**AI 3 Leadership Academy**  
**Youth Middle School Basketball League**  
**Rules and Regulations**  
**Location:** The Greater Waterbury YMCA  
**Address:** 136 W Main St, Waterbury, CT 06702

**1. League Overview**

The AI 3 Leadership Academy Youth Middle School Basketball League is designed to develop basketball skills, encourage sportsmanship, and promote teamwork among participants. All games will be held at The Greater Waterbury YMCA.

**2. Eligibility**

* The league is open to middle school students (grades 6-8) in the Waterbury area.
* All participants must submit a signed waiver and registration form prior to the first game.
* Each team must consist of a minimum of 5 players and a maximum of 10 players.

**3. Team Composition**

* **Boys and Girls Divisions**: Teams will be divided into boys and girls divisions based on age and skill level.
* **Uniforms**: Teams must wear matching jerseys with visible numbers. AI 3 Leadership Academy will provide jerseys unless specified otherwise.
* **Coaches**: Each team is allowed one head coach and one assistant coach.

**4. Game Play**

**4.1. Game Duration**

* **Game Length**: Each game consists of four quarters of 8 minutes.
* **Halftime**: A 5-minute halftime will be provided.
* **Timeouts**: Each team is allowed two timeouts per half, lasting 1 minute each.
* **Overtime**: If the game is tied at the end of regulation, a 3-minute overtime will be played. If still tied after the first overtime, subsequent 2-minute overtime periods will continue until a winner is determined.

**4.2. Scoring**

* Standard high school rules apply: 2-point field goals, 3-point field goals (where applicable), and 1-point free throws.

**4.3. Substitutions**

* Substitutions may be made during any stoppage of play with the official’s permission.

**4.4. Clock**

* A running clock will be used except during the last 2 minutes of the 4th quarter and overtime when the clock will stop on every whistle.

**5. Player Rules**

**5.1. Fouls**

* Players are allowed five personal fouls before fouling out of the game.
* Team fouls will be tracked, and after the 7th team foul per half, the opposing team will shoot one-and-one free throws (bonus). On the 10th team foul, two free throws (double bonus) will be awarded.

**5.2. Conduct**

* Players must demonstrate good sportsmanship at all times.
* Unsportsmanlike conduct (e.g., taunting, disrespecting officials or opponents, aggressive behavior) will result in a technical foul and potential ejection.
* Two technical fouls on a player or coach will result in ejection from the game and potential suspension from future games.

**5.3. Dress Code**

* No jewelry or accessories may be worn during the game. Fingernails must be trimmed.

**6. Coaches’ Rules**

* Coaches are responsible for the conduct of their players and must promote sportsmanship.
* Only the head coach may stand during games; the assistant coach must remain seated.
* Coaches must respect officials, players, and opposing teams. Failure to do so may result in a technical foul or suspension.

**7. Officials**

* Certified referees will officiate all games.
* All decisions made by the officials are final and cannot be contested.
* Referees have the authority to issue warnings, technical fouls, or eject players, coaches, or spectators for violations of league rules or unsportsmanlike conduct.

**8. Spectator Conduct**

* Spectators must maintain appropriate conduct during games.
* Abusive language, taunting, or aggressive behavior will result in removal from the facility.
* Spectators are expected to respect all players, coaches, officials, and other spectators.

**9. Forfeits and Cancellations**

* Teams must have at least 4 players present to begin a game. If a team does not have enough players, the game will be declared a forfeit.
* Teams must notify the league at least 24 hours in advance if they are unable to participate in a scheduled game.
* In the event of inclement weather or other unforeseen circumstances, the league will notify teams of cancellations and rescheduled games.

**10. Awards and Playoffs**

* At the end of the regular season, teams with the best records will advance to the playoffs.
* Playoff seeding will be determined by regular-season records. In the case of a tie, head-to-head results will be the first tiebreaker, followed by point differential.
* Championship and runner-up teams will receive awards at the end of the season.

**11. General Facility Rules**

* The Greater Waterbury YMCA is a smoke-free and drug-free environment. Violations of this rule will result in immediate expulsion from the premises.
* Players and spectators are responsible for maintaining the cleanliness of the facility and must dispose of trash in designated receptacles.
* No outside food or beverages are allowed in the gym, except for water.

**12. Medical and Safety**

* An onsite medical trainer or emergency contact will be available for all games.
* Players must report any injuries to the coach and referee immediately.
* First aid and basic medical supplies will be available during the games.

**13. Communication and Updates**

* League schedules, updates, and cancellations will be communicated via email or text through AI 3 Leadership Academy. It is the responsibility of coaches and parents to stay informed.

By signing below, the participant and their parent/guardian acknowledge they have read and understand the rules and regulations of the AI 3 Leadership Academy Youth Middle School Basketball League.

**Participant’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Parent/Guardian’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Parent/Guardian Signature**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

These rules are subject to change at the discretion of AI 3 Leadership Academy to ensure the safety and fairness of the league.