

2019-2020 KINGS GRANT LYNNHAVEN RECREATION ASSOCIATION
7U BOYS & GIRLS BASKETBALL RULES

1. PLAYER ELIGIBILITY AND AGE GROUPS

- A. Youth boys/girls: age 6-7 (“league age” is his/her age on September 30, 2019).
- B. All players must be attending school (K-12) or in an approved home study program.

- 2. LEAGUE MISSION.** The Kings Grant Lynnhaven Recreation Association exists to provide and encourage opportunities for youths to play safe, wholesome, and enjoyable sports, regardless of race, creed, ethnic or economic backgrounds by creating a fair and positive sporting experience that develops sportsmanship, respect, and friendly competition.

3. ROSTERS

- A. Maximum of ten (10) players and two (2) coaches per team.
- B. Coaches must have a valid Virginia Beach Parks & Recreation issued Youth Sports Volunteer ID in order to occupy the bench.
- C. All rosters are developed and maintained by the 7U Coordinator. Any additions or requests for changes to the rosters must be submitted to the Division Coordinator, who will submit for concurrence from the KGLRA Board and at least 3 coaches within the division.

4. STANDARD GAME PROCEDURE

- A. Uniform team jerseys are required. Teams must have like-colored shirts with numbers.
- B. Pants/shorts must not have pockets, belt loops, belts or zippers. No tape-ups or cover-ups. Pants/shorts may not be turned inside-out. This is a safety issue and will be strictly enforced. Drawstrings must be kept inside of pants/shorts at all times. Failure to comply will result in player ineligibility until shorts/pants with no pockets are worn.
- C. No jewelry may be worn by players on the court. Hard objects in the hair, necklaces, watches, bracelets, rings, or other jewelry are prohibited items. No tape-ups or cover-ups.
- D. Starting time of games:
 - 1. No grace period. Teams should be at their sites 30 minutes before scheduled game time. The game may start early if both teams are ready, but no later than scheduled.
 - 2. Teams must have at least four (4) players present at game time to begin. Scheduled game time is forfeit time. Time is by the clock on the gym wall.
 - 3. If a game is forfeited, participants scheduled to play may use the court to practice for 30 minutes.
 - 4. KGLRA staff will determine postponement, cancellation of games or any rescheduling of games.
- E. Teams will warm up/shoot at the basket farthest from its bench during the first half. Teams will change baskets for the second half.

5. PLAYING RULES *(Based on recommendations of USA Basketball)*

- A. Ball size: 27.5 in
- B. Goal Height: 8 ft
- C. Free Throws: 12 ft (3 feet in front of regulations line)
 - 1. Players may enter the lane once the ball leaves the shooter’s hand.
 - 2. The shooter (and others not in lane) may enter the lane after the ball hits the rim.

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D. Timing

1. Four 8-minute quarters
2. A running clock will be used, except for the last **two minutes of the game**, which will be a regulation clock. With a running clock, the clock stops only for team and official time-outs, not for foul shots or violations.
3. After a time-out, the clock starts when the ball touches a player on the court.
4. Warmup: minimum of 3 minutes, maximum of 5 minutes.
5. Halftime: 5 minutes
6. Overtime: No overtime at U6 level.

E. Time-outs

1. Each team will be allotted two 60-second time-outs per half, and one per overtime period.
2. Time-outs not used in the first half do not carry over to the second half.
3. After a called time-out, the clock starts when the ball touches a player on the court.

F. Fouls

1. A player will foul out after committing five personal fouls.
2. Bonus free throws (1 and 1) begin on the 7th team foul of each half.
3. Two (2) free throws are awarded on the 10th and any additional foul of each half.
4. **Technical Fouls**
 - a. Players: Should a player receive two (2) technical fouls in the same game, he/she will be ejected from the game and suspended a minimum of one (1) game (the next scheduled or played game) upon review by KGLRA.
 - b. Coaches: If a coach receives a technical foul or bench foul, the coach must remain seated for the remainder of the game. Any coach who receives a second (2nd) technical foul will be ejected from the game and suspended a minimum of one (1) game (the next scheduled or played game) upon review by KGLRA.
5. Officials are instructed to strictly assess technical fouls for poor sportsmanship or abusive/improper language by any player, coach, parent, or spectator and may ask KGLRA staff/security to remove the offending party or terminate the game at any time.
 - a. A warning to a coach/team for misconduct is an administrative procedure by an official, which is recorded in the scorebook by the scorer and reported to the Head Coach: For misconduct, the official shall warn the head coach unless the offense is judged to be unsporting like, in which case a technical foul shall be assessed immediately.
 - b. Note: A warning is not required prior to calling a technical foul.

G. Scoring

1. Field goals count as two (2) points; free throws count as one (1) point each.
2. Three-point goals are NOT allowed.
3. At halftime, each player from both teams will take one (1) shot from the free throw line. For each shot made, one (1) point will be added to that team's score. If one team has fewer players, they can have players shoot twice to have same number of shots.
4. **This league does not keep a visible score from the scorer's table.**

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6. MANDATORY PLAY RULE

- A. All players must play in two (2) full, uninterrupted quarters. Every player must play at least one complete quarter in the first half of game.
- B. Substitutions are not permitted for any player having played less than two (2) full quarters except for injury or foul out. Free substitution may take place only after all players have played two (2) full quarters.
- C. If a player is injured and taken out of the game before he has completed the mandatory playing requirement, he must still play a full quarter if he is able to return to the game.
- D. A player should not be removed from a game if a minor problem can be resolved on the spot (example: jewelry, uniform or shoe adjustment, or minor injury that is “shaken off”).
- E. The scorer’s table will monitor mandatory play and alert coaches of players who need to enter the game to satisfy their minimum play requirement. If a discrepancy is found, officials will be alerted, and the game will stop until the necessary substitutions are made.
- F. If a coach refuses to comply with the Mandatory Play Rule, the officials may rule a forfeit. Any coach whose team forfeits a game for refusal to comply with the Mandatory Play Rule may be suspended.
- G. A player must play in at least 50% of scheduled games in order to be eligible to play in any playoff games. The only exception to this would be for a medical/injury reason.

7. OFFENSE

- A. Freezing of the ball is not allowed. At the referee’s discretion, **a jump ball or loss of possession** may be called if deemed appropriate.
- B. Fast breaks are NOT allowed.

8. DEFENSE

- A. **All teams must play a 2-1-2 zone defense.**
- B. Defenses must stay behind the three-point line (if there is one), except to steal a pass or go after a loose ball. If there is no three-point line, defense should remain behind the top of the key (extended) to the sidelines.
- C. No defense is allowed in the backcourt unless team is fast breaking.
- D. Once the defensive team has possession of the ball in the backcourt, no defense is allowed.
- E. To prevent stalling behind defensive line by the leading team, defenses are allowed to proceed beyond the three-point line (if there is one) during the final two minutes of the game. Defenses cannot cross half court.
- F. For violations of the defense rules:
 - 1. First violation: a warning will be issued and the ball will be given out of bounds to offensive team. One warning, per half, per team.
 - 2. Second and subsequent violations per half: the referee may issue a (team) Technical Foul (“illegal defense”) at his/her discretion; offensive team gets two free throw shots AND possession of ball.

9. CONDUCT & AUTHORITIES

- A. Gym Supervisors and Referees are assigned by KGLRA. Coaches, players, and spectators are expected to cooperate with the Gym Supervisors and Referees in every way possible. The gym supervisor and referee will have:
 - 1. An official team roster at the game site. Players must check in before each game by lining up.

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2. The authority to disqualify any coach or fan for unsportsmanlike conduct, inappropriate language, and/or objecting to the game officials decisions, and the authority to remove such persons from the building.
 3. The authority to rule on any point not specifically covered in these rules.
- B. Head coach is responsible for:
1. Maintaining proper conduct among their assistants, players, and spectators at all times (before, during, and after all practices and games at all facilities). Players, coaches, and spectators may be suspended from future games based on inappropriate behavior. Unsportsmanlike conduct is not tolerated.
 2. Keeping spectators and non-roster individuals off their team benches.
- C. Head Coaches are the **ONLY** coaches to address an official. Assistant Coaches **ARE NOT** permitted to address an official regarding a call. Coaches should remain within the coaching box and should not go on the court or in the stands.
- D. **ONLY** one (1) coach will be allowed to stand during game play. Any bench technical foul will result in the coach(s) loss of privilege to stand for the remainder of the game.
- E. Any player or coach ejected from a game by an official for unsportsmanlike conduct will automatically be suspended from the next game to be played by his/her team **and will not be permitted at the facility during his/her suspension.**
- F. Any player or coach ejected from a game by an official for fighting will automatically be suspended for a minimum of the next two games to be played by his/her team **and will not be permitted at the facility during his/her suspension.** No notice of these suspensions shall be necessary.
- G. If a player or coach fails to comply with a given suspension, the team will forfeit and the team not at fault will receive credit for a win. The player or coach will still serve his/her suspension. Should an ejection occur during the last game of the season, the resulting suspension(s) will be enforced in the first game(s) of the following year's season.
- H. Any player or coach who is guilty of striking an official in any manner on City or School property during or after a game shall automatically be suspended indefinitely from participating in all leagues sponsored by the Virginia Beach Parks and Recreation Department.

10. INSURANCE

- A. Players participating in the league must have accident insurance coverage. This is the parent's responsibility. The Department of Parks and Recreation does not provide insurance in case of injuries for the players or coaches.

11. ISSUES. Game protests or discrepancies must be submitted to the KGLRA Basketball Coordinator within 24 hours.

12. POLICIES AND REGULATIONS. For additional policies and regulations on player and team conduct and facilities use see the City of Virginia Beach Parks and Recreation, Virginia Beach Community League Youth Basketball Bylaws (dated October 2017) and the General Bylaws for all Community League Sports (March 2017). The aforementioned KGLRA rules take precedence.