



Youth Basketball

Rules and Guidelines
2020 League

Coaching Guidelines

Coaches Role and Responsibilities:

All coaches, including assistant coaches, play a vital role in the success of the youth basketball program and carry the responsibility of assisting with the social as well as physical development of the youth in the program.

Coaches' responsibilities include but are not limited to the following:

- Serve as a positive role model for participants and parents
- To develop basketball skills
- To foster good sportsmanship among team members
- To be prepared and present at all practices and games
- Will limit team to one practice per week
- To communicate information to players and parents
- *To treat officials with respect and not question the judgment of an official*
- Only head coaches may stand during the game, give directions to players on the court, or speak to officials. Head coaches may walk the length of their bench. Assistant coaches must remain seated at all times and may only give instructions to bench players. (Exception: 1/2Grade division: Head coach will act as a "floater" and assistant coaches will be assigned to a specific court where they may give instruction to all players and communicate with officials.)
- Be familiar with league policies, attend coaches meeting, sign that you have read game rules and will abide by them
- Allow only coaches who have been authorized by the Arcata Recreation Division to participate with the team
- Complete player and program evaluations at the conclusion of the season

Coaches Oath -

All coaches, including assistant coaches, are required to read and sign the *Coaches Oath*. The *Coaches Oath* is intended to reinforce the value of participation over competition and ensure coaches are familiar with and agree to the values of the program.

Team Rosters -

Once teams are selected, coaches will receive a copy of their team roster and a completed registration form for each of their players.

Player liability release forms **must** be with the coaches at **all practices and games**, in case emergency phone numbers or a medical release is needed. Pay close attention to any information listed under the question, "Does child have any physical limitations, etc?" If a coach doesn't have a copy of the registration form, the child **is not** eligible to practice or play in games.

Coaches must notify the program supervisor immediately if any player drops out of the program. We have waiting lists, so the spot can usually be filled. Players will only be added through the waiting list, and once the season has started a team may not add a player if the addition will make their roster exceed ten players.

Relationship with officials and scorekeepers –

Despite the sincerity or conscientiousness of officials/scorekeepers, mistakes will be made. In working with officials/scorekeepers, the coach should keep three things in mind:

- Officials/scorekeepers should be treated with respect
- The official's/scorekeeper's judgment should not be questioned
- Questioning rules interpretation should be done courteously and never with a raised voice

Discipline –

Coaches may take disciplinary action to ensure the respect and cooperation of players, always keeping in mind the spirit of the program. Coaches must notify the program supervisor regarding any disciplinary action taken against a player and the reason for such action within one (1) working day of the action.

No set of rules or procedures can entirely eliminate disciplinary problems. Discipline will become a part of the program whether you want it to or not. They can annoy you, upset you and do just the opposite of what you want them to do. You must be flexible and patient when working with children. Remember that children are people and should be treated like people. If you respect each player's thoughts, they will want to please you and half your battle is won. When you get angry

talk with them, but also tell them why. Always maintain a spirit of fairness. Be sure to sit down with kids on the first day and have them make up rules and consequences if rules are broken.

Things not to do when disciplining:

- Never touch them in a negative way.
- Do not resort to calling the child names. Deal with the issue at hand.
- Do not let the kids you like get away with things you don't let other get away with and don't shame the children.

Things to do when disciplining:

- Have a few concise rules known to participants and always remain fair
- If you make a mistake, don't be afraid to admit it.
- Be sure to know all the facts before dealing out the punishment – listen to both sides of an argument. Punishments should be reasonable.
- Be consistent – if you enforce a rule today, you should enforce it the next day
- If you make a threat or promise, be sure to carry it out. Repeated warnings, which are not followed by actions, weaken your authority
- Allow children to settle minor disputes among themselves. Coaches should first be facilitators and then try to help children solve their own problems.
- Always solve a problem, do not let it go. By merely stopping a dispute without eliminating the cause, the problem will continue.

League Rules and Regulations

ALL PLAYERS MUST PLAY IN EACH GAME. Every player must play **equal** time for each game. Coaches must make a good faith effort to ensure each player gets equal playing time per game. All players on the bench at the 3:30 mark (half quarter), will go into the game and play the rest of the quarter. The penalty for repeated violation of this rule may include removal from coaching duties. Coaches may make exceptions to this rule for disciplinary reasons provided the program supervisor is notified prior to the beginning of the game. If the Gym Supervisor talks with you about playing one child too much or not enough, you need to do what the Gym Supervisor asks you to do. If there is a problem, you will need to bring that up with the Program Director at the end of the game or at a later date.

All players entering the game **must** check in with the scorekeeper.

Technical fouls called on a coach or player will result in a dismissal from current game and the following one game suspension. A second technical foul called on either a coach or a player results in dismissal from league. Technical fouls can be called by referees (court and bench) and gym supervisors (bench only).

Players may not wear jewelry, hair clips (medal), jeans, or shorts/sweats with zippers and/or pockets. Players wearing any of these items will not be allowed to play in the game.

If a team has no substitutes to replace disqualified players, and there are less than four players on the court, the game is a forfeit. (Exception: 1/2 Division will play on 2 modified courts of 3 vs. 3 with the hoop height at 9 feet)

Pressing is defined as defensive pressure applied within the back-court area except in an effort to stop a fast break play off a defensive rebound.

- 1st/2nd Boys and 1st/2nd Girls League: **Not Allowed**
- 3rd/4th Boys and 3rd/4th Girls League: **Not Allowed**
- 5th/6th Boys and 5th/6th Girls League: **Not Allowed** until a team is behind by 10 points or more. The team which falls behind by 10 points or more, may press up to the point of a tie. If the press is removed before the score is tied and the difference is less than 10 points, the press cannot be reapplied until the difference is 10 or more points. In the fourth quarter, either team may apply a press regardless of the score.
- 7th-12th Boys and 7th-12th Girls Leagues: **NO RESTRICTIONS**

Double teaming/Trapping is defined as two defensive players guarding one offensive player **above the three point or (red) line** on the court.

- 1st/2nd Boys and 1st/2nd Girls League: **Not Allowed**
- 3rd/4th Boys and 3rd/4th Girls League: **Not Allowed**
- 5th/6th Boys and 5th/6th Girls League: **NO RESTRICTIONS,** (refer to pressing rule)
- 7th-12th Boys and 7th-12th Girls Leagues: **NO RESTRICTIONS**

Zone defense is not allowed in the 1st/2nd or 3rd/4th Leagues.

Help Defense is when one teammate helps another teammate stop penetration of the basketball. This is usually around the “key area” of the basketball court. This is allowed at all levels.

The backcourt rule (Over & Back) will be in effect for all the leagues, except 1st/2nd grade leagues. Offensive players cannot go back over the centerline with the ball once the ball has been crossed. Teams will have a ten-second limit to bring the ball into the frontcourt.

In addition, in the 3rd/4th grade league, no defense may be applied above the “red line” until the offense has crossed the “red line”. Once the ball has crossed the “red line”, on each possession, defense may be applied anywhere in that half court. The offense must make a reasonable & timely attempt to cross the “red line” on each possession. Using the “red line”- “no defense rule”, as a stalling tactic will be considered unsportsmanlike conduct and will result in a turnover.

Intermediate (28.5”) sized basketballs will be used for all girls’ leagues and the 1st/2nd & 3rd/4th grade boy’s leagues. Men’s sized basketball will be used for other leagues.

The basket height for all leagues will be 10 feet. The exception is the 1st/2nd grade boys’ and girls’ leagues where the basket height will be 8 ½ feet.

Scoring and Time Regulations

Score will not be kept in the 1st/2nd Boys and Girls Leagues.

Three point field goals:

- 1st/2nd Boys and 1st/2nd Girls League: **Not Allowed**
- 3rd/4th Boys and 3rd/4th Girls League: **Not Allowed**
- 5th/6th Boys and 5th/6th Girls League: **Allowed**
- 7th-12th Boys and 7th-9th Girls League: **Allowed**

Game time is forfeit time. Teams must have five players present to start the game. You can play with four players if all others have fouled out. (Exception: 1/2Division will play 3 v 3 on two modified courts. Six players will be needed to start the game. You can play with two players per court if all others have fouled out.) If the game is deemed a forfeit, the teams may play a practice game with the players in attendance. The score will NOT be displayed on the scoreboard for such games.

Playing time consists of 4 quarters of 7 minutes each. The clock will be stopped whenever the whistle is blown. There will be 1-minute breaks between the first and second and third and fourth quarters. 5 minute break at half time. (Exception: 1/2Division will play 4 10-minute running clock quarters.)

Tie Games: If a game ends in a tie, it is considered a tie. No tiebreaker will be played. This policy has been enacted to de-emphasize winning and reinforce that the league is about participation and learning. The only exception will be the 9/12 grade boys division. Overtime will consist of 2 minute periods.

Timeouts: Each team will have 3 time outs per game. When the whistle is blown and the ball is dead, coaches can call a time out or substitute. Coaches can call timeouts anytime in the 1st /2nd grade levels. Players and/or coaches in 3/4th and higher grades may call a “timeout”: 1. on any deadball, 2. if their team has possession of the ball, 3. after a made field goal. .

No free throws shall be attempted after the time has expired for the 4th quarter, unless the point(s) would affect the outcome of the game.

Live Ball and Dead Ball-

Start of Game The home team, listed first on the game schedule, will receive the ball to start the game. The alternating possession rule will be in effect thereafter. In the event of a jump ball situation, teams will alternate taking the ball out of bounds. The arrow will start opposite the team taking the ball out at the start of each quarter. This rotation will be monitored by the scorekeeper.

The ball becomes dead or remains dead when: 1) the ball goes out of bounds 2) after the first of a 2 shot free throw 3) a held ball occurs, 4) a foul occurs, 5) an official’s whistle is blown, 6) time expires, 7) a lane violation by the shooting team occurs – In this case the ball becomes dead and the defensive team is awarded the ball out of bounds 8) after a made basket.

Out of Bounds and Throw In

A player is out of bounds when he/she touches the floor or any object other than a player, on or outside a boundary.

The ball is out of bounds when it touches: 1) a player who is out of bounds, 2) any other person, the floor or any object on or outside a boundary, 3) the supports or back of the backboard and, 4) the ceiling, overhead equipment or supports.

Note: when playing on a rectangular backboard, if the ball touches or rolls along the edge of the backboard without touching the supports, it is considered in bounds.

If the ball goes out of bounds and was last touched simultaneously by two opponents or the official is in doubt as to who touched the ball, play will resume through a use of alternating possession throw-in.

The ball is awarded out of bounds after: 1) a violation, 2) a free throw for a technical, flagrant or intentional personal foul, 3) a field goal or successful free throw for any other personal foul or awarded goal, 4) a player control foul, 5) a common foul before the bonus rule is in effect, or 6) a held ball.

The ball will be put in play on a throw in when the team is ready (or it will be placed on the floor). Throw-in count will begin at this time. If a team violates the count more than once, it is a technical foul.

When the ball is out of bounds after a violation, the official shall place the ball at the disposal of an opponent of the team that committed the violation for a throw in from the designated spot nearest the violation.

After an intentional or flagrant personal foul, any player of the team to whom the free throws have been awarded shall make the throw-in from the out of bounds spot nearest the foul. After a technical foul, the ball will be awarded at the division line on either side of the court (half court). After a free throw violation, any opponent of the throwing team shall make a throw in from the out of bounds spot nearest the violation.

The throw-in starts when the ball is at the disposal of a player or team entitled to a throw in. The thrower shall release the ball on a pass directly into the court within five seconds after the throw-in starts. The throw in pass shall touch a player on the court before going out of bounds. The thrower shall not leave the designated throw-in spot until the ball has been released. The opponent of the thrower shall not have any part of his/her person through the inbound side of the throw in boundary plane until the ball has been released and the opponent must allow the thrower at least three feet of space to complete the throw in.

Free Throw Administration

When a free throw is awarded, the ball will be handed to the thrower and the free throw count of ten will begin.

In regards to lane space occupation: 1) each of the lane spaces adjacent to the end line shall be occupied by one opponent of the free thrower, 2) a teammate of the free thrower is entitled to the next lane space and are entitled to each other alternate position along each lane line, 3) no more than one player may occupy any part of a marked lane space, 4) only marked lane spaces may be occupied.

Free throws awarded because of a personal foul shall be attempted by the offended player. Free throws awarded because of a technical foul may be attempted by any player of the offended team that is on the court.

Players in the 1st & 2nd, 3rd & 4th grade leagues will be allowed to shoot free throws from the twelve foot mark rather than the fifteen foot mark, if they so choose. The twelve foot mark will be identified by tape in each gymnasium.

Violations and Penalties

The following are considered violations governing free throw provisions: 1) the try shall be attempted within the free throw semicircle and behind the free throw line, 2) the free thrower has ten seconds to attempt the throw once the ball has been placed at his/her disposal, 3) the free thrower shall not purposely fake a try nor shall any player in a marked lane space fake to cause an opponent to violate, 4) no opponent shall disconcert the free thrower, 5) once the ball has been placed at the disposal of the thrower, no player shall enter or leave a marked lane space, 6) a player, other than the free thrower, who does not occupy a marked lane space must have both feet beyond the vertical plane of the free throw line extended and the three point line, 7) a player occupying a marked lane space must stay within that space. Violation of the above will result in the following types of penalties:

Penalty – If the violation is by the free thrower or a teammate only, the ball becomes dead when the violation occurs and no point can be scored by that throw. If the violation is by the free thrower's opponent only, if the try is successful, the violation is disregarded. If the try is not successful, the ball becomes dead when the free throw ends and a substitute free throw is awarded. If there is a violation by each team, no point can be scored and play shall resume under the alternating possession rule.

The following are considered violations governing throw in provisions: the thrower shall not 1) leave the designated throw in spot until the ball has been released, 2) fail to pass the ball into the court so it touches or is touched by another player, 3) consume 5 seconds, 4) carry the ball onto the court, 5) touch the ball in the court before it touches or is touched by another player, 6) throw the ball so that it enters the basket before it touches or is touched by another player, 7) no player shall replace the thrower after the ball is at their disposal or be out of bounds when he/she touches or is touched by the ball after it has been released on a throw in pass. Violation of the above will result in the following types of penalties:

Penalty – the first violation of the throw in boundary plane shall result in a warning, any violations after that will result in a technical foul being assessed. Any other violation of the above provisions will result in the ball being awarded out of bounds to the opposing team.

Causing the ball to go out of bounds, running with the ball or kicking it or striking it with the fist or causing it to enter the basket from below will result in the ball being awarded to the opposing team.

Dribbling a second time after his/her first dribble has ended (unless it is after he/she has lost control because of): 1) a try for a field goal, 2) a bat by an opponent, 3) a fumble or pass which has been touched by another player will result in the ball being awarded out of bounds to the opposing team.

If a player remains for three seconds in part of his/her free throw lane while the ball is in control of his/her team in his/her front court, the ball will be awarded out of bounds to the opposing team. Allowance shall be made for a player who, having been in the restricted area for less than three seconds, dribbles in or moves to try for a goal.

Fouls and Penalties

A substitute shall not enter the court: 1) without reporting to the scorekeeper, 2) being beckoned by an official, 3) without his/her name appearing in the official score book.

Penalty – Technical foul: 2 free throws plus the ball at half court. If the substitute becomes a player, the name and number must be added in the book.

A player shall not: 1) interfere with the ball after a goal, 2) failing when in control to pass the ball to the nearer official when a violation occurs, 3) commit an unsportsmanlike foul – this includes addressing the official disrespectfully, using profane language or gestures and baiting or taunting an opponent, and 4) commit a violation following a warning regarding the throw in boundary plane.

Penalty- Technical foul: 2 free throws plus the ball at half court.

Bench personnel shall not: 1) commit an unsportsmanlike foul, 2) disrespectfully address an official, 3) use profane language or inappropriate language or obscene gestures, 4) bait an official or incite undesirable crowd reactions.

Penalty – Technical foul: 2 free throws plus the ball at half court. The foul is charged to the offender directly and to the head coach indirectly.

Coaches must remain in coaches box at all times while the clock is running or is stopped except to attend an injured player.

Penalty – Technical foul: 2 free throws plus ball at half court.

A player shall not: 1) hold, push, charge, trip, or impede progress of an opponent by extending an arm, hip, knee, or bending the body into other than normal positions, 2) use of rough tactics. The use of hands on an opponent in any way that inhibits the freedom of movement of the opponent or acts as an aid to a player in starting or stopping is not legal. A dribbler shall not: 1) charge into nor contact an opponent in his/her path nor attempt to dribble between two opponents nor a boundary line and an opponent unless there is space to provide a reasonable chance to avoid contact with the opponent. A player who screens shall not: 1) when he/she is outside the visual field, take a position closer than normal step from the opponent, 2) when he/she assumes a position at the side of the stationary opponent, make contact with the opponent, 3) take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction, 4) and after assuming legal screening position, move to maintain it. A player who is screening within his/her visual field is expected to avoid contact by going around the screener. If the screen is set outside the visual field, contact

may be made and is considered incidental provided the opponent stops or attempts to stop and move around the screen. Violation shall result in:

Penalty – Personal Foul: offender is charged with one personal foul, and if it is his/her fifth, or is flagrant, he/she is disqualified. The offended player is awarded free throws as follows: 1) no free throws for each common foul before the bonus rule is in effect, a double personal foul, a player control foul, and a flagrant double personal foul, 2) one free throw is awarded if fouled in the act of shooting and the field goal try is successful, 3) Bonus free throw for each common foul (except player control) beginning with the team's 7th foul during the half provided the first attempt is successful, 4) Technical foul: two free throws if intentional or flagrant plus ball for throw-in, 5) fouled in the act of shooting and try is unsuccessful: 2 free throws on field goal try, plus ball for throw in if intentional or flagrant, 6) Multiple foul: one free throw for each foul whether or not the try is successful, two free throws for each flagrant foul, plus ball for throw in if intentional or flagrant.

Definitions -

Airborne Shooter – a player who has released the ball on a try for a goal and has not returned to the floor. The player is considered to be in the act of shooting.

Alternating Possession – method of putting the ball into play by a throw-in. A jump ball starts a game. Following the jump ball, possession will alternate between the teams.

Basket – teams will start each game by shooting at the basket opposite their bench. During the second half, teams will shoot at the basket on the same side of their bench.

Blocking – illegal personal contact which impedes the progress of an opponent.

Charging – illegal personal contact by pushing or moving into an opponent's torso. A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in his or her path. If a guard has obtained legal guarding position, the player with the ball must get his or her shoulders by or around the torso of the defensive player. If contact occurs on the front of the torso of the defensive player, the dribbler is responsible for the contact. There must be reasonable space between two defensive players or a defensive player and a boundary line to allow the dribbler to continue in his/her path. If there is less than three feet of space between the dribbler and the defensive player, the dribbler has the advantage for the call. The player with the ball may not push the torso of the guard to gain an advantage to pass, shoot or dribble.

Bonus Free Throw – the second free throw which is awarded for each common foul (except player control) committed by a player of a team beginning with that team's 7th foul in a half, provided the first free throw for the foul is successful.

Double Bonus – an additional bonus free throw will be awarded with the team's 10th team foul in a half. This free throw is awarded regardless of the outcome of the first bonus free throw. Players must wait until ball hits rim before they are allowed to enter the "key" area.

Continuous Motion – applies to both tries for field goals and free throws but has no significance unless there is a foul by the defense during the interval which begins when the habitual throwing movement starts and ends when the ball is clearly in flight. If an opponent fouls after a player has started a try for goal, he or she is permitted to complete the customary arm and/or leg/foot/pivot movement.

Dribble – ball movement caused by a player in control who bats, pushes, or taps the ball to the floor once or several times. The dribble ends when the dribbler catches the ball with one or both hands or simultaneously touches the ball with both hands.

Foul: Personal – player foul which involves illegal contact with an opponent while the ball is alive or committed by an airborne shooter when ball is dead.

Foul: Intentional – personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, contact away from ball or when not playing the ball. It may or may not be premeditated and is not based on the severity of the act.

Foul: Flagrant – personal or technical foul of a violent nature or a technical non-contact foul, which displays unacceptable conduct. It may or may not be intentional. Results in immediate disqualification from game.

Foul: Technical – foul by a non-player and/or coaches, non-contact foul by a player, an intentional or flagrant contact foul while ball is dead.

Guarding – act of legally placing the body in the path of an offensive opponent. To obtain an initial legal guarding position, the guard must have both feet touching the floor and the front of the guard's torso must be facing the opponent. After the initial legal guarding position is obtained the guard is not required to continue facing the opponent, the guard may move laterally to maintain position and may raise hands or jump within his/her own vertical plane. When guarding an opponent with the ball, no time or distance is required to obtain an initial legal position and if the opponent with the ball is airborne, the guard must have established legal position before the opponent left the floor. When guarding a moving opponent without the ball, the guard must give the opponent time and/or distance to avoid contact, the distance need not be more than two strides and if the opponent is airborne, the guard must have established legal position before the opponent left the floor.

Illegal/Legal use of Hands/Arms – the arms may be extended vertically above the shoulders and need not be lowered to avoid contact with an opponent when the action of the opponent causes contact. Reaching to block or slap the ball controlled by a dribbler or a player throwing for a goal or a player holding it and accidentally hitting the hand of the opponent when it is in contact with the ball is legal. A player may also hold his/her hands and arms in front of his/her face or body for protection and to absorb force from an imminent charge by an opponent.

Holding – illegal personal contact with an opponent that interferes with his/her freedom.

Incidental Contact – when ten players are moving in a limited area, some contact is certain to occur. Contact which occurs unintentionally in an effort by an opponent to reach a loose ball, contact which does not hinder the opponent in any way, contact with a player who is setting a screen should not be considered illegal.

Penalty: Foul – Charging of the offender with the foul and awarding a free throw and/or the ball for a throw in as specified by the type of infraction committed.

Penalty: Violation – awarding the ball to the opponent for a throw in, or awarding one or more points, or the awarding of a substitute free throw.

Pivot – takes place when a player who is holding the ball steps once, or more than once in any direction with the same foot while the other foot, called the pivot foot is kept at its point of contact with the floor.

Rebounding – an attempt by any player to secure possession of the ball during and following a try for a goal. In a rebounding situation there is no player or team in control. To obtain or maintain legal rebounding position, a player may not: displace, charge or push an opponent, extend shoulder, hips knees or extend arms or elbows fully or partially in a position other than vertical so that the freedom of movement of an opponent is hindered when contact with the arms or elbows occur, bend his or her body in an abnormal position to hold or displace an opponent, violate the principal of verticality. Every player is entitled to a spot on the floor, provided such player gets there first without illegally contacting an opponent.

Screen - Legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position. To establish a legal screening position, the screener may face any direction, time and distance are relevant and the screener must be stationary. When screening a stationary opponent from the front or side, the screener may be anywhere short of contact. When screening a stationary opponent from behind, the screener must allow one normal step backward without contact. When screening a moving opponent, the screener must allow the opponent time and distance to avoid contact. The distance need not be more than two strides.

Throw-in Count – is five seconds in length and ends when the ball is released by the thrower so the passed ball goes directly into the court. The designated throw-in spot, following a violation, is three feet wide with no depth limitations.

Traveling – is moving a foot or feet in any direction in excess of prescribed limits while holding the ball. The limits are as follows: 1) once a pivot foot has been established, a player cannot reestablish the pivot foot, 2) after coming to a stop and establishing a pivot foot, if the player jumps, neither foot may be returned to the floor before the ball is released and 3) the pivot foot may not be lifted before the ball is released to start a dribble. A player holding the ball may not touch the floor with a knee or any other part of the body other than the hand or foot. After gaining possession while on the floor and touching with other than hand or foot, may not stand up or get up.

Verticality – once legal guarding position is obtained, the defender may jump or rise vertically and occupy space within his/her vertical plane. The arms raised above the defender are considered within the vertical plane. The defender should not be penalized for leaving the floor vertically or having his/her arms extended within the plane. The offensive player whether on the floor or airborne may not "clear out" or cause contact with a defender within the defender's vertical plane. The defender may not "belly up" or use the lower part of the body or arms to cause contact which is a foul outside his/her vertical plane.