

Youth Basketball League

2011



Douglas County Parks & Recreation

Douglas County Parks and Recreation Department
Youth 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 will be held at the following locations: Carson Valley Middle School Old Gym, CC Meneley Elementary School, Jacks Valley Elementary School, Minden Elementary School, Pinon Hills Elementary School, and Scarselli Elementary School.
3. Practices are scheduled Mondays - Fridays starting the week of December 7 through March 12th.
4. Each team is allotted a one-hour practice per week. Practices are half court, with two teams practicing on one 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. 3rd/4th grade games will be held on Saturdays starting January 8th and will be played at the Carson Valley Middle School big gym unless otherwise stated. These games will be scheduled every hour with starting times varying.
3. 5th/6th grade games will be held on Saturday starting January 8th and will be played at Carson Valley Middle School small gym (unless otherwise stated). These games will be scheduled every hour with starting times varying.
4. 7th/8th grade games will be held on Saturdays starting January 8th and will be played at Pau Wa Lu Middle School. These games will be scheduled every hour with starting times varying.
5. 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.
6. Teams must have a minimum of 4 players to start a game. If a team has less than four players the game will be forfeited.
7. All games will consist of (8) four-minute segments, with 30 seconds to substitute between segments. This is for substitution only, it is not a time out. Half time is 5 minutes.
8. For 9-12th Graders the 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.
9. 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.

10. Each team will be allowed two (2) time-outs per half. Unused time-outs cannot be carried over to the second half.
11. Time-outs will stop the clock for duration of one minute.
12. Only the 7th/8th and 9th-12th grade leagues will have an overtime period. 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 additional overtimes will be held until a winner is determined. Timeouts can be carried over in overtime periods.
13. Coaches are not allowed on the court unless called upon by an official
14. Only head coaches and players on the court are allowed to call a timeout.
15. Standings will not be kept from 3rd/4th coed or 5th/6th coed, but will be kept for 7th/8th and 9th-12th grade leagues. A postseason tournament may be held for 7th/8th and 9th-12th grade leagues only.
16. 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. Altering the shirts in any way (cutting sleeves off, cutting neck line, cutting side panels, etc.) will result in a Technical foul to begin each game.
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:
 - 3rd/4th Grade: Intermediate (28.5)
 - 5th/6th Grade: Intermediate (28.5)
 - 7th/8th Grade: Official Size (29.5)
 - 9th-12th Grade: Official Size (29.5)

OFFICIALS

1. For 3rd/4th & 5th/6th grades, all games will be officiated by one official. For 7th/8th grade games, all games will be officiated by two officials. All officials are 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 & TIMERS

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 participants, coaches or fans 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. (With the exception of 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. We may be forced to stop games if children are running wild or are in danger of getting injured.

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. All other jump-ball situations will "alternate" under normal possession arrow procedures.
2. Teams start the game at the basket opposite their bench.
3. Goals will be changed at half time.
4. The offensive team has (10) ten seconds to move the ball over the half court line.
5. Teams will have the option of playing a zone or man-to-man defense.
6. No full court defense will be allowed in grades 3 through 6. In grades 7th and 8th, full court defense will be allowed the last two 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.
7. The three-point shot will not be used for 3rd/4th or 5th/6th grade leagues and **No** team will be allowed to win a game by more than 20 points. Any team winning by more than 20 will be required to see the league administrator.
8. In the 7th/8th Grade league no team will win by more than 25. Any team winning by more than 25 will be required to see the league administrator.
9. 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.
10. 3rd/4th grade free throws will be shot from two feet inside the free throw line. 5th/6th grade and 7th/8th grade will shoot from the standard free throw line.
11. During a free throw, no players can leave their designated area until the ball touches the rim.
12. For grades 3 through 6, players will be allowed to stand in the offensive key area for five seconds instead of three.
13. A player will be disqualified from the game on their 5th personal foul.
14. A flagrant foul may be interpreted as a technical foul. A player committing a flagrant foul may be ejected from a contest.

15. A technical foul will constitute an automatic 2-point penalty and loss of possession of the ball. Any player who receives 1 technical foul during a game will be removed from the game for that segment and the following 2 segments. It will count as 2 segments played. They will also be required to meet in person with the league administrator. Failure to meet with the league administrator will result in a suspension until the meeting is held. The administrator may impose a suspension.
16. If a coach gets a technical foul. They will SIT the rest of the game and not be allowed to address the officials except to call a time out. Failure to adhere strictly to these conditions will result in another technical. They will also be required to meet in person with the league administrator. Failure to meet with the league administrator will result in a suspension until the meeting is held. The administrator may impose a suspension
17. 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.
18. 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.
19. 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. 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. 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. Please use the play time hand out to monitor your players. 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. No player can play all eight segments unless there are only five players.
3. 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.
4. Attempt to play girl against girl if possible. IF there are 2 females on a team, A girl should remain in the game at all times. If there is only one girl, she may sit out a maximum of 8 minutes only, during which time a team may play with 5 male players.
5. If a female player is injured after she has taken her time out, a fifth male player can play on the court.
6. If a player arrives late to a game, they are required to play HALF of the full quarters remaining for play.
7. The segment start procedure is as follows: At the 4 minute mark of each quarter the horn will sound for substitutes. The players will go to their bench. The new players will immediately report to the scorers table. They will stand in line with their backs to the scorekeeper who will mark the players and tell them to take the court.
8. Put players in the scorebook in numerical order.