

YOUTH BASKETBALL PROGRAM

Rules and Regulations

Recreation Basketball will be governed by the National Federation Official High School Basketball Rules with the following changes, clarifications, or points of emphasis:

1. **Length of Game:** Coaches are expected to have their teams ready to play at the scheduled game time. Playing time for all divisions shall two 20-minutes halves of running time. For ages 7-10 boys, ages 7-11 girls, clock will be stopped time last 2 minutes of half and last 2 minutes of game.
2. **Intermission:** There will be a maximum of a 3-minute rest period at half time.
3. **Time outs:** Each team will be allowed two timeouts per half.
4. **Injury Time out:** No time out is charged if a player who is injured returns to play immediately. Once the coach goes onto the floor, the injured player must be removed, or a time out is charged.
5. **Playing Time and Substitutions:** It is the goal of this program to allow all participants an equal amount of playing time regardless of ability or wins and losses. Equal play time is mandatory for ages 7-10 boys and ages 7-11 girl players. This will also help the enjoyment and development of all players. Mandatory substitutions will be made every 5 minutes at the supervisors' discretion. All players not in the game will check in at that time. The scorer will sound the horn on the next dead ball. No player shall enter the game until the official signals the player to enter. If there is a time out, the player to enter the game must be at the scorer's table prior to the 45-second warning buzzer or they must wait until the next dead ball. Ages 11+ boys and ages 12+ girls is free substitution, but equal play IS expected.
6. **Defensive Presses:** For 7-10 boys, ages 7-11 girls, there will be no defensive presses, no reach-ins and no steals on held balls. Loose ball steals only in Divisions 1 and 2. Divisions 3-6 defenses can pick up at half court. Teens have full court press and standard basketball games. At the conclusion of the week 4 regular season games, teams should practice full court press and press break as ages 11/12 and up will be allowed to full court press for the last 2 mins of the game.
7. **Three-Point Shots:** To be used in ages 11 and up for boys, ages 12 and up for girl.
8. **Free Throws:** A player will be allowed a maximum of 10 seconds to shoot their free throw. The shooter may not cross the free throw line until the ball reaches the rim. Free throws awarded: One and one on the 7th team common foul per half provided the first attempt is successful. (Note: a player control foul does count toward the 7 team fouls). Two shots awarded for a player fouled in the act of shooting when try is unsuccessful. Two shots awarded for intentional foul or technical foul. One shot awarded for player fouled in the act of shooting and the shot is successful. For Divisions 3 thru 7, the number of shots will be compensated for the area of the floor where the foul was committed
9. **Fouls:** Each player is allowed 5 personal fouls in a game. He or she is removed from the game on the 5th foul. All technical fouls count as personal and team fouls.
10. **Game Rosters:** When submitting a lineup to the scorer, please put players in numerical order.
11. **Lopsided Scores:** The intent of these rules is to keep the scores relatively close, to avoid embarrassment and make the games fun and challenging for both teams! Referees will be instructed to assist in enforcing this rule. In the event of a 15-point lead, there shall be NO defensive presses and no fast breaks by the winning team. Defense must retreat to 3 pt arc. Any additional measures coaches can take (such as a three-pass rule) to help keep games competitive will be appreciated. Scores kept for all divisions; standings kept for ages 11+ boys and ages 12+ girls.
12. **Overtime:** No overtime will be allowed. The game ends at the end of regulation time regardless of the score.
13. **Player appearance:** Players are not allowed to wear any jewelry of any kind (rubber "LIVE strong" style bracelets included). Players are to have shirts always tucked in.
14. **Respect:** Please respect the coaches, players, and referees. Poor sportsmanship and verbal abuse of any kind will not be tolerated and will lead to suspension.
15. **Cleanliness:** Teams will be held responsible for cleanliness of the gyms and school facilities. Practice time(s) will be taken away from teams who do not keep clean and respect the use of the school facilities. It is recommended that each team assign a parent(s) as team manager to assist the coaches with all off-court concerns.
16. **Coaches at the Games:** Ages 7-10 boys and ages 7-11 girl coaches must NOT be on the gym floor during a game. Ages 11 and up boys and ages 12 and up girl coaches must stay in the coach box (bleacher/bench area where players always sit).