
**WELCOME TO THE
SOUTH CENTRAL
YOUTH
BASKETBALL
LEAGUE**



LEAGUE OVERVIEW

- **25 School Districts**
- **114** participating teams
- **Lancaster, Lebanon, Dauphin, Cumberland and Chester** Counties
- **4th, 5th, 6th** grade leagues
- **Two** Conferences, **GOLD** and **SILVER**
 - **GOLD = Championship League**
 - **SILVER = Competitor League**
- **Divisions** based on **Geography** and **Competitive Balance**
 - **North**
 - **East**
 - **South**
 - **West**





GAME PLAY – RULES – DEFENSE

GAME PLAY OVERVIEW

- **4 – 10 Minute Quarters**
 - Running Clock except:
 - Time Outs
 - Injuries
 - All whistles in the last 1 minute of each quarter & Overtimes
 - 1st Foul Shot
- **Overtime**
 - 1st Overtime – 3 minutes
 - 2nd Overtime – 2 minutes
 - 3rd Overtime – First to score
- **Time Outs**
 - 2 per half (60 seconds) – Do not carry over from 1st Half to 2nd Half or OT
 - 1 (30 second) in 1st Overtime Only; No Timeouts in 2nd or 3rd



GAME PLAY OVERVIEW

- **Fouls**

- Technical Fouls – count as **personal** and **team** fouls, coach and spectator included (2 technical fouls = ejection)
- Common Fouls – 5 per quarter

- **Free Throws**

- **2 Shots** always on 5+ team fouls during each quarter (clock stops during 1st, clock begins when handed ball for 2nd shot)

- **6th Grade**

- **No** crossing foul line at anytime

- **5th Grade**

- **Boys** – **No** crossing foul line
- **Girls** – **Allowed** to cross foul line during shot

- **4th Grade**

- **Allowed** to cross foul line during shot

- **Mercy Rule**

- If lead is <20 points, clock does not stop except for injuries or time outs



GAME PLAY: 4TH GRADE

- **BALL SIZE**
 - 28.5
- **DEFENSE**
 - Half court
 - Man-to-Man Only
 - No Press
 - No Zone



GAME PLAY: 5TH GRADE (BOYS & GIRLS)

- **BALL SIZE**

- 28.5

- **DEFENSE**

- 1ST Half
 - No press or zone; half court man-to-man only
 - 2nd Half
 - No restrictions, no press if lead >15 points



GAME PLAY: 6TH GRADE (BOYS & GIRLS)

- **BALL SIZE**

- Boys – 29.5
- Girls – 28.5

- **DEFENSE**

- Boys – No restrictions, no press if lead is >15 points
- Girls – No restrictions, no press if lead is >15 points





DIVISIONS – TEAMS – SCHEDULING

BOYS – 6TH GRADE

Gold Conference				Silver Conference
North Division	South Division	East Division	West Division	
Annville Cedar Crest Blue Lebanon Lower Dauphin White Manheim Central Northern Lebanon	Lancaster Lower Dauphin Blue Lampeter-Strasburg Manheim Township Penn Manor Solanco Black	Cocalico Conestoga Valley Ephrata Garden Spot Pequea Valley Warwick	Cumberland Valley Donegal Elizabethtown Hempfield Hershey Blue	Cedar Crest White Hershey White Manheim Township White Octorara



BOYS – 5TH GRADE

Gold Conference			Silver Conference
North Division	South Division	East Division	
Annville Cedar Crest Blue Elizabethtown Lebanon Manheim Central Northern Lebanon	Hempfield Black Manheim Township Blue Octorara Penn Manor Solanco Warwick Black	Cocalico Conestoga Valley Ephrata Garden Spot Lampeter-Strasburg Pequea Valley	Cedar Crest White Donegal ELCO Hempfield White Lancaster Catholic Manheim Township White Warwick White



BOYS – 4TH GRADE

Gold Conference		
North Division	South Division	East Division
Ephrata Hempfield Black Hershey Blue Northern Lebanon	Conestoga Valley Manheim Township Blue Lancaster Penn Manor Donegal	Hempfield White Hershey White Manheim Township White Octorara



GIRLS – 6TH GRADE

Gold Conference			Silver Conference
North Division	South Division	East Division	
Cedar Crest Elizabethtown Hershey Lebanon Manheim Central Northern Lebanon	Donegal Hempfield Lancaster Manheim Township Blue Penn Manor Warwick	Conestoga Valley Ephrata Garden Spot Lampeter-Strasburg Solanco Black	ELCO Annville Lancaster Catholic Manheim Township White Pequea Valley Solanco White



GIRLS – 5TH GRADE

Gold Conference			Silver Conference
North Division	South Division	East Division	
Cedar Crest Blue Lebanon Manheim Central Northern Lebanon Warwick	Conestoga Valley Hempfield Lancaster Catholic Manheim Township Blue Donegal	Ephrata Garden Spot Lampeter-Strasburg Octorara Solanco	Annville Cedar Crest White ELCO Manheim Township White Pequea Valley

