

Town of Arlington Youth Basketball

League Rules

2014-15

Number of Games: 10 games plus tournament

League Begins: December 2014

League Contacts:

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OBJECTIVE

To provide the youth of the Town of Arlington and surrounding areas with an opportunity to play organized recreational basketball in an environment conducive to learning the fundamentals of the game of basketball while enjoying the fellowship of children of similar age and gender.

General Rules and Regulations (All Leagues) will follow the National Federation of State High School Associations Basketball Rules, except when as amended herein.

GAME SPECIFICS:

- All Games shall consist of four (4) quarters, nine (9) minutes in length, with a continuous running clock, excluding the last minute of each quarter. The last minute of each quarter will be a standard clock, stopping on the referees whistle.
 - o The running clock will only stop for time outs and injuries.
 - In the 1st – 2nd Grade divisions only, the clock will stop for the first free throw, to allow players to get set in their places. Once the first free throw is shot, the clock will start again.
 - o Each team will be given a four (4) minute halftime period.
- Home Team will sit to the left of the scorer's table (facing the basketball court), unless playing in gymnasiums with portable scoreboards on the scoring table. For the sake of the parents, I want the Home team to sit on whichever side the Home score is on the Portable scoreboard.
 - o The Home Team shall warm up in the opposite court of their bench in pre-game warm-up and in front of their bench during half time warm-ups.
 - o Time allowed between games is five (5) minutes.
- Only one designated coach is allowed to stand and direct players during a game.
 - o All players and other bench personnel must remain seated.
 - o Only the Head Coach, Assistant Coach, and Scorekeeper may be permitted on the bench. No other adults are permitted.
 - o A coach can receive a direct technical because of his/her attitude, language, behavior, and/or team spectator's behavior.
 - o **Coaches are responsible for spectators, parents and players.**
- The coach or a team representative is to provide the scorekeeper with the first and last name and the number of each team member who may participate and designate the five (5) starting players at least five (5) minutes before the scheduled starting time of the game. The official scorebook will be the official document for each game, please make sure you give the scorer all needed information.
- Teams must wear league-provided uniforms, unless prior permission has been granted by League Administrator.
- Any Coach, Parent or Spectator may set up a meeting with the League Administrator to discuss any league matter, but addressing an issue on-site following an incident is not the appropriate time.
- Coaches may request to converse with the officials during a timeout or dead ball only. If a team is out of timeouts, the coach must wait until a dead ball to request permission.
- On Free Throws, players should not be lined up below the block. There will be three players allowed on each side for foul shots.
 - o Players are not to leave for the rebound until the ball hits the rim.

- All free throw violations will be enforced, with the following exception for 1ST 2ND GRADE BOYS:
 - Each team in 1st – 2nd Grade Boys will receive one “mulligan” free throw violation on the shooter per game. A shooter who crosses the line on a free throw will not be penalized for the team’s first violation ONLY. Purpose – To allow the children to have success while showing them what they did wrong along the way.
- No coach will be allowed to recruit and add any particular player unless deemed appropriate and necessary by League Administration.

PARTICIPATION RULE:

- Each participant must play a minimum of one (1) full quarter in the first half and five consecutive (5) minutes in the second half, unless declared unable to play due to sickness, injury or disciplinary reason pre-approved by League Administration. If a player is unable to play the minimum amount of minutes, the official scorekeeper AND opposing coach must be made aware prior to the game.
 - PENALTY: The penalty for a team not abiding the participation rule will be determined by League Administration on a case-by-case basis. Penalties could result in a suspension of the coach or forfeiture of game.

FAST BREAK, DOUBLE-TEAM & PRESS RULE:

- A fast break is defined as when a team attempts to move the ball up court and into scoring position as quickly as possible, so that the defense is outnumbered and does not have time to set up.
- All leagues may Fast Break only if ball is turned over or rebounded.
 - Defense may defend the fast break, however, it is ‘encouraged’ that you teach your players to retreat back, and then defend.
- All made field goals cannot advance until defense is set, unless the press rule is in effect.
- The press rule applies to when the ball crosses the half-court line, the defense may approach and guard the ball and other offensive players, **when not on a fast break**. See Division specific rules below for defensive rules.
 - Only the ball has to cross half court; not ball and player. This eliminates any confusion with passing the ball over the half court line. Since teams may now fast break in all divisions, teach your players to first “get back on defense” then stop the ball once it crosses half court.
- When a team has a twelve (12) or more point lead, they must retreat below the three-point line extended and remain there for the entire defensive possession. At no point may they go above the three-point line extended, unless they have possession of the ball below it.
 - Example: A defensive player may not go for a loose ball above the three-point line extended, with a twelve (12) or more point lead.
- Situations when PRESS RULE is used include:
 - a. 12-point differential rule. When Team A has a twelve-point or more lead on Team B, Team A must abide by the PRESS RULE. The referee must inform the coach and the players of Team A that press rule is in effect. **ALL LEAGUES MUST ABIDE BY THE 12-POINT DIFFERENTIAL RULE. NO OFFENSIVE PLAYER MAY BE GUARDED IN THE BACK COURT EVEN ON FAST BREAK ATTEMPTS. *First offense - warning, Second offense -technical foul.***
 - b. **1ST-2ND Grade:** May not press the entire game. Defense may defend entire half court in last two (2) minutes of each half (2nd and 4th Quarters).
 - c. **3RD-4TH Grade:** May not press until the last for (4) minutes of the 4th Quarter.
 - d. **5TH-6TH Grade:** May not press until the second half.
 - e. **7TH-8TH Grade:** May press the entire game, unless ahead by twelve (12) or more points.

TIMEOUTS & OVERTIME:

- Four (4) cumulative one (1) minute time outs will be awarded for the game. A one (1) minute time out will be allowed for overtime. (No carry over time outs)
- A two (2) minute overtime will be played in ALL divisions.

- In 1st – 2nd Grade, if no winner after the first overtime game, then the game goes to sudden death. (The first team to score wins). The sudden death period will be two (2) minutes in length. Overtime periods will continue until a winner is decided.

GAME CONDUCT (Technical Fouls):

- The Town of Arlington Youth Basketball League will not tolerate any outburst (verbal or physical) from any coach, player or spectator at any time during the game.
 - Any physical or verbal abuse by a coach, player, or fan will call for a Direct Technical Foul and possible ejection from the game and dismissal from the facility before play can begin.
 - League Administration reserves the right to not allow a person to coach in this program for any reason which would be detrimental to the program.
 - Any coach, fan, or player faces further suspension from any event sponsored by the Arlington Parks and Recreation and its facilities as deemed worthy by League Administration.
- Fighting, profanity, arguing/abusive language towards players, coaches, officials or staff, and refusal to obey or cooperate with coaches, the officials or a staff member are strictly prohibited.
- Any coach/player who receives two (2) technical fouls in one game will serve an automatic one game suspension.
- Any person ejected from a game for fighting will serve an automatic three (3) game suspension and must meet with League Administration before being reinstated.
- Dunking is not allowed. (Basket does not count)
- A written Technical Foul Report must be completed for all Technical Fouls.
- Any Unsportsmanlike Conduct Technical Foul will require investigation by League Administration and could result in additional suspension for period set forth by the League.
- Coaches are responsible for spectators, parents and players.
 - Any coach that is warned about verbal or physical abuse towards spectators, parents, players or game officials has the opportunity to restore order. If coach is unable to control situation, a technical foul will be given to its team. If situation continues, a second technical will occur and the Head Coach is ejected from the game. However, the Head Coach may be given the opportunity to request League Administration to assist in controlling the situation. Any further matters will be handled between the spectator, parent or player and the League.

SPECIAL GAME RULES BY DIVISION

1ST-2ND GRADE:

- GOAL HEIGHT – 8.5 feet. BALL USED – 27.5 basketball
- Participation Rule applies to all teams in this division.
- Jump balls to start the game. Possession arrow will take over after for all jump balls and ball possession.
- Games will consist of four (4) - nine (9) minute quarters, with a continuous running clock, excluding the last minute of each quarter.
 - The clock will stop for the first free throw on a shooting foul, to allow players to get set in their places. Once the first free throw is shot, the clock will start again.
- There will be no pressing at all permitted in this division. The defense must start inside the three-point line extended, but as the ball crosses half-court, the defense may defend the entire half-court, while still abiding by the trap rule, listed below. In the last two minutes of each half, the defense may extend outside of the three-point line extended.
 - No double-team or trapping in a half-court defensive set, until the first pass has been made, UNLESS the ball-handler has dropped below the three-point line extended. (See specific Double-teaming Rules on page 2)
- All leagues may Fast Break only if ball is turned over or rebounded.
 - Defense may defend the fast break, however, it is 'encouraged' that you teach your players to retreat back, and then defend the goal.
- Teams may not press the entire game. Defense may defend entire half court in last two (2) minutes of each half (2nd and 4th Quarters), but must begin under three-point line extended.
- There are no three-point field goals in this division.
- There will be a five (5) second violation in the lane.

- Free throws will be shot from twelve (12) feet for 1st – 4th grade divisions.
 - All free throw violations will enforced, with the following exception for **1ST 2ND GRADE BOYS**:
 - Each team in 1st – 2nd Grade Boys will receive one “mulligan” free throw violation per team each game. A shooter who crosses the line on a **MADE** free throw will not be penalized for the teams’ first violation **ONLY**. *Purpose – To allow the children to have success while showing them what they did wrong along the way.*
- There will be no double bonus. If there are more than 7 personal fouls, we will shoot 1 and 1 the entire game.
- The twelve (12) point differential rule is in effect. If a team is ahead by twelve (12) or more points, the defense must **remain** below the three-point line extended. This will allow the offense to cross half court safely to set up their offense.
- A two (2) minute over time will be played in this division.
 - If no winner after the first overtime game, then the game goes to sudden death. (The first team to score wins)

3RD-4TH GRADE:

- **GOAL HEIGHT** – Nine (9) feet. **BALL USED** – 28.5 basketball
- Participation Rule applies to all teams in this division.
- Games will consist of four (4) - nine (9) minute quarters, with a continuous running clock, excluding the last minute of each quarter.
- There are no three-point field goals.
- Free throws will be shot from twelve (12) feet for 1st – 4th grade divisions.
 - All free throw violations will enforced.
- There will be no double bonus. If there are more than 7 personal fouls, we will shoot 1 and 1 the entire game.
- Teams may press in the second half with four (4) minutes remaining in the 4th Quarter.
- The twelve (12) point differential rule remains is in effect. If a team is ahead by twelve (12) or more points, the defense must **remain** below the three-point line extended. This will allow the offense to cross half court safely to set up their offense.
- A two (2) minute over time will be played in this division. If additional overtime periods are needed, they will be two (2) minutes in length, until a winner is decided.

5TH-6TH GRADE:

- **GOAL HEIGHT** - Ten (10) feet. **BALL USED** – 28.5 basketball
- Participation Rule applies to all teams in this division.
- Games will consist of four (4) - nine (9) minute quarters, with a continuous running clock, excluding the last minute of each quarter.
- There will be no double bonus. If there are more than 7 personal fouls, we will shoot 1 and 1 the entire game.
- Free throws will be shot from the regulation fifteen (15) foot line.
- Three-point field goals are counted in this division.
- Teams may press the second half only.
- The twelve (12) point differential rule remains is in effect. If a team is ahead by twelve (12) or more points, the defense must **remain** below the three-point line extended. This will allow the offense to cross half court safely to set up their offense.
- A two (2) minute over time will be played in this division. If additional overtime periods are needed, they will be two (2) minutes in length, until a winner is decided.

7TH-8TH GRADE:

- **GOAL HEIGHT** - Ten (10) feet. **BALL USED** – Regulation-sized basketball
- GPR Participation Rule applies to all teams in this division.
- Games will consist of four (4) - nine (9) minute quarters, with a continuous running clock, excluding the last minute of each quarter.
- There will be no double bonus. If there are more than 7 personal fouls, we will shoot 1 and 1 the entire game.
- Twelve (12) point differential press rule is in effect.
- A two (2) minute over time will be played in this division. If additional overtime periods are needed, they will be two (2) minutes in length, until a winner is decided.
- This division will follow the National Federation of State High School Associations Basketball Rules, except when as amended herein.