

**VIRGINIA BEACH DEPARTMENT OF PARKS AND RECREATION
SPORTS MANAGEMENT/ATHLETICS
4001 DAM NECK ROAD
VIRGINIA BEACH, VIRGINIA 23456
(757) 385-0458
VBgov.com/Sports**

**REVISED
10/2019**

VIRGINIA BEACH COMMUNITY LEAGUE YOUTH BASKETBALL BYLAWS

The object of this league shall be...

- To provide a wholesome and enjoyable recreational activity for the participants.
- To develop character, skill, sportsmanship, leadership, and promote good will among the teams and individuals participating.

EFFECTIVE DATE: These bylaws are in effect for the 2019-2020 Community Youth Basketball League season. Coaches are responsible for advising their players and spectators of the articles within these bylaws.

OFFICIAL RULES: Virginia Beach Department of Parks and Recreation Sports Management/Athletics (SMA) rules and regulations and the National Federation of High School (NFHS) basketball rules shall govern all leagues unless otherwise listed below. Coaches, players, and spectators must abide by all rules, regulations, and bylaws. For more information about the National Federation of State High School Associations (NFHS) Basketball Rules please visit their website at <http://www.nfhs.org>.

TEAM REGISTRATION FEE: SMA will require a \$125.00 registration fee (check, money order, or credit card only) from all teams. Checks/Money Orders are to be made payable to: **Treasurer, City of Virginia Beach**. Payment should accompany the Team Entry Form, and must be received by **December 6, 2019** in order for a team to participate in the league. Forms received after this date will be assessed a \$25.00 late fee, and will be accepted until **December 10, 2019** only if space is available.

TEAM ENTRY FEES CAN BE PAID ONLINE.....PLEASE ASK FOR DETAILS.

ADMINISTRATIVE RULES: SMA assumes the following responsibilities:

1. Game facilities and equipment.
2. Payment of officials association.
3. Custody of contract cards and team rosters.
4. Authority to rule on player eligibility, rules and regulations.
5. Awards to division champions.
6. Provision of a game ball. This ball is not to be used for practice or warm ups.

PLAYER ELIGIBILITY AND AGE GROUPS

Information on player eligibility policy can be found in the General Bylaws For All Community League Sports.

1. A player's age on **September 30, 2019** determines eligibility. **EXCEPTION:** A player who turns 10 years old during the league season (October – March) will have a "league age" of 10 years old.
 - A. 12U Boys and Girls: Age 12 and Under
 - B. 14U Boys: Age 14 and Under
 - C. 16U Boys and Girls: Age 16 and Under
 - D. 18U Boys: Age 18 and Under (if still in high school)

CONTRACT CARDS AND ROSTERS

Information on contract card and roster policy can be found in the General Bylaws For All Community League Sports.

1. SMA will generate team rosters for game site staff. Rosters can also be viewed online at VBgov.com/Sport. The deadline for adding new players to a team's roster is Thursday at 5:00pm (for Saturday games). The deadline for adding new players to a team's roster for a weekday game is the previous business day by 5:00pm. For example, in order for a player to be eligible to participate in a Monday game, the player must submit a player contract card by 5:00pm on Friday. Contract cards can be dropped off any time during regular business hours (Monday-Friday, 8:00am-5:00pm).

2. The final cut-off date (when all rosters are frozen for the remainder of the season) will be Thursday, February 6, 2020 at 5:00pm. No new player(s) will be added after this time.

NOTE: Information found to be false on a player contract shall result in player ineligibility for one year.

GENERAL REGULATIONS

1. **Practice may not begin until Monday, December 2, 2019.**
2. **Players are encouraged to participate within their own community.** Information on playing outside your community can be found in the General Bylaws for All Community League Sports.
3. **Each team is permitted one (1) Head Coach, two (2) Assistants, and one (1) Junior Assistant.** If equipment managers, team mom/dad, and/or trainers/doctors are used, they are included in (and not in addition to) the maximum number of assistant coaches. The name and telephone number of each team's Head Coach and Assistants must be on file in the SMA Office **before** the start of the season. SMA shall be notified of any coaching changes during the season.
4. **Information on Youth Sports League Volunteer Identification System are located in the General Bylaws for All Community League Sports and at VBgov.com/Sports.**
5. **Mandatory rules clinic for coaches in November.** The date, time, and location of the clinic will be included in the coach's packet. It is mandatory that each team be represented at this clinic. The officials' association will cover rule changes and answer questions.
6. **Coaches are encouraged to become certified by the National Youth Sports Coaches Association.** Becoming a certified youth coach is highly recommended. The cost of the certification program is \$20.00 per year. The date, time, and location of the clinic will be included in the coach's packet.

SCHEDULING OF GAMES

1. Games will be played in accordance with the schedule designed by SMA with game sites and times distributed as equitably as possible.
2. Any coach finding it impossible to play a scheduled game must notify SMA as soon as possible, so that necessary arrangements can be made. This constitutes a forfeit, and the opposing team will receive credit for a win.
3. If a game is postponed due to weather, power failure, or conditions beyond our control, SMA will set a makeup date/time/location, and will post make-up information on our website Vbgov.com/Sports. Whenever possible, coaches will receive 48 hours' notice. **Most games will be made up at the end of the season.** Games that have no bearing on league standings may not be made up.
4. SMA reserves the right to arrange postponed games at its convenience and/or cancel games, if necessary, due to conditions beyond our control. Coaches are urged to contact SMA with any questions.
5. There will be no postponement or rescheduling of league games to play in middle school games and to prepare for or play in tournaments of any kind.
6. If a team forfeits two (2) games in succession or three (3) games overall in a season for not having the required number of players to start the game, the team will be subject to removal from the league.
7. If during a game, conditions (loss of power, surface playability, inclement weather, etc.) force a stoppage of play before the game is considered official, a 15 minute delay shall be in effect. If after 15 minutes, conditions have not improved so as to continue the game, that game will be cancelled and rescheduled for a later date. The remainder of scheduled games at that site for the day may also be cancelled and rescheduled for a later date.

STANDARD GAME PROCEDURE

1. Teams must provide their own practice balls, uniforms, and other equipment they deem necessary. SMA will provide the game ball. **This ball is not to be used for practice.**
2. Uniforms are not required, but uniformity is requested. **Teams must have like-colored shirts with numbers on the back.** Numbers should still be visible when shirts are tucked in.

3. All players wearing a t-shirt under their jersey must wear a t-shirt that is like-colored to the jersey color. Undershirts shall be a single solid color similar to the torso of the jersey and shall be hemmed and not have frayed or ragged edges. If the undershirt has sleeves, they shall be the same length.
4. Information on officials can be found in the General Bylaws for All Community League Sports.
5. Gym Supervisors are assigned by SMA. Coaches, players, and spectators are expected to cooperate with the Gym Supervisors in every way possible.
6. The gym supervisors will have:
 - A. An official team roster at the game site. Players must check in before each game by lining up.
 - B. The authority to instruct a player, coach or spectator to do or refrain from doing anything which effects the administering of these bylaws, and to enforce the prescribed penalties.
 - C. The authority to disqualify any coach or spectator for unsportsmanlike conduct, inappropriate language, and/or objecting to the game officials decisions. Staff will have the authority to remove such persons from the building.
 - D. The authority to rule on any point not specifically covered in these rules.
7. Head Coaches are the **ONLY** coaches to address an official. Assistant Coaches and Spectators **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.
8. **ONLY** one (1) coach will be allowed to stand during game play. Any bench technical foul will result in the loss of privilege to stand for the remainder of the game.
9. The head coach and any number of assistant coaches may enter the court in the situation where a fight may break out - or has broken out - to prevent the situation from escalating.
10. **Starting of Games:**
 - A. There will be no grace period. Game time is forfeit time. Official time is by the official's watch/mobile phone.
 - B. Teams should be at the game site thirty (30) minutes ahead of their scheduled game time. **A game can start earlier than the scheduled time if both coaches agree.**
 - C. **Teams must have a minimum of four (4) players present at game time to begin.** If a team does not have four (4) players at game time, the game will be declared a forfeit by the officials.
 - D. If neither team has four (4) players at game time, the official will declare the game a double forfeit and both teams will be credited with the applicable number of losses.
 - E. If a game is forfeited, participants scheduled to play may use the court to practice for thirty (30) minutes.
 - F. SMA staff will determine postponement or cancellation of games.

ANY DEVIATION OF THE ABOVE IS AT THE DISCRETION OF SMA.
11. Players on teams scheduled for the next game shall keep off the court while the previous game is in progress and must not detract in any way from this game. For the pleasure and safety of spectators and fairness to the teams playing, coaches must enforce this rule.
12. Home team is listed to the left on the schedule and will occupy the bench area to the left of the score keeper and the visiting team will occupy the bench area to the right of the score keeper.
13. **Warm-up:** Teams will warm up at the basket farthest from its bench during the first half. Teams will change baskets for the second half.
14. Cheerleaders may not stand during "live" play of the game. Cheerleaders should be seated on the spectator side of the court in the first two rows, and will be permitted on the floor or sidelines in between quarters and during halftime only.

PLAYING EQUIPMENT

Information on jewelry and uniform policy can be found in the General Bylaws for All Community League Sports.

1. Headbands and wristbands shall be white, black, beige or the predominant color of the jersey and shall be the same color for each item and all participants. They must also be the same color as any sleeve/tights/compression shorts that are worn.
 - A. IF wristbands are worn, there can only be one (1) wristband on each wrist and it must be worn with no markings, no more than three (3) inches wide and worn below the elbow.
 - B. IF headbands are worn, it cannot have 'extensions' (ties in the back that hang down), must be worn on the crown of the head, must be a single solid color as described above, and cannot be wider than three (3) inches.
2. Leg and Knee braces made of hard, unyielding material must be covered on both sides by a ½" closed cell, slow recovery rubber or other rubber material of similar thickness. **Exception:** Anything that is hard or unyielding such as (but not limited to) leather, plaster, plastic or metal is not permitted to be worn on the elbow, hand, finger/thumb, wrist or forearm, even if it is covered with padding.
3. Arm sleeves, knee sleeves, lower-leg sleeves, tights and compression shorts are permissible. The sleeves/tights and compression shorts shall be black, white, beige or the predominant color of the jersey and the same color sleeves/ tights worn by all teammates. All sleeves/tights and compression shorts shall be the same solid color and must be the same color as any headband or wristband worn.
4. Hair control devices are not required to meet color restrictions. A hair control device is worn around the hair.
5. **MOUTHGUARD:** A tooth and mouth protector (intraoral), if worn shall:
 - A. include an occlusal (protecting and separating the biting surfaces) portion;
 - B. include a labial (protecting the teeth and supporting structures) portion;
 - C. cover the posterior teeth with adequate thickness;
 - D. It is recommended that the protector be properly fitted, protecting the anterior (leading) dental arch and:
 - I. constructed from a model made from an impression of the individual's teeth, or
 - II. constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.
6. **Ball** - 12U Boys and all Girls Leagues (12U & 16U) will use an intermediate size (28.5) basketball.
- 14U Boys, 16U Boys, and 18U Boys will use a regulation size (29.5) basketball.

PLAYING RULES

1. A team must start a game with a minimum of four (4) players. If a team has only four (4) players, the fifth (5th) player may enter the game at the next dead ball after he/she arrives.
2. If a team has only four (4) players and an injury or other situation occurs (fouled out, etc.), the team may continue to play as long as two (2) players remain on the court (NFHS).
3. **MANDATORY PLAY RULE (In effect for all games):** Each player in uniform at the game site must complete at least one (1) full uninterrupted quarter at the earliest opportunity. It is the coaches' responsibility to adhere to this rule. If a violation of the Mandatory Play rule is discovered, play will stop until the necessary substitutions are made to rectify the situation. Violations will be brought to the attention of the SMA office and may result in suspension of the head coach.
 - A. Example: Roster of 12
 - 5 players play the entire first quarter
 - 5 different players play the entire second quarter
 - the two players who have not yet played play the entire third quarter along with any three others
 - no restrictions during fourth quarter
 - B. Example: Roster of 8
 - 5 players play the entire first quarter
 - the other 3 players play the entire second quarter along with any two others
 - no restrictions during third or fourth quarters
 - C. Injury: If a player is injured and taken out before he/she has completed the mandatory playing requirement, he/she must still play a full quarter if he/she is able to return to the game.
 - D. Since there is a Mandatory Play Rule, a player should not be removed 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 score table will monitor the Mandatory Play Rule and alert coaches of players who need to enter the game to satisfy their mandatory play requirement. If a discrepancy is found, officials will be alerted, and the game will stop until the necessary substitutions are made and the game will resume. 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 for up to one year.
 - F. Coaches will receive a sound and a warning signal to begin the 15 seconds (maximum) permitted for replacing a disqualified or injured player, or for a player directed to leave the game. If not complied with, the team not in compliance will be assessed a team technical foul.
4. Timing:
- A. 12U Boys, 14U Boys and 12U Girls: four (4) 9-minute quarters.
 - B. 16U Boys, 18U Boys and 16U Girls: four (4) 10-minute quarters.
 - C. Running clock for all age groups, except for the last two (2) minutes of the fourth (4th) quarter, which will be a regulation clock. Running Clock – the clock stops only for team and official time-outs (not for foul shots or violations). After a time out, the clock will start when the ball is put into play on the court (ball touches player on the court). Regulation Clock – the clock stops on all violations, fouls, foul shots, and team and official time-outs.
EXCEPTION: If a team has a 20+ point lead at the start of and/or during the last two (2) minutes of the game, the game clock will continue to run unless a time out is called or until the lead is reduced to less than 20 points.
 - D. Warmup: Minimum of three (3) minutes, maximum of five (5) minutes.
 - E. Halftime: Minimum of three (3) minutes, maximum of five (5) minutes.
 - F. Overtime: Three (3) minutes (regulation clock). The game will be played as stated in the National Federation of State High School Associations Rule Book until a winner has been decided.
 - G. Time outs: Four (4) full time outs (1 minute each) per game, and one (1) full time out per overtime. Unused time outs do not carry over.
5. Bonus free throws (1 and 1) begin on the 7th team foul of each half. Two (2) free throws are awarded on the 10th and any additional foul of each half.
6. Three-point goal will be used if the gym site has a 3-point line.
7. The top, sides and bottom of the backboard are all considered inbounds. A ball that strikes any of these parts of the backboard is considered to be inbounds, unless it strikes the backboard and then falls out of bounds without being touched. A ball that passes over the top of the backboard is automatically considered to be out of bounds, even though it has not yet touched the floor out of bounds. Any supports connected to the backboard are considered to be out of bounds as well.
8. Defense in the backcourt (“no press” rule):
- A. 12U Boys and 12U Girls: When a team attains a lead of ten (10) or more points, that team will not be allowed to defend until the offensive player with the ball is three (3) feet inside the mid-court line (volleyball line).
 - B. 14U Boys, 16U Boys, and 18U Boys and 16U Girls: When a team attains a lead of twenty (20) or more points, that team will not be allowed to defend until the offensive player with the ball is three (3) feet inside the mid-court line (volleyball line).
 - C. First infraction of this rule shall result in a warning, ball out of bounds to offensive team. One warning per half.
 - D. Second and additional infractions in each half will result in an “illegal defense” penalty, which will award two foul shots and possession of the ball to the team behind.
 - E. An “illegal defense” penalty does not count as a personal, technical, or team foul.
 - F. The clock will continue to run during the administration of an “illegal defense” penalty, unless the penalty occurs in the last two (2) minutes of the game.
 - G. EXCEPTION: This rule does not apply if the team behind immediately upon gaining possession initiates a fast break, in an attempt to get the official to call the infraction. However, if the team behind secures possession and does **NOT** initiate a fast break, then the team ahead should “fall back” on defense. Fast break ruling will be a judgement and up to the discretion of the officials.

9. Coaches Box:
- A. In accordance with NFHS Basketball Rules, the coach's box will be used.
 - B. A coach's box shall be designated as the area out of bounds immediately in front of the team bench. The coach's box dimensions will begin ten (10) feet from the scorer's table and will extend to the baseline area (total of 28 feet). Coaches must stay in this designated area.
 - C. Coaches may only leave the box during time-outs or injuries. If informed by the referee, the coach(s) may lose their coaching box privilege and be restricted to sitting on their bench quietly. **ONLY ONE (1) COACH** may stand and coach the team in the coaching box. Additional coaches **MUST REMAIN SEATED** unless cheering briefly.
 - D. For the first violation of a coach's box rule, the official shall warn the coach unless the offense is judged to be unsporting like, in which case a technical foul shall be assessed immediately. Note: A warning is not required prior to calling a technical foul.
10. **Technical Fouls**
- A. **Players:** Should a player receive two (2) technical fouls in the same game, he/she will be ejected and suspended a minimum of one (1) game (the next scheduled or played game) upon review by SMA.
 - 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 in the same game will be ejected and suspended a minimum of one (1) game (the next scheduled or played game) upon review by SMA.
 - C. 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 SMA staff/security to remove the offending party or terminate the game at any time.
 - D. 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:
 - I. 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. **Note: A warning is not required prior to calling a technical foul.**

WEBSITE

Updated schedules, scores, and standings can be found at the following website: VBgov.com/Sports.

SUSPENSION POLICY FOR ALL YOUTH SPORTS LEAGUES

Information on the suspension policy can be found in the General Bylaws for All Community League Sports.

PROTESTS

Information on protest instructions can be found in the General Bylaws for All Community League Sports.

INSURANCE

Information on insurance requirements can be found in the General Bylaws for All Community League Sports.

INJURED PLAYERS

Information on injured players can be found in the General Bylaws for All Community League Sports.

FACILITY USE

Information on facility use can be found in the General Bylaws for All Community League Sports.

NOTES

- ✓ The Sports Management Coordinator has the authority to make final decisions on all bylaws, interpretations and any matters concerning all youth sports, and will impose penalties and suspensions upon teams, coaches, spectators and players as necessary to insure the orderly conduct of the league.
- ✓ Coaches will advise spectators, parents, players, and assistant coaches of the bylaws. Ignorance of any rule in the bylaws on the part of the coach, parent, player, spectator, or assistant coaches will not be tolerated.
- ✓ These Bylaws are in addition to the **GENERAL BYLAWS FOR ALL COMMUNITY SPORTS**.