

**Payette County Recreation District
Youth Basketball League
2018-2019 Rules and Regulations**

National Federation High School Rules will apply to the Youth Basketball League except as indicated below. The Recreation Department reserves the right to adjust or change league rules at any time when deemed necessary.

1. PLAYING TIME:

- A. All games will consist of four (4) quarters.
- B. Each quarter will be timed using an eight (8) minute running clock.
- C. The clock will stop for time outs, at or near the 4 (four) minute mark of each quarter for mandatory substitution, the last 10 seconds of the 1st, 2nd and 3rd quarters, and during the last minute of the 4th quarter on all dead ball situations. (Stop and Go Clock)**During free throws, the clock will be stopped until the teams are lined up and the referee administers the free throw to the foul shooter. Once the ball is administered to the free throw shooter, the clock will start. Tie Games: If a game is tied at the end of the 4th quarter, a 1-minute sudden death overtime will be used to break the tie. If a tie should still exist, the game will end in a tie. The overtime period will use a stop and go clock.
- D. If a team has a 10-point or more lead anytime during the game, the clock will continue to run during all dead balls except time-outs.
- E. Teams must have a minimum of three (3) players to begin a game.

2. TIME OUTS/INTERMISSIONS:

- A. Each team will receive two (2) one-minute time outs to be used at any time during the game including overtime.
- B. A maximum of one (1) minute will be allowed between quarters, and (5) minutes between halves.

3. JUMP BALL & ALTERNATING POSSESSION:

- A. A jump ball will be used to begin the game and the overtime period.
- B. In all other held ball situations, teams will take the ball out of bounds using the alternating possession procedure.

4. FOULS & FOUL SHOTS:

- A. Individual player fouls will not be kept. Officials have the authority to remove any player who commits a foul that is deemed to be unnecessarily rough or unsportsmanlike. A player who commits an excessive number of fouls may be removed from the game as well. One flagrant or unsportsmanlike technical foul on an individual player will result in that player's disqualification for the remainder of that game only. Technical fouls count as team fouls towards the bonus.
- B. The one-and-one bonus begins on the seventh (7th) team foul during a half. A two-shot bonus begins on each team's 10th team foul of a half.
- C. All unsportsmanlike technical fouls will be penalized by awarding the non-offending team an automatic two (2) points and the ball out of bounds at mid-court.
- D. The fifteen-foot (15') line will be used to shoot all foul shots in all leagues. 1st-2nd & 3rd-4th Grade division players may, if deemed necessary by an official, move forward or step or jump across the free throw line on a free throw try, but will not be allowed to be the first player to touch the ball after the attempt.
- E. When a player is shooting a free throw, the players lined up along the lane may enter the lane after the release of the shot by the shooter. The shooter and players outside the 3-point line may not move into the lane area or beyond the free throw line extended until the ball has touched the rim or backboard.

5. **DEFENSE:** In all leagues, players will be allowed to retrieve or intercept any *loose ball* anywhere on the court that is a direct result of an errant pass.
- A. **1st-2nd & 3rd-4th Grade League:** Teams may not pressure the ball handler in the backcourt and may play any defense they desire within the three point arc. This rule provides less skilled players the opportunity to bring the ball up the floor without pressure. Once a team obtains team control, the player with the ball or the ball itself must penetrate the 3-point line within 15 seconds of crossing the half-court line or a violation may be called. During the last minute of the game, teams may apply full court defense. Teams may not full court press if they lead by 10 points or more. Teams that lead by 10 (ten) or more points at any time during the game, may not apply any pressure unless the **ball** or the player with the ball is located within the three point arc. **If the difference in score is 15 pts. or more, teams must play defense inside the key area only.**
- B. **5th & 6th Grade League:** Except for the last minute of the game, teams may not employ any type of backcourt defense. Teams may not apply defensive pressure to opposing teams until the **ball** has crossed the mid-court line. The first violation of this rule by a player will result in a warning to the team. Any violation of the defensive rule following the warning may result in one point being awarded to the non-offending team each time a previously warned team violates this rule. **Teams that are ahead by 10 (ten) or more points at anytime during the game must drop back on defense within the three-point arc and may not apply any defensive pressure until the ball or player with the ball has penetrated the three point arc. If the difference in score is 15 or more, teams must play defense inside the key area only.** *The coach of a team losing by 15 or more points may request this rule not be enforced.*
6. **BALL/BASKET SIZE:**
- A. 1st-2nd & 3rd-4th grade division: This league will use baskets that measure 8 ½ feet from the floor. (Goal adapters are for game purposes only and are not available for private practice.) 1st-2nd grade teams will use the 27.5" ball. 3rd-4th grade teams will use a 28.5 inch size basketball for all play.
- B. 5th & 6th grade: The official basket height (10') will be used, and both boys and girls divisions will use a 28.5 inch ball for play.
7. **PLAYERS/SUBSTITUTES:**
- A. **This youth program requires a minimum of 12 minutes of participation for all players.** Every player present at the game **MUST** play the equivalent of **HALF OF EACH OF THE FIRST THREE QUARTERS.**
- B. **MANDATORY SUBSTITUTION RULE:** All available substitutes on the bench will be entered into the game at approximately the 4-minute mark of each quarter. *These are the only substitutions allowed during each quarter unless there is an injury, illness or fatigue.* The opposing coach has the option of choosing the player that will substitute for any player removed from the game due to fatigue only. **Players who have fulfilled their 4-minute minimum during a quarter may be substituted for during the latter 4-minutes of the 1st, 2nd, and 3rd quarters.**
- C. **ALL DIVISIONS:** Free substitution will apply to the last quarter of each game only.
8. **OFFICIALS**
- A. Officials have been informed to be as instructional as possible when calling fouls and violations. They will attempt to educate players on the reason a foul or violation was called in an effort to teach our participants the rules, especially at the 1st-2nd & 3rd-4th grade levels.
- B. If you do not understand a call or rule application by an official, please address them in a respectful manner and they will make every effort to answer your question or respond to your concern during a dead ball period. Please be patient with them and try to understand they are there to help both teams to better understand and play the game.

9. **ADDITIONAL LEAGUE RULES:**

- A. The three-point line will be in effect for all leagues.
- B. No warm-up shooting on side baskets while game is in progress.
- C. Players must remain seated in your team bench area while games are in progress.
- D. All players must be in non-marking court shoes.
- E. Absolutely no dunking or hanging on rims in any league.
- F. ***No one other than the assigned coaches and players may be seated on the team bench.***

10. **CONDUCT:**

This is a Recreation League for youth. The purpose of this league is to teach sportsmanship, rule knowledge, teamwork, and basketball skills with maximum participation – players should be encouraged to **have fun**. The attitude and demeanor that youth display on the court and toward other participants is, in fact, ***a direct reflection of the coaching staff and their values***. Please display sportsmanship before, during and after any contest. If you have a problem with the behavior or actions of a parent, spectator, official, participant involved with the PCRD Youth Basketball Program, please contact Ted Pettet at 452-3542, ext. 100.

Any coach, parent or spectator who makes derogatory remarks toward any official, coach, player or staff member will be asked to leave the gymnasium. Repeated offenses will result in the offender being banished from the gymnasium for the duration of the league. COACHES AND OFFICIALS PLEASE REMEMBER: WHAT YOU PERMIT, YOU PROMOTE!

PRACTICE INFORMATION:

PCRD does not have a gym of its own to use for games or practices. Therefore, PCRD has made efforts to secure school owned gymnasiums so as to provide teams a minimum of one or two practices per week. Please contact PCRD to reserve your practice time.

12. **USE OF SCHOOL FACILITIES**

Through a special agreement with local school districts, PCRD holds practices and games in school facilities. We ask that coaches, parents and youth adhere to the following rules while on school property or in school facilities:

- Children must not be left unsupervised on school property at any time (i.e. before or after scheduled games and/or practices).
- Absolutely no alcohol is permitted.
- Absolutely no tobacco products are permitted.
- Never drag anything across the floor.
- **No food or beverages other than water allowed in the gym.**
- Gym shoes only are permitted on the court.
- Children must be seated at all times. Parents are responsible for their children's conduct.
- Please require your team to clean up their bench area after each game. Put trash in the trash can where it belongs.
- Encourage your parents to BYOC (bring your own chair) for games at Fruitland Elementary.

The continued use of school facilities depends on all participants following the above guidelines.

10/15/18