

4.0 League Rules and Standards

4.1 Board Position Description

The Executive Board shall have a position known as League Standards who will be responsible for the drafting, implementation, and execution of leagues rules, standard and conduct polices, and discipline.

4.2 Rules Review and Approval

The League Standards board member will present the League Rules to the Executive Board before the start of each season. Any changes to the League Rules from the prior season must be approved by the Executive Board. League Rules will be incorporated into the ETL Operating Instructions and will be available to all member programs before the start of each season.

Any proposed rule changes during the season must be approved by a majority of affected member programs (i.e., if the rule change only affects the girls' member programs, then only the girls' member programs would vote on the rule change).

4.3 League Rules

4.3.1 ETL Playing Rules

Effective for the 2025 – 2026 Season

The Host Program is responsible for making a copy of these rules available to the referees prior to each game. The rules should be kept at the scorer's table during each game.

Coaches have no authority to change or modify the rules published herein. Coaches found playing by modified rules are subject to disciplinary action by the ETL Board.

All grades will play by Washington State high school basketball rules with the following exceptions:

- 4th & 5th grade games are 7-minute stop clock quarters.
- 6th, 7th & 8th grade games are 8-minute stop clock quarters.
- Half time for all grades is 5 minutes.
- Three :60 and two :30 timeouts are granted per game.
- Overtimes are 4 minutes with one additional full timeout per overtime.
- No shot clock.
- 4th, 5th & 6th grade boys' games shall use basketball size intermediate (28.5" in circumference).

4th & 5th Grade Supplemental Rules

- No backcourt press (4th grade Girls only).

- No zone defenses.
- Double teams are allowed only inside the 3-point arc.

TECHNICAL FOULS

Washington State high school rules apply to technical fouls. If a technical foul is called, the opposing team is awarded two free throw attempts and possession of the ball.

DEFINITIONS

No Zone Defense Rule (4th & 5th grade only)

Teams at the 4th and 5th grade level may not play a zone defense at any time.

This rule is intended to eliminate isolation plays by the offensive team and instill team play, while teaching team defensive concepts at the 4th and 5th grade levels.

A zone infraction can only be called if a defensive player is guarding an area – not if the defensive player is attempting to guard his player or trap the ball within the 3-point arc. In the backcourt players must guard a player and adhere to the six-foot rule.

There are no traps or double teams outside of the offense's 3-point arc. Once the ball is advanced inside the 3-point arc, any defensive player may double-team the ball.

If a coach feels the other team is playing zone defense, this should be brought up to the officials. Officials have discretion to assess a technical foul against the coach of the offending team after issuing a warning. Multiple infractions of this rule can result in penalties being assessed by the ETL board.

Mercy Rule (all grades)

Backcourt press is not allowed by the leading team after a 20-point difference in the score has been reached and the leading team must retreat to inside the half-court line while defending.

If the lead shrinks to 15 points or less, the leading team may again backcourt press but only until the 20-point difference is reached.

Should this rule be violated, the leading team will be issued a warning for the 1st infraction. A technical foul shall be issued after the 2nd warning is issued.

If a team is leading by 30 points, the game clock will continue to run unless a timeout or free throw attempts are being made. If the lead is reduced to 20 points or less, normal stop clock rules apply.

Any team winning by more than 50 points will be reviewed by the Rules Committee to determine if further action or guidance from the ETL is warranted.

Sportsmanship Rule

Sportsmanship in the games is necessary to reduce demeaning behavior by coaches, players, and/or fans to the referees and to each other.

Each facility host must provide a gym supervisor.

- This person will be present at all games.
- Must identify themselves to the officials and coaches.
- Help maintain acceptable conduct by all present.
- Will remove or calm unruly fans for either team.
- Will provide a copy of the league rules to the officials and review any pertinent rules for that level of play.

PNBOA will make available a copy of the ETL rules to each official. The officials will enforce all rules as outlined for the league.

Unruly fan behavior will result in a technical foul being assessed to the head coach and the unruly fan will be removed from the facility. If the fan will not leave the facility the game will be immediately forfeited.

The second technical foul in the same game due to fan behavior will result in a forfeit by that team.

The second forfeit due to fan behavior will result in the removal of that team from further league play and tournament play.

Ejected Player, Coach and/or Fan: Any player, coach, and/or fan who is ejected from a game will be suspended from that team's next game, whether scheduled later that same day or a date in the future. Verbal abuse of an official will result in immediate ejection from the premises. If an official is physically confronted, that person shall be expelled from the league for the remainder of the season and may be subject to criminal charges.

Program/Game Participation

1. Individual players can only play for one ETL program during a season.
2. Individual players can play for more than one team within a single program.
3. Individual players can play the grade above, but they may not play the grade below.
4. For ETL end of season tournament games, individual players must declare one team to play for, and may not play for more than one team.

4.4 Standards and Conduct Policies

The ETL expects all participants to exercise good sportsmanship and respect toward all players, coaches, officials, and spectators. The ETL has developed codes of conduct to govern the actions of all players, coaches, parents, and spectators.

4.4.1 Code of Conduct for Players

All players must:

- Be a good sport to players, coaches, officials, opponents, and parents at every game, no matter win or lose.
- Encourage teammates and praise good efforts.
- Be honest, fair, and respectful to others at all times.
- Learn and follow all league rules.
- Be respectful of all gym and facility rules.
- Thank officials and opponents after games.

4.4.2 Code of Conduct for Coaches

All coaches must:

- Coach with the goal of creating a positive learning experience for athletes. Winning games is secondary to building a positive youth sports experience for my players, parents of my players, and opposing teams.
- Put the emotional and physical well-being of youth participants ahead of a personal desire to win.
- Under no circumstances engage in an argument with a referee or official. Any discussions or conversations with officials or referees will be in a respectful tone.
- Not belittle or ridicule anyone involved in a youth sport event in public, private, in-person or online.
- Treat opposing coaches and athletes with respect and represent their community in a positive manner.
- Do their part to keep sports fun and positive for every youth participant.

4.4.3 Code of Conduct for Parents and Spectators

All parents and spectators must:

- Put the emotional and physical well-being of youth participants ahead of a personal desire to win.
- Respect players, coaches, officials, spectators, and families at all times.
- Respect the decisions of officials and coaches.
- Not engage in any violence or verbal threats or use any profanity.
- Model good sportsmanship for all youth participants.
- Not belittle or ridicule anyone involved in a youth sport event in public, private, in-person or online.
- Do their part to keep sports fun and positive for every youth participant.

4.4.4 Policy for Behavior Towards Officials

The ETL is committed to creating a game day environment wherein respect is afforded to all participants, including our partner game officials. As a league, we understand that the current culture in youth sports has had a detrimental effect for our partner officials' organizations; specifically, by hindering their ability to recruit and retain game officials.

The Sportsmanship Rule should be followed at all times. See section 4.3.1 for amplification and ramifications for infractions.

Referees and gym monitors must work together to ensure a gym atmosphere that allows for safe, respectful interactions between players, volunteers, officials, and spectators. The ETL empowers both officials and gym monitors to take the necessary steps to create an optimal playing environment. To that end:

- Officials who deem any person(s) in the gym to be abusive towards official(s) may remove that person with the assistance of the gym monitor or home coach if the gym monitor isn't available or able to assist. Official discretion will be exercised when determining if a warning(s) is/are warranted.
- Gym monitors may remove any person(s) in the gym who act abusive towards other fans, volunteers, players, and coaches. Gym monitor discretion will be exercised when determining if a warning(s) is/are warranted.

4.5 Discipline Policies

Violations of league rules, standards, and conduct policies will be reviewed by the Disciplinary Committee consisting of the League Standards board member, ETL Boys Representative, and ETL Girls Representative. The Disciplinary Committee will present its recommended action to the Commissioner. The Commissioner can either follow the recommendation of the Disciplinary Committee or modify it as is seen fit. The Commissioner will then present the recommendation to the Board of Directors for approval. The disciplinary action will then be communicated by the Commissioner or League Standards board member to the offending party.

If a complaint is against or directly involves a member of the Disciplinary Committee, the President shall appoint a replacement. If a complaint is made against the Commissioner, the Disciplinary Committee will present its recommendation directly to the Board of Directors for approval. A board member shall abstain from voting on any disciplinary matter that is against or directly involves that member.