

Blue Gym Rule Changes 2023-24

Wristbands: Each week, there will be a color chart at the score table ranking the wristbands for that week, numbered 1-5. Coaches should use this chart when assigning wristbands.

Resuming play: After all stoppages, play will be resumed by handing the ball to a player outside the arc, and that player will dribble in. There will no longer be inbounding plays.

Timing rules (B and C leagues only): Clock stops on all whistles and in the back court for the last 10 seconds of all periods, and for the last 30 seconds of the 6th period.

Shooting fouls (B and C leagues only): Fouled player takes an uncontested shot from the spot of the foul. Ball is live on the rebound (experimental rule for one year).

Hand-off passes: Defense may reach in to force a jump ball when the offense hands the ball to a teammate (only during the handoff, not after). In other words, if two offensive teammates both have their hands on the ball, the defensive player can reach in to force a jump ball. However, once the pass is complete and one player has possession, the defense can no longer reach in.

Direction: Teams shoot in front of their bench for the entire game in all age groups (no switch at halftime).

Clarifications/Points of Emphasis

Traveling/double-dribbling: Refs should be consistent through the game at when to call violations and how many warnings to give before it is a turnover. If a player continually scores after traveling/double-dribbling, the points should not count, even if you give the ball back to the player.

Help Defense: If the player with the ball loses the defender with the matching wristband, another player can step in to play help defense, as long as only one defender is guarding the player with the ball. If the original defender is able to regain defensive positioning, the help defender must leave and return to guarding their player.

Loose balls (A league only): In the 4-5s, if the dribbler loses control of the ball (whether on their own or from a steal), the ball should be returned to the dribbler.

Fast breaks (A league only): Fast breaks in the 4-5s are not allowed, but the dribbler can go once the other team is on their way to the front court. Coaches should help to enforce this rule.