

## Town of Pembroke Parks and Recreation Department (PPRD)

### 2017 Basketball Rules

**Our Purpose:** To provide a wholesome athletic program with great sportsmanship and fair play.

**League Philosophy and Objectives:** Please remember this league has been created for the youth. The purpose is to aid in the development of fundamentals and skills used in the sport of basketball. The league has been designed with the purpose of creating an enjoyable and positive setting for the learning of these skills and the rules associated with basketball. **Winning will NEVER be the main objective in this program.** All coaches and parents should stress the importance of skill development, good sportsmanship and fun.

**The division of play:** All practices and games will be held at the Boys and Girls Club of Pembroke.

#### **Youth ages 5 and 6**

All games and practices will be held on Tuesday and Saturday beginning in January.

#### **Youth ages 7 and 8**

All games and practices will be held on Tuesday and Saturday beginning in January.

#### **Youth ages 9 and 10**

All games and practices will be held on Thursday and Saturday.

#### **Youth ages 11 and 12**

All games and practices will be held on Thursday and Saturday.

#### **Youth ages 13 and 14**

All games and practices will be held on Tuesday, Thursday and Saturday.

### **RULES**

1. The Pembroke Parks and Recreation Youth Basketball League will follow the NC High School League Rules with the following exceptions:
2. Teams will be allowed to start the game with only (4) players when the 5th player is not present. When the 5th player arrives, he/she may enter the game during the next dead ball.
3. Teams are allowed a (5) minute warm-up between games.
4. No outside basketballs allowed during practice times or games. PPRD will provide ALL basketballs for practices and games.
5. The youth age 5-6 and 7-8, will use a (8) foot goal and a 27.5 size basketball. The youth age 9-10 and 11-12, will use a regulation size goal and a 28.5 size basketball. The youth age 13-14, will use a regulation size goal and a 29.5 size basketball.

6. Free throws will be taken (3) feet in front of the regulation high school distance EXCEPT boys and girls age 11-14, will shoot from the regulation distance of (15) feet.
7. Youth ages 5-6 will not be allowed to use a full court press at any time and the defense may not exceed beyond the 3 point line. Youth ages 7-8 will not be allowed to use a full court press at any time and the defense may not exceed beyond the 3 point line. HOWEVER, the youth ages 7-8 MAY USE a half court defense in the final (2) minutes of the game. Youth ages 9-10 and 11-12 will not be allowed to use full court press defense at any time UNTIL the final (2) minutes of the game. Youth ages 13-14 CAN full court press at ANY time. Youth ages (9) and UP will not be able to press full court with a double digit league. ONE warning per team will be given for backcourt violations. All subsequent violations will result in a TECHNICAL FOUL (2 shots + the ball.) The technical will be called on the bench and WILL NOT be placed on the player or the coach.
8. One coach is allowed on the court during games in youth ages 5-6 and 7-8. HOWEVER, during the 2nd half of youth ages 7-8, no coach will be allowed on the court.
9. Youth ages 5-6 will not be allowed to fast break and no score will be kept on the scoreboard. Youth ages 7-8 WILL be allowed to fast break but only on steals, not on rebounds. Youth ages (9) and UP WILL be allowed to fast break at ANY time.
10. In the event a team leads by (20) points or more, the score will no longer be kept on the scoreboard, but will continue to be kept only in the book. The scoreboard will be used again if the score is brought down to a (10) point lead.
11. The length of the game will be four (5) minute quarters for youth ages 5-6, four (6) minute quarters for youth ages 7-8, four (7) minute quarters for youth ages 9-14. Halftime will last (4) minutes and overtime will last (2) minutes. All age divisions are allowed (1) overtime period with the EXCEPTION of youth ages 5-6, which will not play in a overtime period.
12. Each team will be allowed (2) timeouts per half. In overtime, teams are allowed (1) timeout. Any un-used timeouts in the first half will not carry over to the second half. Any un-used timeouts in the second half will not carry over to overtime.
13. There will be a running clock, which will be stopped in the following situations:
  - a. Timeouts
  - b. Foul shots
  - c. Last two minutes of the game, clock will be stopped every time whistle is blown.
  - d. During an overtime period, the clock will stop every time the whistle is blown.
  - e. Injuries
  - f. Officials discretion

14. All rules will be enforced to the letter and every player, coach, parent and spectator should make sure any unsportsmanlike or fair play does not occur. Such actions will not be tolerated by PPRD.
15. Every coach is responsible for informing all players and parents on his/her roster about rules and regulations for this league.
16. Any player who is involved in a fight will automatically be suspended for the remainder of the game in which the incident occurred and the next (2) games.
17. Any coach, player or spectator who makes contact with an official while in dispute or disagreement, will be banned from the league. NO profanity will be allowed, under any circumstances. Those not willing to respect this policy will be asked to leave immediately and face further disciplinary action.
18. Youth ages 5-6, 7-8, 9-10, 11-12 and 13-14: **each player on every team will be required to play a minimum of one full quarter, start to finish per half.** ALL players must also sit out at least ONE FULL QUARTER per game. This will ensure that "star" players do not get all of the playing time at the expense of less skilled players.
19. The only exceptions to the rule are:
  - a. when a player is being disciplined
  - b. when a player fouls out of the game
  - c. when a player is sick
  - d. when there are fewer than (10) players present
20. The scorekeeper will check off players in the score book to ensure the playing time rule is adhered to in all age divisions.
21. All players on a team will be listed in the score book prior to the start of the game.
22. Player jerseys will be provided by PPRD. Once uniforms have been distributed, players will not be allowed to switch uniforms without prior approval from PPRD staff. Alterations, of any kind, to the uniforms are NOT allowed (names cannot be printed on the back, etc.)
23. One and one free throws will be awarded on the seventh foul in a half. All other free throws will be awarded in accordance to the high school rules.
24. All practices and games will be scheduled and supervised by PPRD. Teams may not schedule practices on their own. If a team would like to cancel a practice, the coach must consult with PPRD before doing so.
25. For a player to be eligible, he/she must be on the official roster in the PPRD office. To meet age requirements, players must be 5,6,7,8,9,10,11,12,13,14 years old **BEFORE October 16, 2016**.
26. All players will be placed on teams by PPRD with the assistance of league coaches.
27. **We do not guarantee requests.** Every coach has something different to offer players and all coaches have access to the same training and assistance. While one coach may stress technique, another may teach game strategies. We believe all players need the chance to be with different coaches and other players. We provide opportunities for each participant to make new friends on a new team and learn new skills and ideas from each new coach.