


WINTER SEASON 2019
CITY OF PANAMA CITY BEACH PARKS AND RECREATION
YOUTH BASKETBALL
RULES & REGULATIONS

I. General

- A. The youth program is intended to emphasize healthy recreation in an atmosphere where the youth are having fun while developing physical skills and emotional maturity. We will strive to provide an enjoyable experience for those participating. The youth participating will learn basketball skill, strategies and teamwork. All participants will have equal playing time.
- B. League divisions: The program is designed for participants age 5-14.
1. **5-6** years of age Coed **Division 1** Full Court grey lines – Junior Size 7 Foot Baskets
 2. **7-8** years of age Coed **Division 2** Full Court black lines – 8 Foot Baskets
 3. **9-11** years of age Coed **Division 3** Full Court black lines - 9 Foot Baskets
 4. **12-14** years of age Coed **Division 4** Full Court black lines – 10 Foot Baskets
- C. Team Placement:
1. Players will be assigned to teams by the league coordinator. A player shall not be added without permission from the league coordinator.
 2. Once teams are selected, no changes will be made.
 3. There are no special requests for team placement.
- D. Length of season: **THE SEASON WILL BE FROM JANUARY TO FEBRUARY.**
- E. Practice and game times:
1. All games will be played on Friday or Saturdays with the exception of playoff games.
 2. Prior to the season there will be two weeks of practice with two practices per week. Division 1 will only practice one day per week prior to games. When games begin, each team is only allowed one practice per week at the Community Center Gymnasium per time designated time. No other practices are allowed. This includes meetings... No Exceptions.
- F. Player's uniforms:
1. All players will wear t-shirts and shorts provided. Shirt numbers will be any **legal** whole number 1 or 2 digits. Numbers will be placed on back of jersey (no #6, 7, 8, 9). If a player does not have a team shirt, that player does not play, unless authorized by league coordinator.
 2. All players will wear team attire and gym shoes. **No marking black soled will be allowed on the gym floor.** There will also be **No belts** or **pants/shorts with pockets.** No taped pockets. Please wear the provided shorts. No casts or braces on elbow, forearm, wrist, hand, fingers, knee or legs (whether wrapped or not).
 3. A team provided t-shirt designed to be worn inside the provided shorts shall be tucked in and shall be above the hips and worn properly. A player not conforming to this uniform policy shall be directed to leave the game. A team member shall not remove the t-shirt in the visual confines of the playing area. The penalty is a technical foul.
 4. No watches, plastic wrist bands, rings, earrings, jewelry or hard hair pieces (plastic or metal) are allowed. (**No taped pierced ears**)

II. Rules Governing Play

- A. All divisions will be governed by High School Federation (HSF) rules, except as amended by the City of Panama City Beach Parks & Recreation Rules and Regulations.



PLEASE REMEMBER THIS IS A RECREATIONAL LEAGUE!

III. Timing

- * Division 1 (5-6): For all games, teams may play with (1) coach from each team on the court. An official will be present for rule interpretation.
- A. Divisions 1-4 will play four eight-minute quarters, the quarters will be timed by a running clock. The clock will be stopped for injuries, time outs, 4 minute substitutions and the last two minutes of the second and fourth quarter.
- B. Teams are allowed 1 time out per quarter (Div. 1 thru Div. 4). The time outs will be 30 seconds each. All Div: Coach or (player on the court) may call a time out, if dead ball or team in possession of ball.
- C. **NO Overtime** except for tournament play & **Division 4**. A score ending in a tie will be recorded as such. **Overtime in Tournament Play & Div 4** will be a 4 minute running clock, stop clock last 2 minutes. Backcourt press is allowed the last 2 minutes of the overtime. One Time Out per team in each overtime.
- D. There will be 1 minute between quarters. During Half-time there will be 3 minutes before start of 5th quarter.
- E. Divisions 1 will start each quarter's score at 0.
- F. A goal made from beyond the designated 3 point line area counts as three points for divisions 2-4.

IV. The Court-

- A. Div 1 (5-6) Shoot at 7 ft. basket full court using the Grey Lines. (No Free Throws)
- B. Div 2 (7-8) Shoot at 8 ft. basket, full court, using the Black Lines. (Grey Free Throw Line)
- C. Div 3 (9-11) Shoot at 9 ft. basket, full court, using Black Lines. (Yellow? Free Throw Line)
- D. Div 4 (12-14) Shoot at 10 ft. basket, full court, using Black Lines. (Regulation Free Throw Line)
- E. **NO Backcourt Press** will be allowed in **Divisions 1 & 2**.
- F. **Backcourt Press will be allowed in Div 3 & 4**- the last two minutes of the 4th & 8th quarter and any overtime period.
- G. **10 Seconds from backcourt to front court:** All divisions are allowed 10 seconds from back court to front court. The defensive team may then pick up the ball at the half court line. Exception backcourt rule.
- H. Division 1 (5-6) No free throws.
- I. Division 2 (7-8) will shoot free throws from the designated Yellow Line.
- J. Division 3 (9-11) will shoot free throws from the designated Light Blue Line.
- K. Division 4 (12-14) will shoot from the regulation free throw line.
- L. All Divisions during a free throw, the first position spot on the key is to be vacant.
- M. Division 2, 3 & 4 will play full court.
- N. No one can enter the key on a free throw until the ball hits the rim or the free throw ends.
- O. **The Rec Too Many Points Rule: Division 2** = If the score becomes a 20 or more point difference, then the leading team will drop back on defense and all players **will stay in the key**.
Division 3 & 4 = If the score becomes 20 or more point difference, then the leading team will drop back on defense behind the designated three point line. **These Rules will stay in effect for all divisions until the score is a 5 point or less difference. This includes playoffs for Division 3 - 4.**
- P. Kicking rule means intentionally striking the ball with any part of the leg or foot.
- Q. A closely guarded situation occurs when the player holding or dribbling the ball is continually guarded by any opponent for 5 seconds.

V. Fouls/Violations

- A. **5 Second & 3 Second Key Violations:** Divisions 2 will be allowed five seconds in the key and Division 3 & 4 will be allowed the regulation 3 seconds in the key before violation is called.
- B. Player eligibility:
 - 1. A player with five personal fouls has fouled and is out for the remainder of the game. During the 4th quarter, if there are subs available, the sub with the least amount of playing time must be the 1st player to sub in.
 - 2. **All participants will have equal playing time on the court.** Teams not abiding by this rule will forfeit the game.
 - 3. Late arriving players will be played equally from the time he/she arrives to the nearest quarter.

4. The bonus (1+1) will be awarded on the seventh team foul per half. On the tenth team foul, 2 shots will be awarded per half.
5. Division 1 (5-6) – No free throws. (a) On a shooting foul 2 points, ball to defensive team. (b) On a shooting foul and basket made, 3 points and ball to defensive team. (c) 1 and 1 bonus, 1 point and ball to offensive team. (d) Double bonus, 2 points and ball to defensive team.
6. Throw-in awarded to opponent for all team-control fouls. A new definition for a team-control foul has been established, and the penalty has been changed to a throw-in in all cases. The ball will be awarded to the offended team at a spot nearest to where the foul occurred. Bonus free throws will no longer be awarded. The rule only applies when a foul occurs by the team in control. By rule, there is no team control during a throw-in, jump ball or when the ball is in flight during a try or tap for goal.
7. Penalty for double fouls changed to point of interruption. The penalty for double personal, double technical and simultaneous fouls has been changed from an alternating-possession throw-in to resuming play from the point of interruption. If the point of interruption cannot be determined e/g/, unsuccessful try to flight, the alternating-possession arrow will be used.
8. Leaving the court for an unauthorized reason is a violation. Typically, this play is seen when an offensive player goes around a low screen, runs outside the end line and returns on the other side of the court free of their defender. The violation will be called as soon as the player leaves the court. Also it is a violation to delay returning to the court after a throw in.

VI. Special League Rules

- A. Visiting teams sit on the East side of the scorekeeper's table. Home teams sit on the West side of the scorekeeper's table. Each team's basket for practice before the game shall be the one farthest from its team bench. Teams change baskets for second half.
- B. **No** outside balls allowed on courts. Staff will provide 2 warm up balls for each team before game.
- C. Coaches are required to enter player's first/last name & numbers into scorebook before each game.
- D. Divisions 1 will use youth size ball (27.0). Division 2 & 3 will use Intermediate (28.5) size ball. Division 4 will use Official (29.5) size ball.
- E. **Subbing Players-** at the 4 Minute mark of each quarter, mandatory subbing of players. This is not a Time Out. Players subbing must report to the scorer's table and line up on red line with backs to the table so scorekeeper and timer can get their numbers. **Note: Sub times are not time outs.**
- F. No dunking allowed in any division. Hanging on the net or rim will result in suspension from the program unless it is done to prevent injury during a game. No climbing or hanging on portable goals. Portable goals should only be moved or changed by STAFF members.
- G. A warm up period of five minutes will be allowed prior to scheduled games.
- H. If a team is not ready to play at the scheduled game time, that team will forfeit the game. However, teams may play the game with four players. This means that they will play 4 v 5. The opposing team will not play down. If the team decides to forfeit the game, the losing team may be loaned players from the opposing team, so that a scrimmage can be played with officials.
- I. Only coaches (1), assistant coaches (1) and players will be allowed on the team bench. Only the head coach is allowed to stand and he/she must remain in the coaches box, (stay within the blue line) during playing time. **(Only a water bottle (NO SPORTS DRINKS))** will be allowed at the team bench). **NO EXCEPTIONS!** Coaches are responsible for cleaning their bench area after each game.
- J. Substitutions: Div 1-4 Coaches may substitute every four minutes or at the end of each quarter, as long as equal playing time is maintained for all players.
- K. Divisions 1-4 start with a coin toss called by team captain listed second. The winning team of the coin toss will begin with the ball. The alternating possession arrow will be set toward teams' basket after the game begins.
- L. Protests: The only protest allowed will be player's eligibility.
- M. There will be no warning for obscene language; it will be a technical foul. Two technical fouls from players or coaches results in automatic ejection from game and facility, and can possibly result in a season long suspension.

- N. No videotaping or photography from the sidelines during the games, only from the parents designated area.

O. Unsportsmanlike Conduct:

1. Defined: Unsportsmanlike conduct can include, but is not limited to the following:
Having a “bad attitude” (i.e., continually complaining or griping, open defiance, rebellious nature, back talk, disrespectfulness to any person including players, adults, officials and staff), intentional rudeness or crudeness, taunting, baiting, questioning an official’s judgment or showing disgust with decisions, and profane or insulting language or gestures. Using, possessing of drugs, alcohol or tobacco, stealing, spitting on the court, any verbal or physical abuse of any person, or willful damage to the building or its fixtures **will be cause for suspension from the program**, either temporarily, permanently or even for life from any Parks & Recreation activity or facility, and possible criminal or civil charges. ALL AT THE DISCRETION OF MANAGEMENT
2. Un-sportsmanlike conduct will not be tolerated. **A coach receiving a technical foul for unsportsmanlike conduct will remain seated for the rest of the game. A player receiving a technical foul for Unsportsmanlike conduct will be subbed out for a minimum of 4 minutes. These 4 minutes are over and above his/her equal playing time minutes and will not be considered as equal playing time minutes.** A player or coach who receives two technical fouls will be ejected from the game and must leave the facility. If a player or coach is ejected from a 2nd game, that player or coach will be suspended for the rest of the season including playoffs and may be suspended for **LIFE** from any Parks and Recreation activities.
3. Any person(s) in the spectator stands who intentionally uses foul language, or unsportsmanlike conduct directed to any player, official, coach, score keeper/timer, or other spectator during play of the game can be asked to leave the building for the remainder of the game. If the problem persists, a technical foul can be charged to the offending team. When a spectator continues to be unruly or interferes with the orderly progress of the game, the official or floor administrator can suspend the game until the situation is resolved and the game can proceed in an orderly manner.

P. END OF SEASON BASKETBALL PLAYOFF TOURNAMENT

1. Division 3 & 4 only.
2. Played during the last week of the season.
3. Single elimination playoff with all teams.
4. Depending on number of teams, either Random Tournament Seeding at the beginning of the season or end of the season Rankings will determine Playoff Seeding.
5. Length of the games are the same as during the season.
6. Any tie at the end of regulation time will be resolved with a (4) minute overtime period. Running clock and stop time the last two minutes of each overtime. One Time Out per overtime.
7. As per season rules, Division 3 & 4, during the last two minutes of the 2nd & 4th quarter and any overtime period, a team may use a back court press. If the score at any time becomes a 20 or more point difference, then the leading team will drop back on defense behind the designated three point line or until the score is a 10 point or less difference. Division 2 will follow regular season rules.
8. Medals will be given to all teams.



Equal Playing Time Rules: In an effort for each player to play equal time, please go by chart below. Scorekeepers will keep track of equal playing time. Basketball Coordinator has final ruling on playing time...

1. Injured or Sick Players – Player with their team shirt on may sit on their team’s bench and not participate. Player may not return to game. Equal playing time will not be tracked for this player. This player becomes an ineligible player.
2. Injured or Sick Player returning to the game – Player may return to game at the next substitution time out. This player and all other players must observe equal playing time. No exceptions will be made. Must go by chart below.
3. Late Players – For players arriving late in the first half, no adjustments will be made to the equal playing time chart. A player arriving within the last 4 minutes of the first half will be declared ineligible until the second half. For players arriving within the last 4 minutes of the first half or not showing up until anytime in the 2nd half, follow the 2nd half equal playing time chart only available at the scorer’s table.
- For Players arriving late, that player cannot exceed the minimum amount of playing time according to the playing chart.
4. Players leaving early – Coach must be aware of this and have a note written in the score book before game begins. No adjustments will be made to the equal playing time chart. Exception if player is only playing in the first half, that player must only sub out once in the first half. Team will then follow 2nd half equal playing chart available at table.
5. Players Receiving Technical Fouls – A player receiving a technical foul will be subbed out for a minimum of 4 minutes. These 4 minutes do not count towards his/her equal playing time minutes. Example if player is scheduled to play 28 minutes, this player will now only play 24 minutes. Or if player was scheduled to play 24 minutes, this player will now only play 20 minutes.



There will be **eight** (4) minute substitution periods. These substitution times are not time outs. Coaches Be Prepared!

<u># of Players</u>		<u>Minutes per player</u>
5	(No substitution required)	32 32 32 32 32
6	(4 players sub out once & 2 players sub out twice)	28 28 28 28 24 24
7	(5 players sub out twice & 2 players sub out three times)	24 24 24 24 24 20 20
8	(Each player subs out three times)	20 20 20 20 20 20 20
9	(4 players sub out three times & 5 players sub out four times)	20 20 20 20 16 16 16 16 16
10	(Each player subs out four times)	16 16 16 16 16 16 16 16 16