

2019-2020 LAYAC Recreational Basketball Rules

These rules are applicable to all play among the following area leagues, within the LAYAC Conference.

- Lakeshore Youth Athletic Association (LYAA)
- South Iredell Athletic Association (SIAA)
- Troutman Athletic Association (TYAA)
- Shepherd Community Athletic Association (SCAA)

Participation

The league is open to area school age children: boys from kindergarten to twelfth grade; girls from kindergarten to eighth grade. Students must sign up, attend skills day, and be drafted to a team.

- LYAA
 - o Lakeshore Middle School
 - o Lakeshore Elementary School
- SIAA
 - o Lake Norman Elementary
 - o Mount Mourne IB
 - o Woodland Heights Elementary School
 - o Brawley Middle School
 - o Coddle Creek Elementary School
 - o Lake Norman High
- TYAA
 - o Troutman Middle School
 - o Troutman Elementary School
- SCAA
 - o Shepherd Elementary School

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Students not attending any of the represented schools (charter schools, private schools, school-at-home, and city schools) may sign up in the zone representing the school from the above list, nearest their place of residence. Teams are based on grades. Kindergarten is alone and is coed. From first grade up, teams will be gender specific. The stated intention is that grades 1 through 8 will play with only that grade (1st grade league, 2nd grade league, etc.). If there aren't enough players to create a sufficient league, then grades will be combined as follows: 1/2, 3/4, 5/6, 7/8). Boy's grades 9 through 12 will be combined in two-grade sets: 9/10, 11/12. Players may not register and play on a team for a grade younger than their current grade. Players may only register and play for one team per season.

The section below titled General Rules applies to all grade levels unless a contradictory rule is specifically called out in a subsequent section for a specific age group.

If these rules are applied to multiple leagues, an individual league (SIAA/LYAA/TYAA/SCAA) may impose a more restrictive form of rule on league teams (for example, participation minutes), but not a less restrictive form. Any such amendment must be in writing and be communicated to the basketball commissioners of other leagues.

General Rules

This is a recreational basketball league. The following rules are set up specifically for promoting and teaching good sportsmanship, fundamentals of the game and for the equal participation for all participants. **The Official High School Rules (www.nchsaa.org/sports/basketball) will be used with the exceptions as described below. WHERE THERE IS A CONFLICT BETWEEN THE OFFICIAL HIGH SCHOOL RULES (www.nchsaa.org/sports/basketball) AND THE BELOW RULES, THE BELOW RULES SHALL CONTROL.**

1. SPORTSMANSHIP: Good sportsmanship is expected at all times. Any unsportsmanlike act by any player, coach, or spectator will result in action taken by the appropriate league organization ranging from a warning to expulsion for the rest of the season. Two unsportsmanlike conduct technical fouls by a player, coach or spectator during a game will result in automatic ejection from the current game and the subsequent game. In addition, if a team receives a combined total (players, coach(es) or spectators) of three unsportsmanlike conduct technical fouls in a single game, then the team also will automatically forfeit the game.
2. INJURY: Any player or coach who is bleeding must be removed from the game until the bleeding has stopped and a clean uniform is put on.

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3. PRACTICES and PRACTICE QUANTITIES: Each team shall have a minimum of three practices before their first game. At the start of the season, practice schedules will be assigned – generally one or two slots per week shared by two teams. No more than two practices per week are allowed per team. Once the schedule is set, a team may move their practice on a case by-case basis to accommodate various conflicts, but in no week may they exceed the originally allotted amount of practice time. Violations of this rule will result in a 1 game suspension for the head coach per offense and possible team forfeit as determined by basketball directors. Open Gym slots held by a league for all players of a grade or of multiple grades are not considered a practice for this rule.
4. GAME SCHEDULE: Players must be warmed up and ready to start at the designated starting time. Each team must start a minimum of 5 players, or it is considered a forfeit except as follows:

A TEAM MAY START WITH LESS THAN 5 OF ITS ROSTERED PLAYERS UNDER THE FOLLOWING CIRCUMSTANCES:

IF A TEAM HAS LESS THAN 5 OF ITS ROSTERED PLAYERS (“**UNDER TEAM**”), BUT AT LEAST **4** OF ITS ROSTERED PLAYERS, SUCH **UNDER TEAM** MAY START THE GAME IF IT CAN GET AN ADDITIONAL PLAYER TO BRING ITS TEAM TO 5 PLAYERS (“**HELPER**”). EVERY EFFORT SHOULD BE MADE TO GET THE **HELPER** FROM THE **UNDER TEAM’S** ATHLETIC ASSOCIATION IF POSSIBLE, BUT THAT IS NOT REQUIRED. EVERY EFFORT SHOULD ALSO BE MADE TO GET THE **HELPER** FROM THE SAME AGE GROUP AS THE **UNDER TEAM**, BUT IF NOT, ONE AGE GROUP BELOW OR ONE AGE GROUP ABOVE THE **UNDER TEAM**, BUT THAT IS ALSO NOT REQUIRED. THE **UNDER TEAM** SHOULD ALSO SUPPLY THE **HELPER** WITH **UNDER TEAM** JERSEY IF POSSIBLE, BUT THAT IS ALSO NOT REQUIRED IF IT IS REASONABLY CLOSE IN COLOR AND HAS A NUMBER ON AT LEAST ONE SIDE OF THE JERSEY. IF THE **UNDER TEAM** CAN GET A **HELPER**, THE FOLLOWING SHALL OCCUR:

- THE GAME SHALL BEGIN AS USUAL.
- IF THE OPPONENT OF THE **UNDER TEAM** GAINS POSSESSION OF THE BALL, PLAY WILL CONTINUE UNTIL THE **UNDER TEAM** GAINS POSSESSION OF THE BALL OR THERE IS A STOPPAGE OF PLAY BY REFEREE WHISTLE.
 - IF THERE IS A STOPPAGE OF PLAY BY REFEREE WHISTLE, THE **HELPER** SHALL EXIT THE GAME AND THE **UNDER TEAM** WILL CONTINUE WITH ONLY ITS 4 ROSTERED (NON-**HELPER**) PLAYERS FOR THE REMAINDER OF THE GAME.
 - IF THE **UNDER TEAM** GAINS POSSESSION OF THE BALL WITHOUT A STOPPAGE OF PLAY BY REFEREE WHISTLE, THE **UNDER TEAM** **MUST** TAKE A TIMEOUT IMMEDIATELY, AT WHICH TIME, THE **HELPER** SHALL EXIT THE GAME AND THE

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UNDER TEAM WILL CONTINUE WITH ONLY ITS 4 ROSTERED (NON-HELPER) PLAYERS FOR THE REMAINDER OF THE GAME.

- IF THE **UNDER TEAM** GAINS POSSESSION OF THE BALL, THE **UNDER TEAM** **MUST** TAKE A TIMEOUT IMMEDIATELY, AT WHICH TIME, THE **HELPER** SHALL EXIT THE GAME AND THE **UNDER TEAM** WILL CONTINUE WITH ONLY ITS 4 ROSTERED (NON-HELPER) PLAYERS FOR THE REMAINDER OF THE GAME.
- NOTE, IF ADDITIONAL ROSTERED PLAYERS ON THE **UNDER TEAM** ARRIVE AFTER THE GAME HAS STARTED, BUT BEFORE THE START OF THE SECOND HALF, THEY MAY JOIN THE GAME AT THE NEXT STOPPAGE OF PLAY BY REFEREE WHISTLE OR TIMEOUT; HOWEVER, TO BE ELIGIBLE TO PLAY, THEY MUST COMPLY WITH ALL OTHER RULES (I.E., PLAYING TIME RULES). **PLAYERS ARRIVING LATE DO NOT GET TO USE TIME BEFORE THEY ARRIVED TO COUNT AGAINST THEIR REQUIRED SITTING TIME.**
- IF A HELPER ON THE **UNDER TEAM** FOULS, THE FOUL WILL BE ATTRIBUTED TO NEAREST ROSTERED (NON-HELPER) TO THE PLAY.

In addition to the foregoing, if during play (after the game has officially started) there are foul-outs or injuries, a team can play with as few players as available.

By design, there will generally be ten or more minutes scheduled from the end of one game to the start of another. The referee will use his/her judgment with respect to starting games on time. No game will start earlier than the scheduled time, unless agreed upon by both coaches and the referees. The game will be divided into four running clock quarters. Half time will be 3 minutes. See TIMEOUTS, OVERTIME, SUBSTITUTIONS and GAME CLOCK below for exceptions. See each grade division for exceptions.

5. TIMEOUTS: A coach or player may call a timeout. Each team will have four (4) 30-second timeouts per game, but no more than two (2) may be used per half. See each grade division for exceptions by grade.
6. ALTERNATING POSSESSION: To start the game, a jump at center court will be used. From that possession, the alternating possession arrow will be used to decide who receives the ball to start the second half, any overtime periods or to resolve any jump ball situations. The team who has possession of the ball at the end of a quarter (or half-quarter mark) will retain possession when play resumes. If a team shoots to close a quarter (or half-quarter), it will be assumed the defensive team received possession as time expires. These changeovers do not constitute a reversal of the alternating possession arrow.

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7. **OVERTIME:** No game shall end in a tie. Overtimes will be played for 2-minute periods, with a maximum of 2 OT periods. If a third overtime is needed, the game will be decided by sudden death. Jump balls will occur at the start of each OT. Each team will get one (1) 1-minute timeout in the first overtime and none in any additional overtimes. Unused timeouts from regulation do not carry to overtime and unused timeouts during overtime play do not carry forward to successive overtimes.

8. **DEFENSIVE BOUNDARIES:** As players' offensive skills typically take longer to progress than defensive skills, there are certain defensive rules established at each of the grade brackets to help the offense get started without interference from the defense. Please understand the defense rules put in place in your grade bracket and adhere to them.
 - a. Where a defensive boundary is defined in a grade level set of rules, the understanding is that the team transitioning from offense to defense must move directly down court and into the defensive boundary before beginning to play any defense. The purpose of this rule is to allow the offense a chance to organize and proceed down court.
 - b. The 10-second count is allowed to cross half-court and a 5-second count to cross over the defensive boundary is designed to prevent this defensive boundary from being used as a stall tool.
 - c. Defensive players must keep their feet inside this boundary when the Defensive Boundary Rule is in place. Reaching across the boundary is acceptable and if the player makes contact with the ball, they may chase the ball outside the boundary until one team gains control. Similarly, if a rebound carries outside the boundary, both teams may pursue it equally until it is established who has possession.
 - d. If an offensive player is in the act of shooting from outside the defensive boundary, then a defensive player (the one closest player to the ball) may make a move to defend the shot and is not required back in the defensive boundary until and unless the offense regains possession on the rebound.

9. **COACHES:** Each team is allowed a maximum of two coaches, and a maximum of two coaches on the bench during games. No parents are allowed to sit behind a team's bench in grades 1-8. Only one coach is allowed to stand during play, and must remain in the coaching box during the game. All other coaches must remain seated on the bench. Coaches must register with their league prior to the first practice and are subject to background checks, as noted by each individual league. See coach selection paragraph below.

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10. ROSTERS: Prior to the start of league play, coaches must submit to their league organization the uniform number assignments for all players. Each league organization (SIAA, LYAA, TYAA and SCAA) must then provide a full roster of teams and players to each of the other league organizations no later than one week prior to season start. Each organization is responsible to see that the scorekeepers at their facilities have the full list of teams and players for all potential game pairings. No player is allowed to be double rostered between teams or leagues.

11. GAME DAY ROSTERS: Teams are to submit full and complete team rosters to the scorekeeper no later than 5 minutes prior to the start of the game. If a player on the roster at the start of the game does not show for the game, the coach is to notify the scorekeeper to remove the player from the roster no later than half time of the game. If a late arriving player shows prior to half time, the player must comply with the approved playing time guidelines, unless they are injured or foul out.

12. GAME CLOCK: The clock will stop on personal fouls during the first three quarters and for all violations in the 4th quarter and any overtime periods. However, if a team is up by 25 points, the clock will run continuously until the difference drops to 15 points. During this time, the clock will only stop for injuries or time outs.

13. 5-SECOND COUNT: The offensive team cannot stall the ball outside of the defensive zone for more than 5 seconds. The ball must break the plane of the defensive line by the 5-second count or the ball will be turned over to the other team.

14. SUBSTITUTIONS: Free substitutions are allowed during normal stoppage, when the participation and grade specific rules allow. The clock keepers will stop the clock and the horn will blow and the referee must motion in the player/sub. A sub can replace an injured player at any time during the game; however, all playing and sitting time rules still apply to the injured player, if they return to the game, and to the sub. Furthermore, the time the sub plays in lieu of the injured player will not be considered a full period of play nor will the time the sub sat prior to being inserted be considered as a full period of sitting.
 - a. Scorekeepers are responsible for marking playing time to monitor the 25% participation rule and 25% sit rule.

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- i. A player who starts the final period needing this period to reach 25% playing time may not be relieved from the game.
- ii. A player sitting the bench to start the final period needing to do so in order to have sat one-quarter of the game may not be subbed into the game.
- b. Referees must motion in substitutions. Subject to the other rules herein, coaches may send subs to the score table to be substituted at dead balls (timeout, fouls, etc.). It is encouraged that assistant coaches keep accurate records of player participation during games.
- c. Teams will have 30 seconds to make their substitutions between quarters. The horn will sound at 20 seconds as a warning and again at the 30 second mark with the ball being put in play at that time even if your team is not on the floor. This is not a timeout.
- d. For substitutions under the mid-quarter stoppage rule, the players should remain on the court until they are relieved by a sub, same as a traditional dead ball substitution situation.
- e. Reminder: Failure to comply with the participation and substitution rules will result in a forfeit of the game.

15. Players may ONLY wear an undershirt that is the same color as their uniform jersey top or a white undershirt.

PARTICIPATION RULES

As this is a recreational league it is the policy of our leagues that all players participate in each game.

1. The LAYAC Conference will monitor and enforce: Each player must play a minimum of one entire quarter, which is deemed to be 25% of the game. Scorekeeper records will document the one full quarter play rule.
2. The LAYAC Conference will monitor and enforce: Each player must sit out a minimum of one entire quarter, which is deemed to be 25% of the game. Scorekeeper records will document the one full quarter sit rule.
3. Note: If a player is scheduled to sit the fourth quarter of a game to satisfy the sit 25% of game rule in number 2 above, the player cannot enter the game during the fourth

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quarter for any reason, even if the team is forced to play with less than 5 players due to injury or fouls. (See General Rules, #14, above).

4. Exceptions to LAYAC Enforcement include:
 - a. when the number of players on a team make it mathematically impossible to meet this rule, and
 - b. if a player becomes hurt or sick during the game and cannot continue.

If a coach determines a player who arrived at the game cannot play due to sickness or injury but wants to sit on the bench with their teammates, then the coach must make an ineligibility request to the referee before the game starts so the referee, scorekeeper, and the other coach know that player will not be participating in that game.

5. Exception for Overtime: The player participation rule is required for the normal game time only. The coach can play any player during any overtime periods.
6. Coaches are required to use a “player participation form” for each game. This form must be presented upon request of parents and League officials to document that the participation rules have been followed. Coaches are encouraged to use the “player participation form” as a supplement to the scorekeeper participation records referenced in #1 and #2 above. The player participation form can be of any format that documents player rotations during the game.
7. LAYAC Conference reprimands for participation rule infractions: Coaches failing to play every player a minimum of one quarter will be sanctioned with a game forfeit. Coaches failing to sit every player a minimum of one quarter will be sanctioned with a game forfeit. (Exceptions noted above will be recognized.)
8. League reprimands for participation rule infractions: Coaches failing to provide adequate documentation as described above will receive a verbal reprimand from the league and be advised that any future infractions will result in forfeiture of the games in question. This verbal reprimand should not be construed to read that a coach may ignore the participation rules in a game.

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9. Recreational Mission Reminder: Coaches are expected to recognize that our leagues are recreational in nature, and to allow players equal playing time on the court whenever mathematically possible. Coaches are expected to use a “player participation form” to document player time on the court. Complaints from parents regarding a players’ lack of playing time on the court can only be defended by use of a “player participation form”. The player participation form can be of any format that documents player rotations during the game.
10. Referees and scorekeepers will have final say as to substitution in any game if they are not satisfied that the LAYAC Conference appropriate playing time and sit time requirements have been met.

Grade Specific Rules

Kindergarten

Kindergarten is coed and instructional. The general premise of this age is introduction to basketball. The practice/game sessions are generally one hour, with the first thirty minutes being devoted purely to skills and the second thirty minutes being a coach assisted walkthrough game.

1. 7’ goals
2. 27.5 “junior” sized basketball
3. No pressing at any time
4. No fast break at any time
5. Defensive zone to be 4’ wide and 10’ deep at each basket
6. No clock, coaches will decide when to start the walk-through and when to close practice
7. No set substitution policy since there is no clock, coaches move players in and out during the walk-through games, keeping in mind the goal is to play each player an equal amount of time but recognizing that at this age, “stage fright” often results in some children who do not want to participate at all.
8. No score board, emphasis on the kids learning where to go and how to transition from one segment of the game to the next
9. The spirit of the general rules from above applies, but no specific rules are actually enforced.

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Grade 1-2

All rules apply to both girls' teams and boys' teams unless otherwise noted.

1. 8' goals
2. 27.5 "junior" sized basketball
3. The volleyball 20' line is used as the defensive boundary. Defense can defend after the ball crosses this line.
4. After the offense crosses half-court, it has 5 seconds to cross the defensive boundary via dribble, shot or pass. After 5 seconds, the defense can release from the boundary and defend up to the half court line.
5. The game will consist of four 8-minute quarters (each stopped at the 4:00 mark).
6. 1 Timeout per half is permitted.
7. For the first two games of the regular season, one coach from each team will be allowed to walk the length of the court, to the outer edge of the playing area to help direct players to the proper assignments. They may not touch the players or the ball or interfere in the natural flow. From the third game forward, this option is revoked and coaches are restricted to the area in front of their bench – out of the playing area.
8. Substitution Policy - At every substitution point (4 mid quarter stoppages and 3 between quarter stoppages), the coach MUST put every player who is on the bench at that time into the game. This rule is generally referred to as the "clear the bench" rule.
 - i. This alone will satisfy the requirement for a minimum playing time. Which players are left in the game during these substitutions is at the coach's discretion so long as each player meets the requirement to have sat one full quarter by the end of regulation.
 - ii. If a player arrives late and misses a quarter or more this does not count as his "minimum sit time", but you still must follow all other rules with players.
 - iii. If you only have 6 players on your game roster at the start of the game, you must still follow the "clear the bench" rule and each player MUST sit at least (1) 4 min. semi quarter during the game. No Exceptions. This will mean that 4 players will sit once and 2 players will sit twice.
 - iv. The final period (8th of 8 semi-quarter periods) must start in the same way as each other period. Once the period starts, coaches may send subs to the score table to be substituted at dead balls (timeout, fouls, etc.). Referees must motion in substitutions. A coach may sub who they want

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and as frequently as they want, so long as the primary two requirements are met (minimum one quarter played, minimum one quarter game rested).

9. Free throws at a distance of 12'.
10. No fast breaks on offense.
11. No 3-point baskets will be recognized. All baskets will be counted as 2 points.
12. All defenses are allowed.

Grades 3-4

All rules apply to both girls' teams and boys' teams unless otherwise noted.

1. Goals
 - a. 10' for 3rd grade or if 3-4 are forced to be combined
 - b. 10' for 4th grade
2. 28.5 "women's" sized basketball or "intermediate" sized basketball
3. Free throws at a distance of 12'.
4. 2 Timeouts per half.
5. No pressing until the final 4 minutes of the fourth quarter; at this point, pressing is allowed unless your team is ahead by ten or more points, then no pressing for the leading team only. If the leading team violates this policy, the game clock will stop and the leading team will be given a warning. One warning per game is allowed. On the second violation and any additional violation, the game clock will stop and the leading team will be charged a technical foul.
6. Fast breaks are permitted, the defensive player may keep pace with the offensive player, but may not try to impede their progress until having entered the defensive boundary.
7. Substitution Policy - At every substitution point (4 mid quarter stoppages and 3 between quarter stoppages), the coach MUST put every player who is on the bench at that time into the game. This rule is generally referred to as the "clear the bench" rule.
 - i. This alone will satisfy the requirement for a minimum playing time. Which players are left in the game during these substitutions is at the coach's discretion so long as each player meets the requirement to have sat one full quarter by the end of regulation.

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- ii. If a player arrives late and misses a quarter or more this does not count as his "minimum sit time", but you still must follow all other rules with players.
- iii. If you only have 6 players on your game roster at the start of the game, you must still follow the "clear the bench" rule and each player MUST sit at least (1) 4 min. semi quarter during the game. No Exceptions. This will mean that 4 players will sit once and 2 players will sit twice.
- iv. The final period (8th of 8 semi-quarter periods) must start in the same way as each other period. Once the period starts, coaches may send subs to the score table to be substituted at dead balls (timeout, fouls, etc.). Referees must motion in substitutions. A coach may sub who they want and as frequently as they want, so long as the primary two requirements are met (minimum one quarter played, minimum one quarter game rested).

8. Defense

- a. Any defense is allowed.
- b. Defensive boundary will be the half court line.
- c. No defense is allowed until passing the half-court line. If the defending team violates this policy, the game clock will stop and the defense team will be given a warning. One warning per game is allowed. On the second violation and any additional violation, the game clock will stop and the defending team will be charged a technical foul.

Grades 5-6

All rules apply to both girl's teams and boy's teams unless otherwise noted.

1. 10' goals
2. Ball Size
 - a. Grade 5 Boys - 28.5 "women's" or "intermediate" sized basketball
 - b. Grade 5/6 Girls - 28.5 "women's" or "intermediate" sized basketball
 - c. Grade 6 Boys – 29.5 sized basketball
3. Girls and Boys free throws from the regulation 15' line.
4. 2 Timeouts per half.
5. Defensive boundary will be the half court line.

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6. No pressing until the final 4 minutes of the fourth quarter; at this point, pressing is allowed unless your team is ahead by ten or more points, then no pressing for the leading team only. If the leading team violates this policy, the game clock will stop and the leading team will be given a warning. One warning per game is allowed. On the second violation and any additional violation, the game clock will stop and the leading team will be charged a technical foul.

7. Fast breaks are permitted, the defensive player may keep pace with the offensive player, but may not try to impede their progress until having entered the defensive boundary

8. Substitution Policy - At every substitution point (4 mid quarter stoppages and 3 between quarter stoppages), the coach MUST put every player who is on the bench at that time into the game. This rule is generally referred to as the "clear the bench" rule.

- i. This alone will satisfy the requirement for a minimum playing time. Which players are left in the game during these substitutions is at the coach's discretion so long as each player meets the requirement to have sat one full quarter by the end of regulation.
- ii. If a player arrives late and misses a quarter or more this does not count as his "minimum sit time", but you still must follow all other rules with players.
- iii. If you only have 6 players on your game roster at the start of the game, you must still follow the "clear the bench" rule and each player MUST sit at least (1) 4 min. semi quarter during the game. No Exceptions. This will mean that 4 players will sit once and 2 players will sit twice.
- iv. The final period (8th of 8 semi-quarter periods) must start in the same way as each other period. Once the period starts, coaches may send subs to the score table to be substituted at dead balls (timeout, fouls, etc.). Referees must motion in substitutions. A coach may sub who they want and as frequently as they want, so long as the primary two requirements are met (minimum one quarter played, minimum one quarter game rested).

9. Defense

a. Any defense is allowed.

b. No defense is allowed until passing the half-court line. If the defending team violates this policy, the game clock will stop and the defense team will be given a warning. One warning per game is allowed. On the second violation and any additional violation, the game clock will stop and the defending team will be charged a technical foul.

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Grades 7-8

All rules apply to both girls' teams and boys' teams unless otherwise noted.

1. 10' goals
2. 28.5 "women's" or "intermediate" sized basketball for girls' teams
3. 29.5 "men's" or "regulation" sized basketball for boys' teams
4. 2 Timeouts per half.
5. No defensive boundary.
6. Full court press is allowed unless your team is ahead by ten or more points, then no pressing for the leading team only. If the leading team violates this policy, the game clock will stop and the leading team will be given a warning. One warning per game is allowed. On the second violation and any additional violation, the game clock will stop and the leading team will be charged a technical foul.
7. All standard high school rules apply, unless specifically addressed otherwise within these rules.
8. Substitution Policy - At every substitution point (4 mid quarter stoppages and 3 between quarter stoppages), the coach MUST put every player who is on the bench at that time into the game. This rule is generally referred to as the "clear the bench" rule.
 - i. This alone will satisfy the requirement for a minimum playing time. Which players are left in the game during these substitutions is at the coach's discretion so long as each player meets the requirement to have sat one full quarter by the end of regulation.
 - ii. If a player arrives late and misses a quarter or more this does not count as his "minimum sit time", but you still must follow all other rules with players.
 - iii. If you only have 6 players on your game roster at the start of the game, you must still follow the "clear the bench" rule and each player MUST sit at least (1) 4 min. semi quarter during the game. No Exceptions. This will mean that 4 players will sit once and 2 players will sit twice.
 - iv. The final period (8th of 8 semi-quarter periods) must start in the same way as each other period. Once the period starts, coaches may send subs to the score table to be substituted at dead balls (timeout, fouls, etc.). Referees must motion in substitutions. A coach may sub who they want and as frequently as they want, so long as the primary two requirements

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are met (minimum one quarter played, minimum one quarter game rested).

9. Defense - Any defense is allowed.

Grades 9-12

Boys' leagues only because of available numbers.

1. All standard high school rules except time of play, four 8-minute quarters

Mission – Reminder!

Let's all keep in mind that we are out here to teach the kids about basketball and sportsmanship. Fun is number one. Winning is secondary. We are a recreational league. We have made a strategic decision to position ourselves (beyond the kindergarten introduction) above the purely instruction level, but below the purely competitive level (such as AAU). The least skilled child on the team needs to enjoy it as much as the most skilled. It is our challenge to preserve that atmosphere while still providing the appropriate growth opportunity as players progress through the grade brackets. Coaches and fans yelling at referees do not set a good example for our kids. Please understand that the referees are generally doing the best they can, and if we disagree with a call, let us do so in a manner that sets a good example for the children.

Coach Selection

Any adult wishing to coach a team, head or assistant (and only one of each is allowed per team) must abide by individual league specific registration processes. Each league's board is responsible for coaching registrations and/or applications. Each league is responsible for coach background checks. Coaches must be properly vetted before any coach participates in any practice or game. A prospective coach need not complete the process before skills day, but ideally will complete required paperwork at that time when it is better known how many coaches are needed. Prospective coaches and volunteers may participate in the draft process, but may not officially represent themselves as a coach, including contacting team members, until league approval is complete.

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Skills Day

A Skills Day will be held for players in grades 1 through 8. The coordinator of each grade league will organize potential coaches and volunteers and decide how to run their specific skills day – how many stations, what order to run them in, etc. From the database, electronic lists will be provided in advance to each coordinator of those kids registered to assist them in the administration of their activities.

- For kindergarten, the coordinator will select the teams at random; at this age group only, the coordinator will take into consideration parent requests for team combinations since this is not a competitive group.
- For boys' grades 9-12, the coordinator will work directly with the registered boys who will self-draft their teams.

Team Selection

Each season, teams are chosen from scratch (coaches do not retain kids from year to year), using a blind draw. As part of skills day, players will be rated A, B and C with respect to their peers in the particular grade group. These ratings are for team selection process only and are to be kept confidential. Any player not at skills day will be judged by the coaches and rated based on their knowledge of the child. If the child is unknown to the group, they are arbitrarily assigned an A if the child belongs to a coach (present or otherwise), otherwise assigned a B. A parent may not participate in the rating of his or her child. The coordinator of the specific league will guide the selection process. Since though the coordinator is most always a parent and a coach within the age group he or she will defer veto power of all decisions of ranking and assignment to the commissioner.

Some common processes during the selection process are as follows:

- Coaches and coordinator will decide how many 'pools' to create; at minimum is the A, B and C pool, sometimes there are enough kids and enough variation to create those pools within each grade or perhaps to also designate kids by a height ranking or a probable position.
- Once the pools are established, each child will be identified accordingly and so placed into the corresponding pile.
- Once all ranking is done, a cursory count of each pile is taken, if there are five teams for example and 7 A-players, then it is decided whether to again review the A-players and move two to the B pile or to review the B-Players to find three more A's or a combination of the two to identify a group of B+, etc.
- At this point, it is now known how many of each category there are and thus how many each coach will ultimately be drafting.

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- The coach's and assistant coach's kids are then removed from the piles and given to those coaches.
- The coordinator will then deal out (from the face down piles) the necessary remaining kids in each pile so that each coach has the appropriate number at each level (x As, y Bs, z Cs, etc.).

Game Day

Following are some rules and procedures for game day.

- Any rules, such as "no food or drink in the gym", established by the school whose facility is being used, must be followed; with respect to these rules, they may vary from facility to facility and coaches should be aware of those that are applicable to each facility.
- Admission to the games is free. Referees, scorekeepers and other support are paid from the registration fees.
- Only coaches, players and other authorized league officials (coordinators, referees, scorekeepers, etc.) may be on the gym floor, including between games and at halftime or other breaks. Parents, siblings and other guests must not be on the floor at any time.

Tie Breaker Rules

At the end of the season, the following tie breaker rules shall apply when 2 or more teams have the same record:

First Tie Breaker – when 2 teams are tied with the same record, the winner of the most head to head games shall be seeded as the higher team. If 3 teams are tied with the same record, if each team has played the other 2 teams once, and one team beat the other 2 teams in head to head games, then that team will be the highest seeded team and the next seeded team will be based on head to head games or the Second Tie Breaker. If any of the 3 teams have played each other more than once, then seeding will be determined by the Third Tie Breaker.

Second Tie Breaker - When 2 teams are tied with the same record and neither team has played the other or they have played each other and tied in head to head games, then a coin will be flipped to determine the higher seeded team.

Third Tie Breaker - When 3 or more teams are tied with the same record, names will be drawn out of a hat to determine the seeding, highest seeded team being the first name drawn out, the next seeded team drawn second, etc. The only exception to the preceding sentence is that if all of the tied teams have played each other only once, and one team has beaten all of the other teams in head to head games, then in such instance, that team will be the highest seeded team,

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and the tie breaking rules will then apply in order to the remaining teams to determine the rest of the seeding.

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