

Youth Basketball Rules

4th, 5th, 6th and 7th Grade Boys and Girls

Respect school and Bellefair property! If you must use the bathrooms, keep them clean. Please wear appropriate footwear on gym floors, keep the gyms clean and ask your teams and their families to do the same. Thank you!!

UNIFORMS

1. All players must wear their team shirt provided by the recreation department to all games.
2. All players must wear sneakers. No exceptions!
3. All players should wear gym shorts. Sweat pants are acceptable, but not recommended.
4. **ALL JEWELRY** must be removed before playing. **No exceptions!** Including all bands.

GAME TIME

1. All games will be started at the times listed on the schedule. Arrive a few minutes early, so the games are not delayed.
2. There will be **4 (Running Clock) 8-minute quarters** for regular and post season games.
3. There will be a 2 minute, running clock, overtime for the 6/7 Grade regular season play. There will be no extra time-outs given for the overtime period, Timeouts will carry over. 1 overtime only during the regular season.
4. There will be **NO** overtime played during the season for the 4/5 Grade Play.
5. There will be playoffs at the end of the 6/7 season, and if necessary, teams will play overtime to determine a winner which consists of extra 4-minute periods until there is a winner for 6/7 play.
6. Teams will have 2 timeouts per half. During the playoffs, one additional timeout will be awarded for each overtime period.
7. **All players must play a minimum of 2 quarters and a maximum of 3.5 quarters (only if more than 5 players for that team).**

RULES OF PLAY

1. Pressing will be allowed in the final 2 minutes of the half and game (and in the final 2 minutes of each overtime) and only if the team does not lead by 10 points or more.
2. A player will foul out on the 5th foul. In the event that this player is the 5th player, the player will remain in the game with a technical foul shot being assessed on every subsequent foul by that player.
3. Players can move into the lane upon the release of the ball during a foul shot.

4. Clock will stop on all whistles in the final minute of each half, in overtime and on all foul shots.
5. Standings will be maintained for the season. There will be playoffs to determine a league champion in the 6th/7th grade leagues only. All teams will qualify for the playoffs.

COACHES

Any incidents pertaining to coaches: **unsportsmanlike behavior** could result in a Review by the basketball sub-committee, grievance committee and/or the Parks and Recreation Supt.

In addition to the Recreation Department Parental Rules of Conduct:

Sportsmanship:

The goal of the Basketball program is to provide a safe environment for the kids to learn and practice both basketball skills and good sportsmanship. **Winning is not the objective of this program.** Proved are the following suggestions for coaches, which we hope will be reinforced by parents:

Demand respectful behavior at the end of the game from your players. This includes shaking hands with the other team, looking them in the eyes and saying "good game". Coaches should monitor the behavior of their team and the other team to ensure respectful behavior is maintained.

Focus on fun, fundamentals and teamwork. The kids should have fun, **participate equally** and learn the importance of being a good teammate and respectful competitor. **Running up the score** is not permitted.

Do not permit criticism: A sign of good sportsmanship is a player who praises teammates when they do well and encourages them when they make mistakes. Do not permit criticizing of other players, especially players from the other team. Criticizing or making fun of other players has no place in athletics.

Respect the referees: When players or coaches get in verbal disputes with referees, it sends the wrong message to the players about what is important. Game officials make mistakes. Do not let your focus on the officials get in the way of demonstrating the proper way to behave.

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24- Hours Rule

Parents must wait 24 hours to speak to a coach after a game or practice. If this rule is broken, the parent may not be allowed into the following practices or games.

County Center Teams

- 1) County Center Teams are for 5th, 6th and 7th Grade Boys and Girls
- 2) To be eligible, a player must attend at least 60% of all games with a minimum of 2 quarters played at those games.
- 3) If a player is injured, they may come to their teams games in their team issued t-shirt and sit on the bench for that game to count towards their 60%.
- 4) Teams will be picked by coaches and recreation staff.
- 5) Once County Center Teams are published they are final.