

## Mission:

To provide a safe and fun environment for area youth and teens and to further develop basketball fundamentals and skills. Although winning is an important part of sports, it is not the primary focus of this league. This league will continue to grow as long as the participants have a positive experience. The coach's primary responsibility is to teach the game of basketball and sportsmanship. The coach is also a representative of our department and should act as an example to all players, parents, and staff.

The following rules apply to the regular season and the final match-up/playoffs:

### 1. Game Play:

- a. **Kindergarten:** Five 6-minute quarters, running clock. The clock will stop at the 3-minute mark for a mandatory substitution dead ball. No OT. Games can end in a tie.
- b. **Grades 1<sup>st</sup>-3<sup>rd</sup>:** Five 7-minute quarters, running clock. The clock will stop at the 3:30-minute mark for a mandatory substitution dead ball. No OT. Games can end in a tie.
- c. **Grades 4<sup>th</sup>-5<sup>th</sup>:** Four 9-minute quarters, running clock. The clock will stop at the 4:30-minute mark for a mandatory substitution dead ball. 3-minute OT if needed. Sub freely. No substitution stoppage in OT. Games can end in a tie after OT.
- d. **Grades 6<sup>th</sup>-12<sup>th</sup>:** Four 10-minute quarters, running clock. The clock will stop at the 5-minute mark for a mandatory substitution dead ball. 5-minute OT if needed. Sub freely. No substitution stoppage in OT. Games can end in a tie after OT.
- e. **All Age Levels:** 3-minute halftime. The running clock will stop on every dead ball during the last minute of the first 3 quarters and the last 2-minutes of the 4<sup>th</sup>/5<sup>th</sup> quarter and OT.

### 2. Fouls:

- a. **Grades 2<sup>nd</sup>-3<sup>rd</sup>:** Once a player commits their 5<sup>th</sup> personal foul in a single game, they are not allowed to play for the remainder of the quarter. After their 6<sup>th</sup> foul, they have fouled out and are not allowed to play for the remainder of the game.
- b. **Grades 4<sup>th</sup>-12<sup>th</sup>:** Once a player commits their 5<sup>th</sup> personal foul in a single game, they have fouled out and are not allowed to play for the remainder of the game.
- c. **Foul Shots:** On shooting fouls, the clock will stop until everyone is lined up for the foul shots. The clock will start once the shooter has the ball. The shooter will have 10 seconds to shoot the ball before a delay of game is called. 5 team fouls will result in 2 shots unless it is an offensive foul. Fouls reset every quarter. (Doesn't apply to K-1<sup>st</sup> Grade)
  - i. **Grades K-3<sup>rd</sup>:** Players have the option to shoot from the volleyball line or the regulation foul line. Once selected, they cannot switch and must stay there for the duration of the shots.
  - ii. **Grades 4<sup>th</sup>-12<sup>th</sup>:** All players must shoot from the regulation foul line.

3. The first quarter will begin with a jump ball at center court. All remaining quarters and subsequent jump balls will alternate possessions.
4. Teams may start a game with 4 players but must have the 5th player arrive by halftime or the game will be considered a forfeit. The 5th player must enter the gym before the halftime horn. Teams that start a game with 5 players and have no substitutes to replace disqualified or injured players must continue with fewer than 5. When only 1 player is participating for a team, the team shall forfeit the game, unless the referee believes that team has an opportunity to win the game.

5. Each team is granted one timeout per quarter to use at the team's discretion. Each timeout will be 30 seconds. Timeouts cannot be rolled over into the next quarter.
6. A coaching box is designated as the area in front of the bench. The head coach may stand and move in this area. Any assistant coaches, players, or other team personnel must remain seated during gameplay. A violation of this rule will result in either a warning or a technical foul against the offending team/coach.
7. Every player must receive equal playing time during the first 4 quarters (5<sup>th</sup> quarter if applicable). In OT, coaches can substitute freely and do not need to provide equal playing time. Every player is required to sit one-half quarter each half.
8. Defensive/Press Rules:
  - a. **Kindergarten:** 2 feet in the paint for all 5 quarters.
  - b. **1<sup>st</sup> Grade:** 1 foot in the paint for the first 4 quarters. 3-point arc in the 5<sup>th</sup> quarter.
  - c. **Grades 2<sup>nd</sup>-3<sup>rd</sup>:** Top of the key for the first 4 quarters. Half-court in the 5<sup>th</sup> quarter. If leading by 10 or more points, you must remain behind the top of the key.
  - d. **Grades 4<sup>th</sup>-5<sup>th</sup>:** Half-court for the first 3 quarters. Full court in the 4<sup>th</sup> quarter/OT. If leading by 10 or more points, you must remain behind half court.
  - e. **Grades 6<sup>th</sup>-12<sup>th</sup>:** Full-court at any time. If leading by 10 or more points, you must remain behind half-court.
9. Lane Violation Rules:
  - a. **Grades K-3<sup>rd</sup>:** No lane violation, **Grades 4<sup>th</sup>-5<sup>th</sup>:** 5-seconds, **Grades 6<sup>th</sup>-12<sup>th</sup>:** 3-seconds
10. Rim Height:
  - a. **Kindergarten:** 8 feet with attachment, **1<sup>st</sup> Grade:** 8 feet, **Grades 2<sup>nd</sup>-3<sup>rd</sup>:** 9 feet, **Grades 4<sup>th</sup>-12<sup>th</sup>:** 10 feet
11. Ball Size:
  - a. **Kindergarten:** CB5, **1<sup>st</sup> Grade:** 27.5, **Grades 2<sup>nd</sup>-5<sup>th</sup>:** 27.5 (G) and 28.5 (B), **Grades 6<sup>th</sup>-8<sup>th</sup>:** 28.5 (G) and 29.5 (B), **Grades 9<sup>th</sup>-12<sup>th</sup>:** 29.5
12. Please show the referee the utmost respect and set an example to your players by not questioning calls or showing up the official. If you have a question or concern with the referee, take it up with him or her during a timeout, halftime, or after the game is over. Give these individuals your support!
13. Unsportsmanlike Conduct/Technical Foul/Ejections:
  - a. **Coach:** If a player/coach is given an unsportsmanlike technical foul, that will serve as a warning. Any player receiving a technical foul must be subbed out and sit on the bench for the remainder of the quarter. If a player/coach is given a second unsportsmanlike technical foul, he/she will be ejected from that game and will sit out the team's next GAMEDAY as well. After two total technical fouls, you will not receive a coaches refund. If you coach multiple teams in different age groups, you will not be eligible to coach any game on the next scheduled game day. If a player/coach is given three total unsportsmanlike technical fouls during the year, he/she will be ejected from the game and removed from the league. All technical fouls are subjective for review. Technical fouls will follow the coach no matter how many leagues you coach in. A coach is subject to removal by the FCPRD Sports & Athletics staff and could face a 2-year suspension. Abusive language/behavior will not be permitted by coaches/players. Violating this rule will result in a technical foul on the offending coach/player. This will be grounds for more severe penalties depending on the circumstances.
  - b. **Spectator:** A spectator may be ejected from a game by a referee or the facility supervisor. Depending on the severity, the individual may be subject to a 2-year suspension from all FCPRD programs and facilities.
14. Inclement Weather Check:
  - a. Download the Statusfy app and search for Frederick County Parks and Recreation, VA

