



2025/2026 Season

LEAGUE GUIDELINES AND RULES

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LEAGUE-WIDE GUIDELINES

LEAGUE GOALS

The goals of the Tri-Town Youth Basketball League (TTYBL) are to:

- Create a recreational and competitively friendly environment in which children of varying skill levels have fun with basketball
- Teach basketball skills, rules and strategy to our players
- Model and teach competitiveness with an emphasis on good sportsmanship
- Promote increased self-esteem among our children
- Provide equal playing time for all participating players; this is discussed more thoroughly in Game Rules section
- Safety is of utmost concern to the TTYBL. Coordinators, coaches, and referees should strive to avoid injury whenever possible

TTYBL COORDINATORS

- Lincoln: *Tri-Town Commissioner* Sheila Riley (sriley@lincnet.org)
- Maynard: James Poh (poh@bgcav.org)
- Wayland: Jose Pena (jcpena3131@yahoo.com)

LOCATIONS

- Lincoln: Reed Gym, Lincoln School, 6 Ballfield Rd. Lincoln, MA 01773
- Maynard: Maynard High School, 1 Tiger Dr, Maynard, MA 01754
- Wayland: Wayland Town Building, 41 Cochituate Road, Wayland, MA 01778

MEMBERS AND ELIGIBILITY

- The TTYBL consists of boys and girls teams from the communities of Wayland, Maynard, Lincoln and Hanscom AFB. Boys and girls resident in the member community and currently enrolled in grades 3 through 8 are eligible. Teams from other nearby communities will be considered for inclusion on a case-by-case basis.
- Additionally, students participating in the METCO program will be allowed to participate on a team from the town in which they attend school.
- Members of the communities listed above and their METCO programs travel league players are permitted to participate in the league. The travel players must be placed evenly among the teams in their town/age division.

AGE DIVISIONS

The TTYBL has three age divisions as follows:

- Junior: Grades 3 and 4
- Intermediate: Grades 5 and 6
- Senior: Grades 7 and 8

Players may “play up” with a higher level team but are not allowed to play on a lower level team. Players may NOT participate on more than 1 league team (i.e. a player in the 6th grade may play up on the 7th-8th grade team but may NOT also play on the 5th-6th grade team).

TEAM FORMATION

- Each town will form as many teams at each age level as the number of players warrants, striving to have approximately 7-13 players per team.
- It is a key goal of this league that the players within an age group be divided among teams with the objective of creating teams of equal strength. Doing so will help promote and ensure the maintenance of a competitive balance within the league.
- Each town will be responsible for supplying contact information for its commissioners and coaches to facilitate communication regarding weather cancellations and score reporting.

COACHES INFORMATION

REQUIRED

Coaches must complete the following and return to their TTYBL coordinator before the season begins.

- CORI/SORI form (bring license/photo id with you)
- Coaches Ethics & Guidelines/Rules Acknowledgement Signed

COMMUNICATION

Please make sure to check emails and communication from your town's league coordinators.

- Your coordinator will share the contact information for the coaches. Please only utilize this when necessary (i.e. team hasn't shown up for game) and keep it within the league.
- Game scores are required to be emailed by the home team coach to their respective coordinator by Monday morning following the game.

COACHES ETHICS

Coaches are representatives of their town and the league. Additionally, you are the stewards of the experience for the players. You are expected to hold yourselves and your team to a high standard. Coaches should:

- Model respect, integrity, and good sportsmanship at all times
- Prioritize safety, fun, and learning over winning
- Treat all players fairly, regardless of skill level
- Communicate positively with players, families, and officials
- Encourage effort, teamwork, and personal growth

SCHEDULE

QUICKSCORES

The league will be using Quickscores software for game scheduling and team rankings. A link will be shared once that is all set for the season.

- Please reference for league games and the standings for each age division
- We will try to make sure the location and timing is consistent and convenient
- Check with your town coordinator for other communication platforms and schedules

PRACTICE & GAME SCHEDULES

Coaches are expected to be present at all scheduled practices and games. If any conflicts, please communicate with your respective coordinator prior to the season starting.

- Practices will be held during the week and will be scheduled by your specific town program
- Games will take place on Saturdays between 9am and 2pm,
- Games start December 6. Season has **8 games** and 1 **“playoff”** game (see Playoff section)
- No games: December 27, January 3, February 14, and February 21

PLAYOFFS

We will be doing a single-game playoff bracket to wrap up the season!

- Championship: #1 rank vs. #2 rank, Consolation: #3 rank vs. #4 rank, #5 rank vs. #6 rank and so on!
Just one final game played based off of season standings.
- Date of game may vary per age bracket depending on the number of teams.

TEAM GUIDELINES AND RULES

SPORTSMANSHIP

Coaches are responsible for ensuring that all members of the team and their fans practice good sportsmanship before, during and after the game. Coaches should:

- Support the referees and refrain from making derogatory comments towards or about them
- Refrain from actions or words that undercut the self-esteem of players on other teams or their own team
- Not allow your players to make derogatory comments towards other players, coaches or referees
- Support post-game “nice game” exchange between players and coaches
- Good sportsmanship includes avoidance of unnecessary rough and ‘dirty’ play. Players, coaches, and referees should all strive in this regard
- Running up the score is not permitted. A team that is ahead by 12 points or more should pull its defense back to the 3 point line and not run fast breaks. Additionally, high-scoring players (players with more than 10 points than their teammates) are not permitted to shoot until the point differential is 10 or less. Teams should consider making 3 or more passes before making any shots.

FACILITIES READINESS

The home team is responsible for providing:

- Timely access to gym
- Game ball
- Scorekeeper for official scorebook
- Time keeper

PARENT GAME VOLUNTEERS

Home team coaches are responsible for getting two volunteers to keep the game book and game time.

PAYING REFEREES

- Grades 3/4 (1 ref). Grades 5/6 and 7/8 (2 refs).
- During the regular season, **the home team** is responsible for paying the referee or referees at each game.
- For Wayland and Maynard home-teams, coaches will pay the referee(s) prior to the start of each game. For Lincoln home games, the referees are responsible for submitting their payment information to the referee coordinator of the league.
- One exception to the home team paying for the referees occurs when a visiting team does not show up for a game, resulting in a forfeiture, and has not provided notice to the home team in advance which results in the referee still showing up for the game. In this case, the visiting team pays the referee.

UNIFORMS

Teams are required to use reversible jerseys. Home team wears white or light colors.

GAME TIMES/ARRIVING ON TIME

- The times listed on the league schedule are the game start times. Teams should arrive at the game site 10 minutes prior to the start of the game.
- Each team shall be prepared to play at the scheduled start of the game. Teams are required to have 5 players to start a game. A grace period of 5 minutes is allowed, after which the delinquent team shall forfeit the game.
- If a forfeit occurs and the other team has more than five players, the team with excess players is encouraged to “loan” players to the delinquent team so that the players may scrimmage and still get to play.

REPORTING SCORES

The score of each game will be posted on the TTYBL website as soon as possible after the game is played. Scores will be emailed by the home team coach to their respective TTYBL coordinator. Due no later than Monday morning after the game. TTYBL coordinators will email Sheila Riley sriley@lincnet.org with final scores to post.

INCLEMENT WEATHER/GAME CANCELLATIONS

When inclement weather threatens the safety of travel in the league's region, the league will consider canceling all games for that day. A decision will be made by the commissioner and coordinators. Any such league-wide cancellations will be posted on the league's website as early as possible on game day and will be communicated by email from your respective coordinator. Also, in the case of league-wide cancellations, the TTYBL commissioner will contact the coordinator of league referees to alert them to the game cancellations.

Games canceled due to inclement weather **will not be rescheduled**. The league, in its discretion, may decide to schedule make-up games in the event that there are an unusually large number of games canceled due to inclement weather.

GAME RULES

*Our games shall be conducted according to MIAA high school rules in effect at the time of a game, except where modified below. **In all disputes, a referee's decision is final.***

GAME LENGTH

- Games consist of two 20 minute halves with a running clock except for the final two minutes of each half when the clock stops for all referee whistles. The clock also stops for time-outs regardless of when they are called.
 - Junior: Halves will be 21.5 minutes each.
- Games that have a tied score at the end of regulation are treated as follows:
 - For Junior and Intermediate level games, the game is over and the result is a tie.
 - For Senior level games, overtime periods are played until a winner is determined. Overtimes are 3 minutes in length, with a running clock for the first 2 minutes and with the clock stopping for all referee whistles during the final minute of the overtime.
- Halftimes are 5 minutes for all divisions.

TIME-OUTS

Each team is allowed 2 time-outs per half.

KEEPING GAME BOOK & GAME TIME

For each game, the following statistics should be maintained, as they have a bearing on the outcome of a game: (a) individual fouls; (b) team fouls; (c) time outs; and (d) the running score. Home team coaches are responsible for getting two volunteers to keep the game book and game time.

HOOP HEIGHT

Will be set at a standard 10 ft.

BALL SIZE

- Junior: A junior-sized 27.5-inch ball is used for both boys and girls
- Intermediate: A 28.5-inch ball is used for both boys and girls
- Senior: Girls use a 28.5 inch ball, boys use a 29.5 inch ball

EQUAL PLAYING TIME

Coaches are expected to provide equal playing time for all players. Coaches are expected to be aware of the playing time they have provided for each player and strive to keep it close to equal among all players. This rule applies to all games, including close games and the playoffs. If a coach desires to have an exception to this rule (e.g. a player has not attended practice and should not receive equal playing time as a discipline), the coach should inform the (child's Parents), the refs and the other coach during a pregame coaching conference. Equal playing time is not to be varied by age or ability within players on a team. All players get equal playing time regardless of age, grade or ability.

FOULS/FOUL SHOTS

- Referees use common sense on violations. They should allow the kids to play. No advantage, no call.
- The foul line distance for each age group is as follows:
 - Junior: No foul shots. The team that was fouled will gain possession.
 - Intermediate: Foul shots are taken from the 15-foot foul line. However, if in the judgment of the referee a player goes over the line on a foul shot because of his/her strength, and clearly is not attempting to get an offensive rebound, no violation is called. Running in early by the shooter should always be called.
 - Senior: Foul shots are taken from the 15-foot foul line.
- Intermediate and Senior age divisions shoot 1 and 1 beginning with the 7th foul of a half. There is no double-bonus.
- A player fouls out of a game upon receiving his/her 5th foul.
- Any player or coach who is assessed a technical foul is disqualified for the remainder of the game and for the team's next league game.

DEFENSE/PRESSING

All teams in all age brackets are required to play person-to-person defense. Zone defenses are not permitted. Double teaming, "helping out" when a player is driving toward the basket and switching off a pick are all allowed as part of a person-to-person defense in all divisions. Double-teaming is not allowed on the perimeter. Defenders are not required to pick up their person or guard closely at the perimeters. Judgment by the referee determines if a team is playing a zone defense.

Full court pressing, which can include trapping in the back court, is subject to the following rules:

- Juniors: No full court pressing at any time during the game.
- Intermediate: Full court pressing is allowed only during the final 2 minutes of the second half.
- Senior: Full court pressing is allowed during the final 2 minutes of both the first and second halves.

THREE POINTERS

There are no three-pointers in the Tri-Town league at the junior and intermediate levels. Seniors do have a three point shot.

THREE SECONDS IN THE LANE

- In the Junior and Intermediate divisions, the three second rule (violation for being in the lane too long) will be enforceable at the discretion of the referee. While it will be enforced differently according to the level of the players, it should be called if it appears that a player obtains a competitive advantage by remaining in the lane more than 3 seconds.
- The standard rule will be applied in the Senior division.

TEN SECONDS IN THE BACKCOURT

- In the Junior and Intermediate divisions, a 10 second violation will only be called if, in the discretion of the referee, the referee believes that one team is gaining a competitive advantage by taking more than 10 seconds to cross half-court.
- The standard rule will be applied in the Senior division.

BACKCOURT

- In the Junior division, a backcourt violation will only be called if, at the discretion of the referee, the referee believes that one team is gaining a competitive advantage by returning to the backcourt.
- The standard rule will be applied in the Intermediate and Senior divisions.