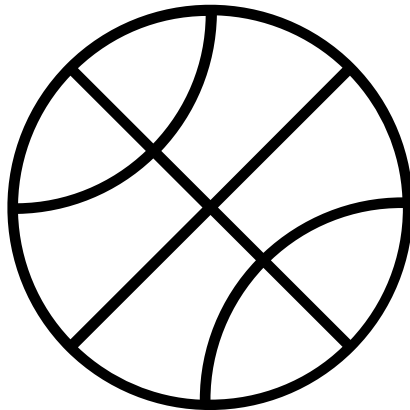




**City of Rogersville Parks and Recreation**

**YOUTH BASKETBALL**

**RULES AND REGULATIONS**



**MISSION STATEMENT: The City of Rogersville's Parks and Recreation Department is dedicated to providing exceptional parks, events, programs, and public service. In doing so, we aid in the well-being and growth of our city. We provide places and services that will help people become their best selves through connection and community.**

### **SPORT PHILOSOPHY**

The Rogersville Community Park's Philosophy puts participation first and winning second. The following are what we hope to see in our programs:

- **Participation** - Everyone plays equally.
- **Individual Growth** – Participants will gain skills through teamwork that will aid in character building, physical fitness, and self-discovery.
- **Fun** – We strive to create a safe and fun environment for participants as a recreational league.
- **Fair Play**- Our focus is on respect and good sportsmanship.
- **Volunteers** - Coach participation is essential. Not only do volunteers help the department immensely, but volunteers make such a difference in the lives around them.

## **PURPOSE**

- The purpose of The Rogersville City Park's Youth Program is to provide our youth an opportunity to participate in various activities and to:
- Have fun
- Strengthen self-confidence
- Make new friends
- Learn sportsmanship, cooperation, and teamwork
- Promote an atmosphere that strengthens family relationships
- Promote an opportunity for individuals to be of service to others through volunteer experiences

## **TEAM AND LEAGUE ORIENTATION**

- Players are assigned to teams by age
- The Rogersville City Park has the final authority over the placement and number of players per team.
- All leagues are designed to give each player an opportunity to work on skills, have fun, and have a basic feeling of success.
- Each league will last six weeks.

## **COACHES**

- All coaches are volunteers and are required to attend at least on preseason meeting
- Coaches are expected to be positive role models and follow The Rogersville Community Park's Youth Rule Book.
- If the Director of Parks and Recreation feels a coach is not abiding by The Rogersville City Park's Youth Rule Book, that coach may be replaced.

## **YOUTH BASKETBALL RULES**

### ***Games***

- This program is designed to focus on skill development.
- Players will receive instructions throughout the game from their coach as well as the officials.
- RCP values of good sportsmanship, fair play, equal playing time and respect for all parties involved will always be stressed.
- Players and coaches are expected to wave hands directly following the game.

## ***Length of Game***

- Age Divisions 3&4 and 5&6 – two 15-minute halves with one 5-minute half time. Games can end in a tie.
- Age Divisions 7-9, 10&11, and 12&13 – two 20-minute halves with one 5-minute half time. Games can go to overtime if tied. Overtime will be a 3 minute running clock, if tied after this, game will end in tie.

## ***Clock Operations***

- For all age divisions all games will feature a running clock until the final 2 minutes of the 2<sup>nd</sup> half.
- During the final 2 minutes, the clock will stop on all dead balls. If a team has a 20 point or greater lead the clock will not stop during the final 2 minutes. Additionally, the clock will stop during official's timeouts as well as during the shooting of technical timeouts as well as during the shooting of the technical foul free throws.

## ***Time-Outs***

- Age Division 3&4 and 5&6 are allowed three 30 second time-outs per half.

- Age Divisions 7-9, 10&11, and 12&13 boys and girls are allowed two 30 second time-outs and one 15 second time-out per half. The clock will continue to run unless under the last two minutes of the half.

Note: Players of all age divisions may be subbed on any dead ball after contacting the scorekeeper and with the official's permission.

### ***Number of Players***

- All teams MUST have five players on the court.
- At game time if a team does not have enough players, all players will be divided so they can still play.
- Each player should play a minimum of half a game.
- Coaches need to make sure that everyone feels like they are getting adequate playing time.

### ***Beginning the Game***

- Age Divisions 3&4 and 5&6 – A coin toss will determine who will have first possession. Possession arrow rule will apply for the remainder of the game.
- Age Divisions 7-9, 10&11, and 12&13 boys and girls -A jump ball will determine who will have possession.

Possession arrow rule will apply for the remainder of the game.

### ***Scoring***

- Score will be kept for all age divisions.
- If a team is more than 20 points ahead, the score will not be reflected on the scoreboard.

### ***Free Throw Line***

- Coaches will decide at the beginning of the season if free throws will be used or if the ball will be thrown in from the sideline.
- The clock will not stop during free throws.

### ***Lane Violations***

- A lane violation is when an offensive player is in the lane area without the ball, while their team has the ball in the frontcourt for more than 3 seconds. The penalty is loss of ball.
- Age Divisions 3&4 and 5&6 – Lane violations will not be enforced.

- Age Divisions 7-9 - Lane violations will be enforced on a four-second rule.
- Age Divisions 10&11, and 12&13, boys and girls – Lane violations will be enforced on a three second rule.

### ***Pressing***

- Pressing is when the defense guards the offense intensely before the ball gets to midcourt.
- Age Division 3&4 – No pressing will be allowed. The defense must stay “below” an imaginary line extending parallel with the mid court line and located at the top of the key. Teams must penetrate the imaginary line within 10 seconds of each possession, or a violation will be called. If the ball returns above imaginary line, a new 10-second count will begin.
- Age Division 5&6 – No pressing will be allowed.
- Age Division 7-9 – Pressing allowed at the 2-minute mark of the last half/last 2 minutes of the game.
- Age Divisions 10&11, and 12&13 No restrictions.
- No full court press shall be allowed at any level by a team with a lead of 20 points or more.

### ***Bench Rules***



- Each team shall be allowed to have a maximum of 2 coaches on the bench during games, one head coach and one assistant coach. Only the head coach can stand and/or address the officials during play. Each team must have at least one adult coach (18 years of age or older) on the bench at all times.
- Only water and sports beverages are allowed on the bench (in bottles only—no cups are allowed). No carbonated beverages are allowed.

### ***Technical***

- If you, as a coach, receive a Technical by the official- you are required to stay seated for the remainder of the game and you are not allowed to speak – your 2<sup>nd</sup> coach on the bench becomes your speaking coach.
- If you, as a coach, receive a 2<sup>nd</sup> Technical- you are required to leave the court, you may watch from the common area.

### **Fouls**

- Age Divisions 3&4 and 5&6 – Fouls will not be kept.
- Age Divisions 7-9, 10&11, and 12&13 boys and girls -5 foul allowance.

## ***Goals Height***

- Age Division 3&4 - Goals will be provided at 6ft height.
- Age Division 5&6 – Goals will be set at 8 feet.
- Age Divisions 7-9, 10&11, and 12&13, boys and girls – goals will be set at regulation height 10 feet.

## ***Uniforms***

- All players shall have t-shirts of matching color with numbers clearly visible on the back.

## **GENERAL LEAGUE INFORMATION**

- All players, coaches and spectators will follow all the league rules and always be positive to promote sportsmanship and provide healthy guidance for all players.
- Officials have authority from the beginning until the end of the game. Please treat them with respect.
- This program will last six weeks.
- Medals will be given to all participants in each league.
- The Rogersville City Park will provide game t-shirts or jerseys that **MUST** be worn at all games.
- Games will only be cancelled or re-scheduled by The Rogersville City Park. The Parks Director will only

notify coaches of cancellations and the offices at City Hall.

### **THINGS TO CONSIDER FOR SPECTATORS...**

1. Do not put yourself in your son's or daughter's place during a game. If he/she makes a mistake, it is his/her mistake. Glory or grief, it is **their** game.
2. Do not criticize your child or other children on your child's team or any other team. Please set a positive example of respect for others.
3. Do not yell instructions at your child. That is the coach's job. Too many instructions will confuse your child and make them nervous.
4. Do not analyze your child's performance immediately after the game.
5. Never criticize the coach. Before you complain, decide if you are ready to step up and take over that position.
6. Do not abuse officials. Children learn by example and need to learn that officials will make mistakes and are doing their best. Please help promote respect for authority by setting a positive example.
7. Do not over or underestimate your child's ability. Children mature at different rates.
8. Do not forget to praise your child for simply participating. Do not over praise or dwell on a mistake. These are children.
9. Do not forget to praise all players after a game.

10. Please do not take sports so seriously. Even the “big game” will not be the answer to world peace. Let us just have fun!

**Parents should not stress winning; they should stress giving 100% and trying their best!**