



MEBANE RECREATION & PARKS

YOUTH BASKETBALL RULES

2021-22

League Basketball Rules – 2021-22



I. **NAME:**

The name of the league shall be the Metro Recreation & Parks Youth Basketball League.

II. **ELIGIBILITY:**

- A. The date used to determine which age group a player is eligible to participate in is January 1 of the playing year.
- B. Each player's age will be approved by the Athletic Director. This may be done only through the use of birth certificates and the birth certificate file in the office of the Athletic Director.
 - a. 6U – players age 5-6
 - b. 8U – players age 7-8
 - c. 10U – players age 9-10
 - d. 12U Boys – players age 11-12
 - e. 13U Girls – players age 11-13
 - f. 14U Boys – players age 13-14
- C. A player may move up and play in an older league if he/she so desires, but after he/she has participated in one (1) League game with that team, he/she must play in that age group for the remainder of that season.

III. PRINCIPLES OF YOUTH ATHLETICS:

- A. It is the aim of the Recreation and Parks Department to provide organized games and activities, recreation facilities, supervision and leadership to its citizens in their ideals and interests in the area of leisure time activities and/or its organization.
- B. To promote the ideals of good sportsmanship, teach basic skills, develop individual talents, and provide an opportunity to enjoy the best possible recreation advantages and atmospheres.
- C. To recognize the youth participant as an individual with particular abilities and limitations. A great deal of consideration must be given to his physical, mental, emotional, and social development with every precaution taken to ensure that each is developed to its highest potential.

IV. DISCIPLINARY ACTION: (Including: parents, spectators, coaches, and players)

- A. Ejection from Game.....Minimum 1 Game Suspension
- B. Unsportsmanlike Conduct.....Minimum 10 Day Suspension
- C. Profanity.....Minimum 10 Day Suspension
- D. Threatening an Official.....Minimum Suspension for remainder of Season
- E. Hitting an Official.....Minimum 2 Year Suspension
- F. Drinking.....Suspended For Season
- G. Fighting.....Suspended For Season
 - a. Any coach, parent or spectator suspended must leave the playing facility immediately upon ejection; however, a player may remain at the playing facility.
 - b. All suspensions will be reviewed by the Recreation Staff in order to determine if further disciplinary action need be taken. All decisions concerning disciplinary actions by the Recreation and Parks Department are final.
 - c. Individuals can be suspended after the game for unsportsmanlike conduct by a game official or recreation staff member.

V. DUTY OF THE COACH AND CERTIFICATION:

- A. It is the duty of the coach to see that the roster and records of his/her team are delivered to the Recreation Athletic Director prior to the first game, so that he may signify that all players are eligible. The official Recreation and Parks Department roster must be used. It is mandatory that this roster be completed in full, and typed: showing the player's name exactly how it appears on his birth certificate with no use of nicknames or other. The player's birth date and complete mailing address must be filled in. Also at this time, birth certificates must be presented to the Athletic Director. If the player's birth certificate is on file from the previous year, his full name, complete address, and birth date must appear on the roster typed. Asterisk (*) these individuals for last year's season's identifications.
- B. Each parent shall be responsible for seeing that their child is examined by his family doctor before he/she is allowed to play.
- C. The coach shall see that every child has adequate insurance or a signed release from the parents for the child to participate in the Metro Recreation and Parks Youth Basketball Program.
- D. The coach must have his/her team ready to play ten (10) minutes prior to game time.
- E. It is the duty of the coach to make sure that their score sheet is correct before each game, this will avoid any conflicts or technical fouls due to wrong numbers with names.

VI. EQUIPMENT:

- A. Gym shoes must be worn by all players, coaches or anyone connected with the team while on the gym floor. No street shoes of any nature, texture, or design will be allowed on the floor. However, coaches may wear street shoes on the bench.
- B. No jewelry, watches, beads, etc.
- C. The official basketball will be furnished by the Recreation Department for all age groups.
 - a. 6U – 27.5
 - b. 8U, 10U, 13U Girls – 28.5
 - c. 12U Boys, 14U Boys – 29.5
- D. All teams playing in the **SWAC Basketball Tournament** MUST have a number at least four (4) inches in length on the front of their jersey top and a number at least six (6) inches on the back. All players MUST have legal numbers and there may not be any duplicate numbers
 - a. Legal numbers are: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55.
 - b. Team member list shall not have both numbers 0 and 00

VII. OFFICIALS:

- A. All officials will be furnished and assigned by the Basketball Booking Agent.
- B. Officials will have complete control of all games.
- C. After the game has begun, the assigned officials or Recreation Staff Member will be responsible for discontinuing the game for any reason.
- D. The officials' decision on all calls will be final.

VIII. AWARDS:

- A. Team and individual trophies will be awarded to the tournament champions and runner-up.

IX. PROTESTS:

- A. Protests can only be made concerning the eligibility of player's age. Any player being found ineligible due to age will result in forfeiture of all games in which this individual has participated.

X. PROJECTED DAYS OF GAMES:

- A. 6U – Tuesday
- B. 8U Boys – Thursday
- C. 8U Girls – Thursday
- D. 10U Boys – Monday and Wednesday
- E. 10U Girls – Monday and Thursday
- F. 12U Boys – Monday and Wednesday
- G. 13U Girls – Monday and Wednesday
- H. 14U Boys – Tuesday
 - a. Game days could change based on the number of teams in each division

6U Basketball Rules – 2021-22



Ball: 27.5 (Junior Size) / Hoop Height: 8 ft. / Free Throw Line: 8 ft.

Quarter Length: 8 minutes / No Overtime / **Score does not go on the scoreboard**

CLOCK RULES

- Each team receives two timeouts (2) timeouts per half. Timeouts do not carry over.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game, the clock will stop as in a regulation high school game

DEFENSE RULES

- **The ball cannot be stolen from a player with possession of the ball. Possession includes a player holding or dribbling the ball.**
- Defense can only be played up to the three-point line
- Defense cannot be played outside of this line at any point in the game. Players cannot reach across the line to pressure a dribbler and cannot come across the line to steal a loose ball.

PLAYING TIME RULES

- At the halfway point of each of the first three quarters, all players who are on the bench must be substituted into the game and play until the end of the quarter.
- The final quarter is free substitution.

VIOLATIONS

- All ball handling violations will only be called if they are excessive and occur inside the area where defense can legally be played.

RULE MODIFICATIONS*

- All shooting fouls will result in the offensive team receiving 1 point and the ball out of bounds. This rule is in effect until the last minute of the game. In the final minute of the game, free throws will be shot for any shooting foul.
- Free throw distance is 8 ft. Players can choose to shoot from the 12 ft. line if they prefer. If a player attempts from the 12 ft. line, they are not allowed to move up to the 8 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover.
- All made field goals will count as two points (No 3-point field goals)

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- One coach may be on the playing court; however, they must remain near the sidelines and outside of the defensive area (three-point line extended). **Assistant coaches must remain seated on the bench.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

8U Boys and Girls Basketball Rules – 2021-22



Ball: 28.5 (Women's Size) / Hoop Height: 8 ft. / Free Throw Line: 12 ft.

Quarter Length: 8 minutes / Overtime: 2-minute period followed by free throw shootout

CLOCK RULES

- Each team receives two timeouts (2) timeouts per half. Timeouts do not carry over.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game, the clock will stop as in a regulation high school game

DEFENSE RULES

- Defense can only be played up to the three-point line with the following exception:
 - In the last one (1) minute of the game with **less than a 10-point lead**, teams can defend up to the half court line.
- Defense cannot be played outside of this line at any point in the game. Players cannot reach across the line to pressure a dribbler or steal a pass and cannot come across the line to steal a loose ball.

PLAYING TIME RULES

- At the halfway point of each of the first three quarters, all players who are on the bench must be substituted into the game and play until the end of the quarter.
- The final quarter is free substitution.

VIOLATIONS

- All ball handling violations will be called if they occur in the area where defense can legally be played. Outside of the area where defense can legally be played, violations will only be called if they are excessive.

RULE MODIFICATIONS*

- All shooting fouls or bonus situation fouls will result in the offensive team receiving 1 point and the ball out of bounds. If a basket is made on a shooting foul, the basket will count and the offensive team will receive 1 additional point. The opposing team will receive possession of the basketball. This rule is in effect until the last minute of the game. In the final minute of the game, free throws will be shot for any shooting foul or bonus situation instead of the offensive team receiving 1 point and the ball out of bounds.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- Free throw distance is 12 ft. Players can choose to shoot from the regulation free throw line if they prefer. If a player attempts from the regulation free throw line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover.
- All made field goals will count as two points (No 3-point field goals)
- After a time-out has been called in the backcourt during the last minute of the game, the ball will be inbounded at the frontcourt sideline and must be inbounded into the frontcourt.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least number of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

10U Boys and Girls Basketball Rules – 202021-22



Ball: 28.5 (Women's Size) / Hoop Height: 9 ft. / Free Throw Line: 12 ft.

Quarter Length: 8 minutes / Overtime: 2-minute overtime period followed by free throw s

CLOCK RULES

- Each team receives two timeouts (2) timeouts per half. Timeouts do not carry over.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game, the clock will stop as in a regulation high school game

DEFENSE RULES

- Defense can only be played up to midcourt line with the following exception:
 - In the last one (1) minute of the game with less than a 10-point lead, teams can defend the entire length of the court.

PLAYING TIME RULES

- At the halfway point of each of the first three quarters, all players who are on the bench must be substituted into the game and play until the end of the quarter.
- The final quarter is free substitution.

VIOLATIONS

- All ball handling violations will be called if they occur in the area where defense can legally be played. Outside of the area where defense can legally be played, violations will only be called if they are excessive.

RULE MODIFICATIONS*

- All shooting fouls or bonus situation fouls will result in the offensive team receiving 1 point and the ball out of bounds. If a basket is made on a shooting foul, the basket will count and the offensive team will receive 1 additional point. The opposing team will receive possession of the basketball. This rule is in effect until the last minute of the game. In the final minute of the game, free throws will be shot for any shooting foul or bonus situation instead of the offensive team receiving 1 point and the ball out of bounds.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- Free throw distance is 12 ft. Players can choose to shoot from the regulation free throw line if they prefer. If a player attempts from the regulation free throw line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least number of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

12U Boys Basketball Rules – 202021-22



Ball: 29.5 (Official Size) / Hoop Height: 10 ft. / Free Throw Line: 15 ft. (regular)

Quarter Length: 8 minutes / Overtime: 2-minute overtime period followed by free throw shootout

CLOCK RULES

- Each team receives two timeouts (2) timeouts per half. Timeouts do not carry over.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game, the clock will stop as in a regulation high school game

DEFENSE RULES

- Teams can play defense in the backcourt with the following exceptions:
 - Cannot play defense in the backcourt with a lead of 10 points or more
 - Cannot play defense in the backcourt on a dead ball inbound play or made basket until the last one (1) minute of the game.

PLAYING TIME RULES

- At the halfway point of each of the first three quarters, all players who are on the bench must be substituted into the game and play until the end of the quarter.
- The final quarter is free substitution.

RULE MODIFICATIONS*

- All shooting fouls or bonus situation fouls will result in the offensive team receiving 1 point and the ball out of bounds. If a basket is made on a shooting foul, the basket will count and the offensive team will receive 1 additional point. The opposing team will receive possession of the basketball. This rule is in effect until the last minute of the game. In the final minute of the game, free throws will be shot for any shooting foul or bonus situation instead of the offensive team receiving 1 point and the ball out of bounds.
- On free throw attempts from the free throw line (15 ft.), non-shooters will line up with the lowest player above the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least number of players on the court.
For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

13U Girls Basketball Rules – 202021-22



Ball: 28.5 (Women's Size) / Hoop Height: 10 ft. / Free Throw Line: 15 ft. (regular)

Quarter Length: 8 minutes / Overtime: 2-minute period followed by free throw shootout

CLOCK RULES

- Each team receives two timeouts (2) timeouts per half. Timeouts do not carry over.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game, the clock will stop as in a regulation high school game

DEFENSE RULES

- Teams can play defense in the backcourt with the following exceptions:
 - Cannot play defense in the backcourt with a lead of 10 points or more
 - Cannot play defense in the backcourt on a dead ball inbounds play or made basket until the last one (1) minute of the game.

PLAYING TIME RULES

- At the halfway point of each of the first three quarters, all players who are on the bench must be substituted into the game and play until the end of the quarter.
- The final quarter is free substitution.

RULE MODIFICATIONS*

- All shooting fouls or bonus situation fouls will result in the offensive team receiving 1 point and the ball out of bounds. If a basket is made on a shooting foul, the basket will count and the offensive team will receive 1 additional point. The opposing team will receive possession of the basketball. This rule is in effect until the last minute of the game. In the final minute of the game, free throws will be shot for any shooting foul or bonus situation instead of the offensive team receiving 1 point and the ball out of bounds.
- On free throw attempts from the free throw line (15 ft.), non-shooters will line up with the lowest player above the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least number of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coaches must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

14U Basketball Rules – 202021-22



Ball: 29.5 (Official Size) / Hoop Height: 10 ft. / Free Throw Line: 15 ft. (regular)

Quarter Length: 8 minutes / Overtime: 2-minute period followed by free throw shootout

CLOCK RULES

- Each team receives two timeouts (2) timeouts per half. Timeouts do not carry over.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game, the clock will stop as in a regulation high school game

DEFENSE RULES

- Teams can play defense in the backcourt at any time with the following exceptions:
 - Teams may not play defense in the backcourt if they are up by 20 points.
 - If a team obtains a 30-point lead, they must play defense inside the 3-point arch only.

PLAYING TIME RULES

- Each player must play approximately eight minutes per game; coaches are allowed to freely substitute players.

RULE MODIFICATIONS*

- All shooting fouls or bonus situation fouls will result in the offensive team receiving 1 point and the ball out of bounds. If a basket is made on a shooting foul, the basket will count and the offensive team will receive 1 additional point. The opposing team will receive possession of the basketball. This rule is in effect until the last minute of the game. In the final minute of the game, free throws will be shot for any shooting foul or bonus situation instead of the offensive team receiving 1 point and the ball out of bounds.
- On free throw attempts from the free throw line (15 ft.), non-shooters will line up with the lowest player above the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least number of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials