

WINTER 2022-2023



HARRISBURG
PARKS & RECREATION

BASKETBALL RULES & REGULATIONS



Cabarrus County Youth Basketball Leagues 2022-2023 League Rules & Regulations

These rules will govern all play for the 7-8, 9-10, 11-12, and 13-15 countywide divisions. In house leagues may alter rules for in house games only. The 5-6 year-old division guidelines are the responsibility of the youth associations.

Ball Sizes:

| | |
|--------------------------------------|------------------|
| 5-6 Coed League | 27.5" basketball |
| All Girls Leagues | 28.5" basketball |
| 7, 8, and 9-10 Boys Leagues | 28.5" basketball |
| 11-12, 13-14, and 15-16 Boys Leagues | 29.5" basketball |

Article 1. Eligibility

Section 1. Age Divisions

A player's age as of **December 1, 2022** will determine the age group they participate in: Example: A player is 10 years old on **December 1, 2022** will play in the 9-10 year-old division. A player who is 16 after the cutoff date but still enrolled in school is eligible to participate.

- A. 5-6 Yr. Instructional Division
- B. 7-8 Yr. Old Division (Boys & Girls)
- C. 9-10 Yr. Old Division (Boys & Girls)
- D. 11-12 Yr. Old Division (Boys & Girls)
- E. 13-15 Yr. Old Division (Boys & Girls)

Section 2. A younger player may participate in an upper age division with approval from the local league association. However, after one game in the upper age division, the player will be ruled ineligible to participate in his or her respective age group and must remain in that age group for the current season and any additional seasons to follow. Example: A child is 9 yrs. old but played in the 11-12 division for the **2018-2019 season**. During the following **2019-20** season the child is eligible for the 9-10 by age but must play in the 11-12 division again since they played up the year before.

Section 3. A player cannot participate in more than one organized basketball league or division that is sponsored by the co-sponsoring agencies of the Cabarrus County Youth Basketball League.

Section 4. The league coordinator will approve each player's age by the use of birth certificates.

Section 5. Each player must be on the official team roster before the first game to be eligible to play in a league game.

Section 6. A new resident may be added to a team roster after the cutoff date with the approval of the league coordinator.

Article 2. Program Objectives

- Section 1.** To contribute to the participant's physical skill, emotional maturity, social development, health, happiness, and moral support.
- Section 2.** To teach the participant values of cooperation and the spirit of competition in a controlled game situation.
- Section 3.** To provide athletic opportunities for all ages in each community through the use of public recreation centers.

Article 3. Team Composition

- Section 1.** Teams will be selected using the athletic districts as defined in the Cabarrus County Parks Department Co-Sponsorship Agreement.
- Section 2.** All teams should be formed with players and coaches after the initial draft. If a team drops to 6 players, the local coordinator has the authority to add players to that roster. No team shall exceed 10 players without approval by the League Director.
- Section 3.** After the initial draft, the league coordinator must draft all new players.

Article 4. Duties and Responsibilities of the Coach

- Section 1.** To provide instruction of basketball related skills and promote sportsmanship among all participants.
- Section 2.** All coaches must complete the Background Screening process and have a photo ID badge on at all practices and games. Badges must be worn and visible at all times. If a team does not have a coach with a proper ID badge, then the game will not be played and will not be made up.
- Section 3.** All head coaches for age groups 5-15 must be at least 18 years of age.
- Section 4.** The coach is responsible for turning in lineups to the official scorekeeper ten minutes before the scheduled game time. Failure to do so will result in a two shot technical foul at the beginning of the game.
- Section 5.** It is up to the coach of each team to maintain proper conduct among his team at all times. Failure to do so may result in disciplinary actions being taken by the gym supervisor and the league coordinator.
- Section 6.** Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should conduct themselves accordingly at all times.
- Section 7.** Any coach not carrying out the duties and responsibilities as established will be subject to dismissal from the league.

Section 8. A coach may be suspended indefinitely for playing ineligible players.

Section 9. Coaches are to be present at mid court during the post-game handshake to watch for any unnecessary behavior by players and other coaches. Any disruptive behavior by a player or coach during the post-game handshake will result in a 2 game suspension.

Article 5. Game and Practice Postponements

Section 1. In case of inclement weather, local coordinators will contact other coordinators on cancellations.

Section 2. In situations where the games have begun for the day, the local association can cancel and suspend games if inclement weather exists.

Section 3. Any time school is canceled because of inclement weather, all practices and games scheduled for that day at all sites are cancelled. If school is cancelled on a Friday because of inclement weather, games scheduled for the following Saturday are also cancelled.

Article 6. Jurisdiction of Rules

Section 1. The Cabarrus County Youth Basketball League Board has jurisdiction of the Cabarrus County Youth Basketball League Rules & Regulations. This board may make amendments to the rules and regulations in order to obtain program objectives.

Article 7. Officials

Section 1. Officials are to be furnished and assigned by the local leagues through the use of a booking agent. Local associations are responsible for booking officials for their home gym site.

Section 2. Officials will have complete control of all game situations and their calls will be final.

Section 3. After the game has begun, assigned officials, local coordinators, or athletic staff members will be responsible for discontinuing the game for any reason.

Section 4. Officials should report ejections (by phone call) to the local coordinator of the home site at which they are officiating. Coordinators are then responsible for contacting the appropriate coordinator of the team/player.

Section 5. In the event that only one official is present, that official should start the game on time and play until the second official arrives. The game cannot be protested when only one official is present.

Article 8. Code of Conduct

Section 1. If a player, coach, or spectator is removed from a game or facility by an official or gym supervisor for unsportsmanlike conduct (profanity, disruptive behavior, etc.), said person automatically suspends self from the next game for which that team is scheduled to play

and from all practices before then. A coach who is suspended may not coach or practice with any team that he is affiliated with during that time, regardless of age group.

Section 2. Any time a player or coach is suspended twice during the season, he or she will be dismissed for the remainder of the season. If the ejection occurs in the last game of the season, then the offender is placed on indefinite suspension.

Section 3. Any player, coach, or spectator that pushes, strikes, shoves, or threatens an official, gym supervisor, staff member, opposing player or coach, or fan with bodily harm, verbal abuse, or other inappropriate conduct before, during, or after a game will receive an indefinite suspension from all Cabarrus County sponsored youth leagues.

Section 4. If a player, coach, or spectator is involved in a fight before, during, or after a department sponsored practice or game, that person is suspended from participating in any Cabarrus County sponsored youth league for one year.

Section 5. Any player or coach who refuses to abide by any officials' decision could result in suspension from the game or game forfeiture.

Section 6. No player or coach shall be guilty of objectionable demonstrations of ball throwing, stomping, kicking, loud verbal sounds, etc. due to an official's decision. If so, a two short technical foul and suspension from the game may result.

Section 7. Indefinite suspension is at the discretion of the association for which that participant is signed up to play or coach.

Section 8. Ejected players must remain on the bench during the game. Exception: A player may leave with a parent or guardian.

Article 9. Miscellaneous

Section 1. Late Players: Coaches will not be responsible to play players who may arrive after the game has started. If a coach desires to enter a player who has arrived late, the participation rule is in effect and must be met in each half. All players should be listed in the scorebook at the start of the game. No technical foul will be given if a player arrives after a game has started provided they are listed in the scorebook. Players cannot be entered into a half if they arrive with less than 4 minutes left in the half. A player arriving with less than 4 minutes in the first half cannot meet the participation rule; however, that player is eligible to participate in the second half.

Section 2. Missing Practices: A player must attend practice to be eligible for a game (at discretion of head coach). The head coach should notify the official scorekeeper and local league coordinator if a player will not be playing due to missing practices. The timekeeper/scorekeeper should also be notified when turning in your lineup card.

Section 3. In the event that the Head Coach or Assistant Coach is unable to attend a game, the acting coach must be a Certified Youth Volunteer and be of at least 18 years of age (age division 5-15). It is their duty to be aware of all rules and regulations for the game.

Section 4. Game Balls / Goal Height

| | |
|-------------------------------|------------------------------------|
| Women's Size Ball (28.5"): | Girls Divisions and 9-10 Boys |
| Regulation Size Ball (29.5"): | 11-15 Boys |
| Goal Height (9 Boys & up): | 10 ft. goals in countywide leagues |
| Goal Height (8 & under): | 8 ft. goals |

Section 5. Jump Balls/Alternating Possessions

Jump Balls will be used to start a game and for all overtime periods. The team not gaining control of the jump ball will start the alternating possession procedure.

Section 6. All spectators are required to sit on the sides opposite of the teams. The officials and gym supervisors will enforce this rule.

Article 10. Game Preparation

Section 1. There is no grace period for games.

Section 2. Scheduled game time will be delayed only if preceding game is still in progress.

Section 3. Teams should be at the site ready to play thirty minutes ahead of scheduled game time.

Section 4. Starting time may proceed regular scheduled time if both coaches & officials mutually agree.

Section 5. All teams must start with at least 4 of their eligible team members. A team is not allowed to pickup players to make 5. A team may finish with less than 5 players in cases where players are disqualified for too many fouls or for injuries.

Section 6. A five-minute warm up will be allowed between games.

Section 7. Halftime will be 5 minutes in length.

Article 11. Game Playing Time

Section 1. All divisions will play four quarters. Quarters will be 8 minutes in length. The clock will stop for shooting fouls, runaway balls, injuries, and timeouts. Clock will stop for all whistles in the last two minutes of each half. If a team is ahead by 30 or more points the clock will be a

running clock for the remainder for the game except for injuries and timeouts. Once the clock is a running clock it will remain a running clock for the entire game.

Section 2. Each team will be allowed 2 timeouts per half. These timeouts may be utilized at the discretion of the coach. Unused timeouts from the second half only carry over to overtime. During each overtime period, each team receives one additional timeout.

Section 3. Overtime Periods: In case of a tie in regulations, the winner will be determined by an overtime period of 2 minutes. If the game is still tied following the 1st overtime period there will be a second overtime period of 2 minutes. Maximum number of overtime periods is 2.

Article 12. National High School Federation Basketball Rules with following exceptions:

Section 1. The seventh team foul in a half will constitute a one and one situation.
The tenth foul in a half will constitute two shots for the remainder of the half.

Section 2. Each bench is limited to no more than 3 adults at all times. Coaches must stay within the coaches box where marked. A verbal warning is assessed first followed by a forfeit on the second warning.

Section 3. Pressing Defense:

7-8, 9-10, & 11-12(girls) Year Old Division:

A pressing defense inside the ten-second line/half court line is prohibited except for the last 2 minutes of each half. **Pressing team cannot have an 11-point lead or more.** A 20 point lead at any time will require the winning team to play a 2-3 zone with no defender playing defense past the extended foul line.

Penalty: After one warning, a delay of game technical foul is called for each occasion.

11-12(boys), 13-15 Year Old Divisions:

No restrictions on pressing defense. **A pressing defense is allowed at any time, provided the pressing team does not have more than a 15-point lead.** A 20 point lead at any time will require the winning team to not be allowed to play defense until the opposing team has crossed half court.

Penalty: After one warning, a delay of game technical foul is called for each occasion.

Section 4. The free throw line will be:

7-8 10 ft. regulation

9-10, 11-12, 13-15 15 ft. regulation

7-8, 9-10 Ball is live when it hits the rim.

11-12 and 13-15 Ball is live when it leaves the shooters hands.

Section 5. Participation Rule Applies to All Age Divisions.

Participation applies to the first time a player enters the game in each half.

A. Each player must play at least four (4) minutes consecutively per quarter upon their original entry into the game during each quarter.

- B. The horn shall sound and clock will stop at the **4:00 minute mark of each quarter to allow for player substitution per the participation rule only.** This will be an official's timeout. The scoring table will notify the coaches when players are left to be put into the game. With four (4) minutes left, the clock will stop and allow for players to enter the game who need to be entered. If all players have entered the game, the clock will not stop and play will continue.
- C. Each player must start one quarter per half.**
- D. It is the duty of the coach to see that each child plays the minimum amount of time.
- E. Failure to do so will result in a technical foul. During the halftime period, the scoring table shall notify the respective coaches and officials when a violation has occurred.
- F. When a direct violation has occurred, the game referee will register the technical foul at that point if the mistake cannot be corrected. An injured player or a player who is disqualified for fouls is the only exception to the rule.
- G. If a player leaves the game for an injury, sickness, etc. when and if they reenter the game and there is time for the player to get in its required minutes, then they shall do so. If not, there is not penalty for a player who leaves for injury, sickness, etc. and does not get in their allotted time.

Section 6. Three point shots will be used in divisions for 9-10, 11-12, 13-14, 13-15, and 15-16. There is no 3 point shot for 7-8 division.

Section 7. Any bleeding by a player or a player with blood on the jersey/shorts cannot reenter the game until the bleeding has stopped and a new uniform is used.

Section 8. Any player caught swinging elbows, regardless if contact is made with an opposing player, will receive a technical foul.

Section 9. Teams should have matching jersey tops with numbers as issued by the association. Numbers are required on the front and back of all jerseys. Only numbers 0-5, 10-15, 20-25, 30-35, 40-45, 50-55 are allowed. Failure by a team to have matching jerseys is not a forfeit but will be reported to the teams host coordinator to handle the problem.

Section 10. T-shirts of any color may be worn under the player's jerseys.

Section 11. Coaches may notify opposing coaches and referees prior to the start of each game if they have a player with a medical condition that may require them to leave the game if circumstances dictate. If this happens the coach should notify the referee, have the referee stop the clock and the player removed. There is no penalty for a player being removed and the player is eligible to return to the game. The team/player/coach is not penalized if the participation rule is not met.

Adopted and Approved on September 30, 2019
Cabarrus County Youth Basketball League Coordinators

HARRISBURG PARKS AND RECREATION ADDENDUM

***The rules in this addendum only apply if teams are playing in-house with other Harrisburg teams ***

ONLY COACHES APPROVED BY THE HARRISBURG PARKS AND RECREATION DEPARTMENT WITH A CURRENT COACHING BADGE WILL BE ALLOWED TO BE ON THE COURT OR IN THE BENCH AREA AT ALL TIMES, THIS INCLUDES PRACTICES AND GAMES.

****** All players must sit a minimum of 4 consecutive minutes per half ******

5-6 Coed Basketball League:

This league is a solely instructional league and should be treated in that manner. The following will apply to the 5-6 Coed League:

- The league specific coordinator will build the teams, no skills assessments or draft will take place.
- No official scorekeepers will be used in this age group in an effort to keep the focus on instruction.
- Coaches will act as the on-court officials in this age group.
- This age group will play eight (8) four (4) minute periods in order to allow ample time for coaches to substitute players. There will be a five (5) minute halftime between periods four and five.
- There will be no timeouts in this age group.
- There is no defense in this age group other than rebounding. Defense must set up in the paint in a zone with hands up and cannot impede an offensive player from dribbling, passing, or attempting a shot.

7 Year Old Boys Basketball League:

This league's focus shall be player and skill development and should be treated in that manner. The following will apply to the 7 Year Old Boys League:

- Teams will play on an 8 foot goal.
- Games will consist of four (4) eight (8) minute quarters.
- Pressing defense will not be allowed at any time. Teams must remain in a 2-3 zone with no defenders playing past the extended foul line until the opposing team brings the ball across the half court line. Once the opposing team passes half court, the defending team may play any defense. **This rule also applies to in-bound plays between the extended foul line**

and the half court line. Teams must remain in a 2-3 zone inside the extended foul line until the opposing team successfully inbounds the ball.

- Teams have 10 seconds to bring the ball past the half court line.
- There is no 3 point shot.

8 Year Old Boys Basketball League:

This league will follow all of the rules set forth for the 7-8 Year Old Basketball league in the aforementioned pages of this rule book. With the following exceptions:

- Teams will play on a 9 foot goal.
- Pressing defense will not be allowed at any time. Teams must remain in a 2-3 zone with no defenders playing past the extended foul line until the opposing team brings the ball across the half court line. Once the opposing team passes half court, the defending team may play any defense.
- Teams have 10 seconds to bring the ball past the half court line.
- There is no 3 point shot.

7-8 Year Old Girls Basketball League:

This league will follow all of the rules set forth for the 7-8 Year Old Basketball league in the aforementioned pages of this book. With the following exception:

- Pressing defense will not be allowed at any time. Teams must remain in a 2-3 zone with no defenders playing past the extended foul line until the opposing team brings the ball across the half court line. Once the opposing team passes half court, the defending team may play any defense.

9-10 Year Old Girls Basketball League:

This league will follow all of the rules set forth for the 9-10 Year Old Basketball league in the aforementioned pages of this rule book. With the following exception:

- Teams will play on a 9 foot goal.

13-14 & 15-16 Year Old Boys Basketball League:

This league will follow all of the rules set forth for the 13-15 Year Old Basketball league in the aforementioned pages of this rule book.

Player/Coach Ejection:

A player/coach ejected from the game for any reason by an official must immediately leave the facility and will automatically receive a 1 week suspension.

- Events that caused the ejection will be recorded by the official and submitted to the coordinator.
- If the police are called as a result of the ejection the player/coach will be suspended indefinitely.
- The suspension includes practices as well as all team affiliations.

Technical:

All technicals received by a player / coach will be documented on the required forms.

If 2 technicals are received over a five (5) game period, a player/coach will be required to participate in a meeting with the coordinator.

If a 3rd technical is received in a season, then the player or coach will forfeit their right to participate in the Harrisburg Parks and Recreation Basketball League for the remainder of the season.

Ejections are at the sole discretion of the referee officiating the game.

The punishment shall fit the crime. If a misunderstanding has occurred, all parties will be advised of a warning. This includes referees as well. If unacceptable actions have occurred, an appropriate length of suspension or revocation of privileges will be applied. If a major infraction has occurred, or the coach, player, or parent is a repeat offender, permanent suspension may occur.