

# **Lincoln County Recreation Youth Basketball League**



## **Rules and Regulations**

# LINCOLN COUNTY YOUTH BASKETBALL

## RULES AND REGULATION

### YOUTH BASKETBALL PLAYING RULES

#### Eligibility of Participant

1. A player cannot be cut for the lack of athletic ability.
2. Each participant must play in the league corresponding to his/her age.
3. He/She may play in an older age division at the **approval** of the Site Coordinator. In some cases, age divisions may combine in order to provide enough participants for a league.
4. The age control date is determined by the grade the child is in.
5. No participants may participate on more than one team in the Lincoln County Program.
6. The head coach should report the name of each participant who has asthma to the score table. If an asthma attack occurs during the game, that player must be removed from the game. **The coach can only substitute for that player.**

### CODE OF ETHICS AND SIDELINE DEMEANOR

1. All coaches and parents must adhere to the guidelines set by each area's Coaches Code of Ethics and the Lincoln County Youth Basketball Guidelines.
2. All area programs should have signed Code of Ethics and Sideline Demeanor Forms on file for all coaches and parents that are participating in basketball season.

### YOUTH BASKETBALL PARTICIPANTS

1. All Youth Basketball Participants must have an application and a signed parent's code of ethics form on file with their program.
2. No participant will be placed on a team until all fees and forms are received and completed.
3. No registration will be accepted after the deadline unless approved first by the Site Coordinator.

### YOUTH BASKETBALL COACHES

1. All volunteer coaches including assistant coaches must be 18 years old, have an application on file with their affiliated Lincoln County Sports Program. All coaches must also adhere to the guidelines set by each area's Coaches Code of Ethics and the Lincoln County Youth Basketball Guidelines.
2. Each area will schedule a coaches' meeting to explain and discuss rules, draft procedures, and the overall program prior to the first game. The Site Coordinator will also schedule a coaches meeting to go over practice and center related procedures.
3. There are only two coaches allowed on the bench during the game. All other assistants and volunteers must be seated in the spectator area.
4. A coach who is ejected for any reason, **will be suspended during the next scheduled game.**
5. Any coach whose conduct violates the standards set forth by the National Youth Sports Coaches Association and/or the American Sport Education Program and Lincoln County may be terminated. **Any coach who receives three or more technical fouls for unsportsmanlike conduct or ejected twice during the basketball season will be terminated of all coaching duties for county-wide youth basketball.** A coach is responsible for the conduct of his/her players and spectators.
6. To be reinstated as a coach, the banned coach must appear in front of the board of area directors for youth basketball.

7. Coaches should not make commitments (verbal or written) which are contradictory to program policies. The coach should give adequate notice any time he cancels a scheduled activity or game with another team.

## **LENGTH OF GAME**

1. 1<sup>st</sup> & 2<sup>nd</sup> Grade Division games shall consist of four (4), eight (8) minute running quarters with three (3) minutes between halves.
2. 3<sup>rd</sup> & 4<sup>th</sup> Grade and 5<sup>th</sup> & 6<sup>th</sup> Grade Age Division games shall consist of four (4), ten (10) minute running quarters with three (3) minutes between halves.
3. 7<sup>th</sup> & 8<sup>th</sup> Grade Age Division games shall consist of four (4), eight (8) minute stop-clock quarters with five (5) minutes between halves.
4. The clock will stop for time outs and unusual delays such as in the case of an injured player, lost contact lens, and the last two (2) minutes of the second and fourth quarters during all dead balls.
5. Teams will be allowed a minimum of three to five minutes warm up time.

## **TIMEOUTS**

1. 1<sup>st</sup>/2<sup>nd</sup> Grade Division will have three (3), one-minute time-outs per game.
2. 3<sup>rd</sup>/4<sup>th</sup> Grade and 5<sup>th</sup>/6<sup>th</sup> Grade Divisions will have three (3), one-minute time-outs per game.

## **OVERTIME**

1. The Overtime period will consist of four (4) minutes with a running clock. The clock will be stopped-clock the last two (2) minutes
2. Both teams will be awarded one additional timeout for each over time period. If any time outs remain after regulation, they will carry over to the overtime period

## **GRACE PERIODS**

1. There is a 15-minute grace period for the **first game only**. It is the responsibility of the Site Coordinator to make sure the first game of the day starts on time.
2. If four players are present at game time, the grace period is not in effect and the game will begin.
3. If the team with four players is losing by twenty or more points by the end of the first half, the game will be stopped.

## **PLAYING TIME**

### **1<sup>st</sup> & 2<sup>nd</sup> Grade and 3<sup>rd</sup> & 4<sup>th</sup> Grade Age Divisions**

1. Every attempt must be made to have equal playing time during the regular season.
2. Referees will be keeping track of the time that each participant plays.
3. The only time a player may be held out is if he/she has exhibited disrespect, poor attitude, or has missed practice.
4. If a player is being held out of the game for any reason, the coach must inform the area coordinator or the official prior to the game. The coach must also put a note in the official game book. It is not acceptable to hold a child out of play because they are less skilled than other players
5. During tournament games, playing time must be distributed evenly.

### **5<sup>th</sup> & 6<sup>th</sup> Grade Division**

1. Every attempt must be made to have equal playing time during the regular season.
2. The only time a player may be held out is if he/she has exhibited disrespect, poor attitude, or has missed practice.

3. If a player is being held out of the game for any reason, the coach must inform the area coordinator or the official prior to the game. The coach must also put a note in the official game book. It is not acceptable to hold a child out of play because they are less skilled than other players.
4. During tournament games, playing time may be distributed as the coach sees fit.

### **7<sup>th</sup> & 8<sup>th</sup> Grade A-Division**

1. Playing time may be distributed as a coach sees fit.
2. Players may opt to move to the B-Division if they feel that playing time is an issue. The move must be approved by the area coordinators. Once a move is made, the player cannot move back up to the A Division.
3. During tournament games, playing time may be distributed as the coach sees fit.

### **7<sup>th</sup> & 8<sup>th</sup> Grade B-Division**

1. Every attempt must be made to have equal playing time in the B-Division.
2. The only time a player may be held out is if he/she has exhibited disrespect, poor attitude, or has missed practice.
3. If a player is being held out of the game for any reason the coach must inform the area coordinator or the official prior to the game. The coach must also put a note in the official game book. It is not acceptable to hold a child out of play because they are less skilled than other players.
4. During tournament games, playing time may be distributed as the coach sees fit.

### **All Ages**

1. If a coach is not able to play a participant due to extenuating circumstances then the coach must notify the Site Coordinator of the reason immediately. If the Site Coordinator agrees with the coach as the reason for a player not playing the required time a notation should be made in the scorebook.
2. A game can start and end with a minimum of 4 players present per team on the floor.

## **DIVISION PLAY**

### **1<sup>st</sup> & 2<sup>nd</sup> Grade Coed Division**

1. The official game ball size will be 27.5”
2. Games will be played 5-on-5 full court.
3. Scores and scorebooks will not be used in this division. Our goal is to help the kids improve their basketball skills and develop a love for the game. Winning is not our primary concern at this age level.
4. All games will be started with a jump ball.
5. A running clock will be kept for timing purposes.
6. Defenders **will not** be allowed to steal or block the ball during inbound passes, while offensive player is dribbling, or out of the hands of the offensive player. Defenders **will** be allowed to steal or block the ball during passes made off-the-dribble.
7. Players that aren't dribbling can only hold the ball for a relaxed 5 seconds or less. Coaches should encourage all players to pass quickly.
8. Coaches from both teams will be responsible for refereeing on the court.
9. Only shooting fouls committed in the last two (2) minutes of the second and fourth quarters will result in shooting free throws. All other fouls will be taken as an inbound pass.
10. Free throws will be shot from the 12-foot line.
11. Teams will change baskets for the second half.
12. All teams are required to have players wear color wristbands to assist in man-to-man defense. Players simply find the matching wristband on the other team, allowing them to focus more on the skills they have learned as opposed to finding the correct person.
13. Substitutions will be done at the 4-minute mark of each quarter.

### **3<sup>rd</sup> & 4<sup>th</sup> Grade Boys & Girls Divisions**

1. The official game ball size will be 28.5”
2. Half Court Man-to-Man Defense is allowed throughout the entire game. Zone Defense is not allowed at all. Backcourt pressure is not allowed at all.
3. In Half Court Man-to-Man Defense, a player can play Help Defense when the primary defender is beat. Once the primary defender recovers, the Help defender must return to their offensive player.
4. No double-teaming or trapping outside of the three-point arc will be allowed.
5. Relaxed 3 second rule. Referees are encouraged to verbalize 3 seconds, but not blow the whistle until 5 seconds have elapsed in the key.
6. Free throws will be shot from the 12-foot line.

### **5<sup>th</sup> & 6<sup>th</sup> Grade Boys & Girls Divisions**

1. The official game ball size will be 28.5”
2. If the county has enough participation, the divisions will be divided and ran as an “A” and “B” style league. If the county does not have enough teams for this style of play, the divisions will be ran as a “B” league and played under “B” league rules.
3. Man-to-Man Defense is allowed throughout the game for both “A” and “B” leagues. Zone Defense is not allowed at all.
4. Backcourt pressure is prohibited in the first half and allowed in the second half for the first three weeks of the season for “B” leagues. A team may then press the entire game after the third week of the season for “B” leagues. Backcourt pressure is allowed in all games for “A” leagues.
5. Relaxed 3 second rule. Referees are encouraged to verbalize 3 seconds, but not blow the whistle until 5 seconds have elapsed in the key.

### **7<sup>th</sup> & 8<sup>th</sup> Grade Boys & Girls Divisions**

1. Boys play with a 29.5” size game ball
2. Girls play with a 28.5” size game ball
3. Standard OSAA rules are to be followed unless something is specifically stated by Lincoln County Athletics.
4. Playing time may be distributed as a coach see fit in the A-Division.
5. Every attempt must be made to have equal playing time in the B-Division.
6. A player may only play on one team during the regular season and tournament.
7. When A+B leagues are created and an area has too many kids for one team and not enough for two, coaches can swing the bottom bench players from the A-team down to the B-team bench. The idea of this is to help create balance divisions instead of forcing a B-team to play in an A-team division (or vice versa).

### **All Ages**

1. When there is a clear divide of skilled and less skilled teams within a division, two end-of-season tournament brackets will be created for teams of the two different skill levels.
2. Penalty for playing Illegal Defense: 1<sup>st</sup> Offense: a warning to the team, 2<sup>nd</sup> Offense: a technical foul to the coach, free throws to the opposing team and possession to the opposing team.

## **SKILL EVALUATIONS PREPARATIONS AND PROCEDURES**

1. The draft should be held soon after the skills evaluation. Dates and times of the skills test should be publicized in advance. Smaller programs may have their skills evaluation and draft done all on the same day or if 95% of the participants show up and participate in the skills evaluation, then at the discretion of the Site Coordinator, the draft can be conducted the same day.

2. After the draft, each coach will be provided a team roster form that will be updated and completed during the draft with the names and phone numbers of players selected.

## **DRAFT PREPARATIONS AND PROCEDURES**

The purpose of having a draft is to create balance between teams in each league. In order to accomplish this feat, each coach should have an equal opportunity in the selection process. ***No draft should be conducted until registration is complete.***

If the draft is implemented properly, the number of discouraging blowouts will be minimized. Each program **must** have a draft for each age division with two or more teams unless otherwise excluded from this requirement by the Athletic Office.

## **ADDITION OF NEW PLAYERS**

Players **may not be added** after the draft without the approval of the Site Coordinator.

## **FROZEN PLAYERS**

A coach may freeze only his or her child during a draft for purposes of acquiring their child to play on the coach's team. Trading of any player(s) is not allowed for any other circumstance.

## **UNIFORMS**

To participate in any league game, a player **must** wear their county jersey as supplied by a Lincoln County Athletic Program. All uniforms must have a playing number on the front and back of the shirt/jersey. In extenuating circumstances such as a new jersey being too small or it was forgotten, then the Site Coordinator may allow a youth to play if he/she has a like-colored shirt with a permanent number on it.

## **BACKCOURT PRESSURE**

1. Backcourt pressure is prohibited in all 1<sup>st</sup> through 4<sup>th</sup> Grade Division games.
2. Refer to 5<sup>th</sup> & 6<sup>th</sup> Grade and 7<sup>th</sup> & 8<sup>th</sup> Grade Division Play sections for backcourt pressure rules.
3. Backcourt pressure will be prohibited any time the defensive team has a lead of 20 points or more. The penalty for violation of this is a warning on the first violation per game and a technical foul for any succeeding violations.

## **FIGHT PLAN – SECURITY - EJECTIONS**

Any player, coach or fan causing an altercation resulting in an ejection or causing a fight during a game, the following procedure is to be followed:

1. Any players or fans involved with the altercation or leaving the bench/bleachers will be ejected from the game and will be suspended for next game.
2. Players will remain on the bench and fans in the stands as the center staff proceeds onto the floor and assist in handling the situation.
3. Any altercations of players, coaches or fans striking another player, staff or an official will be expelled from all Lincoln County youth sporting programs.
4. All appeals must be submitted to the Athletics Office by the end of the next business day. All appeals will only be heard, reviewed and ruled on by the Athletics Office.

## **PROTEST PROCEDURES**

1. The only ground for a protest is the use of an ineligible player or players. If a protest is made on an ineligible player then the following criteria must be met for a protest to be valid: (Example of an ineligible player; a player plays for an A team and a B team for one of the areas)
  - a. The name or number of the specific player being protested must be stated in the protest.

- b. The specific reason why the player is allegedly ineligible must be included in the protest statement.
  - c. No more than two players may be protested as being ineligible.
  - d. A claim of ineligibility must be accompanied by specific and clear proof that a player is ineligible. The burden of proof always lies with the protesting coach. All supporting documentation must be submitted to the Athletic Office by 4:00 pm the next business day.
  - e. A protest on an ineligible player must be filed before a league or tournament game. The protest must be presented to the Site Coordinator or Athletic Staff Person before the game is played.
  - f. After receiving the official protest, the Athletic Office will rule on the protest by 5:00 pm of the next business day.
2. If a player is declared ineligible, any league game for which he/she has played in will be forfeited. In tournament play, if a player is declared ineligible then his/her team will be eliminated from the tournament.
  3. A coach who makes unproven and unfound accusations of ineligibility without justifiable grounds for such actions will be reprimanded /warned by the Athletic Office. Continuous disciplinary action will result in volunteer coach being dismissed from his/her duties.
  4. Misinterpretation of rules is not able to be protested as per Rule #5 of the National Federation Basketball Rule Book. If a coach feels that a rule has been misinterpreted, then he/she should follow these procedures;
    - a. First, the coach should call time-out before play resumes and ask to confer with the official. If after conferring with an official, it is discovered that a rule was misinterpreted then the rule should be administered correctly. Any changes in the original decision will be left entirely up to the Site Coordinator and their interpretation of the rules.
    - b. If a decision of the officials is corrected, then the coach who requested the time-out will have the option of accepting the timeout being charged to his/her team.
    - c. If the officials decide that the correct decision was made, then the coaches will be allowed to complete the time-out he/she has called.
  5. Judgment calls cannot be challenged or changed.

## **SCORERS, TIMERS and REFEREES**

1. Middle School Referees must be 18 years or older. Every middle school game must have 2 referees present. If an area is not able to find enough referees for a game, they must contact other area coordinators for additional referees. If these standards are not followed, the game will be played and the home team will receive a forfeit for not complying with the rules.
2. 1<sup>st</sup>-6<sup>th</sup> Grade Referees must be high school age or older (14 years or older). Each area must make every attempt to have 2 referees for each game.
3. During tournament championship games, OSAA referees will be used for 5<sup>th</sup>-6<sup>th</sup> grade games and 1-adult/1-youth referees will be used for 3<sup>rd</sup>-4<sup>th</sup> grade games.
4. It is the responsibility of the Site Coordinators to secure competent scorekeepers and clock operators for youth games. It is recommended that each team playing should provide a scorekeeper or a clock operator for each game.
5. The Site Coordinator is responsible for the scorebook to be filled out completely. After each game the following information should be filled out:
  - (A) Team Name
  - (B) Coaches Names
  - (C) Date & Place (Location of Game)
  - (D) Referee's Names

- (E) Player's Name and Jersey Numbers (If a player does not play, DNP should be inserted on the line where you would keep up with their scoring) write DNP in ink after the game is completed.
  - (F) After each quarter, points should be added up and written in the bottom of the column for each quarter.
  - (G) Fouls should be kept beside each individual player and team fouls kept at the bottom of the scorebook with player's numbers.
6. The timer must be familiar with the differences in the timing regulations covering youth. The clock will run in youth games except for time-outs, unusual delays, and the last two minutes of the second and fourth quarters. The 1<sup>st</sup> & 2<sup>nd</sup> Grade Division will play 8-minute running quarters, while the 3<sup>rd</sup> & 4<sup>th</sup> Grade Division and the 5<sup>th</sup> & 6<sup>th</sup> Grade Division will play 10-minute running quarters.

## **TROPHIES**

Individual player awards will only be given to the county champions in each age division for 3<sup>rd</sup>-6<sup>th</sup> Grade. Team trophies will be awarded to the champion of the Middle School Division. All championship awards will be purchased by one area coordinator and the total cost will be divided between the participating areas. Each area is responsible for all other team awards.

## **CLARIFICATION ON ELIGIBILITY**

Below are the types of players that are eligible to participate in Lincoln County Youth Basketball Program

- Elementary schools
- Home schools
- Church schools
- Private schools

**Note:** All players must participants in the draft, unless there is not sufficient registration in a particular age group (The Area Coordinator must be notified in the case of a player unable to make the draft date.). All players must practice with the team. No player shall be on the team if they are not able to attend the practices.

## **2019-20 Season Rule Changes**

### **Timeouts**

1. 3<sup>rd</sup>/4<sup>th</sup> Grade and 5<sup>th</sup>/6<sup>th</sup> Grade Divisions will have three (3), one-minute time-outs per game.

### **3<sup>rd</sup> & 4<sup>th</sup> Grade Boys & Girls Divisions**

1. Eliminated the color wristband rule.
2. Half Court Man-to-Man Defense is allowed throughout the entire game. Zone Defense is not allowed at all. Backcourt pressure is not allowed at all.

### **5<sup>th</sup> & 6<sup>th</sup> Grade Boys & Girls Divisions**

1. Man-to-Man Defense is allowed throughout the game for both "A" and "B" leagues. Zone Defense is not allowed at all.
2. Backcourt pressure is prohibited in the first half and allowed in the second half for the first three weeks of the season for "B" leagues. A team may then press the entire game after the third week of the season for "B" leagues. Backcourt pressure is allowed in all games for "A" leagues.