



Excelsior Springs Parks & Recreation Department
Youth Recreation Basketball Program
Rules and Regulations

ADMINISTRATION:

The Youth Recreation Basketball League is supervised by the Excelsior Springs Parks and Recreation Department. Decisions rendered by the Parks and Recreation Department are final. Official Basketball rules that are established by the National Federation of State High School Association, apply except where superseded by the following Youth Basketball League Rules.

COACHES:

1. Shall, above all, have the safety and welfare of each child as his/her main objective.
2. Must have a reasonable knowledge of the game.
3. Shall act as an example of good conduct and sportsmanship to his/her team in all league matters.
4. Emphasis of the program shall be to participate, enjoy and learn the fundamentals and skills of basketball within an environment of fair play.

TEAMS:

1. Grade divisions for coed leagues shall be established by Parks and Recreation Department.
2. Each coach will be allowed (3) three automatic picks which may include the Coach's child if he/she is playing. Should a coach have two or more children playing in the same league those children will automatically be placed on his/her team if the family so desires.
3. All Divisions will be assigned players after their (3) chosen automatics.
4. Minimum/Maximum number of players per team shall be 7 – 10 for all divisions. Player selection process shall follow printed guidelines established by Parks & Recreation Department.
5. Players must submit a player contract or registration form with fee, properly signed by a parent or guardian, prior to participation in program.
6. **THERE SHALL BE NO FOOD OR DRINK ALLOWED IN ANY GYMNASIUM DURING PRACTICES OR GAMES. THE ONLY EXCEPTION ALLOWED IS WATER BOTTLES. PARENTS & CHILDREN THAT ARE NOT PARTICIPATING IN THE GAMES MUST REMAIN IN THE BLEACHERS. CHILDREN WILL NOT BE ALLOWED TO RUN AROUND THE GYM! WHEN ENTERING THE GYM, PLEASE STAY AGAINST THE WALL AND WALK AROUND THE COURT.**
7. NO SMOKING OR ALCOHOL PERMITTED ON SCHOOL GROUNDS.

UNIFORMS & EQUIPMENT:

1. Required uniform consists of a t-shirt given to each team, color picked by the coaches with ES parks and rec logo on the front and number on the back. Players' names may appear on the uniforms at the cost of the parent(s), no additional printing shall be on the shirts. Players must be in uniform to participate.
2. Gym shoes are to be worn. No street shoes allowed.
3. Jewelry of all types is prohibited. The only exception to this rule is pierced earrings which cannot be removed. If worn, the earrings must have tape over them.
4. Game balls shall be supplied by the league. All Divisions will play with the following basketballs; Pre K/K: Rookie Ball (#4); 1st & 2nd Grade, Junior Ball; 3rd-4th Junior ball; and 5th – 8th grade will use a Women's regulation basketball.
5. Goal heights will be as follows; Pre K/K 6 ½ft goal; 1st – 2nd 8 ½ft goal; 3rd- 8th Regulation 10ft goal.

GAME TIME:

1. Games will start promptly as scheduled. A team must have five uniformed players to start a game and must have four uniformed players to complete a game. A five minute grace period is allowed from scheduled starting time.
2. The referee's watch is official.
3. All teams must play on assigned dates. Failure to do so is an automatic forfeit. Games may be rescheduled at the discretion of the Parks and Recreation Department.

DETERMINATION OF PLAYER LINE-UPS:

Prior to the start of each quarter at the direction of the officials, coaches will line up their five starters near the scorer's table. At that time, coaches will direct their players as to their individual player responsibilities. Coaches should attempt to balance the ability of players on the court. In the Pre K/K and 1st and 2nd grade divisions, if there is a mismatch in skill level, the game may be stopped and wristbands switched to make the match up more even. The referee will call a timeout in this case.

PLAYING TIME:

1. Games will consist of 4 quarters of 9 minutes. A continuous clock will stop the last minute of each half. There will be intermissions of 1 minute after the 1st and 3rd quarters and 5 minutes between halves.
2. Pre K/K and 1st – 2nd divisions- no overtime
3. 3rd – 4th grade 2-minute running clock overtime; if the score remains tied after overtime then the game is over.
4. 5th – 8th grade division- 2-minute running clock overtime; 2-minute sudden death double overtime; if the score is still tied after the double overtime period, the game is over
5. If a team is 20 or more points ahead the clock will run the whole fourth quarter.

TIME-OUTS:

1. Each team is entitled to 2 charged time-outs per half during a regulation game. During each extra period, each team is entitled to one time-out. Time-outs cannot be carried over from half to half or 2nd half to overtime.
2. A single charged time-out shall not exceed 1 minute.

TEAM RESPONSIBILITIES:

1. Home team will be listed first on the game schedule.
2. Home team shall provide the official timekeeper. The visiting team shall provide the official bookkeeper. The Parks & Recreation Department shall provide a gym supervisor who will have the official score books, keep games running, keep non-participating children off the gym floor, handling confrontations etc.
3. Score book and time clock will be provided by the department.

OFFICIAL GAME:

1. Games that have been canceled by the Parks and Recreation Department shall be rescheduled at the earliest possible date.
2. Games may be played with one official.

PLAYING REQUIREMENTS AND SUBSTITUTION:

1. All players in uniform will play a minimum of one full quarter in each half of the game. The minimum playing requirement does not apply in case of injury -should a player be removed from the game due to injury, that partial quarter counts as a quarter toward fulfilling the player participation requirement.
2. It is the decision of the official(s) as to when a player removed from the game due to injury will be allowed to re-enter the game. Their decision will be determined by the seriousness of the injury.
3. No player may enter the game in either half as a substitute unless there is an injury or foul trouble.
4. Every player must play the minimum of 8 minutes per half. No player shall play four complete quarters except as may be necessary to field a team due to cases of illness, injury or foul-outs.
5. The only exceptions to the minimum playing requirements and player substitution requirements are in cases of injury, players fouling out or late arrivals.
6. Failure to obey these rules may result in forfeiture of the game.
7. Around the four-minute mark of each quarter will be mandatory substitutions at every age division. During this time all players on the bench must enter the game (unless injured. If less than five subs to make the players remaining on the court will be the only players eligible to sub during remaining four minutes of the quarter.

PRACTICE ATTENDANCE:

Practices are an important part of youth recreation programs, but cannot be made mandatory. It is usually not the child's fault when they miss practices and the child shouldn't be punished by not playing. If a player on your team is consistently absent from practice without an excuse, try to talk to the parents and see why the child hasn't been at practice. If it continues to be a problem, make sure the program coordinator is aware of it.

SPORTSMANSHIP:

Team members, coaches and spectators shall exhibit appropriate behavior towards other players, officials and spectators. Unsportsmanlike conduct from team members and/or associates, including spectators, will result in one or more of the following:

- 1) Player, coach or spectator ejection from the game.
- 2) Player, coach or spectator ejection from the league.
- 3) Player, coach or spectator suspension.
- 4) Forfeiture of game.

During the game, the officials have the authority to eject players, coaches or spectators. Anyone that is ejected from a game will be suspended a minimum of one game. The Parks and Recreation Department has the final authority on determining the duration of the suspension or other penalty. Any player, coach or spectator ejected from a game must leave the gymnasium. Failure to do so may result in the forfeit of game.

PROTESTS:

Officials' decisions in all matters are final. There shall be no protests except in cases of violation of the minimum playing requirements. Intent to protest must be so noted in the score book by an official at the request of the coach within the conclusion of the game. The protest must then be reported to the Parks and Recreation Department by the protesting coach the next working day. Report may be made in person or by phone.

AWARDS:

There will not be participation awards for this league.
We will be keeping score for all age divisions. Giving out a 1st and 2nd place awards for each division.

PLAYING RULES:

1. There shall be no three- point field goals, except for the boys and girls 3rd – 8th grade divisions.
2. In Pre K/K through 1st and 2nd grade no zone defense is allowed - man-to-man defense only. Violation of this rule may result in a technical foul being assessed to the bench. Wristbands will be provided and required in Pre K/K through 1st – 2nd grade Divisions, and kids will guard the opposing player with matching color wristband.
3. All the 3rd – 8th grade Leagues will be allowed to play High School Basketball Rules (i.e. trap, double team, man-to-man, zone, etc.) The league recommends, especially to the younger divisions, they attempt playing man to man for player development purposes.
4. Full court press allowed as follows:
In the Pre K/K through 4th grade - No full court press allowed.
In the 5th – 8th grade Divisions – Full Court press is allowed the last two minutes of the second and fourth quarters only. During full court press players can play regulation High School Rules (trap, double team, man-to-man, zone, etc.). If a team is ahead by 10 points or more, that team may not press. Violations of the full court press rule may result in a technical foul being assessed to the bench.
5. If an offensive player beats his/her defender, another defensive player can pick him/her up until the first player recovers. (This DOES NOT APPLY TO 5th through 8th grade divisions).
6. In addition to the instances allowed in the High School Rule Book, a coach will be allowed to come up off the bench to provide instruction to players in a constructive manner. The Head Coach will be required to sit next to the score table so that the officials know who to refer to as Head Coach. Coaches are not allowed to come up off the bench to argue a call or in any manner harass the official(s).
7. The free throw line for the Co-ed Pre K/K until 4th grade League's will be moved in three feet closer to the basket. A line will be marked on each end of the court.
8. Once the ball has been brought over the half court line, or spike line in some gyms, (either by pass or dribble) the defense may now pick up their offensive player (man on man defense only).
9. In Pre K/ K through 4th grade divisions the point guard needs to be a different child every quarter; this is to encourage other children the opportunity to touch the ball, not the same 1 or 2 children every time.
10. Unless the gym is closed for school functions, practices are cancelled at the coaches' discretion.
11. In case of inclement weather on game days, coaches will be notified then contacting

their team. FACEBOOK page will be PRIMARY use of Notification.

Any questions contact Courtney Curry, Parks & REC Coordinator

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