***WYBL Basketball Guidelines: Division I***

Equipment & Court Specifications:

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| ***Topic*** | ***Recommendation*** |
| Size of Ball | Boys & Girls size (27.5”) |
| Height of Basket | 8’ |
| Size of Court | 65’ x 40’ |
| Distance of 3-Point Arc | Not applicable |
| Distance of Free Throw Line | Not applicableBall will be “checked” at the free throw line when fouls do occur. |

Game Structure:

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| ***Topic*** | ***Recommendation*** |
| Game Length | 25-30 min. small sided game after 30 min. of skill work. |
| Time Between Periods | Not applicable |
| Extra Period(s) | Not applicable |
| Scoring  | Free throw: 1 point, all field goals: 2 points, no 3-point field goals |
| Timeouts | -Two 60-second timeouts permitted per game. |
| Start of Game Possession | Home team will inbound from the baseline. |

Game tactics:

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| ***Topic*** | ***Recommendation*** |
| Playing Time  | Equal playing time. Every 5 min., mass substitutions. |
| Set defense | -Only player to player defense throughout the game. |
| Pressing defense | Pressing is not allowed throughout the competition. Defending team must stay behind the blue line. |
| Double-team/Crowding | Double-team/crowding is not allowed throughout the game. |
| Stealing from the dribbler | -Defensive players may not steal the ball from the dribbler. -Stealing of a pass is permitted. |

Highlighted Game Play Rules:

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| ***Topic*** | ***Recommendation*** |
| Backcourt Timeline | Not applicable |
| Shot clock | Not applicable  |
| 5 seconds closely guarded | Not applicable |
| Clock Stoppage | Every 5 min. for subs. |
| Length of free throw | 10 seconds |
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