



PARKS & RECREATION DEPARTMENT



2012 YOUTH BASKETBALL RULES & REGULATIONS

REVISED 11/29/11

PURPOSE OF THE PROGRAM

- ❑ To promote basketball teams on an organized basis where spirit, exercise, and sportsmanship become each team's objective.
- ❑ To take into consideration at all times the health of each participant.

ATHLETIC SUPERVISOR

- ❑ The Athletic Supervisor will be responsible for the following:
 - Assigning game officials.
 - Supervising activities of the league in accordance with the rules and policies of the Recreation Department.
 - Settling any major disputes or protests.
 - League organization and scheduling.
- ❑ **The manager/coach of each team will be held responsible for the conduct of his/her players before, during and after each game.** The coach will be responsible for handling all details pertaining to his/her team and will see that the affairs of the league will be carried out in accordance with the approved rules and regulations.

PLAYER/TEAM ELIGIBILITY

- ❑ AAU teams will not be allowed to participate in the youth recreational leagues.
- ❑ Participation Forms, Birth Certificates (copies) & Code of Conduct Forms must be turned in for each player to be eligible to participate in any games.
- ❑ Age groups:
 - **5-6 Co-Ed** Cannot be 7 on or before December 31 of 2011.
 - **7-8 Co-Ed** Cannot be 9 on or before December 31 of 2011.
 - **9-10 Boys** Cannot be 11 on or before December 31 of 2011.
 - **8-10 Girls** Cannot be 11 on or before December 31 of 2011.
 - **11-12 Boys** Cannot be 13 on or before December 31 of 2011.
 - **11-12 Girls** Cannot be 13 on or before December 31 of 2011.
 - **Recreational Optimist Boys & Girls** Open to 6th and 7th grade students not participating on the middle school varsity team and cannot be 14 on or before December 31 of 2011.
 - **13-15 Girls** Cannot be 16 on or before December 31 of 2011.
 - **13-15 Boys** Cannot be 15 on or before December 31 of 2011.
 - **Sr. High 16-18 Boys** Cannot be 19 on or before December 31 of 2011 and not yet graduated from high school.
- ❑ Players who are currently playing on a school team will not be eligible to play. This will include the current season varsity and junior varsity teams.
 - If a player is cut during tryouts for a school team, he/she may play.
 - If a player quits a school team, or becomes academically ineligible for the school team, that player will not be eligible to participate in the city's recreation leagues.

INCLEMENT WEATHER

- ❑ A recorded message will be on the following numbers if games are canceled:
704-869-1018, 704-869-1019 or 704-869-1020.

ROSTERS, SIGNING NEW PLAYERS

- ❑ Each team's roster shall have a minimum of 7 players and a maximum of 12 players.
- ❑ 5-6 and 7-8 leagues shall have a maximum of 10 players per team.
- ❑ The manager must submit a roster of all eligible players to the league official before their first game. **Parental Permission forms and copies of birth certificates must accompany team rosters.** Team Rosters will be closed after February 1, 2011.
- ❑ Players cannot play in any two (2) leagues within the City League at the same time.
- ❑ Players may move from one team to another with the written consent of both coaches. This information must be turned into the Athletic Department staff before that child may participate. The move must occur before February 1, 2011. Movement without proper consent will result in the use of an ineligible player and all games in which the player participated will be forfeited.
- ❑ A player's name that appears on two (2) rosters will be locked into the team that he/she plays with first.

TEAM REQUIREMENTS

- ❑ A team must have five (5) players to start a game. A team that does not have five (5) players to start a game will be charged with a forfeit. In the event that both teams do not have five (5) players ready to play at game time, both teams will be charged with a forfeit.
- ❑ Each team is required to submit their lineup to the scorekeeper five minutes before their scheduled starting time. Failure to do so will result in a technical foul.
- ❑ Teams using ineligible players will be subject to action by the Athletic Supervisor. Any team that is caught (knowingly or unknowingly) using an ineligible player – the coach will be automatically suspended for 2 games. If a second incident occurs, the coach will be ineligible to coach for the remainder of the season.
- ❑ The Official Scorer will notify the referee at once of any discrepancy of the running score. If the error cannot be found, the referee will accept the record of the official book unless he has knowledge that permits him to decide otherwise.
- ❑ Any team that forfeits 3 games will be dropped from the schedule. No fees will be refunded.

PLAYING RULES

- ❑ The National Federation Basketball Rule Book, not in conflict with the rules and regulations on these pages will govern all league play.
- ❑ All teams must have un-identical numbered jerseys consisting of the same color. Numbers must be sewn, stenciled by heat, or heat transferred for each player who participates in the game. ***No taped or hand written numbers will be allowed. Players without properly numbered jerseys will not be allowed to play.***
- ❑ Gym shoes are required for all team members.
- ❑ **NO JEWELRY.** This includes necklaces, rings, watches, wristbands, bracelets, earrings, etc. (Earrings cannot be covered with tape and/or band-aids).
- ❑ Hair accessories / No hard plastic, metal, beads or clips or anything deemed unsafe by the officials and/or staff.
- ❑ A player shall not wear anything which is dangerous to another player. (Ex. Padded or unpadded cast).
- ❑ A team failing to have the required number of players to start a game must forfeit.
- ❑ **Games will consist of four 7-minute quarters unless otherwise noted. The clock will stop for free throws, time outs, the administering of a technical foul, or any time the referee gives the time out signal. The clock will run regulation the final 2 minutes of the 4th quarter only.**
- ❑ Each team will have 2 time outs each half and 1 for overtime. They do not carry over.

- ❑ In case of a tie game, there will be one 3 minute overtime period. The clock will run regulation in overtime play. If the game is still tied, 1 minute overtime periods will be played until a winner is decided. 1 time out per overtime is allowed. Substitutions can be made.
- ❑ Only the Head Coach may approach an official for a ruling or interpretation.
- ❑ If a previous game finishes before the next scheduled starting time, both teams have to agree to start early. Teams do not have to start until their scheduled start time.
- ❑ After the jump ball to begin the game, alternating possession arrow will take place for the remainder of the game. Overtimes included.
- ❑ Players will be ejected from the game on the 2nd Unsportsmanlike technical foul. Any player ejected from a game will be suspended for the team's next 2 games.
- ❑ Games will be forfeited on the 3rd unsportsmanlike technical foul called on players, coaches, or bench during the game. (PER TEAM).
- ❑ Technical fouls count as personal fouls.
- ❑ One and one situation will begin on the 7th team foul each half. 2 shots on the 10th team foul each half.
- ❑ If a player is fouled on a 3-point shot, the player will receive 3 foul shots.
- ❑ Ball possession reverts to where the ball was when the time out was called, not automatically to half court as in the pros.
- ❑ There is a 10-minute grace period for the first (1st) game only.

5-6 LEAGUE RULES

- ❑ All players must play two quarters. If teams have more than 10 players on a team, players must play at least one quarter and remaining quarters must be filled in as equally as possible to insure equal playing time for all participants.
- ❑ Substitutions may be made between quarters only. In the event of an injured player, a substitution may be made for that player. EXCEPTION: If a child refuses to play or is sick, you may play someone else for that child.
- ❑ If a player is fouled in the act of shooting teams will line up for free throws.
- ❑ **Games will consist of 4 - seven (7) minute quarters.** The clock will stop only for free throws, time outs, the administering of a technical foul, or any time the referee gives the time out signal. The clock will run regulation the final 2 minutes of the 4th quarter only.
- ❑ Man to man defense only. Coaches will match up players before the start of each quarter.
- ❑ No double-teaming will be allowed.
- ❑ No picks allowed.
- ❑ Help side defense will be allowed as long as double teaming does not occur.
- ❑ No stealing allowed. (A defensive player MAY NOT steal the ball for any reason. (Example: reaching in and grabbing the ball out of a player's hands, off the dribble or a pass). Official's judgment call.
- ❑ Free inbounds pass. You **CAN NOT** play defense on an inbounds pass.
- ❑ No pressing in the backcourt.
- ❑ Shots may be blocked.
- ❑ The home team begins the game by bring the ball inbound. Alternating possession arrow will be used for the remainder of the game.
- ❑ **FREE THROW PROCEDURE:** At the completion of the 2nd quarter, before halftime begins, all players will shoot one free throw. Teams with odd numbers will have someone from the opposing team choose a player to shoot twice. (EXAMPLE: team 1 has 9 players and team 2 has 10 players - team 2 will pick a kid from team 1 to shoot again.)
- ❑ We will not keep score during regular season play.
- ❑ Teams will use a 110 junior basketball for league play.
- ❑ **Free throws will be shot from 10ft.** Children should not be penalized for jumping over this line in order to get the ball to the rim. If a child intentionally goes across the line before the ball hits the rim to get the rebound (has an advantage), this should be considered a lane violation. Official's judgment call.
- ❑ One (1) coach will be allowed on the floor during the game to instruct his/her team. Coaches must remain outside the 3-point line or out of bounds.
- ❑ Each coach should attempt to allow each player to "handle the ball" once or more per game. Player involvement is important to the development of the player and their inclusion with the team.

7-8 LEAGUE RULES

- ❑ NO FREE SUBSTITUTION: SUBSTITUTIONS MAY BE MADE BETWEEN QUARTERS ONLY OR IF A PLAYER HAS BEEN INJURED!!!
- ❑ All players must play two quarters. If teams have more than 10 players on a team, players must play at least one quarter and remaining quarters must be filled in as equally as possible to insure equal playing time for all participants. Coaches who fail to abide by this rule will be suspended for one game on the first offense and the game will be considered a forfeit. If necessary the coach will be dismissed for the rest of the season. During overtimes, teams may play whomever they see fit.
- ❑ **All games will consist of 4 - seven (7) minute quarters.** The clock will stop only for free throws, time outs, the administering of a technical foul, or any time the referee gives the time out signal. The clock will run regulation the final 2 minutes of the 4th quarter only.
- ❑ The home team begins the game by bringing the ball inbound. Alternating possession arrow will be in effect for the remainder of the game.
- ❑ There will be a 5-second- lane violation.
- ❑ **Games will be played on nine (9) foot goals.**
- ❑ Teams will use 28.5 women's basketball for league play.
- ❑ Free throws will be shot from 12ft. Children should not be penalized for jumping over this line in order to get the ball to the rim. If a child intentionally goes across the line before the ball hits the rim to get the rebound (has an advantage), this should be considered a lane violation. Official's judgment call.
- ❑ No pressing in the backcourt until the final three (3) minutes of the game. If a team is winning by 15-points during the last three (3) minutes of play they will not be allowed to press full or half-court. The losing team may press full-court during the final three (3) minutes of play.
- ❑ Teams leading by 15-points at any time during the game will not be allowed to press full or half-court. Teams will be required to pick-up (play) defense inside the 3-point arch. Teams will receive two (2) warnings per game for guarding outside the 3-point arch or pressing full or half-court once they have a 15-point lead. Violations for pressing after the 2nd warning will result in a technical foul for the duration of the game.

8-10 GIRLS LEAGUE RULES

- ❑ All players must play one (1) quarter.
- ❑ Free substitution.
- ❑ **All games will consist of 4 - seven (7) minute quarters.** The clock will stop only for free throws, time outs, the administering of a technical foul, or any time the referee gives the time out signal. The clock will run regulation the final 2 minutes of the 4th quarter only.
- ❑ There will be a 5-second-lane violation.
- ❑ Free throws will be shot from 12ft. Children should not be penalized for jumping over this line in order to get the ball to the rim. If a child intentionally goes across the line before the ball hits the rim to get the rebound (has an advantage) this should be considered a lane violation. Official's judgment call.
- ❑ Teams will use 28.5 women's basketball for league play.
- ❑ No pressing in the backcourt until the final three (3) minutes of the game. If a team is winning by 15-points during the last three (3) minutes of play they will not be allowed to press full or half-court. The losing team may press full-court during the final three (3) minutes of play.
- ❑ Teams leading by 15-points at any time during the game will not be allowed to press full or half-court. Teams will be required to pick-up (play) defense inside the 3-point arch. Teams will receive two (2) warnings per game for guarding outside the 3-point arch or pressing full or half-court once they have a 15-point lead. Violations for pressing after the 2nd warning will result in a technical foul for the duration of the game.

9-10 BOYS LEAGUE RULES

- ❑ All players must play 1 quarter.
- ❑ Free Substitution
- ❑ **All games will consist of 4 – seven (7) minute quarters.** The clock will stop only for free throws, time outs, the administering of a technical foul, or any time the referee gives the time out signal. The clock will run regulation the final 2 minutes of the 4th quarter only.
- ❑ **Free throws will be shot from 15ft.** Children should not be penalized for jumping over this line in order to get the ball to the rim. If a child intentionally goes across the line before the ball hits the rim to get the rebound (has an advantage), this should be considered a lane violation. Official's judgment call.
- ❑ There will be a 5-second-lane violation.
- ❑ Teams will use 28.5 women's basketball for league play.
- ❑ Teams leading by 20-points at any time during the game will not be allowed to press full or half-court. Teams will be required to pick-up (play) defense inside the 3-point arch. Teams will receive two (2) warnings per game for guarding outside the 3-point arch or pressing full or half-court once they have a 20-point lead. Violations for pressing after the 2nd warning will result in a technical foul for the duration of the game.

11-12 BOYS LEAGUE RULES

- ❑ Teams leading by 20-points at any time during the game will not be allowed to press full or half-court. Teams will be required to pick-up (play) defense inside the 3-point arch. Teams will receive two (2) warnings per game for guarding outside the 3-point arch or pressing full or half-court once they have a 20-point lead. Violations for pressing after the 2nd warning will result in a technical foul for the duration of the game.
- ❑ **All games will consist of 4 – seven (7) minute quarters.** The clock will stop only for free throws, time outs, the administering of a technical foul, or any time the referee gives the time out signal. The clock will run regulation the final 2 minutes of the 4th quarter only.

GIRLS RECREATIONAL OPTIMIST, 11-12 Girls & 13-15 Girls LEAGUE RULES

- ❑ Teams leading by 20-points at any time during the game will not be allowed to press full or half-court. Teams will be required to pick-up (play) defense inside the 3-point arch. Teams will receive two (2) warnings per game for guarding outside the 3-point arch or pressing full or half-court once they have a 20-point lead. Violations for pressing after the 2nd warning will result in a technical foul for the duration of the game.
- ❑ The Recreational Optimist program will only be open to 6th and 7th graders who do not or cannot participate on the varsity team.
- ❑ Teams will use 28.5 women's basketball for league play.
- ❑ **All games will consist of 4 – seven (7) minute quarters.** The clock will stop for free throws, time outs, the administering of a technical foul, or any time the referee gives the time out signal. The clock will run regulation the final 2 minutes of the 4th quarter only.

BOYS RECREATIONAL OPTIMIST, 13-15 BOYS & SENIOR HIGH 16-18 BOYS LEAGUE RULES

- ❑ The Recreational Optimist program will only be open to 6th and 7th graders who do not or cannot participate on the varsity team.
- ❑ **All games will consist of 4 – seven (7) minute quarters.** The clock will stop for free throws, time outs, the administering of a technical foul, or any time the referee gives the time out signal. The clock will run regulation the final 2 minutes of the 4th quarter only.

CODE OF CONDUCT

The Gastonia Parks & Recreation Department (GPRD) strives to provide positive athletic experiences for all children. We are dedicated to providing every participant an opportunity to learn, play and have fun. While we acknowledge the fact that athletic participation is a competitive venture, we believe that in the recreational context, participation and good sportsmanship are more important than winning. In keeping with our philosophy, the following rules and guidelines are provided to ensure that everyone can enjoy a positive experience.

- ❑ All coaches/managers should inform all parents, spectators and players of the Code Of Conduct.
- ❑ **Parents and spectators should refrain from “GRANDSTAND COACHING,” BADGERING OR HARASSING any member of their respective team, the opposing team, or referees, and showing conduct unbecoming of a lady or gentleman.**
 - ❖ PENALTY: Before imposition of any penalty set out below, GPRD staff will make every effort to approach the offender and inform him or her that the conduct is unacceptable and that if it continues the offender faces ejection as set out below. However, in the case of conduct that is abusive, threatening or interrupts play, the following penalties may be imposed immediately.
 - **1ST OFFENSE:** The parent/spectator will be ejected from the playing facility.
 - **2ND OFFENSE:** The parent/spectator will be suspended from Recreation Department Property and/or School Property while it is being used by the Recreation Department for 1 year.
 - If any parent is guilty of any misconduct mentioned above, said parent’s child could be suspended from further participation in the league.
- ❑ **COACHES ARE TO REMAIN IN THEIR COACHES’ BOX. BADGERING OFFICIALS AND SCOREKEEPERS WILL NOT BE TOLERATED!**
- ❑ **PLAYER, COACH, SPECTATOR, PARENT CODE OF CONDUCT**

Any infraction of the Code Of Conduct will result in immediate ejection from the playing facility. Any player, manager, spectator or parent ejected from the playing facility has 2 minutes to be out of sight and sound or the game will be considered a forfeit.

1. **NO PLAYER, COACH, SPECTATOR OR PARENT SHALL:** At any time lay a hand upon, push, shove or threaten to strike an official.
 2. **NO PLAYER, COACH, SPECTATOR OR PARENT SHALL:** Refuse to abide by an official’s decision.
 3. **NO PLAYER, COACH, SPECTATOR OR PARENT SHALL:** Be guilty of objectionable demonstrations of dissent at an official’s decision by throwing balls or equipment.
 4. **NO PLAYER, COACH, SPECTATOR OR PARENT SHALL:** Be guilty of heaping personal verbal abuse upon any official for any real or imaginary wrong decision or judgment.
 5. **NO PLAYER, COACH, SPECTATOR OR PARENT SHALL:** Be guilty of physical attack as an aggressor upon any players, officials or spectators.
 6. **NO PLAYER, SPECTATOR OR PARENT SHALL:** Discuss with an official in any manner the decision reached by such official except the team captain or manager.
 7. **NO PLAYER SHALL:** Be guilty of using unnecessary rough tactics in the play of the game against the body and person of an opposing team.
 - ❖ **PENALTY: (RULES 1–7) – POSSIBLE SUSPENSION FOR THE SEASON. Officials will make a written report to the Recreation Department.**
- ❖ **SUSPENSIONS:** The degree of flagrancy is in the official’s judgment. The official will make a written report to the Athletic Supervisor. Suspensions will take place accordingly. Violations can range from a 2 game suspension up to a suspension for the remainder of the season. If there is a second occurrence or the degree of flagrancy warrants this type of action on the first offense, the player, manager, spectator or parent will be suspended from all recreation property or school property used by the recreation department for one year. (A player, manager, spectator or parent that is suspended may appeal this suspension to the Director of Parks & Recreation.)
 - ❖ Any player, manager/coach or spectator who is suspended for any reason cannot attend any games in any capacity for any reason until the suspension has ended.