

Tuolumne County Youth Basketball Rules

(rules revised for 2010-11)

- Games are comprised of 2-20 minute halves, with a break between halves.
- Games end on the hour, even if started late.
- Length of the 2 halves may be adjusted to accommodate for late starting games.
- Switch ends of the court at half time.
- Each team is permitted one time out per half; the clocks continues to run for 7/8 league.
- In leagues 9/10, 11/12, 13/14 there will be a 45 second time out (one per half), the clock will stop, the coach may use their timeout at any point in the half.
 - There will be a buzzer at the 30 second mark, both teams need to be ready to resume play at 45 seconds.
 - If the team with the ball is not ready at the 45 second mark—they lose possession.
 - If the team without the ball is not ready at the 45 second mark—the other team designates one player to shoot **one free throw for two points** (if made the other team receives the ball out of bounds, if the free throw misses, game resumes like a normal rebound).
- **NEW 2010—Substitutions will be every 5 minutes. Every player on the bench, unless there are more than 5 players sitting, will be entered into the game. Every 5 minutes this will happen.**

The official will make substitutions after a made basket, dead ball or slow play around the 5 minute mark.

- ***End of Season Tournament ALL LEAGUES will not adhere to the 5 minute rule.**
- ***End of Season Tournament** Substitutions are done only on dead-ball situations (referee's time).
 - Dead-ball—this is when the ball has been forced out of bounds/a foul has occurred/or a violation has taken place. NOT after a made basket.
- A jump ball is used to begin **the game**. Possession is used for all other jump ball situations.

After a Stoppage in Play

- Referee will give player the ball only when all players are ready for the play to resume.
- Players in-bounding the ball are permitted to take one step, provided that they do not step onto the court (at the discretion of the referee) exceptions may be made in our small court and for lower levels.
- Players in-bounding the ball may not hand ball off to a teammate on the court. The ball must be passed or thrown into play.
- Players have 5 (discretion of the referee is used at 7/8 and 9/10 levels) seconds to in-bound ball.
- Players should be discouraged from intentionally in-bounding the ball off an opponent.
- Players cannot score a basket from out of bounds.
- Defensive players must be at least 3 feet away from the in-bounding player.
- The ball may move from front court to back court on an in-bound pass without an "over-and-back violation" "back-court violation"

After a Basket

- Ball must be in-bounded from the base line after a basket is made.
- In-bounding player is permitted to run horizontally along the baseline while attempting to in-bound the ball.
- Players have 5 (discretion of the referee at lower levels) seconds to in-bound the ball.
- All other rules from the above section "IN-BOUNDING THE BALL AFTER A STOPPAGE IN PLAY" apply.

Defensive Play

- Person-to-person defense only (no zone defense). One zone defense permitted for League 2 (11/12 and 13/14 yr levels).
- Help defense is permitted, double-teaming is not. (Help defense is defined as helping a defensive teammate who is more than one step away from their player, a double team violation will be called at the referees' discretion). Double-teaming is permitted for League 2 (11/12 and 13/14 yr levels).
- **Players pick up opposing team players at half court.**

- ***New*League 1 Div 1 (7/8 yr olds) must go back to the Volleyball line, signaled by the official at the beginning of the game, where they will wait for the player they are guarding. They must stay behind the line until the ball crosses half court, then they can go guard their player if they are above the Volleyball line. Teams cannot line up at the center line and wait for their player.**
- Once the team with control of the ball has crossed center, the defending team can pick-up their players and play person-to-person defense.
- **No Full-court pressure.** *Full-court pressure is allowed for League 2 (11/12 and 13/14 yr levels) in the last two minutes of the game.
- When a defender is within 1 normal step of a player who is holding the ball, that player closely guarded must pass, shoot or dribble the ball within 5 seconds (discretion of the referee for lower levels League 1).

Personal Fouls

Referees must determine who is responsible for initiating contact between 2 opposing players', the player who is responsible for initiating the contact will be called for a personal foul. Incidental contact should not be penalized.

Types of personal fouls include:

- a. reaching in
 - b. holding
 - c. body contact
 - d. over the back
 - e. tripping
 - f. blocking (screens/picks are not allowed @ 7/8 yr level, but allowed at all other levels)
 - g. offensive charging
- All League 1 divisions (7/8 and 9/11) personal fouls will result in an explanation of the nature of the foul from the referee. The non-violating team will take possession of the ball and in-bound the ball in all foul situations
 - For League 2 (11/12yr & 13/14yr teams), all fouls will result in an explanation to the players and in a shooting situation, **one free throw for two points** will be awarded to the offensive player/team if the free throw is made. All non-shooting fouls will

result in the non-violating team taking possession and in-bounding the ball.

- For League 2 (11/12yr & 13/14yr teams), personal fouls will be counted by a designated parent before each game (the HOME team on the schedule is responsible for designating the individual and informing the referee before game time). There is a maximum of 5 fouls per player per game. A player who has 5 fouls will sit out the rest of the game.

Non-Contact Fouls

- Swearing, trash talking, intimidation, swinging elbows, spitting or talking back to the referee will not be tolerated. These actions are unsportsmanlike and violate the nature of the league. Any player exhibiting these or any other unsportsmanlike actions will be removed from the game for at least the remainder of their game. **A second offense will result in a parent, player, coach and league commissioner meeting to determine whether expulsion from the league is deemed appropriate.**
- For everyone's safety, we must ask that participants not wear any jewelry (decorative or ceremonial) including rings, earrings, bracelets, medallions, or chains.

Parent's Responsibility Code

We request that the parents /guardians of children participating in the Youth Basketball League help us monitor the program by:

- communicating with their children and coach
- observing their children in practices and games

As a parent with a child in Youth Basketball League, it is reasonable to expect the following from the program:

- that your child is involved in both weekly practices, **if held**, and games
- that your child have the opportunity to play all positions and have equal playing time
- that a special event involves all team members and parents
- that your child enjoy a safe, satisfying and growing experience while involved in the program

Sonora Sports and Fitness Center does not encourage the following activities and/or events:

- overnight trips
- special practices for a small number of players
- events involving a small number of team players
- Your child be subject to physical or verbal abuse from coaches, parents, peers, etc.
- coaches wishing to have excessive involvement with your child

Please remember:

- ***children are involved in organized sports for their enjoyment, not yours***
- ***children learn best by example***
- ***children should always be encouraged to play by the rules***
- ***children (and officials) should never be yelled at or ridiculed for making a mistake***
- ***children should be taught that an honest effort and hard work is just as important as winning***

Coach's Responsibility Code

Goals and Objectives:

Our Youth Basketball program is a group-oriented program involving social and physical development. The goal of our league is to teach basketball fundamentals, sportsmanship and a love of the game of basketball. Your support and encouragement will go a long way to helping achieve that goal. As a coach, you should demonstrate the following:

1. Build sound fundamental basketball skills and develop a love for the game.
2. Encourage team play.
3. Reinforce good sportsmanship.
4. Show respect for referees, other coaches and players at all times.
5. Be a resource person to your players, helping them to develop their athletic and human potential.
6. Involve all team members and parents in special events.
7. Recognize that all children are not the same and respect their individual differences.

Remember: Be careful where you walk ... you never know who's going to follow in your footsteps!

Safety:

The safety of children is extremely important. Here are some strategies to help you safeguard any children or youth in your supervision:

- Ensure that you are the last person to leave practice. Wait until all players have either left practice/game or have been picked up by a person who has legal custody of the child.
- Talk to parents/legal guardians and introduce yourself. This initial contact can facilitate communication between you and parents regarding any player or team matters.
- If an emergency situation arises, report events as soon as possible to your Fitness Center staff.

Player's Responsibility Code

1. Play for the fun of the game!
2. Play by the rules.
3. Cooperate with your coach, teammates and opponents.
4. Work hard for yourself and your team.
5. Do not yell or argue at/with the officials.
6. Control your temper and your language.
7. Be a good sport, be a team player and treat all players like you would like to be treated (The Basketball Golden Rule).

Referee's Responsibility Code

*The official is to act as an on the court coach, assisting players if they see need, to help educate, and make the game enjoyable. If a child misbehaves, they will warn the child and ask them to sit out.

- Know and familiarize yourself with the Youth Basketball rules and philosophy.
- Arrive 15 minutes before scheduled start time of first game.
- Be an excellent example for the participants
- Dress appropriately - in Referee attire, running shoes and shorts or sweat pants.
- Introduce yourself to players and coaches.
- Ensure all areas are clean and tidy upon arrival.

- Check equipment for safety prior to each game.
- Report any safety issues or damages to the Fitness Center Staff.
- Referee basketball games
 - to players when a call is made; explain the rules
 - game and use discretion when a negative situation arises
 - and finish games **on time**

Rule Addendum

- Scoreboard will stop keeping score at 20 point differential. Once it gets within 10 points, the scoreboard kids can continue to keep score. Repeat as necessary. (Home scorekeeper will continue to keep accurate score on the score sheet).
- Bonus is at 7 fouls—once this occurs, one foul shot for 2 points will take place. (only League 2--11/12yr & 13/14yr teams)
- If fouled, and basket is made...this will automatically count as a 3-point play. (Count the basket add one point)---I don't think this will happen on a three-pointer, but could. The game will continue, the other team will have possession. (only League 2--11/12yr & 13/14yr teams)
- No Jewelry