

# Haywood County Recreation and Parks Department

## 2014-15 Youth Recreation Basketball League 7/8 Rules

### Objective

- To teach young girls and boys good sportsmanship, teamwork, respect for others, as well as the fundamental skills of basketball: dribbling, passing, shooting, defense, and rules.

### Fair Play Rules:

In order to create a relaxed and stress-free learning environment for the players, the following rules will be enforced:

- All teams will follow and enforce the Haywood County Recreation & Parks basketball rules.
- All teams will behave in an appropriate manner.
- All teams will respect the coaches and players of the opposing team.

All parents, volunteers, and team leaders must keep in mind that these are still instructional games and to always keep a positive attitude toward mistakes in the game.

***AT NO TIME WILL A PARENT, SPECTATOR, OR COACH BE ALLOWED TO VERBALLY ABUSE A PLAYER, COACH, OR AN OFFICIAL OR THEY WILL BE ASKED TO LEAVE THE GYM!***

### Players

#### A. Playing Time

Each player must start in at least 4 games and participate a minimum of two quarters each game, with the following exceptions:

- If a player arrives at half-time, he/she is required to play only one quarter, depending on total number of players present.
- If all ten players are not present for a game, "extra" quarters should be given out equally. Additional playing time should not be a reward for more advanced players.
- At the conclusion of the season, all players should have nearly equal amounts of playing time, based on individual attendance.

#### B. Substitutions

- Between quarters & during each timeout at the 3:00 minute mark unless a player is injured.

#### C. Attendance

- All players are expected to attend practices as well as games. No child will be disciplined for missing a practice. He/She is still entitled to play a minimum of 2 quarters each game, unless as specified in Section A.

#### D. Positions

- Wristbands will be worn to identify which opposing player your player will guard.
  - This is to reduce any confusion of who each player should be matched up with.
- To promote learning the game, all players should have the opportunity to play all positions by the end of the season.

### Equipment

#### A. Uniform

- Court shoe with a rubber sole (preferably not black soles).
- Team jersey & preferably solid black shorts (no pants).
- No long sleeves permitted under or over jersey while playing games.

#### B. Goal Height: 9 ft. goals (NEW this year)

#### C. Ball Size: Junior ball

- Practice and game balls will be provided by Haywood County Recreation & Parks.

### Game Specifics

#### A. Length

- **Quarters:** 6 minutes
- **Timeouts:** Automatic 1 minute timeout at the 3:00 minute mark each quarter. Substitutions are allowed during this timeout. No additional timeouts will be given during regulation time.
- **Tie:** Two-minute overtime with the clock running. Each team will receive one 30 second timeout during the overtime period. If the game is tied after the overtime, the game will be considered a tie.

## B. Jump Balls

- Jump ball at the beginning of each game.
- Teams will alternate possession out of bounds for all tie-ups.

## C. Offensive Regulations

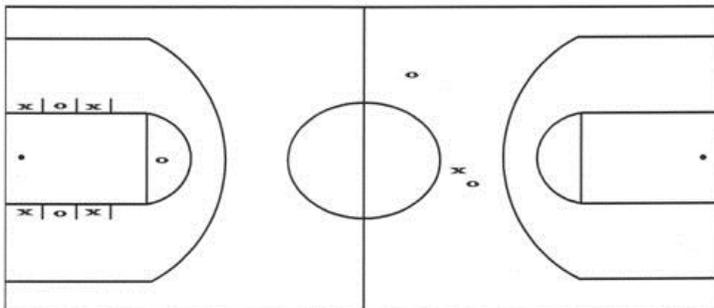
- No fast breaks.
- No three-point shots.
- Option to shoot free throws from the bottom of the free throw circle or a pre-determined line.
- Traveling, double dribbling and carrying will be called from the onset of the season.
- No screens allowed.

## D. Defensive Regulations

- **Fouls**
  - Each player is allowed 5 fouls.
  - The one and one will be in effect on the 7th team foul in a half.
  - On and after the 10th team foul, all fouls are 2 shots.
  - A player receiving a **technical foul** must go to the bench. The technical foul counts as a player foul. *The player may return after the League Director or Gym Supervisor feels the player is prepared to play again.* If the technical foul is flagrant, the player could miss up to two games, as decided by the League Director.
  - Two free throws and the ball are awarded to the opposing team per technical foul. Anyone on the opposing team who was on the floor while the technical foul was called may shoot the free throws.
- Man-to-man defense only. Prior to the start of the game, coaches should attempt to match players by ability. Players will be assigned colored wristbands & will guard only the person with the same colored wristband.
- The defense will wait at the 10 ft. white line in the front court until the offensive player crosses the half court line. Once the ball crosses half court, the defense will then be allowed off the white 10 ft. line to contend throughout the possession.
- ONE coach is allowed on the court per team during the game.

## E. Free Throw Line

- Players lined on each side of the free throw line may move in to a rebounding position as soon as the ball is shot. The shooter and people outside the 3pt. lane must not move until the ball hits the rim.



- Closest to the shooter in between the free throw line ticks players should line up on each side to include defence (x), offence (o), defence (x). The last defender should be in between the last tick and painted box on the line.

## Other

- All teams must have at least 4 players to start.
- Unless otherwise noted, all regular basketball rules apply.
- Haywood County Recreation & Parks Department will provide referees for all games.
- No food or drinks allowed in gym (includes water).
- **No practices or games are allowed to be scheduled outside Haywood County Recreation & Parks assigned schedule.**

*These Rules and Regulations may be amended at any time by Haywood County Recreation & Parks League Director to make the 2014-15 Youth Recreation Basketball League a fairer and safer environment. Coaches will be notified of adjustments.*