

CARRBORO RECREATION & PARKS

YOUTH BASKETBALL



RULES

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General Information

Location/mailling address: **Carrboro Recreation and Parks Department
100 North Greensboro Street
Carrboro, NC 27510**

Office hours **8:30am - 5:00pm
Monday - Friday**

Telephone numbers **919-918-7364**
Inclement weather **919-918-7373**

Web site <http://www.townofcarrboro.org/349/Athletics>

Carrboro Elementary School	FACILITIES
Estes Elementary School	Smith Middle School
Frank Porter Graham Elementary School	Culbreth Middle School
Seawell Elementary School	Phillips Middle School

I. NAME

- A. The name of the organization shall be the Carrboro Recreation and Parks Department Youth Basketball Program.

II. PRINCIPLE OF YOUTH ATHLETICS

- A. It is the aim of the Carrboro Recreation and Parks Department to provide organized games and activities, recreation facilities, supervision, and leadership to the youthful citizens of Carrboro in their ideals and interest in the area of leisure time activities and/or their organization.

To provide the ideals of good sportsmanship, teach basic skills, develop individual talents, and to provide these young residents with the opportunity to enjoy the best possible recreation advantages and atmosphere.

To recognize the youth participants as an individual with particular abilities and limitations. A great deal of consideration must be given to his/her physical and mental, emotional and social development to its highest potential

III. LEAGUE MANAGEMENT

- A. The governing body shall be vested in the Carrboro Recreation and Parks Department.
- B. The Recreation Supervisor shall serve as league commissioner.

IV. NAME OF LEAGUES

- A. 6-8 Basketball League
- B. 9-10 Basketball League
- C. 11-12 Basketball League

V. ELIGIBILITY REQUIREMENTS

A. League Age Requirements (Playing year 2019-20)

6-8 League - Anyone who has not reached his/her 9th birthday prior to August 31st of the playing year.

9-10 League - Anyone who has not reached his/her 11th birthday prior to August 31st of the playing year.

11-12 League - Anyone who has not reached his/her 13th birthday prior to August 31st of the playing year.

B. A player must play on the team that he/she is assigned to through the draft process and may only switch teams at the discretion of the Recreation Department.

C. 6-8 League players must be at least six by August 31, 2019.

D. Players may elect to re-enter the draft instead of returning to the same team.

E. The use of any illegal player who has not been officially assigned to that team will result in:

1. forfeiture of all games in which that individual participated.
2. possible sanctions against coaches that use illegal player(s).

VI. DUTY OF THE COACH

A. To make certain that the Athletic Program Supervisor has ruled each player on his or her team eligible to participate.

B. The coach shall be responsible to instruct each of his/her players to report directly to the official scorer's table prior to entering a game.

C. It shall be the coach's responsibility to maintain an orderly bench. All bench personnel must be seated during the game (in accordance with the High School Federation Rules on bench conduct).

Miscellaneous Information

1. Only eligible players (league roster) and 3 coaches may sit in the bench area.
2. Please allow only team members to shoot during pre-game and half time.
3. No radios are to be played before, during, or after any league practice or game.
4. School activities may force cancellations during our league games or season.
5. Games and Practices are scheduled mainly on league format and gym availability. Please do not ask for games to be rescheduled for personal convenience.
6. Inclement Weather/ Cancellation of games or practices.

Canceled games (due to inclement weather) may be made up only at the Recreation Department's discretion.

Before 5pm during the week, the Recreation Office will have the responsibility of making all decisions on the status of games or practices.

After 5pm during the week and for all weekend activities, an assigned staff person or the facility supervisor will assume the responsibility of canceling games or practices because of inclement weather.

A Notice on any Games or Practices canceled during the weekday because of inclement weather will be placed on the weather line **(919-918-7373)**.

Due to the various gymnasiums used for basketball, each gym supervisor will have the responsibility of canceling activities at their site. Cancellations that may occur after 5pm during the week and for weekend events may not be placed on the Weather Line.

Participants should be encouraged to utilize the Weather Line to learn the status of games and practices. A message on the status of the activities will only be placed on the line if some or all games or practices were canceled.

If games or practices are canceled, the Recreation Department will attempt to contact the coaches affected by the decision. Coaches and participants should never assume their activity has been canceled unless they have received official notice.

CARRBORO YOUTH BASKETBALL
LEAGUE RULES for 2019 - 2020

I. Equipment

- a. All team members must wear the official team jersey supplied by the Recreation Department during league games. **No Exceptions.**
- Team jerseys should not be worn to practices (games only).
 - Jerseys should not be altered. This includes cutting off the sleeves or writing on the jersey.
 - Undershirts worn by players during games must be the same color as their game jersey or **white**.
 - If there are 2 teams with conflicting jersey colors – the visiting team will be asked to wear an alternate shirt.
 - It is recommended that gym shorts, sweat pants, or jeans be worn without belt loops or pockets.
- b. The officials shall not permit any team member to wear equipment or apparel which in his/her judgment, is dangerous or confusing to other players or is not appropriate. Examples of illegal items include but are not limited to:
- 1 – Illegal guards, casts or braces
 - a – a guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance may not be worn on the elbow, hand, finger, wrist or forearm, even though covered with soft padding.
 - b – hard and unyielding items (guards, casts, braces, etc.) on the upper arm or shoulder must be padded.
 - c – knee and ankle braces are permitted but all exposed hinges must be covered. Most over sleeves recommended by manufacturers are acceptable. These braces may be padded or unpadded.
- c. No belts, bracelets, watches, or jewelry are to be worn by team members.
- d. Any player that has a newly pierced ear must have them taped. This is for practices and games. Ears should be taped by parents before arriving at the gym. Staff, nor should a coach, will be placing tape on the ears of players.
- e. Beads in the hair cannot be worn by players. These items should be removed for practices and games.
- f. All players must wear gym shoes (tennis shoes) while on the gym floor. Dress shoes are not permitted on the gym floor during a game or practice.
- g. The Carrboro Recreation and Parks Department will furnish basketballs for all games or practices. Coaches may bring their own balls provided they are used for practice purposes only.
*Coaches should inform all team members not to bring their own balls to any game or practice.

II. Game Ball

The Official Game Ball will be:

- a. Intermediate Size (Mikasa BCL 100) Basketball for the **6-8, 9-10 and 11-12 leagues**.

III. Height of the Basketball Goal

The Official Height of the Basketball Goal will be:

- a. 8 1/2 feet for the 6-8 League
- b. 10 feet for the 9-10, and 11-12 Leagues

IV. Playing Rules

The National Federation of High School Basketball Rules will govern league play. **Local League Rules** will take **precedence** over any National Federation High School Basketball Rule.

LOCAL LEAGUE RULES pertaining to the Carrboro Youth Basketball Programs are:

RULE: STARTING PLAYERS

A team must have **4 players** to start a game. During the course of a game, if a team drops below 4, the game is declared a forfeit. A 5th player can enter the game upon arrival by checking in with the scorekeeper and through the next dead ball situation.

RULE: LENGTH OF GAMES - 4 quarters per game

- a. 6 minute quarters for **6-8, 9-10, and 11-12 games.**

RULE: STOPPAGE OF THE CLOCK

- a. The clock will stop only for TIME OUTS, FOULS and SUBSTITUTIONS, otherwise it is a "Running Clock"
- b. **Exception:** The last minute of each quarter will operate with a "**REGULATION CLOCK**"

During a "Regulation Clock" situation... the timer will operate the clock in accordance with the National High School Federation Rules.

- c. **6-8 League:** In the final 30 seconds of the 4th quarter or overtime period, if a team scores, calls a time out, or any other stoppage of play for which the ball is re-entered into the backcourt, the clock will not restart until the ball crosses the half court line. The 10 second count will still be in effect.

RULE: HALF-TIME

Half time will be five minutes in length

The five-minute half time period will begin immediately after the completion of the first half. The timer will signal (horn) when one minute is left in the half time period. At this time, coaches should complete their final preparation for the second half and be ready to come onto the court after the final minute expires.

RULE: FREE THROW DISTANCE

The distance for free throws will be:

- A. 12 FEET FROM THE FACE OF THE Portable Backboard** to the regulation foul line.
 - 1. **6-8 League**

- B. 12 FEET FROM THE FACE OF THE Regular Backboard** to the foul line indicated by tape.
 - 1. **9-10 League**

- C. 15 FEET (REGULATION DISTANCE)**
 - 1. **11-12 League**

RULE: LANE VIOLATIONS (offensive player in lane with ball in front court)

- a. 6-8 - No violation** unless a player continuously places the other team at a disadvantage. (officials discretion)

- b. 9-10... 5 second count**

- c. 11-12 ... 3 second count** (Regulation)

The length of the lane shall include the area from the free throw line used in each league inward to the baseline.

* The width shall be regulation.

** The 6-8 league rule is used to keep players from continuously planting themselves in the lane (to use their height or strength, etc.) to put the other team in a disadvantage.

RULE: BACK COURT PRESSING

- a. 6-8 ... No pressing** is allowed during any phase of the game.

- b. 9-10 ... Allowed only during:**
 - 1. last two minutes of the fourth quarter
 - 2. entire overtime period(s)
 - 3. if not leading by 12 or more points

- c. 11-12... Allowed only during:**
 - 1. 2nd half of the game
 - 2. entire overtime period(s)
 - 3. if not leading by 12 or more points

*** Backcourt Defense is illegal ...WHEN:**

A team has possession of the ball, NO DEFENSE (zone, man to man, etc.) can be played in the backcourt.

In situations **where a teammate is rolling a controlled pass to another teammate, the act is considered a controlled pass and the defense cannot intercept it.** **

** the last 2 minutes of the 4th Quarter in the 9-10 League (if not leading by 12 or more), the entire 2nd half in the 11-12 League (if not leading by 12 or more) no backcourt defense is applied.

* Losing possession of the ball in the backcourt would be illegal if the turnover was the result of a defensive act.

* The turnover would be legal if it was an error initiated by the offensive team and no defense was being applied in the back court. (official's discretion).

** The High School rule of when a ball is considered in the forecourt versus backcourt should be applied during the enforcement of this rule.

RULE: VIOLATIONS OF BACK COURT DEFENSE

(see Rule: Backcourt Defense)

Violation of the backcourt defense rule will result in

1. **The offensive team retaining possession of the ball.**
2. (6-8, 9-10 & 11-12 League) on the third occurrence by a team in the game, a "BACK COURT PENALTY" will be declared.

The BACK COURT PENALTY will result in two free throws and retaining possession.

In all leagues, each back court violation should be relayed to the score table as any violation. The ball should be taken out of bounds at half court.

* The BACK COURT PENALTY rule (3rd occurrence by one team) should be handled in the same manner as intentional fouls (no foul assessed).

** The rule restricting Back Court Defense (when applicable) should be applied on any backcourt possessions (throw-ins, steals, rebounds, etc.)

RULE: 20 POINT LEAD (6-8, AND 9-10 LEAGUES ONLY)

Once a team accrues a 20 point lead or more over an opponent, the team leading must position themselves defensively inside the 3 point area in the front court.

VIOLATION OF THE 20 POINT LEAD

Violation of the 20 point lead rule will result in

1. The offensive team (losing the game) retaining possession of the ball.

In the 6-8 & 9-10 league on the third occurrence by a team (winning) in the game, a "BACK COURT PENALTY" will be declared.

The BACK COURT PENALTY will result in two free throws and retaining possession. The BACK COURT PENALTY rule (3rd occurrence) should be handled in the same manner as intentional fouls (no foul assessed).

RULE: 5 SECOND COUNT

In the **6-8 and 9-10 leagues:**

The **5 second count "closely guarded"** will not be in effect while a player maintains a continuous dribble.

RULE: 3-POINT GOAL

The 6-8 and 9-10 Leagues will not have a 3-point basket awarded for any successful shot made from beyond the designated "three point line". Any goal made beyond this line will have a two-point value.

RULE: OVERTIME PERIODS

If after regulation play, the game is tied:
an overtime period (of two minutes) will be played.

If after the first overtime period is completed, the score remains tied, **a second overtime period (of two minutes) will be played.**

If after the second overtime period is complete, the score remains tied:
a sudden death period (first to score) will be played.

*** ALL OVERTIME PERIODS USE A REGULATION CLOCK**

RULE: TIMEOUTS

1. 3 per team / game
2. ONE per overtime period
4. Unused time outs from regulation play may not be carried over into an overtime period.
5. Unused time outs from an overtime period may not be carried over into the second overtime period.
6. No time-outs are allowed during a "Sudden Death Period"
7. Time-outs may be requested by a player on the court and the "head coach".

RULES: FOULS

a. Personal fouls

1. A player is **disqualified from a game** when he/she has committed their **fifth foul** of the game
2. The **One and One (Bonus Situation)** will be in effect when a **Team reaches their 7th personal foul of the half.**
3. On the 10th common foul per half the offended player is awarded a second free throw whether or not the first free throw is successful.

* note: A Technical foul is also counted as a team foul

b. **Technical fouls**

1. Any player who receives a technical foul, based on a violation of the Town's code of conduct, shall be substituted out regardless of the time remaining in the quarter. A player and coach will be ejected upon receiving a **2nd technical foul**.
2. A team may accrue a maximum of **3 technical fouls** in any single game. A **forfeit** will be declared upon receiving a **4th technical**.

*The Carrboro Recreation and Parks Department's **CODE OF CONDUCT** will govern any situation resulting from a **player, coach, or spectator** being ejected from a Town sponsored program.

A technical awarded to a team bench for unsportsmanlike conduct is also charged to the head coach (indirectly) and will be counted toward the head coach's and team totals. The head coach is also responsible for the conduct of his/her assistant coaches.

RULES: BENCH CONDUCT

1. Coaches **may not react negatively** to an official's call (verbally, or through acts, gestures, etc.).
2. Enforcement of this rule will be that of the official (in accordance with the High School rules).

RULE: MANDATORY PLAYING RULE

One of the main goals of this program is to ensure the opportunity that each player receives a positive experience while playing the sport. Coaches are encouraged to provide as much playing opportunity to each member of the team as possible. Development and playing experience should always prevail over winning.

A. All participants present will be guaranteed the opportunity to participate in a pre-determined minimal amount of minutes per game. Below are the guidelines that will govern the minimal amount of playing time.

1. 10 PLAYERS...

- a. Everyone must start two quarters (one per half).
- b. No substitutions may occur during the first four minutes of each quarter.

2. 7 TO 9 PLAYERS...

- a. Everyone must start at least two quarters (one per half).
- b. No player may start more than three quarters.
- c. No substitutions are allowed during the first four minutes of each quarter.

3. 5 TO 6 PLAYERS...

- a. Everyone must start at least three quarters.
- b. No substitutions during the first four minutes of any quarter.

B. Playing rule Exceptions

Any player fouling out of a game, becoming sick or injured and cannot continue, or ejected from the game is exempted from the minimal amount of playing time.

Any player who becomes sick or injured, but later feels better, may be reinserted back into the game provided he/she is able.

An injured or sick player may enter the game at any point of a quarter. However, if the player is reinserted after the completion of the quarter, he/she becomes exempt from the minimal amount of playing time.

Disciplinary action reported to and approved by the Recreation Supervisor no later than 48 hours prior to the game.

In any overtime period, the mandatory playing rule is **not** in effect.

All players on rosters dressed in a town issued jersey must play under the mandatory playing rule. However, if a player is injured and cannot participate, he/she can sit on the bench while being in uniform. The Department must be notified that a player is ineligible due to an injury. The coach must notify the department (prior to the team's next game – not at the field) once the injured player is medically cleared to play.

Each coach will be provided with extra jerseys. The extra jersey may be used in the case of blood being on the shirt. Bloody shirts must be removed.

Any player with blood on the jersey cannot re-enter the game until he/she is wearing a blood free shirt.

All players must be able to actively participate (i.e. perform the functions to actively play basketball). Failure to perform these functions rules a player ineligible to participate.

C. 5 Minute warm up

At 5 minutes prior to game time, the clock will start to signify an official warm up period. **The time of the warm up period and tip off will be in accordance with that of the Facility supervisors. (No Exceptions)** The head coach must indicate to the scorekeeper those players present and those who have arrived during the warm up period.

Those player(s) arriving during the warm up period and after tip off may not start a quarter in the first half. The player(s) may start a quarter in the second half provided all players under the mandatory playing rule have played the minimal playing time. Any players arriving during the warm up period or after are exempt from the Mandatory Playing status of the team.

Exception: An exempt player may start any quarter if no other eligible players are available.

If a team has **3 players or less** at the 5 minute point prior to the start of a game, the game will be declared a forfeit. Once a forfeit is declared, each team may have the court to practice for 45 minutes.

If a team has **4 players** at the 5 minute point prior to the start of a game, the **5th** player may enter the game at the first dead ball **after** the game has started, hence the team must start the game with 4 players.

** Any situations that occur, which are not covered by the National High School Federation rules or local league rules, will be left to the discretion of the Recreation and Parks Department.

** Official/Supervisor/Scorekeeper will be assigned by the Recreation Department and will have complete control of the game and all activities within the gym.

** Coaches, Parents, and Participants are expected to respect and abide by the rules and guidelines of the program.