

DECATUR PARKS AND RECREATION YOUTH BASKETBALL



RULES AND REGULATIONS
2008-2009
Revised 9-04-08

NOTE: The current official playing rules of the National Federation of State High School Associations (NFHS) with adoptions by the Alabama High School Athletic Association (AHSAA) will be the basic set of rules for this program, except as changed in the following paragraphs.

1:00 ELIGIBILITY OF PLAYERS

- 1:01 A player participating in this basketball program cannot play or practice with or against a team associated with any school athletic program.
- 1:02 The player's age on September 1 will determine his/her league age. Boy's 7 and 8 years old will play in the 8 and Under League; boy's 9 and 10 years old will play in the 10 and Under League; boy's 11 and 12 years old will play in the 12 and Under League; and boy's 13 and 14 years old will play in the 14 and Under League. Girl's 8, 9, 10, 11 & 12 years old will play in the 12 and Under League. Boy's 5 and 6 and Girl's 5, 6 and 7 will play in the Boy's/Girl's Mixed League.
- 1:03 All eligible players must have written consent of their parent or guardian before participating in this program.

2:00 TEAM SELECTION

- 2:01 All players will be placed on different teams each year.
- 2:02 Player placement will be based on a rating program conducted by the special advisors and league coordinator during basic skills evaluation times.
- 2:03 Each player will be rated on a scale of 1-5 (5 being the highest skill level) in 4 different aspects of the game (shooting, passing, rebounding and dribbling). Player height will also be considered.
- 2:04 A column is designated for each team in a division. Beginning with the highest rated players, one player is placed in each column until all the maximum scores are distributed. Dropping to the next highest rated level, the players are distributed in the same manner, starting at the point the first group ended. After teams are complete, coaches are selected by random draw and placed with a team.
- 2:05 Provisions will be made for the head coach's child to be on his/her team by trading a player of equal rating for his/her child.
- 2:05a Provisions will be made for siblings living in the same household to play on the same team by trading players of equal rating.
- 2:06 **NO** provisions will be made for the children of assistant coaches.

3:00 EQUIPMENT AND UNIFORMS

- 3:01 Uniforms for all players shall be defined as a jersey/shirt with numbers on the front and back of both color sides, identical in style and color with other players on the same team. Numbers on the back must be 6" numbers and numbers on the front must be 4" numbers. Team name may be printed on the front. The following numbers are legal: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55. A team member list shall not have both numbers 0 and 00.
- 3:02 A ball 28.5 inches will be used for girl's, Mixed League and 10-and-under boy's competition.
- 3:03 It is recommended by the American Dental Association (ADA) that all children who are participating in athletic activities that involve a risk of falling or head contact with other players or equipment should wear a mouth guard.

4:00 GAME RULES AND REGULATIONS

- 4:01 Playing time for **all age divisions** will be eight (8) three minute periods with a one (1) minute break to enter subs between periods. At the end of the fourth period there will be a five (5) minute half-time break.
- 4:01a The jump ball which starts the game, initiates the possession arrow procedure. The possession arrow will point toward the goal of the team that did not gain possession. The possession arrow will determine ball possession only after the second, fourth and sixth periods. At the end of the first, third, fifth and seventh periods, possession will remain with the team that has possession at the completion of these periods. Loss of possession includes an attempted shot. The throw-in for the next period will be at the division line.
- 4:01b Overtime periods will be three (3) minutes.
- 4:01c There will be four (4) time-outs per game and one additional time-out per each overtime period.
- 4:02 Forfeit time for all games will be designated game time.
- 4:03 **ALL PLAYERS MUST:**
1. **PLAY A MINIMUM OF 12 MINUTES**
 2. **MUST PLAY IN EACH HALF**
 3. **MUST SIT OUT A MINIMUM OF 3 MINUTES PRIOR TO THE START OF THE 8TH, 3-MINUTE BLOCK (AS LONG AS THERE ARE MORE THAN 5 PLAYERS TO START THE GAME)**
 4. **PLAY IN 3- MINUTE BLOCKS OF CONSECUTIVE TIME**
 5. **CHECK IN AT SCORER'S TABLE ON EVERY ENTRY TO THE GAME**
 6. **THERE WILL BE A 1 MINUTE BREAK BETWEEN ALL 3 MINUTE PERIODS AND HALFTIME WILL BE 5 MINUTES**

Coaches may free sub only after all players have met playing and sitting requirements. The only exceptions would include fouling out, injury, sickness or disciplinary reasons. If a player leaves during a 3- minute period for injury or sickness, that player may reenter on any dead ball of the same 3- minute period. Any player that subs for this injured or sick player must still sit one complete 3- minute period if there are more than 5 able players present.

4:04 Coaches must give the scorekeeper player rosters 15 minutes before game time. Any players not present, unable to play because of illness or injury or being disciplined must be noted. Coaches must fill out player eligibility form and give to scorekeeper before beginning of game for any ill, injured or disciplined player.
*Failure to observe this rule will be considered unsportsmanlike conduct, coaches will be disciplined accordingly and the game will be ruled a forfeit.

4:05 This section applies only to the **Boy's 10U division and Boy's 8U division.**
A. Players have the option of shooting free throws from the regulation distance or shortened by three (3) feet. A violation occurs only when the shortened line is touched or crossed by the shooter.
B. A three second lane violation will be enforced using the shortened free-throw line as the boundary.

4:06 This section applies only to **girls 10 years of age or younger.**
Players have the option of shooting free throws from the regulation distance or shortened by three (3) feet. A violation occurs only when the shortened line is touched or crossed by the shooter.

4:07 PRESS RULE

A. GIRL'S 12'S:

NO BACK COURT DEFENSE ALLOWED BY TEAM THAT HAS A 10 OR MORE POINT LEAD.

B. BOY'S 8'S:

NO BACK COURT DEFENSE ALLOWED AT ANY TIME.

C. BOY'S 10'S AND 12'S:

NO BACK COURT DEFENSE ALLOWED BY TEAM THAT HAS A 15 OR MORE POINT LEAD.

D. VIOLATIONS OF RULE 4:07

FIRST OFFENSE:	WARNING TO TEAM
SECOND OFFENSE:	WARNING TO COACH
THIRD & SUBSEQUENT OFFENSES:	TEAM TECHNICAL

PENALTY: TWO FREE THROWS PLUS POSSESSION FOR DIVISION-LINE THROW-IN.

4:08 **Unsportsmanlike conduct will not be tolerated in this program.** Disciplinary action for unsportsmanlike conduct will be administered in the following manner:

First Offense: Warning

Second Offense: Incident goes before review committee (Youth Advisory Board)

4:08a Any player assessed an unsportsmanlike technical will sit the remainder of the 3-minute period in which the technical occurred. The player will also sit the next three- minute period, regardless of the number of players left in the game. This time is in addition to the minimum 3 minutes each player is required to sit. If the unsportsmanlike technical occurs in the 8th period, the player will sit the first 3-

minute period of the next game in which this player participates. (Note: this time is in addition to the minimum 3-minute sit for that game)

5:00 NOTES TO COACHES

- 5:01 **Only matching team jerseys/shirts are required. T-shirts worn under the jersey must be white. Player names ARE NOT ALLOWED on team jerseys.**
- 5:02 Meeting with coaches may be called at the discretion of the League Director. All coaches are expected to be present at these meetings.
- 5:03 Coaches must be certified through the NYSCA program.
- 5:04 Coaches will accept the decisions of the game officials as being fair and to the best of each official's ability and judgment.
- 5:05 Coaches will report all injuries of serious nature to the League Director or recreation center supervisor at the time of the injury.
- 5:06 Do not permit a player to re-enter a game after he/she has been badly injured.
- 5:07 Coaches should refrain from use of tobacco products in the presence of players at all times and may not use tobacco products during a game.
- 5:08 Players should never be criticized in front of spectators. Reserve constructive criticism for private times or in the presence of the team, if all may benefit.
- 5:09 During the period between games, only the players on the teams playing the next game will be allowed on the court. During the half-time period, only the players in the game in progress will be allowed on the court. Coaches are asked to assist in enforcing this rule by controlling the players on their team.
- 5:10 Disciplinary action for unsportsmanlike conduct by coaches will be administered in the following manner:
- First Offense: Warning
Second Offense: Incident goes before review committee (Youth Advisory Board)
- 5:11 End of season awards will be provided by Parks and Recreation. Coaches and parents are requested not to purchase awards for their teams. This is unfair to those who cannot afford it.
- 5:12 A maximum of two certified coaches will be allowed on team bench.
- 5:13 **Please remind parents and players not to bring basketballs on game days. Decatur Parks and Recreation will provide each team a basketball for practice purposes before the game (time permitting) and for half-time. Any basketballs brought to the gymnasium by players will be taken by staff and held until after game time.**

Addendum:

Harassment, Menacing, or Assault of a Sports Official

The Code of Alabama defines harassment, menacing or assault of an umpire, referee, coach or other person who supervises the participants in any organized athletic activity as a crime, ranging from a Class B misdemeanor to a Class A felony, punishable by fines from \$1000 to \$20,000 and imprisonment from six months to life.

These offenses include:

- With intent to harass, annoy, or alarm, striking, kicking, shoving or otherwise touching or subjecting to physical contact; or abusive or obscene language or making obscene gestures.
- Verbal or nonverbal threats to safety
- Physical action that intentionally places or attempts to place in fear of imminent serious physical injury
- Causing physical injury

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**DECATUR PARKS AND RECREATION DEPARTMENT
YOUTH BASKETBALL**

SPECIFIC LEAGUE RULES FOR 5-6 YEAR OLD DIVISION

- Each quarter will be 5 minutes in length.
- The clock will run continuously except for time outs and foul shots. In the last minute of the game the clock will stop on all violations and dead ball situations. The clock will not start in the final minute of the game until the team with possession crosses half court.
- There will be no score kept in this age group.
- Each team will have 4 time outs per game.
- All players are required to play at least one half of each game. Each player shall play at least one quarter of each half. A coach cannot play a player for one half and sit him in the other half. The only exception to this rule is if a coach has a player who is not to be played because of illness, injury, or discipline reasons. A coach who has a child who falls under these situations must report it in writing stating the reason for not playing to the scorekeeper before the game begins.
- No pressing in the backcourt will be allowed.
- A team may not play defense outside the three point line until the final minute of the game and then they may play defense beginning at half court.
- The three point shot will not be in effect.
- Free throws will be shot from the line closest to the goal.
- There will be five seconds allowed for lane violations.
- One coach per team will be allowed to walk the floor and direct his/her players.
- No fast breaks allowed.
- No one but coaches and players allowed on the bench.

**DECATUR PARKS AND RECREATION DEPARTMENT
YOUTH BASKETBALL**

SPECIFIC LEAGUE RULES FOR 7-8 YEAR OLD BOYS DIVISION

- **There will be no back court defense allowed at anytime**
- **In the final minute of the game the clock will not start after a dead ball and after a made basket until the offensive team crosses into their front court.**
- **After a change of possession on a live ball the offensive team may not fast break or cross half court until the defensive team is set.**