

Teen Basketball League

2010



Douglas County Parks & Recreation

**Douglas County Parks and Recreation Department
Teen Basketball Rules 2010 Season**

LEAGUE STRUCTURE

PRACTICES

1. Gym practice time for each team will be regulated by the Parks & Recreation Department based on availability of facilities.
2. All practices may be held at the following locations: Carson Valley Middle School Old Gym, CC Menely Elementary, Jacks Valley Elementary, Minden Elementary, Pinion Hills Elementary or Scarselli Elementary.
3. Practices are scheduled for Monday - Fridays starting the week of December 17th through March 7th.
4. Each team is allotted a one-hour practice per week. Practices are full court. Additional practice time is at the coach's discretion and is limited to available practice time availability. All practice times must be reserved in advance with Andy Braun, Recreation Coordinator at 782-9828

GAMES

1. Each team will play a minimum of 8 games.
2. Games will start promptly at game time. Please have your team ready to play at game time. Do not allow players to go onto the court at any time during another game, including during time-outs or between quarters or halves.
3. Teams must have a minimum of 4 players to start and finish a game. If a team has less than four players the game will be forfeited.
4. All games will consist of (6) four-minute segments during quarters 1-3 with 30 seconds between them, and (1) eight-minute fourth quarter, and a 5-minute half time.
5. A running clock will be used. In the 4th quarter the clock will stop on all whistles during the last 2 minutes and will not start again until the ball is back in play. If a team is ahead by 15 points or more in the last 2 minutes, the clock will not stop.
6. Each team will be allowed two (2) time-outs per half. Unused time-outs cannot be carried over to the second half.
7. Time-outs will stop the clock for duration of one minute.
8. Overtime will last two (2) minutes and the clock will stop on all whistles. There will be 1 time-out per team in the over-time. If the score is still tied after the 1st over-time, then the game will continue with an additional overtime until a winner is decided. Timeouts will carry over for overtimes.
9. Coaches are not allowed on the court unless called upon by an official
10. Only head coaches and players on the court are allowed to call a timeout.
11. Standings will be kept. A postseason tournament will be held.

12. Coaches are not encouraged to transport participants in their own vehicles. Douglas County does not assume any liability risks in regards to transportation.

EQUIPMENT

1. Uniforms (team T-shirt) will be issued to each player and head coach.
2. Each team will be given one (2) basketballs to use during team practices. These basketballs do not need to be returned.
3. Game Balls used: Official Size (29.5)

OFFICIALS

1. All league games will be officiated by two officials provided by the Recreation Division.
2. All officials are thoroughly versed in the rules and do not have to be reminded of them during the game. Judgment calls should not be questioned at any time before, during, or after a game. If you question the interpretation of a rule, then it must be done in a polite manner.
Questionable calls are part of the nature of the sport and happen at every level. Use these opportunities to teach respect and sportsmanship to your players.

SCOREKEEPERS

1. The Recreation Division will provide scorekeepers.
2. Coaches are prohibited from approaching the scorer's table during active play.

GYM MONITOR

1. A Gym Monitor will be on site during all games.
2. The gym monitor will have a basic First Aid kit on hand.
3. The gym monitor is authorized to request certain participants to leave the gym in the event of inappropriate behavior or violation of school rules.

GYM USE

1. No Food or drink will be allowed in the gym at any time. Exception: secured water bottles
2. No hanging on rims or abuse of facility will be allowed at any time.
3. No unsupervised children or play of any kind will be allowed.

RULES

The National Federation of State High School will govern the Douglas County Parks & Recreation Department's Youth Basketball League Association rules with the following exceptions:

1. A jump ball will occur at the beginning of the game and each overtime period that is necessary to complete a game. All other jump-ball situations will "alternate" under normal possession arrow procedures.
2. Goals will be changed at half time.
3. The offensive team has (10) ten seconds to move the ball over the half court line.
4. Teams will have the option of playing a zone or man-to-man defense.

5. No full court defense will be until last four minutes of the game. Exception: if a team is ahead by 15 points or more, that team will not be allowed to use full court defense.
6. The three-point shot will be used.
7. Non-shooting fouls will not result in free shots; unless a team has reached 7 team fouls, then free throws will be administered on a one-and-one basis. After 10 team fouls, players will shoot two free throws.
8. Free throws will be shot from the standard free throw line.
9. During a free throw, no players can advance until the ball touches the rim.
10. Players will only be allowed 3 seconds in the key.
11. A player will be disqualified from the game on their 5th personal foul.
12. A flagrant foul may be interpreted as a technical foul. A player committing a flagrant foul may be ejected from a contest.
13. A technical foul will constitute an automatic 2-point penalty and loss of possession of the ball. Any player or coach who receives 1 technical foul during a game will be ejected from that contest, and may receive an added 1 game suspension. They must meet with the disciplinary committee prior to becoming eligible to play again.
14. If a player or coach receives 3 technical fouls in a season, the player or coach may be suspended for a minimum of two games.
15. Absolutely no fighting, inappropriate language or unsportsmanlike conduct will be permitted at any time. Any player or coach who abuses the above **WILL** be ejected immediately from the game.
16. Coaches ejected from a game will have to meet with the conduct committee before they will be allowed to return to the game. Any coach that picks up three technical fouls in one season will also be suspended until they meet before the conduct committee.

PLAYING TIME

1. Minimum playing time – We will attempt to have all players play equally. No player may play more than one more segment than the player who plays the least number of segments during the first 3 quarters. If a player is substituted out during the quarter, it will not count towards their total playing time. The player substituted in will count toward their playing time. Abuse of this rule will require the league administrator to make the line up for the following week and the players who played less time will start and play the time missed from the last game and the time required for the current game.
2. Teams will be allowed to substitute freely for the 4th quarter. Every player must play in the 4th quarter.
3. No player can play all four quarters unless there are only five players.
4. The clock will stop every 4 minutes for substitutions, the horn will sound, complete substitutions will be made, and the clock will start again. This is not a time out. The team with possession of the

ball at the time of substitution will retain possession after the substitution. *Exception: the fourth quarter will be 1 eight (8) minute quarter. Substitutions can be made at any dead ball situation.*

5. If a player arrives late to a game, they are required to play **HALF** of the full quarters remaining for play.