

DIXON YOUTH BASKETBALL LEAGUE 2026 Official Rule Book

2026 Game Schedule

December 8th, 2025 Official Practices Begin (No practice the week of Christmas and New years Eve and New Years Day)

January 3rd, 2026 Picture Day — JKMS Small Gym
Scrimmage Day — JKMS. Div. 1 - 4

January 10th, 2026 Regular games begin in all Divisions

February 21st, 2026 Last Game Day for Kinder ONLY

February 28th, 2026 Last Game Day D1 - D4

March 7th, 2026 Brian Jensen Tournament D4 Only

Thank you for being an important part of this exciting experience for our Dixon Youth.
It's going to be fun!

We sincerely thank you.

Dixon Youth Basketball

1. Each year the teams will be newly picked.

TEAMS — Division 1, 2, 3 & 4

1. Teams will consist of a maximum of 8 players to 9 players.
2. Selection of team head coaches will be made at the discretion of the DYB Board based on the following guidelines.
 - a. Past experience and participation with DYB.
 - b. Children participating in DYB.
 - c. Past conduct with players, referees, Board Members and fans.
3. The only players to be placed on a team prior to the draft will be the coach's child.
 - a. The number of coaches per team is 3.
 - b. A maximum of two players (coaches children) will be placed on a team before the draft. For example: if a team has two coaches, each coach may have one child on the team.
 - c. Each team is allowed two players before the drafting of teams, either by one coach with two children or two coaches with one child each.
4. In the event a coach is not a parent of a player, he/she will be allowed to pick/choose two players on their team before the draft to even the amount of kids already frozen on each team.
 - a. This option will not be allowed if the coach has a child of their own on the team.
 - c. Coaches may choose to put his/her own child in the draft.
 - d. Coaches must submit their frozen player list a week before the draft. Coaches will be notified of their draft position before the draft commences.

Dixon Youth Basketball

General Information:

1. Players must wear their league issued uniform in order to participate in league activities. Comfortable sweats or shorts are recommended.
2. Players must be currently registered in the current season to participate in any league activities. This includes the completion of waiver release forms and code of ethics signed by the player's parent(s) or guardian(s).
3. Participants are not allowed to wear jewelry (with the exception of medical bracelets), casts or any other items deemed as dangerous by the official(s). Any medical protective devices (i.e., knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least 1/2 inch neoprene sleeves.
4. Parents are not allowed to be on the court of play with the exception of a player being injured.
5. Parents also may not be on the team's bench/sideline unless they are a certified coach and cleared through DYB.

6. Any player with a bleeding wound and/or blood stained clothing must leave the game until all bleeding is stopped, all wounds properly covered, and all blood and blood stained clothing is removed.
7. Any coaches or players failing to comply with the officials' decision concerning the clean-up of a bleeding wound or blood stained clothing shall be ejected from the game. Any ejection will follow with a one (1) game suspension from the following week's game. A second such ejection will result in suspension for the remainder of the season.
8. All players in all Divisions will play at least 50% of every game in any time variation.
9. Each team is allowed one head coach and one assistant coach who have fulfilled coaching requirements. These are the only two people that are allowed to be on the bench and must be in proper coaches' attire.
10. Each team will be allotted 2 practice days per week for no more than 1 hour at a time.
11. Players will be broken down into the following divisions based on their age as of the first game

TK/Kindergarten Division: must turn five years old by 12/31/25, Kindergarten

Division 1: 1st and 2nd grade (boys and girls separate)

Division 2: 3rd grade and 4th grade (boys and girls separate)

Division 3: 5th grade and 6th grade (boys and girls separate)

Division 4: 7th and 8th grade (boys and girls separate*)

*due to low numbers, girls and boys divisions will be combined this season at discretion of girls and their families

SUBSTITUTIONS:

Substitutions may enter the game under the following conditions:

1. 1. At the referee's whistle signaling permission for entry into the game.
2. 2. When the ball is whistled dead for:
 - a. a. Throw in
 - b. b. Held ball situation
 - c. c. Time-Out
 - d. d. Free throw situation
 - e. e. Any other dead ball situation
3. 3. Referees and scorekeepers must be notified of all substitutions before players are allowed on the court.

VIOLATIONS:

1. Traveling with the ball.
2. Holding the ball too long. You may not hold the ball more than five seconds when out-of-bounds (for a throw-in), or when in-bounds if closely guarded.
3. Three seconds in the lane (key). **This rule does not apply to Division 1.**
4. Double dribbling
 - a. Dribble—stop dribble—dribble
 - b. Two handed dribble in succession
5. Players with the ball cannot touch the boundary line or anything outside the court.

UNSPORTSMANLIKE CONDUCT:

1. **Dixon Youth Basketball “DYB” will not tolerate verbal abuse of its volunteer coaches from any Fan, Parent or Spectator. Associations and/or Divisions may be expelled from DYB at any time by a two-thirds (2/3) majority vote of the current Executive Board.**
2. A player displaying unsportsmanlike conduct will be immediately benched by the referee for the remainder of the half and a technical foul will be charged. If there is a repeat of bad behavior in that game by the same player, he/she will be benched for the rest of the game as well as the next game.
3. A parent/guardian displaying unsportsmanlike behavior will be warned once by the referee and then asked to leave the gym should the offensive behavior continue. If the parent/adult/fan refuses to leave, the game will not continue until he/she does so. If after two minutes of being asked to leave, he/she does not do so, the game will be canceled with their team forfeiting.
4. The Dixon Youth Basketball Executive Board will support the referee’s decision when he/she is forced to make a call of unsportsmanlike conduct.
5. A coach displaying unsportsmanlike conduct in any way will be warned once by the referee or Board member and if warned again will be charged with a technical foul, and 1 point will be awarded to the opposing team.

Absolutely no profanity will be allowed.

THE GAME:

Basic interscholastic rules will apply in the basketball rule book by the National Federation of the State High School Associations, plus the following special youth basketball considerations:

TK – KINDER DIVISION:

1. Basket height will be 6 – 6.5 feet.
2. The ball size will be 26.5”.
3. No score will be kept for game in TK – Kinder division.
4. Teams will practice for minutes and then play a game for 30 minutes.
5. Running time will be used for all games.
6. Each team will be allotted 1 - 1 MIN TIME OUT AND 1 30 SECOND TIMEOUT
7. Colored wristbands will be used during the entire season.
8. Clock will be stopped for official time-outs, team time-outs, and in case of an emergency.
9. Home team will take first possession of the ball.
10. There will be no jump ball during games. If a jump ball situation occurs while the ball is in play, the possession arrow will be used, with the ball taken in at the nearest spot of the situation.
11. Ball will come into play from the opponent's base line.
12. Three seconds in the lane (key) does not apply first half of season. .
13. There will be no back court pressing allowed at any time. No defensive pressure may be put on the ball once possession has been established in the back court. A team has ten seconds to cross the half court line. The back court rule will not be enforced in TK – Kinder division
14. Double teaming, zone defense, or trapping style defense is not allowed in TK – Kinder division. Man-to-man defense.
15. Only scheduled teams will be allowed on the court during game times. Parents must keep their children off the court unless they are participating in a game at that time. No one is allowed to bounce basketballs in the gym at any time other than teams that are playing their games.
16. Coaches are required to match up players based on skill and/or size.

DIVISION 1:

1. Basket height will be 8 feet.
2. The ball size will be 26.5" for girls division, and 27.5 for boys division.
3. Score will be kept in all games.
4. Game will consist of four 8-minute quarters, with a 1-minute break between quarters, and a five-minute half.
5. Running time will be used for all games.
6. Each team will be allotted 1 - 1 MIN TIME OUT AND 1 30 SECOND TIMEOUT PER HALF
7. Colored wristbands will be used during the first half of the season only.
8. Clock will be stopped for official time-outs, team time-outs, and in case of an emergency.
9. Home team will take first possession of the ball. Teams will switch baskets for the second half and the visiting team will get possession of the ball. Second and fourth quarter possession will be determined by the possession arrow.
10. There will be no jump ball during games. If a jump ball situation occurs while the ball is in play, the possession arrow will be used, with the ball taken in at the nearest spot of the situation.
11. Ball will come into play from the opponent's base line.
12. Three seconds in the lane (key) does not apply to Division 1.
13. There will be no back court pressing allowed at any time. No defensive pressure may be put on the ball once possession has been established in the back court. A team has ten seconds to cross the half court line. The back court rule will not be enforced in Division 1.
14. Double teaming, zone defense, or trapping style defense is not allowed in Divisions 1 or 2. Man-to-man defensive. Double teaming is allowed only once the ball penetrates the offensive team's free throw line within the key.
15. Referee calls are final. Protests will not be accepted on referee judgment calls. If deemed necessary, a special board meeting will be conducted to address such issues concerning the protest.
16. There will be no three-point baskets in Divisions 1 and 2.
17. If 5 players aren't present the game can start with 4 players and be played as a regular league game. If any players arrive late after the game has started, that player can enter the game at the beginning of the next full quarter and the game can go to a 5 on 5 game. For the game to be counted as an OFFICIAL scored game for end of season results you can not bring on another player from another team, or start the game with less than four players. Using players from other teams or having less than four players will result in a forfeit. Both teams have to have the same amount of players on the court.
18. Only scheduled teams will be allowed on the court during game times. Parents must keep their children off the court unless they are participating in a game at that time. No one is allowed to bounce basketballs in the gym at any time other than teams that are playing their games.
19. Coaches are required to match up players based on skill and/or size.
20. After each quarter coaches are to line their players up on the half court line and match up based on skill and/or size.

PERSONAL FOULS: DIVISION 1

1. A player is disqualified from further play in a game when he/she is assessed their 5th personal foul.
2. For all shooting and non-shooting fouls the ball will be awarded to the offended team out of bounds nearest the spot where the foul occurred.
3. **Flagrant fouls** committed (with the intent to do bodily harm) will be treated as a technical

- foul. In addition, the offending player will be disqualified from the game.
4. Double foul—possession will be decided by the possession arrow.
 5. Technical foul - The ball awarded out of bounds to the offended team.

DIVISION 2:

1. Basket height will be **8.5 feet**.
2. The ball size will be 27.5”.
3. Game will consist of four, 8 minute quarters, with a 1-minute break between quarters, and a 5-minute half
4. Running time will be used for all games.
5. No overtime game will end in a tie.
6. Each team will be allotted 1 - 1 MIN TIME OUT AND 1 30 SECOND TIMEOUT PER HALF
7. Clock will be stopped for official time-outs, team time-outs, and in case of an emergency.
8. Stop time will be used for the last two minutes of the 4th qt. For all whistle calls.
9. Three seconds in the lane (key) does not apply to Division 2.
10. Colored wristbands will not be used in any Division 2 games.
11. Home team will take first possession of the ball. Teams will switch baskets for the second half and the visiting team will get possession of the ball. Second and fourth quarter possession will be determined by the possession arrow.
12. There will be no jump ball during games. If a jump ball situation occurs while the ball is in play, the possession arrow will be used, with the ball taken in at the nearest spot of the situation.
13. There will be no back court pressing allowed at any time. No zone defense will be allowed in the first half of the season. After fourth week of games, zone will be allowed. No defensive pressure may be put on the ball once possession has been established in the back court. A team has ten seconds to cross the half court line. After the offense crosses the half court line the back court rule will be enforced.
14. The Referee's call is final. Protests will not be accepted on referee judgment calls. If deemed necessary, a special board meeting will be conducted to address such issues concerning the protest.
15. There will be no three point baskets in Divisions 1 and 2.
16. If 5 players aren't present the game can start with 4 players and be played as a regular league game. If any players arrive late after the game has started, that player can enter the game at the beginning of the next full quarter and the game can go to a 5 on 5 game. If a team only has four players, the other team does NOT have to play 4, but can play 5 players. Exceptions for teams that only have 6 players on their roster - if this is the case, other team must also only play 4 players. For the game to be counted as an OFFICIAL scored game for end of season results you can not bring on another player from another team. Game will be considered a forfeit if less than four players are present to start, or if players from another team are used to fill in.
- 17.
18. Only scheduled teams will be allowed on the court during game times. Parents must keep their children off the court unless they are participating in a game at that time. No one is allowed to bounce basketballs in the gym at any time other than teams that are playing their games.
19. If at any time during a DYB game a 20 point margin is attained and maintained by one team, a running clock will be instituted. When a 20 point margin is obtained the clocks go to 0, however the book keeper will continue to keep score in the book.

PERSONAL FOULS: DIVISION 2

- 1) A player is disqualified from further play in a game when he/she is assessed their 5th personal foul.
- 2) Refs must acknowledge the player with the foul to the score table.
- 3) For non-shooting fouls the ball will be awarded to the offended team out of bounds nearest the spot where the foul occurred.
- 4) All shooting fouls the offended team will be given 1 point and awarded the ball. Refs need to acknowledge the table for foul and score board.
- 5) **Flagrant fouls** committed (with the intent to do bodily harm) will be treated as a technical foul. In addition, the offending player will be disqualified from the game.
- 6) Double foul—possession will be decided by the possession arrow.
- 7) Technical foul—1 point and the ball awarded out of bounds to the offended team.

DIVISION 3:

1. Basket height will be regulation **10 feet**.
2. The ball size is 28.5"
3. Game will consist of four 10-minute quarters, with a 1-minute break between quarters, and a 5-minute half.
4. Running time will be used for all games. Stop time will be used for the last two minutes of the 4th qt for all whistle calls
5. Overtime will begin with the toss of a coin to determine possession of the ball. One time-out is allowed for each team during overtime. Overtime will consist of one 3-minute period with a stopped clock. In the event the score remains tied at the end of overtime, the possession arrow will determine possession and a "sudden death" situation occurs with the first team to score winning the game (there are NO time-outs during "sudden death").
6. Each team will be allotted 1 - 1 MIN TIME OUT AND 1 30 SECOND TIMEOUT PER HALF
7. Clock will be stopped for official time-outs, team time-outs, and in case of an emergency.
8. First possession will be determined by a jump ball. Teams will switch baskets for the second half and the last position will determine possession of the ball. Second and fourth quarter possession will be determined by the possession arrow.
9. Ball will be put into play from the opponent's base line.
10. There will be no jump ball during games **with the exception of game starting jump ball**. If a jump ball situation occurs while the ball is in play, the possession arrow will be used, with the ball taken in at the nearest spot of the situation.
11. Division 3 will have 3 point baskets providing the games are played in the gyms where there are existing 3 point lines marked on the court. If the games are played in any other gym where there is no marking, the 3 point basket rule does not apply.
12. The Referee's call is final. Protests will not be accepted on referee judgment calls. If deemed necessary, a special board meeting will be conducted to address such issues concerning the protest.

13. If 5 players aren't present the game can start with 4 players and be played as a regular league game. If any players arrive late after the game has started, that player can enter the game at the beginning of the next full quarter and the game can go to a 5 on 5 game. If a team only has four players, the other team does NOT have to play 4, but can play 5 players. Exceptions for teams that only have 6 players on their roster - if this is the case, other team must also only play 4 players. For the game to be counted as an OFFICIAL scored game for end of season results you can not bring on another player from another team. Game will be considered a forfeit if less than four players are present to start, or if players from another team are used to fill in.
14. Only scheduled teams will be allowed on the court during game times. Parents must keep their children off the court unless they are participating in a game at that time.
15. No one is allowed to bounce basketballs in the gym at any time other than teams that are playing their games.
16. First place will be determined by the number of wins versus the number of losses. Head to head if tied in head to head then points will be counted to determine place. There will be no head-to-head playoffs. Co-champions will be recognized.
17. If at any time during a DYB game a 25 point margin is attained and maintained by one team, a running clock will be instituted. Once a 25 point lead has been attained the score will still be kept on the clock and in the books. A running clock will be instituted. This includes the last 2 mins of the game. **Mercy Rule** - When a team has a 25 point lead: No more full court press First penalty - warning 2nd penalty - team/bench technical. If a team gets back to a 10-point margin, mercy rule will end and pressing will be allowed, and stopped clock will recommence.
18. Backcourt pressure will be allowed after the 4th game of the actual season.
19. 3 in the key will called after the players have been warned to get out of the key

PERSONAL FOULS: DIVISION 3

1. A player is disqualified from further play in a game when he/she is assessed their 5th personal foul.
2. refs to acknowledge player who fouled to the score table
3. For all non-shooting fouls the ball will be awarded to the offended team out of bounds nearest the spot where the foul occurred.
4. This rule pertains to Division 3 & 4 ONLY. "One and one shooting" will take place after seven fouls per half are incurred by any one team.
5. Fouls during the act of shooting will be dealt with as follows: Division 3 - If the shot is missed on the foul they get 2 and if it's made they get 1. If shot is made, other team gets possession of the ball.
6. This rule pertains to Division 3 Girls ONLY. The free throw line will be at the 12 foot marking.
7. **Flagrant fouls** committed (with the intent to do bodily harm) will be treated as a technical foul. In addition, the offending player will be disqualified from the game.
8. Double fouls - possession will be decided by the possession arrow.
9. Technical foul - 2 shots will be given instead of the 1 point and possession of the ball

DIVISION 4:

- 1) Basket height will be regulation 10 feet.
- 2) The ball size will be regulation for boys 29.5" and intermediate or women's size 28.5".

- 3) Game will consist of four 10-minute quarters, with a 1-minute break between quarters, and a 5-minute half.
- 4) Running time will be used for all games. Stop time will be used for the last two minutes of the 4th qt for all whistle calls.
- 5) Overtime will begin with Jump Ball to determine possession of the ball. One time-out is allowed for each team during overtime. Overtime will consist of one 3-minute period with a stopped clock. In the event the score remains tied at the end of overtime, the possession arrow will determine possession and a "sudden death" situation occurs with the first team to score winning the game (there are NO time-outs during "sudden death").
- 6) Each team will be allotted 1 - 1 MIN TIME OUT AND 1 30 SECOND TIMEOUT PER HALF.
- 7) Clock will be stopped for official time-outs, team time-outs, and in case of an emergency.
- 8) First possession will be determined by a jump ball. Teams will switch baskets for the second half and the last position will determine possession of the ball. Second and fourth quarter possession will be determined by the possession arrow.
- 9) Ball will be put into play from the opponent's base line.
- 10) There will be no jump ball during games **with the exception of the first possession jump ball and overtime**. If a jump ball situation occurs while the ball is in play, the possession arrow will be used, with the ball taken in at the nearest spot of the situation.
- 11) Division 4 will have 3 point baskets providing the games are played in the gyms where there are existing 3 point lines marked on the court. If the games are played in any other gym where there is no marking, the 3 point basket rule does not apply.
- 12) The Referee's call is final. Protests will not be accepted on referee judgment calls. If deemed necessary, a special board meeting will be conducted to address such issues concerning the protest.
- 13) If 5 players aren't present the game can start with 4 players and be played as a regular league game. If any players arrive late after the game has started, that player can enter the game at the beginning of the next full quarter and the game can go to a 5 on 5 game. If a team only has four players, the other team does NOT have to play 4, but can play 5 players. Exceptions for teams that only have 6 players on their roster - if this is the case, other team must also only play 4 players. For the game to be counted as an OFFICIAL scored game for end of season results you can not bring on another player from another team. Game will be considered a forfeit if less than four players are present to start, or if players from another team are used to fill in.
- 14)
- 15) Only scheduled teams will be allowed on the court during game times. Parents must keep their children off the court unless they are participating in a game at that time. No one is allowed to bounce basketballs in the gym at any time other than teams that are playing their games.
- 16) First place will be determined by the number of wins versus the number of losses, if tied record then head to head if tied in head to head then points will be counted to determine place. Playoffs and/or tournaments will be held at the end of the season. Co-champions will be recognized.
- 17) If at any time during a DYB game a 25 point margin is attained and maintained by one team, a running clock will be instituted. Once a 25 point lead has been attained the score will still be kept on the clock and in the books. A running clock will be instituted. This includes the last 2 mins of the game. **Mercy Rule** - When a team has a 25 point lead: No more full court press First penalty - warning 2nd penalty - team/bench technical. If a team gets back to a 10-point margin, mercy rule will end and pressing will be allowed, and stopped clock will recommence.
- 18) 3 in the key will called after the players have been warned to get out of the key

PERSONAL FOULS: DIVISION 4

1. A player is disqualified from further play in a game when he/she is assessed their 5th personal foul.
2. Players must raise a hand above their head on all fouls to be recognized by the scorer. Purpose: to accurately record the foul at the scorer's table.
3. For all non-shooting fouls the ball will be awarded to the offended team out of bounds nearest the spot where the foul occurred.
4. Fouls during the act of shooting will be dealt with as follows: Player that was fouled will shoot free throws. If the shot is missed on the foul they get 2 and if it's made they get 1.
5. This rule pertains to Division 3 & 4 ONLY. Free-throw "One and one shooting" will take place after seven fouls per half are incurred by any one team. If a team accrues 10 personal fouls, two free-throws are awarded for each occurrence.
6. **Flagrant fouls** committed (with the intent to do bodily harm) will be treated as a technical foul. In addition, the offending player will be disqualified from the game.
7. Double fouls - possession will be decided by the possession arrow.
8. Technical foul - 2 shots will be given instead of the 1 point and possession of the ball

Parent Responsibilities

1. Do everything to encourage your child and keep this a low pressure situation for your child.
2. Get your child to practice on time. Every player should play at least 50% of every game . However playing time will also be at the discretion of the coach based on the child's practice attendance and participation. There is limited gym space and we are trying to maximize the time that we have. Your child is assigned specific practice times.
3. If your child's team starts their practice late it takes away from their practice time. As a parent it is your responsibility to get your child to practice and please make sure you contact his/her coach, a player rep or a board member if he/she needs to miss a practice or a game.
4. Consider being an assistant to the coach if he/she needs one.
5. Consider being a team mom/dad. You could organize team treats after each game and possibly a team party at the end of the year.
6. Pay special attention to the facilities we are using. Assist the facility supervisors in observing the following rules:
 - No pets.
 - No unsupervised siblings or friends at practices. The coaches are there to help your child not to baby-sit.
 - No one should be on stages at any time. This is MANDATORY!!!
 - If you notice a potential hazard to anyone, please bring it to the attention of a board member, coach or referee.
 - No running in the halls at the schools.
 - If you see someone not observing a rule, please assist us in correcting the problem.
 - Only scheduled teams will be allowed on the court during game times.
 - Parents must keep their children off the court unless they are participating in a game at that time.
 - No one is allowed to bounce basketballs in the gym at any time other than teams that are playing their games.

- No Gum in the gym
 - No drinks other than water or sports drinks allowed for players on the gym floors.
- 6) Be kind to the referees. Parents are NOT to address youth refs at any time for any reason. If you have a situation regarding a youth ref please find a board member to address your concerns.
- 7) Remember you are a role model. Always encourage your child.
- 8) No negative comments. If you can't say it in a positive manner don't say it at all.
- 9) In Division 1 remember the rule, "NO Score will be kept".**
- 10) Sometimes being overly enthusiastic can put pressure on your child. Think about how your actions affect your child.

1. If you have any questions, please call a division rep/board member. If you want to address a specific issue you can contact the board of directors at P.O. Box 1412, Dixon, CA 95620, or by calling a board member.
2. Regularly scheduled games ***will not*** be rescheduled to accommodate other sports unless those games should end up being a deciding factor of championship.
3. The board shall hold **mandatory coaches meetings** prior to the start of the season to discuss rules, conduct, and other related matters that would assure a successful season for all.
4. The Dixon Youth Basketball Executive Board will have the final authority to make disciplinary decisions if needed.

1. WAITING LIST:

A. In the event a Division is full, a waiting list will be started and maintained by the league Presidents. In the event a team loses a player during the season, the slot will be filled in order of the waiting list. Only the Executive Board will know the order of players on the waiting list.

This list will be CONFIDENTIAL..

B. In the event there is a large number of openings in a Division, the Board based on their current knowledge of the situation may choose to do one of the following:

1. Hold off on draft of the Division until more players are received to fill open slots.
2. Hold draft, leaving openings so teams may start practice, solicit new players, then based on the number of openings decide whether to fill from the waiting list, first-come-first-serve; or to hold a supplemental draft.
3. Choose to drop one team from the Division, thus filling the remaining teams.
4. If a team needs additional players, they will be added to the teams based off the waitlist order.