YOUTH BASKETBALL RULES FOR 2015-2016 rev: 10-13-15

1. All rules fall under the jurisdiction of the NFSHSA (High School rules), unless otherwise noted. Recreation staff is authorized to ask any person to leave the Recreation Center or Crestwood Middle School due to unacceptable conduct.

2. Each game will consist of four (4) quarters:

<table>
<thead>
<tr>
<th>Division: Period length (In minutes, running time)</th>
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<tbody>
<tr>
<td>Training Division: Ten (10) minutes (2)</td>
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<tr>
<td>Prep Division: Eight (8) minutes</td>
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<tr>
<td>Junior Division: Nine (9) minutes</td>
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<tr>
<td>Senior Division/Pro: Ten (10) minutes</td>
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</table>

3. The clock will only be stopped during the first 3 quarters for time-outs, injury, or clock issues. If the score differential is 10 points or less at the 2 minute mark in the 4th quarter, the clock will stop for the remainder of the game and overtime for fouls, out of bounds, etc. For all divisions, the clock will also stop for mandatory substitutions at the midway point of every quarter. This rule gives the coach the opportunity to substitute without taking a time-out and ensures the use of the “mandatory play rule”.

   *Clock will stop at the first dead ball or possession change starting at :30 before the half way mark*

4. Mandatory Player Rule: Each player must play the time equivalent of two full quarters. Players must play FOUR (4) half-quarters. (Exception: Players with 3 fouls may be substituted in the 1st half, players with 4 fouls may be substituted in the 2nd half).
   
   a. Free substitutions last 5 minutes of each half (Exception: unless a player has not played the equivalent of a full quarter).
   
   b. This rule applies regardless of the number of players on a team.
   
   c. If a player is being disciplined for missing practices/games/etc, the Recreation Leader, Officials, and Scorekeepers must be notified BEFORE the game begins. (If they are not notified, the player must play)

   d. If this “mandatory play” rule is not being followed, the game may be stopped and forfeited.

5. Teams may practice twice per week during the pre-season. After season games have begun, teams will practice once per week. Practices should not exceed one hour.

6. The Scorekeepers and Officials maintain the “official score.” The “paper score sheet” record maintained by the scorekeeper overrides all scoreboard information, which is used as a visual aide only. Should a spectator have a question concerning the posted score, he/she should speak to the on-site Recreation Leader.

7. Each team is permitted six (6) team fouls per half; the seventh foul constitutes the “bonus” (one & one), tenth foul constitutes the “double bonus” (two shots).

8. Each team is allotted three (3) time-outs per game. One time-out for overtime (Any remaining time-outs from regulation will be LOST). Delay of Game: One warning, then a technical foul is issued.

9. Technical fouls: Once assessed a Technical foul, Head and Assistant Coaches must remain seated for the remainder of the game for the 1st Technical. Players or Coaches who accumulate two (2) technical fouls in a game for unsportsmanlike conduct will be ejected and suspended. Ejected coaches/players must leave the gym. Fighting will result in expulsion from the league.

   a. Suspended players/coaches/parents cannot be in the gym for the length of the suspension.

Coaches are responsible for the conduct of their parents and fans as well. Spectators can also be assessed technical fouls for unsportsmanlike conduct, which will affect their team. Spectators who are assessed a technical foul must leave the gymnasium (for the entire day); refusal to do so will result in a team forfeit.
Coaches are responsible for their behavior in the Rec Center before and after a game. If there is misconduct those coaches will be open to potential penalties.

10. Teams must be prepared to begin play at game time. Team must be **IN GYM** at their posted game time. If team is not in the Gym at game time, the game can be forfeited.

   Exception: For the first evening game scheduled: If a team is not ready to play at the posted “game time” a five (5) minute grace period will be issued. A five-minute running clock will be started and if the team is still not ready to play at the conclusion of the five minutes, the game will be declared a “forfeit”.

11. **No Food Or Drink Is Allowed In The Gymnasium.** If your team is in violation, a technical foul will be assessed.

   An area just outside the gym will be designated for “personal drinks.”

12. Prior to the first game, Coaches’, players’, and parents’ **Code of Ethics** must be signed and submitted to the Recreation Leader, in order for the team to receive their uniforms.

13. No one other than Officials, players, and Village Staff involved in the current game is allowed on the court before, during, or after the game (including Half-time): All Coaches must remain inside the coaching boundaries in front of their bench and, otherwise “off” the court. Only the Coach, Assistant Coach and players are allowed to use the bench during game time.

    a. After the game coaches can meet in lobby or hallway, but in in gym.

14. All players are required to wear team shorts with no pockets while participating in games. This uniform requirement must be followed or teams may be penalized. Shorts must be pulled up to the natural waist, with shirts and strings tucked in. Shorts will be supplied by the Recreation Center as part of the Uniform.

15. Non-marring, closed-toed **athletic shoes** are required while participating in gym activities. This rule also applies to Coaches who are on any section of the gym floor. Headbands, wristbands and T-shirts underneath the jersey must be the same color or Black/White as the jersey (not the number). The headbands or wristbands must be worn according to their intended purpose and location on the body, and cannot be worn, for example on the biceps. Players may not wear jewelry or elastic bands with metal in them to tie back their hair.

16. No personally-owned basketballs are allowed in the gymnasium on game days. Only the ball issued by the village to the coach should be taken into the gym – teams will be given 1 additional ball for pre-game, warm-up period.

17. Fans may only cheer positively. No “negative comments,” yelling or “feet stomping” is allowed at any time, including when foul shots are being completed. Players may not “trash talk.” During foul shots, the gym will be kept quiet. Players may not say anything to distract the shooter and must keep their hands in their own lane. Officials may stop the game to warn fans/coaches/players about any misconduct of this kind.
Divisional Rules

TRAINING DIVISION
1. Training Division will be split into even groups of 6-10 players based on age/experience/ability levels.
2. Each group will practice together twice during the week (one inside and one outside).
3. Groups will be given a time to be at the Rec Center on Saturday mornings for games.
4. Teams will be decided on then (different each week), and play at least 2 games (40 total minutes).
5. Coaches will ref and coach.
6. Only man to man defense is allowed. No defense in the back court.
7. Free Throw line will be (8’)
8. Ball for Training Division: (27.5”) basketball

PREP DIVISION
1. Game format: Skills development; includes lay-ups and free throws, prior to the game, which is four 8-minute running quarters
   a. In case of an uneven number of players, players cannot go more than twice.
2. Team with the greatest number of lay-ups and free throws made will begin the game with a “point’s advantage” of 3 points. There will be no skills competition for the playoffs.
3. Free throw line to be located ten feet (10’) from basket which is at a height of ten feet (10’)
4. Zone defense is allowed. No full court Press.
5. Ball for Prep Division: (28.5”) basketball

JUNIOR DIVISION
1. Game format: four 9-minutes running quarters
2. No “full court press” allowed by a team ahead by 12 or more points. Officials will issue a warning followed by a technical for rule infractions.
3. Ball for Junior Division: (29.5”) basketball

SENIOR DIVISION
1. Game format: Four 10-minute running quarters*
2. No “full court press” allowed by a team ahead by 12 or more points. Officials will issue a warning followed by a Technical for rule infractions.
3. Ball for Junior Division: (29.5”) basketball

*OVERTIME (OT) by Division:

Prep: No Overtime (except in playoffs)
Junior/Senior: One 2-minute OT.
If still tied, one 1-Minute OT
Then, 1st basket wins.
### Rules

1. It is mandatory that all players start and finish FOUR (4) half-quarters.
2. They must start and finish a full half-quarter for it to count, even if they have been subbed in at another time.
3. There will be no subs allowed (except the mandatory ones at the half-way mark) in the 1<sup>st</sup> and 3<sup>rd</sup> Quarters.
4. If a player has “x” amount of half-quarters left to play, whenever the game gets to “x” amount of half-quarters left, that player will not be allowed to be substituted.
5. No players are allowed to play the entire game (all players must rest for at least ONE (1) half-quarter.
6. If a team has 7 or less players for a game, then all players must start and finish FIVE (5) half-quarters. (Whether it is for a suspension or just missing a game).