



Youth Sports Basketball Rules 2021/2022

Feather River Recreation and Park District offers recreational leagues where emphasis is on gaining a positive team experience and not winning or losing. 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. There is a **zero tolerance policy** for all unsportsmanlike behavior from all coaches, parents, players and spectators. We reserve the right to ask anyone to leave at any time if they are showing poor sportsmanship.

General Information:

1. All players must turn in a FRRPD Youth Sports Registration form and be on the Roster in order 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.
 - Email to justind@frrpd.com
 - Faxed to 530.533.2724 (attention Youth Sports)
 - Direct delivery to: FRRPD District Offices at 1875 Feather River Blvd.
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. Tournament fee \$65.

Game Rules:

1. **Team Composition:** Each team shall be composed of five players maximum or a minimum of four players. If a team has less than four players the game will be considered a forfeit. A team may continue (after the start of the game) as long as there are at least three players on the court during all periods of play. However, teams are encouraged to play and mix teams with players from both schools. Players are only allowed to play on one team. If a player is playing up a league/division/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. **League Composition:** 5/6th and 7/8th boys and girls leagues. In effort to allow all schools to play in FRRPD's "Recreation League" we do allow schools to deviate from the above league composition, with prior permission from FRRPD Supervisor.
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).



4. **Ball Size:** FRRPD will provide a game ball; in the event that a ball is not available we will ask teams for a game ball to use.
5/6th Grades: A women's (28.5-29") regulation ball will be used for the boys and girls leagues.
7/8th Grades: A women's regulation (28.5-29") ball will be used for the girl's leagues. A men's (29.5-30") regulation ball will be used for the boy's leagues.
5. **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**.
6. **Overtime:** One 3 minute overtime period with stop clock being utilized the **last two minutes** of the game. If the game is still tied after the OT the game will end in a tie.
7. **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.
8. **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.
9. **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.
 - a. **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.
 - b. In the nature of good sportsmanship the score board will be turned off after a 20 point lead or at the discretion of the facility attendant.
10. **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.
11. **Defense:** Teams are allowed to play whatever defense they prefer: man to man, zone, etc.
12. **Full Court Pressing:**
5/6th Grades: Press will be allowed once going into stop clock. Players are allowed to pick up players once they have crossed the half court line. A violation to this rule will result in **one warning** and then a **technical foul** will be called at the judgment of the official.
7/8th Grades: Are allowed to full court press until a 10 point lead is accumulated, once a team is up by 10 points they are not allowed to full court press. If the lead becomes less than 10 they may start to full court press again. A violation to this rule will result in **one warning** and then a **technical foul** will be called at the judgment of the official.
13. **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.
14. **Jump Ball:** Other than the start of the game and overtime period(s) teams will alternate taking the ball out-of-bounds.



15. **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).
 - a. 5/6th graders are allowed to take a step over the free throw line.
 - b. Ball must leave the shooters hands before players in lane spaces can move.
 - c. Ball must hit the rim before the shooter may move into the lane.
16. **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).
17. **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**. On the **10th Team Foul double bonus**, two shots will be awarded.
18. **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.*
19. **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 explosion from league.
20. **Coaching:** Must stay in the designated coaching zone by team bench assigned by the official. One coach is permitted to stand per team, coaches can alternate.
21. **Side Line Coaching:** Coaching should be done by coaches only. Parent sideline coaching is not permitted.
22. **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 control the gym as necessary during any unsportsmanlike behavior, actions or situations. FRRPD staff can forfeit games if either team's participants or spectators act in such a way to interfere with the proper conduct of the game and the general environment of the gym. **Any concerns about FRRPD staff should be addressed with the Recreation Supervisor or Coordinator promptly and should not be done during the game.** FRRPD management reserves the right to make necessary changes during the season as they deem fit.