



YOUTH BASKETBALL LEAGUE RULES

(Revised 12/22/22)

PRACTICES:

1. Gym practice time for each team will be regulated by the Parks and Recreation.
2. All practices are scheduled to take place at Douglas County School Gyms or other Community Facilities requested by the coach and approved by the Recreation Coordinator only. (Schedule practices at draft meeting)
3. Each team is allotted a minimum of (1-2) one-hour practice times per week (dependent on Gym space availability). The majority of the practice times available will be 1/2 court with 2 baskets. We ask that you practice no more than 3 hours per week prior to the season, and 2 hours per week once the season begins. Younger teams may be asked to share a court.

GAMES:

1. Games will be held weeknights at the Douglas County Community Center
2. Division 1 (1st and 2nd grade) games will be played on the short courts, all other divisions will be on full regulations sized basketball courts. Division 1 will play on 8' hoops, all others will use standard sized hoops.
3. Games will start promptly at game time. Please have your team ready to play at game time. Do not allow players to go onto the court at any time during another game, including time-outs or between quarters or halves.
4. Teams must have a minimum of four (4) players to start and finish a game. If a team has less than four (4) players the game will be forfeited.
5. Games will consist of four eight-minute quarters.
6. A running clock will be used with the exception of a shooting foul, technical foul, injury or a time out. In the 4th quarter, during the last two (2) minutes, the clock will stop on all whistles and will not start again until the ball is back in play. If a team is ahead by 15 or more points in the last two minutes, the clock will not stop, except for time outs. No press will be allowed on the non-regulation sized courts (Divisions 1)
7. No team may lead by more than 25 points on the scoreboard. If this occurs, the leading team's scores will not be counted on the board during the game, or in determining tournament seeds or tie breakers. Scorekeepers will add losing team's points, narrowing the margin to less than 25. When this occurs, the leading team's next basket will count once again. All scoring will be documented on the score sheets to assist in determining possible disciplinary actions against the coaches for unsportsmanlike conduct.
8. If its determined that a coach is being "unsportsmanlike" and running up the score intentionally, without incorporating a ball control offense, integrating less aggressive defensive schemes, or making an attempt to include all of his players in the offensive game plan, a conduct hearing will be required to determine the length of his/her suspension.

9. Each team will be allowed two (2) timeouts per half. Unused timeouts cannot be carried over to the second half.
10. Timeouts will stop the clock for the duration of one minute.
11. Overtime will be two (2) minutes long. The clock will stop on all whistles during the overtime period.
 - There will be one (1) 30 second timeout per team in the overtime.
 - During the regular season, if the score is still tied after the first overtime, the game will remain a tie. During the playoffs we will repeat the overtime process using two (2) minute periods with stop time, until we have a winner.
 - In overtime play, equal play time rules do not apply. You may play any combination of players. In Divisions 4-5 you may substitute freely during Overtime.
12. There will be a one (1) minute intermission between quarters and five (5) minutes between halves.
13. Coaches are not allowed on the court unless called upon by an official.
14. Only head coaches and players on the court are allowed to call a timeout, or interact with the officials. Only (1) coach may be standing on the sideline at a time.

TEAM STANDINGS

1. Teams will play a round robin schedule and all teams will advance to a season ending tournament. Seeding for the tournament will be based on standings from league play.
2. Tie breakers will be determined by the following criteria when determining tournament seeds.
 - a. Head to head Play (Win/Loss)
 - b. Total point differential in both wins and losses of 24 points or less (If you beat an opponent by 25 or more points on the scorecard, differential will be counted as 0)
 - c. Quality of opponents defeated (Total number of defeated opponents wins)
 - d. Fewest points allowed during the regular season.
 - e. If still tied, we will total the amount of points scored by the lowest scoring player on each roster. Whoever has the greater amount of points will be the higher seed.
3. Every player will receive a memento at the end of the season.

EQUIPMENT & UNIFORMS

1. Uniforms (team t-shirt) will be issued to each player.
2. Please no jewelry.
3. Each team practicing off site will be issued (2) basketballs to use during team practices if they wish. 1st/2nd, 3rd/4th grade girls' teams will use a junior size ball (27.5). 3rd/4th grade boys and girls will use the official women's size ball (28.5). 5th/6th grade boys and 7th/8th grade boys on up will use the full sized (29.5) balls. Coaches will be held responsible for the care of and return of the basketballs at the end of the season.
4. No altering or cutting of team uniform will be allowed. If the uniform is altered, lost, or permanently damaged, the player will not be allowed on the court. A new shirt must be purchased prior to the player's return (\$20). Appropriate clothing is required, and the referees or sports coordinator may make an official judgement on any questionable attire.
5. If the player wished to wear an undershirt with their jersey it either has to be a solid white or a solid team color.

OFFICIALS

1. All officials are thoroughly versed in all the rules and do not have to be reminded of them during the game. Judgment calls will not be questioned at any time before, during, or after a game. If you question the interpretations of a rule, then it must be done in a respectful manner. Questionable calls are part of the nature of sports and happen at every level. Use these opportunities to teach respect and sportsmanship to your players. Not the contrary.
2. No Judgement call will ever be reversed by the Recreation Coordinator or staff.
3. In the event of the assigned officials fail to appear for any regular league game and both teams wish to play, then both coaches must agree on volunteer officials until the assigned officials appear or until the game is completed.
4. No post/game protests in youth basketball will be considered. If there is a playtime infraction or an illegal player suspected, the issue must be brought to the attention of the officials/scorekeepers immediately. A time out must be called. If it's determined that there is no infraction, a timeout will be charged. If there is an infraction the situation must be corrected by opposing team, and the opposing team will lose all remaining timeouts. If the situation is not rectifiable in the remaining game time, the team will be disqualified. Play will continue to the end, but the win will go to the team that won the protest in the official results and standings.

SCOREKEEPERS & TIMERS

1. A scorekeeper/timer will be provided by the Recreation Department.
2. Team rosters will be provided by league.

GYM USE

1. No food will be allowed on the court at any time. Beverages secured with a screw tight cap are allowed. **Please clean your area after each practice and game.**
2. No hanging on rims or abuse of the facility will be allowed at any time. Dunks are allowed during game time, but never during warmups.
3. No unsupervised children are allowed. If you are coaching you must have another parent or guardian supervising your children who are not participating in the game.
4. The staff on-site is authorized to request participants and/or family members to leave the facility (including parking lot) in the event of inappropriate behavior or violation of facility rules.

RULES

1. The Douglas County Parks & Recreation Department's Youth Basketball League will be governed by the National Federation of State High School Associations rules with the following **exceptions**.
2. A jump ball will occur at the beginning of the game and each overtime period that is necessary to complete a game. All other jump ball situations will alternate under normal possession arrow procedures. Possession arrow will change at the half.
3. Teams will change baskets at half time
4. The offensive team has ten (10) seconds to move the ball over the half court line.
5. No back-court press will be allowed in Division 1 (1st and 2nd grade) pick-up at half court. Exception: The clock may not be killed in the back court for the final 10 seconds of the game. **If the game is close, and the opposing team wants to press in the final 10 seconds of the half/game, they may.**

6. Pressing will be allowed within the 3rd and 4th, 5th and 6th grade division within the last two (2) minutes of the half, and the last (2) two minutes of the game only. In all 7th grade leagues and above, full court press will be allowed at all times, unless a team is up by more than fifteen (15) points.
7. Bonus will be given at 7 and 10 team fouls.
8. Division 1(1st and 2nd grade) and 2 (3rd and 4th grade) may shoot free throws from the 10-foot line on the court. All other divisions will shoot from regulation.
9. During a free-throw lane player can advance on release of ball from shooter. All outside players must wait until the ball touches the rim.
10. Players will be allowed to stand in offensive key area for five (5) seconds in Divisions 1-3, and three (3) seconds in divisions 4-5.
11. A player will be disqualified from the game on their 5th personal foul.
12. Any player committing a flagrant foul will be ejected from the game.
13. A technical foul will constitute an automatic 2 points and possession of the ball. A player or coach who receives a technical foul must sit for the remainder of the half. If the player or coach receives a second (2) technical foul during a game, he/she will be ejected from the game and must leave the facility (includes parking lot). A minimum of a one (1) game suspension will follow; along with any additional disciplinary action decided upon by the League Director. If a player receives a third (3) technical foul during the season, an additional (2) game suspension will follow. The player/coach will be required to meet with the league director, and the conduct committee to be considered for remittance into the league.
14. Intentional Fouls will constitute 2 free throws and possession of the ball at the spot nearest the foul.
15. Absolutely no fighting, bad language or unsportsmanlike conduct will be tolerated at any time. Any player, coach or spectator who ignores the above will be immediately ejected from the game and the facility, and may not return until a conduct hearing date has been set. Conduct committee will decide the length of any and all suspensions. Any ejection is a minimum 1 game suspension from the league. If a punch is thrown, regardless if it lands or not, and regardless of who threw the first punch, the player(s) is/are suspended indefinitely.
16. Three-point shot will be allowed in all leagues.

PLAYING TIME

1. Minimum playing time – No player may play more than one (1) 4:00 segment more than the player who plays the least number of segments. There are (8) 4:00 segments in each game.
2. The clock will stop every four (4) minutes for substitutions, the horn will sound, complete substitutions will be made, and the clock will start again. This is the only time substitutions are allowed with the exception of injury or special circumstances stated above. The team with possession of the ball at the time of substitution will retain possession after the substitution. This is not a timeout. Coaches need to have players ready to check in at the scorekeeper's table and go onto the court within 20 seconds of the substitution horn.
3. Substitutions are only allowed on the four (4) minute substitution horn or for an injured player.
4. In the High School division, equal play rules will be in effect in quarters 1-3. In the 4th quarter only, coaches may sub openly, on dead balls.

PLAYER ARRIVING LATE

1. If a player arrives late. You are required to play them equal playing time in the remaining full quarters of play.

TRANSPORTION

As a coach, we do not recommend you to transport participants. If you choose to transport participants, you will be assuming all liability and risk.

INJURED PLAYER

1. The ultimate goal, with an injured player, is to keep the player in the game. The Head Coach is allowed to come onto the court during an injury to his team.
2. If the injured player cannot continue to play and must be removed from the court, the time played, counts as a complete four (4) minutes (1 segment) towards their minimum play time.
3. If the injured player comes off the court but then is ready to come back on during the same quarter, the scorekeeper will buzz the horn at the next dead ball and the official will waive the player back onto the court. If the player cannot return in the segment in which he/she is hurt, and does not start one (1) of the two (2) following segments, they may not return for the duration of the game.
4. If the player cannot finish the game, the scorebook and the other coach shall be notified.
5. The player that enters the game for the injured player will not be charged for that segment played.

COACHES LINE-UP

1. We will provide score sheets for head coaches. Please check for accuracy, and cross out any absent players.
2. If a player comes late or a player gets injured, the coach must modify their line-up immediately at the score table to ensure play requirements are met.

TECHNICAL FOULS ON COACHES

1. A coach who receives one (1) technical foul must sit for the remainder of that game. If a coach receives two (2) technical fouls in one game, they must leave the facility (including the parking lot) and further disciplinary action will be enforced.
2. If a coach receives three (3) technical fouls during the basketball season, the coach will be dismissed.