7. Protests: There is no formal protest of an official’s call or lack of a call. The officials’ decision is final during any competition game.
8. The one-and-one bonus will be in effect on the seventh (7th) team foul of each half. After the tenth (10) team foul, a two-shot foul will be awarded.
9. Players may ONLY use squeeze water bottles—NO cups or bottles w/removable lids.

Full Court Press (4th/5th and 6th-8th)

1. Full-court press is allowed during the entire 4th quarter in 4th/5th division and the entire second half for 6th/7th/8th division. There will be no full court press in the first half of any of the divisions.
2. If a team presses prior to the last quarter (4th/5th) or prior to second half (6th/7th/8th), each team shall be issued two warnings per game, in which the whistle is blown, and the offended team brings the ball in play on their offensive front court at the mid-court opposite the scorer’s table and team benches. Additional violations shall result in a technical foul and two (2) shots and retain possession.
3. Sportsmanship Rule: If a team is ahead by more than 15 points, they cannot run a full-court press until the differential is less than 15.

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Gym Rules

1. All players, coaches, parents, and sponsors must abide by all gym and facility rules and regulations set by the Belton Christian Youth Center, Belton Independent School District (if applicable), and any other gyms obtained by Belton Christian Youth Center (if applicable).
2. All food, drink, gum, team snacks, etc., are not allowed in any gym under any circumstances. All must be consumed in the lobby or outside.
 - a. During games, participants may have closed-lid water/ sports drink bottles at their team bench. No spectators may have food or drink in the gym.
3. There will be no coaching by anyone in the stands, including parents, coaches, siblings, and spectators. All coaching should be performed by approved head or assistant coaches on the team's bench. Violations of this rule may result in forfeiture or removal from the gym.
4. There will be no disciplinary action, such as extra running, push-ups, licks, etc., at any time. The child's parents will act upon all disciplinary action. Conditioning drills will not be considered disciplinary action.
5. Head and assistant coaches will not question any judgment call made by the official(s) during or after the game.
6. The head coach is responsible for the conduct of his/her team, assistant coach(s), and spectators. Officials may award technical fouls, two (2) shots, and retention of possession for the opposing team for continual issues with the conduct of coaches, teams, or spectators.

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Coaches Discipline Guide

Offense	Directed Toward	Minimum Action	Maximum Action
Tobacco use (chewing, smoking)	during games, practices, or league functions	Verbal	Ejection(s)
Alcohol, illegal substances	during games, practices, or league functions	Ejection for remainder of game	Suspension, suspension up to 1 calendar year
Allowing a player to play or participate while knowing of an injury or concussion	During game or practices	Game ejection	Season suspension
Foul or abusive language directed at	Player, Coach, official, spectator or staff	Verbal warning and/or ejection for remainder of game	Game suspension
Continued foul or abusive language. Blatant disregard for staff and officials	Player, Coach, official, spectator or staff	Current game suspension	Multiple game suspension
Encouraging foul language, threatening language, unsportsmanlike behavior, encouraging or telling players to have that kind of behavior	Player, Coach, official, spectator or staff	Current game suspension	Season suspension
Threat of physical abuse, assault, threat of bodily injury of any kind	Player, Coach, official, spectator or staff	Ejection for remainder of game and next game suspension	Season suspension to lifetime suspension. Level of threat will determine length of suspension
Fighting or physical assault of any kind	Player, Coach, official, spectator or staff	Ejection for remainder of game and next game suspension	Season suspension to lifetime suspension. Level of threat will determine length of suspension
Playing an illegal player (see definition #5)		Ejection of next game and forfeiture of current game	Multiple game suspension to league removal
Pulling children off a field for any reason other than weather.		Suspension for next three games	League removal

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Parents Discipline Guide

<i>Offense</i>	<i>Directed Toward</i>	<i>Minimum Action</i>	<i>Maximum Action</i>
<i>Alcohol, illegal substances</i>	<i>during games, practices, or league functions</i>	<i>Ejection for remainder of game</i>	<i>suspension, suspension up to 1 calendar year</i>
<i>Foul or abusive language directed at</i>	<i>Player, Coach, official, spectator or staff</i>	<i>Verbal warning and/or ejection for remainder of game</i>	<i>Game suspension</i>
<i>Continued foul or abusive language. Blatant disregard for staff and officials</i>	<i>Player, Coach, official, spectator or staff</i>	<i>current game suspension</i>	<i>multiple game suspension</i>
<i>Encouraging foul language, threatening language, unsportsmanlike behavior, encouraging or telling players to have that kind of behavior</i>	<i>Player, Coach, official, spectator or staff</i>	<i>current game suspension</i>	<i>Season suspension</i>
<i>Threat of physical abuse, assault, threat of bodily injury of any kind</i>	<i>Player, Coach, official, spectator or staff</i>	<i>Ejection for remainder of game and next game suspension</i>	<i>Season suspension to lifetime suspension. Level of threat will determine length of suspension</i>
<i>Fighting or physical assault of any kind</i>	<i>Player, Coach, official, spectator or staff</i>	<i>Ejection for remainder of game and next game suspension</i>	<i>Season suspension to lifetime suspension, possible removal of child. Level of threat will determine length of suspension</i>