

Person County Recreation, Arts & Parks Department

2022-2023

Youth Basketball Rules

5-6 / 7-8

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Updated September 2022

1. **LEAGUE OBJECTIVE:**

The Person County Youth Basketball League is a recreational youth basketball league that encourages good sportsmanship, teamwork, physical fitness, discipline as well as enhancing the basic fundamentals of the sport. We are dedicated to providing a fun and safe environment that will ensure a positive and educational experience for everyone.

1. **COACHES RESPONSIBILITIES:**

The coach shall be responsible to instruct each of his/her players during games/practices based on each individual’s skill and playing ability. Less skilled players may at times need more instruction and explanation than more skilled players.

The coach shall be responsible to contact all players notifying them of schedule practices/games and when games/practices are cancelled by the Person County Recreation, Arts and Parks Department. All coaches will receive game/practices schedules that are to be distributed to all players. Coaches are not permitted to alter or change game/practice times without approval of the Person County Recreation, Arts and Parks Department.

The coach is responsible for controlling his/her players during all practices/games to ensure that a player’s behavior adheres to all rules and regulations and objective of the league.

* All volunteers requesting to participate as a head coach/assistant coach are required to complete the following process through the Person County Recreation Department.
  + Complete a Person County Recreation, Arts and Parks Department Volunteer Application.
  + Complete a background check through Person County (background check will be handled through the Recreation Department)
  + Attend a mandatory coach’s meeting.
  + Attend a mandatory draft for the division.
* One Coach Standing – Technical

Only 1 coach at a time per team can be standing during the course of a game. Exceptions: Timeout, injuries between quarters. Failure to adhere to the rule will result in one warning, followed by subsequent technical fouls.

* Behavior Of Coaches/Talking to Officials

Coaches are not allowed to communicate (yell, complain) to officials on any matter while the game is in play. Coaches must take an official timeout to discuss any matter with an official in a quiet professional manner. Coaches must control any discussion or comments to officials, from their bench or players, at all times. Violations will draw a warning from the officials. Subsequent violations will warrant a technical Foul and or expulsion from the gym.

* Table – Only the Head Coach is allowed to talk to the table. Any questions of the table must be done at either a dead ball or a time-out. If you approach the table while the game is in play they may not respond. This is not out of disrespect, it is just important that they continue to watch the game so no points, fouls, etc. are missed.
* Game Issues – If you have any issues with the game or its outcome please do not discuss with any of the on-site part time staff. Please wait until the following day and contact us at the Recreation Department. The part time staff is not trained in how to deal with these kind of issues nor is it part of their job description.
* Mandatory Cordial Handshake

Opposing players and coaches will exchange a cordial mandatory, congratulatory handshake after each game. Refusal to do this from a coach or participant can result in a one game suspension.

1. **CONDUCT AND DISCIPLINARY ACTIONS:**

All Participants, Coaches, Officials and spectators are expected to conduct themselves in a manner in-line with the Rules of Conduct of the youth basketball league. Any individual found to be in violation of any rule and regulation can be suspended. You will find a copy of the rules of conduct in your coaches folder.

In addition to the rules explained in the Penalties and Sanctions, any participant, coach, or spectator that is ejected by an official is automatically suspended for the remainder of the current day’s games, and subsequent following game addition to ejection from the facility.

All penalties and sanctions levied by an official or Person County Recreation, Arts and Parks staff are determined by a case-by-case basis and are final.

1. **LEAGUES AND AGE REQUIREMENTS**

Each player must be registered with the Person County Recreation Department prior to him/her being eligible for the ratings/draft.

**Pee Wee League (coed)** – (Must be 5 and cannot be 7 on or before January 1, 2023.) This is an instructional league where participants will concentrate on the basic skills of basketball in a fun environment. No standings or score will be kept. (1 referee will be present).

### Intermediate League (coed) – (Ages 7 – 8, cannot turn 9 prior to January 1, 2023). The Intermediate League is a development league teaching participants the basic skills of basketball in a fun environment. No standings will be kept. Scoring will be kept. (1 referee will be present)

1. **PLAYING RULES**

The High School Federation of Basketball Rules and Regulations shall govern all rules and regulations within the Person County Youth Basketball League in addition to the following:

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* + Team Roster – Teams (Pending Volunteer Coaches and Enrollment) shall be made up of no more than (10) ten players. Teams that have players drop may request a replacement player, if available. The athletic staff and not the head/assistant coach from the team will select replacement players.
  + Game lengths by league

#### Division Quarters Minutes

5-6 League 4 9 minutes

7-8 League 4 9 Minutes

**Division Time/1st and 3rd Halftime between**

5-6 League 1 minute 3 minutes

7-8 League 1 minute 3 minutes

* Game Nights

|  |  |
| --- | --- |
| Pee Wee (5-6) League | Monday/Thursday |
| Intermediate (7-8) League | Tuesday/Friday |

* + Overtime: - There is no overtime in 5-6 and 7-8.
  + Mandatory Playing Rule: (see diagram below)

Pee Wee (5-6) and Intermediate (7-8)

* + 1. The mandatory playing time for a player is **(15** **minutes, (3) sub quarters or two full quarters)**.
    2. The 1st, 2nd and 3rd quarters will be divided into sub-quarter lasting five-minutes in duration. There will be a 30 second stoppage of time at the closest point to the 4.30-minute mark of each quarter. The scorer’s table will sound the horn at the closest dead ball.
    3. Coaches must have their players changing out during the sub-quarter at the scorer’s table no later than the 4-minute mark of the 1st, 2nd, and 3rd quarters.
    4. The scorer’s table will track all players going into the game to ensure the minimum playing time is achieved.
    5. All coaches must achieve the minimum playing time rule during the first three quarters.
    6. All coaches will have the ability to have free substitutions at any time during the fourth quarter providing the player checks in with the scorer’s table.
    7. Failure to adhere to the mandatory playing time rule will result in a mandatory one-game suspension for any coach

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | 1st Quarter | 2nd Quarter | 3rd Quarter | 4th Quarter |
|  | 9:00 min mark |  |  |  |  |
|  |  | First (1) | Third (3) | Fifth (5) | F |
|  |  | Sub | Sub | Sub | R |
|  |  | Quarter | Quarter | Quarter | E |
|  |  | Player 1 |  |  | E |
|  |  | Player 2 |  |  |  |
|  |  | Player 3 |  |  |  |
|  |  | Player 4 |  |  |  |
|  |  | Player 5 |  |  |  |
|  |  |  |  |  | S |
|  | 60 Second Break |  |  |  | U |
|  | \* Changes must be at the table by 6-minute mark | | |  | B |
|  | 4:30 Minute Mark |  |  |  | S |
|  |  | Second (2) | Fourth (4) | Sixth (6) | I |
|  |  | Sub | Sub | Sub | T |
|  |  | Quarter | Quarter | Quarter | U |
|  |  | Player 6 |  |  | T |
|  |  | Player 7 |  |  | I |
|  |  | Player 8 |  |  |  |
|  |  | Player 9 |  |  |  |
|  |  | Player 10 |  |  |  |
|  |  |  |  |  | O |
|  |  |  |  |  | N |
|  |  |  |  |  | S |
|  |  |  |  |  |  |
| \* You can place any player combination in any of the open boxed time slots. | | | | | |
|  | So long as each player participates in a minimum of (3) sub - quarters. | | | | |
|  |  | | |  |  |

Exceptions to the mandatory playing rule are:

1. A player becomes ill or injured.

2. A player does not want to play (this must be noted to the supervisor immediately.)

3. A player is removed for conduct.

4. A player arrives for a game after the completion of two quarters.

5. A player consistently misses practices (the player will only be required to play one quarter of the game) If a player is consistently missing practice you (the coach) must contact the Recreation Department before you limit any of the players playing time. We will then investigate why the player is missing practice and warn them that any more missed practices will result in limited playing time. Once you have followed these steps if a player is still missing practice you may limit their playing time.

6. If a team has less 6 players present they will not be required to substitute at half quarter. They will have free substitution the entire game due to participants getting tired quickly.

7. A player is in foul trouble and needs to come out early so that they don’t foul out of the game.

Any violation of the mandatory playing rule will result in a one game suspension for a coach, which will be served during his/her teams next scheduled game.

* + If a coach **requests** to discipline a player for the length of or any duration during a game the coach must submit a letter in writing explaining the reason for the disciplinary action and subsequent suspension.
  + Forfeit Procedure: In the event a team has not arrived for a game by the scheduled time, that team shall forfeit the game. No make-up will be permitted.

A minimum of (4) four players is required for an official/referee to begin any game. Due to safety for all participants, no game will be permitted to continue without (3) three players on the court for each team at all times.

--We still want players to play so even if a team does not have enough they will “share” players and play a scrimmage game.

* Play

League play shall begin the week of December 5th, 2022.

* Maximum games/practices per week

Prior to games teams will practice for no more than 1 (one) hour per week. Teams are guaranteed one practice a week for one hour due to gym limitations. During games teams will participate in no more than two games and one practice per week, unless make-up games are necessary.

* Minimum Players to Start a Game

Failure to field a team of at least (4) players at the schedule starting time will result in an automatic forfeit.

* Defense
  + 5-6 League
    - Defense cannot extend beyond the 3 point circle.
    - Pressing defense is allowed at half court the last two minutes of the game (4th quarter only).
  + 7-8 League
    - Defense cannot extend beyond the half court line.
    - If lead becomes more than ten points defense must move inside the 3 point line at any time during the game.
    - Full court press is allowed the last two minutes of the game (4th quarter only).
      1. If a team is ahead by ten points or more they cannot press full court.
      2. The team behind ten points can still press full court.
  + **Penalty: Opposing team takes possession of the ball.** 
    - **Due to this being an instructional league the first couple of games the officials will work with the players to get them used to the rules.**
  + **Note: If an official has to continuously warn a player of not going past the line then that player will receive a technical. (5-6 will be excused from this rule)**
* Offense
  + 5-6 League
    - No 3 pointers in this league
  + 5-6 League and 7-8 League
    - All youth leagues will shoot one and one (bonus) situation on the 7th team foul. All youth leagues will have two shots on the 10th team foul.
  + Time-outs cannot be called the last two minutes of the game in the Pee Wee and Intermediate Leagues until the ball is past the center court line. After a time-out during the last two minutes, the ball must be put into play in the frontcourt and cannot be thrown backcourt. **Effect: A re-throw will be declared.**
* Time-Outs: Each team will receive (2) two timeouts per half (timeouts do not carry over from halves).
  1. Teams that have 6 players or less will receive one additional time out per half.
  2. Timeouts will be (1) one minute in duration.
* Foul Line:5-8 year olds will shoot from the foul line closest to the goal.
* Fouls: The maximum personal fouls is (5) five for all divisions. A technical foul against a player is also considered an additional personal foul.
* Clock: The clock will stop only for time-outs and technical fouls except during the last two minutes of each half. The last two minutes of each half will be played with a regulation clock. If either team is ahead by twenty (20) points or more during the last two minutes of either half, the clock will stop for time outs.

1. **EQUIPMENT**

* Required Dress – All players are required to wear sneakers (Team shirts will be provided). No shorts with pockets, buttons, or zippers.
* Restricted Dress – players are prohibited from wearing jewelry, belts, watches, bracelets, earrings or head caps.
* Basketballs will be provided for games and practices at all site locations.

**League Basketball Size Height of Baskets**

Pee Wee 5-6 27.5 8 feet

Intermediate 7-8 27.5 9 feet

1. **WEATHER POLICY & RESCHEDULING**

* In case of bad weather games may be called off by 5:00 pm. Coaches will be notified if possible.
* All coaches/Parents should call the sports hotline for cancellations 336-597-1760. We also have a Facebook/Instagram page that will be updated with cancellations or game changes.
* The Athletic Supervisor will reschedule games when there is availability in scheduling. Coaches are responsible for contacting the Recreation Department within 24 hours to receive their make-up game.
* Each league is designated playing days. Volunteer coaches must be able to commit to the designated days that they are playing on or have an assistant that can commit to those days. COACHES SHOULD LOOK AT THEIR CALENDER BEFORE COMMITTING TO COACH. After Athletics has started on schedules, games cannot be rescheduled with the exception of a death in the immediate family or unforeseen school functions, i.e. banquets, graduations, tests, or field trips (these dates may be given to the Athletic staff prior to schedules being made). If a team still has enough players to play then the game will not be rescheduled due to the above items. Games will NOT be rescheduled for family vacations, cotillion, dance, traveling teams, season tickets, etc.…. Rescheduled games will be played on dates that are available; they will only be rescheduled once. If a team cannot make that date, then the game will not be played. Exception: **TOURNAMENT GAMES WILL NOT BE RESCHEDULED**.

1. **OFFICIALS & STAFF**

* All officials/supervisors/scorekeepers will be assigned by the Person County Recreation and Parks Department.
* All game officials will be responsible for rules enforcement on the court during all games. Person County Recreation, Arts and Parks Department staff shall be responsible for overseeing all activity within the facility.
* In the event of an injury, the referee will stop the game and check on the player. If needed, the referee will motion for the site supervisor to come onto the court. The site supervisor will access the player and determine if medical attention is needed or if the child can continue to play. Coaches and spectators are not allowed on the court unless the site supervisor motions for them to go on the court.

1. **DRAFT POLICIES AND PROCEDURES**

* Teams will be drafted tonight via a blind draft method.
* Once teams are assigned by Athletics they are final and changes will not be made.
* Head coach’s child(ren) and the assistant coach’s child(ren) will be placed on the same team, everyone else will be drafted.

1. **MISCELLANEOUS**

* Team rosters with all parent/child information will be available tomorrow. You will receive an email with log in instructions on how to view your team roster. If you have coached another sport this year your log in will be the same that you have been using. If you are new to having a coach’s portal you will simply need to create an account.
* All players need to be contacted within 48 hours of receiving your roster.
* If after multiple attempts you are still having trouble reaching one or more of your players please contact the Recreation Department so we can assist you.
* Practices will start this weekend. You will be called and emailed tomorrow to verify your practice location and time.
* Your practice time is yours for the rest of the season (there will be some dates due to make-up games, special events that will take up a few Saturdays). If you cannot make practice you must let us know by 5:00pm on Friday of the weekend of practice that you will not be there. If you do not let Athletic Staff know you will lose your practice for the following weekend. After the second occurrence you will lose your practice time and have to call weekly to book a practice.
* At your first practice please meet with your parents. The following information need to be talked about:
  + Your name
  + Your experience with basketball/why you’re excited to coach
  + Parent/Player sportsmanship
  + Rules of the game
  + Expectations for the year
  + For games/practices an adult must be present with the child
  + Parent code of conduct
* Always make sure after every game/practice that you let the parents know when the next game/practice is. Do not tell this information to the players and expect them to tell their parents.
* Gyms will be CLOSED Thanksgiving weekend and Christmas weekend for our staff to spend time with their families.
* Uniform colors will be decided tonight. Jerseys are reversable so you can pick whatever color you would like. The home team wears gray and the away team wears the color side.
* Strawbridge will be doing team pictures. We are working on a date and time and we will get that to you. We ask that all teams come to team picture day. You are not required to purchase anything but anyone that does order pictures the Athletic Department receives a portion of that to go back into the program.
* Season schedules will be ready late Mid-End of November.
* All games are held at Helena, Olive Hill and Sanbury Gyms with the season starting the first full week of December.