

WCYAA "Rookie League" Basketball Rules

The purpose of the "Rookie League" is for each player to have fun and, while doing so, to learn some basketball fundamentals. WCYAA may make changes in these rules as the season progresses.

NO PRACTICES ARE ALLOWED EXCEPT THE PRACTICES IMMEDIATELY BEFORE THE SCHEDULED GAMES. THIS RULE IS STRICTLY ENFORCED. ANY COACH WHO VIOLATES THIS RULE IS SUBJECT TO REPLACEMENT.

1. Games will be played in a half-court format. Baskets will be set at eight feet (8') rather than the normal ten feet (10') elevation. Only official WCYAA Rookie size basketballs will be used in the games.
2. Play will consist of six (6) five-minute periods. One clock will control two half court games, and will operate on a running-time basis. There will be no time-outs except for injury. There will be a two-minute rest between periods.
3. All players must play three full periods. Coaches must substitute every period, so that each player will participate in the first, third, and fifth periods, or in the second, fourth and sixth periods. A player must start and finish every period in which he or she participates and may not be taken out during the period for any reason except a bona fide emergency or illness.
4. One coach at a time for each team will be allowed on the court for instructional purposes and to enforce the rules of the game. There are no referees other than the two (2) coaches permitted on the court.
5. Only zone defense will be allowed. All defensive players must have at least one foot within the boundaries of the free-throw lane.
6. Unlimited time will be allowed offensive players in the key.
7. Traveling and double dribble will be called only in extreme cases for instructional purposes.
8. No record will be kept of scores, wins, losses or standings.
9. In order to play in the games, each player must wear an official WCYAA basketball jersey. The jersey should be tucked neatly into the player's pants or shorts. Each player must also wear rubber-soled tennis or basketball shoes.
10. Coaches must notify the league immediately if a player leaves the team for any reason, or if any player is injured.
11. WALNUT CREEK CITY AND MT. DIABLO SCHOOL DISTRICT RULES PROHIBIT ANY EATING OR DRINKING IN THE FOOTHILL GYM, INCLUDING COFFEE, SOFTDRINKS, AND BOTTLED WATER.