



Youth Sports Basketball Rules

2019/2020

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Feather River Recreation and Park District offers recreational leagues with the goal of providing quality recreation programs that allowing young athletes of all skill levels the opportunity to experience sports in a safe and enriching environment. We strive to provide a safe, healthy and enriching environment for our young athletes where they can become better athletes and most importantly better people.

FOCUS ON DESIRED OUTCOMES

Safety - Enjoyment – Learning

General Information:

1. All players must turn in a FRRPD Youth Sports Registration form/waiver **and** be listed on a participating team's roster to be eligible to play. A roster must be filled out by coaches or school administrator and returned to the FRRPD office on or before the first game.
2. Persons or players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
3. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, or the uniform is changed.

League Fees:

1. A \$38 fee per game, per school will be charged. Cancellations must be made at least **48 hours** in advance otherwise the canceling school will be billed for the cost of both teams. Schools that cancel within 48 hours will be charged a onetime rescheduling fee.
2. Participating in Tournament play is not included in Leagues fees. Fees are \$65/team for tournament play. Coaches must confirm their team's interest in participating in Tournament Play, with an RSVP no later than 2 weeks prior to the scheduled start of Tournament play.

Game Rules:

1. League Composition: 4th/5th, 5/6th and 7/8th boys and girls leagues.
Players are only allowed to play on one team. *If a player is playing up a league, division, of grade they are not allowed to move back down and must stay on the higher level team.
*Exceptions to this rule will be considered on a situational basis. Please contact FRRPD with circumstances.
2. Team Composition: Teams may play a maximum of 5 players on the court at a time. A minimum of four players is required to start a game. If a team has less than four players at the start, the game will be considered a forfeit. Teams are encouraged to play down when opposing teams do not have enough players to put a full team on the court. A team may continue (after the start of the game) if there are at least three players on the court during all periods of play.
3. Playing Time: It is highly recommended that all players receive equal playing time through the duration of the season. Exceptions will be made for disciplinary purposes; such an exception should be communicated with player and parent prior to the game(s).



1. **Ball Size:** FRRPD will provide a game ball for all games
5/6th Grades: A women's (28.5-29") regulation ball will be used for the boys & girls games.
7/8th Grades: A women's regulation (28.5-29") ball will be used for the girl's games.
A men's (29.5-30") regulation ball will be used for the boy's games.
2. **Game Length:** Games will consist of four 10-minute running clock quarters and a five minute break for half time.
 - The final two minutes of the **second and fourth** quarters will be "stop-clock" unless a team is **winning by 20 points or more**. Once in the final two minutes of play, the clock status will not change.
 - **IF**, at 2 minutes, there is less than 20 point difference, the remainder of the period will be played w/stop-clock
 - **IF**, at 2 minutes, there is a 20 point difference or greater, the remainder of the period will be played on a running clock
3. **Overtime:** One 3 minute overtime period with stop clock being utilized the **last two minutes** of the game. (*see stop clock clarification in rule 2.a*)
If the game is still tied after the OT the game will end in a tie.
4. **Timeouts:** Two one minute timeouts, per half are permitted. One time out per overtime period is permitted; time outs from regulation time do not transfer to overtime. Therefore, if a team only uses one of its two timeouts during the second half of the game that does not mean that the unused timeout can transfer to the OT period.
5. **Three seconds in the key:**
5/6th & 7/8th Grades: **YES**, the three seconds in the key will be enforced, we suggest you get your team use to knowing that they can only stay in the key for 3 seconds at a time.
6. **Score:** FRRPD will provide a staff member to run the score board and clock. The facility attendant will have a binder with rules, schedules, score cards, rosters and registration forms in it. Standings will not be kept but will be recorded for tournament seeding purposes.
 - Blowouts: Please keep in mind that this is a recreational league and blowouts should be avoided. Suggestions on how to reduce blowouts include: no fast breaks, rotating players in, having players play at different positions and running designed plays.
 - In the nature of good sportsmanship the score board may be turned off after a 20 point lead or at the discretion of the facility attendant.
7. **Substitutions:** All players must check in at score table and take a knee before entering the game and wait for the officials signal to enter the game this can happen at any dead ball situation or in-between quarters.
8. **Defense:** Teams are allowed to play whatever defense they prefer: man to man, zone, etc.



9. Full Court Pressing:

5/6th Grades: Full court press by the defense will not be allowed, except for the final two minutes of the 2nd and 4th quarters, and overtime period. Both teams are permitted to press, regardless of the score.

A violation to this rule will result in **one warning** and then a **technical foul** will be called at the judgment of the official.

Coaches are strongly encouraged to demonstrate sporting behavior when utilizing press defense, and are reminded that intentional fouls at this level of play are considered unsporting, and may be cause for player ejection.

7/8th Grades: Full court press by the defense will be allowed until a 10 point lead is accumulated. A team that is ahead by 10 points or more, must drop back and are not allowed to “pressure the ball” until they (the ball handler) have crossed the half court line. The team that is down by 10 points or more may continue to press.

If the lead becomes less than 10 both teams will be allowed to press.

A violation to this rule will result in **one warning** and then a **technical foul** will be called at the judgment of the official.

Coaches are strongly encouraged to demonstrate sporting behavior when utilizing press defense, and are reminded that intentional fouls at this level of play are considered unsporting, and may be cause for player ejection.

10. Backcourt: When playing on a full court back court, over and back and 10 second violations will be called. If the court is smaller than a full court backcourt will be called at discretion of the official.

11. Jump Ball: Other than the start of the game and overtime period(s) teams will alternate taking the ball out-of-bounds.

12. Free Throws: All shooting fouls will result in two free throws. It is of the utmost importance that all teams hustle to set up for free throws as it is a running clock. There are **no free throws awarded on any foul committed by the offense** (i.e.: any offensive fouls).

- 5/6th graders are allowed to take a step over the free throw line.
- Ball must leave the shooters hands before players in lane spaces can move.
- Ball must hit the rim before the shooter may move into the lane.

13. Fouls: All Intentional/Flagrant, Technical, Offensive and Defensive fouls count as a personal and team foul (unless against a coach/spectator or the bench). All fouls will be reported by the official to the facility attendant (at the score table).

Facility Attendant Duties: The scorekeeper is responsible for tracking personal and team fouls. They are to report to the officials when the 6th and 9th team fouls are made, to make them aware of the bonus shots approaching (which are on the 7th and 10th teams fouls, see below for details).

14. Team Fouls: Fouls will be reported to the table and tracked. All Intentional/Flagrant, Technical, Offensive and Defensive fouls count as a personal and team foul.



The 7th **team foul** will result in a **one and one bonus**.

The 10th **Team Foul** will result in **double bonus**, with two shots will be awarded.

15. **Player Fouls:** Five fouls will result in disqualification. When possible (as a courtesy) officials will make coaches aware when a player has 4 fouls.

**Under no circumstances will a player be permitted to re-enter the game after fouling out.*

16. **Technical Fouls:** Any **unsportsmanlike conduct, flagrant or intentional foul** will be considered a technical foul and will result in two shots and possession of the ball for the opposing team. Any two technical fouls on a coach or player will result in removal from the game and possible suspension. Coaches receiving two technical fouls will have to leave the facility. If the bench receives a technical foul and the player is unidentifiable or it is multiple players the technical will count towards the coach. In ***extreme or recurring circumstances of technical fouls*** the Recreation Supervisor has authority to suspend player or coach for however many games deemed necessary or possible expulsion from league.

17. **Coaching: Two adult coaches per bench.** Coaches must stay in the designated coaching zone at their team bench assigned by the official. One coach is permitted to stand per team, coaches can alternate.

18. **Side Line Coaching:** Coaching should be done by coaches only. Parents are not permitted on the bench. Parents are not permitted to coach from the sidelines.

19. **Sportsmanship Clause:** FRRPD employees will not tolerate any disrespectful or unsportsmanlike behavior from or amongst players, coaches, or spectators. Inappropriate conduct can result in penalties ranging from warnings to lifetime suspensions.

FRRPD staff has the right to manage the gym as necessary during any unsportsmanlike behavior, actions or situations.

FRRPD staff may abandon a game if either players, coaching staff, or spectators participants demonstrate behaviors that interfere with the proper conduct of the game and the general environment of the gym.

All concerns regarding FRRPD staff should be reported to the Recreation Supervisor or Coordinator. FRRPD management reserves the right to make necessary changes during the season as they deem fit.