

Goals and Rules for Amherst County's Youth Basketball Program

Goals:

The goal of this program is to aid the youth in our communities in developing their abilities both physically and mentally. We want the participants to learn and improve their basketball abilities. It's also important they have fun. Adults are reminded not to take games too seriously. Parents please remember: Coaches are not expected to coach a perfect game, players are not expected to play a perfect game, referees are not expected to call a perfect game and the Recreation Department is not expected to run a perfect league.

Youth sports programs are an ideal classroom to help our youth better understand that they will get more out of the program if they put more into it. Here are some winning ways:

1. Conditioning and exercise will benefit them in every endeavor in life that they pursue and especially basketball.
2. A member of the team- Players must recognize that it's not all about them. They are part of a team. Sometimes it will be easy to get along with team mates and sometimes it will require a bigger effort to get along. Teams win together and teams loose together. There is no ME in team.
3. Listening and learning are core values that a player must recognize as necessary.
4. Practicing both with their team and when alone is very valuable.

Basketball Rules:

Unless noted below then all divisions will be governed by the current VHSL Basketball Guide.

1. Players will be split into age appropriate divisions based on their age as of April 1st, 2023.

2. Game Start time: games will not begin earlier than the scheduled start time, unless both coaches agree to start earlier. In the case where an earlier game runs over, then the following game will start within 3 to 5 minutes immediately after the pre-ceding game ends. Therefore teams should arrive ahead of the scheduled start time to warm up and be ready to play. No grace period will be allowed to wait for players to arrive after the scheduled start time.

3. Adequate number of players for 5-6, 7-8, 9-10, 11-12, 13-14, and 15-18 Age Group Teams: Any team with less than 4 players on the court at the start of the game and/or during the game will have to forfeit.

*If at the scheduled start time and only at the start of the game, one team is required to forfeit due to too few players, then a game might still be played. Coaches may have an idea in advance that they are likely to be short players and can seek out enough players that would allow them to put five players on the court. Any players that are picked up must be registered on another team in the same age group.

*Regardless the game still results in a forfeit.

*The opposing coach has the final say on whether or not to play the game.

*No grace period will be allowed to wait for players to arrive after the scheduled start time.

*The reason for allowing a team to pick up other players is so as not to deprive those players that came ready to play.

4. **Clock:** The clock will run continuously except for these three situations:
 - The clock will be stopped during all time outs.
 - Games will consist of 4 eight minute quarters for all age groups.
 - The game clock will stop at the 4 minute - 4 minutes and 45 seconds of each quarter to allow for player substitutions. Coaches do not HAVE to substitute at this time. If the opposing team is actively attacking the basket the time stop will be delayed due to a scoring opportunity. The time stoppage is at the discretion of the officials.
 - The clock will stop for all dead ball and free throw situations in the final two (2) minutes of the 4th quarter only.
5. **Substitutions:** are made only during dead ball situations.
 - *Players must check in at the scorer's table before entering the game.
 - *The game clock will stop at the 4 minute - 4 minutes and 45 seconds of each quarter to allow for player substitutions. Coaches do not HAVE to substitute at this time but are given the opportunity.
6. **Overtime:** 3 minutes running clock until the last minute.
7. **Time-outs all Age Groups/Divisions:** Each team will be given two 60 second time-outs per half.
 - *No unused time outs from the first half can be carried over.
 - *1 time out can be carried over from the second half into any overtime periods.
 - *Each team will be given 1 additional time-out per overtime period.
 - *During time outs, coaches and players may find it beneficial to go on to the court as opposed to the players going to their team's bench.
8. **Flagrant Technical Fouls for Players:** A player who receives a flagrant technical foul will not be eligible to finish the game or play in the next game. They will not be allowed in the bench area. A player will be suspended for the remainder of the season after their second flagrant technical foul.
9. **Unsportsmanlike Technical Fouls for Players:** A player who receives two unsportsmanlike technical fouls in a game will not be eligible to finish the game or play in the next game. They will not be allowed in the bench area. A player will be suspended for the remainder of the season after their fourth unsportsmanlike technical foul.
10. **Unsportsmanlike Technical Fouls for Coaches:** Officials should not hesitate to issue a Technical foul to any coach using foul language and/or who is being disrespectful. In the event that fans are being disrespectful, then the officials may decide to issue a warning to

both benches. The Gym Supervisor will announce to the crowd in any means possible that both benches had been warned. If the disrespect continues then an unsportsmanlike technical foul may be given to both head coaches. If the disrespect still continues, then a second unsportsmanlike technical foul may be issued to both head coaches. If this situation were to occur, then the assistant coach of the teams if present could coach and the game could continue. If the assistant is not present or if the assistant hasn't already submitted the documents necessary to be designated as the assistant coach, then the game will end. The situation will be reviewed by ACRPD staff the following week to decide if either team or which team might be declared the winner of the game. A coach who receives two unsportsmanlike technical fouls in a game will not be eligible to finish the game nor coach in the next game. They will not be allowed in the gym. A coach will be suspended for the season after his/her fourth unsportsmanlike technical foul.

11. **Fighting or Gross Misconduct:** Any player, coach or spectator fighting or involved in gross misconduct any Recreation function may be suspended for up to one year from all Department activities.
12. **No Dunk and don't grab the rim rule:** It is called a no dunk rule, but the intent of the rule is to keep players from grabbing the rim as grabbing the rim can cause damage to the equipment as well as pose an additional risk of a player getting injured. Grabbing the rim is prohibited before, during and after practices or games in all leagues. Penalty: Forfeit the game. The player who grabs the rims will not be allowed to finish the current game nor play the next game. Any player causing damage must pay the cost to repair or replace any broken equipment.
13. **Must Play Rule:** All Players must play half the game (16 minutes). Playtime will be kept at the scorer's table and is tracked to within 30 seconds for every player. A team will forfeit the game if all players do not play 16 minutes of the game. This rule can be modified by the Gym Supervisor if a player is injured, sick or late. This rule can also be modified for players with special circumstances, (ie asthma, autism, etc). Such situations have to be approved at least one day prior to the start of the game. It is advisable to discuss any special circumstances several days in advance of any upcoming games and this needs to be discussed with the Recreation Specialist, Elizabeth Parr.
 - When a team has 6 to 8 players in attendance, each player must sit out for 4 consecutive minutes each game, or will have to forfeit the game **and cannot be substituted in, regardless of the reason, while sitting their 4 minutes, even if that means playing a man down.** A team is exempt from this requirement if they have 5 or less players or if they have more than 8 players in attendance.
14. **Good Sportsmanship:** All players, coaches, officials and spectators must demonstrate good sportsmanship and conduct at all events. Yelling at players, coaches or officials will not be tolerated. Foul, vulgar or abusive language are very much a form of poor sportsmanship and will not be tolerated. Anyone using such language is in essence

showing a great disrespect to others and will be instructed to immediately leave the facilities.

15. **Gym Supervisors:** Every event sponsored by the Recreation Department will have a designated Gym Supervisor. These Supervisors have the authority to ask offenders of poor sportsmanship to immediately leave school property.
16. **Uniforms:** Jerseys will be worn in the manner for which they were intended. No knots, rolled up sleeves, cut off sleeves, cut out necks, etc. Any manipulation of the jersey will make the player ineligible to play. They will remain ineligible to play until they pay for a replacement jersey and until the new jersey arrives.
17. **Assigned Jerseys must be worn:** Every player is given a numbered jersey at the start of the season. In order to play in games the player must wear the assigned jersey. Any exceptions must be approved by the Recreation Department two days prior to wearing a different jersey in a game. The player may be allowed to play without their assigned jersey and without the two day approval, if All the following criteria are agreed to:
 - The Referees and Score Keepers must agree that the game can be safely and fairly played.
 - And that the player's coach must agree to allow the player to play. That player's head coach will be deciding what is best for their team and for the player in question, and if the player is allowed to play then that player's team will automatically forfeit the game being played.
18. Coaches are expected to know the rules for their respective age groups and will teach the rules as specified to their players. Any Player/Team who unknowingly violates a published rule may be given a warning and not penalized. Repeatedly violating a published rule will incur a penalty. If the violating player/team has possession of the ball then the possession will be given to the opposing team. If the violating player/team does not have possession, then a technical foul will be assessed.

9-10 and 11-12 Divisions:

- **Teams:** Must use 28.5 size basketballs. The goal is to have between 6 to 8 players on each team but this will be determined by the number of registered participants in each age group. Teams could potentially play 4 vs 4 as opposed to 5 vs 5 if they do not have enough players. Teams who have more players than their opponent can only field the same/lower number of players that their opponent can field. Example: If team A only has 3 players and Team B has 6 players, then Team B cannot have more players on the court than team A. Team B must still adhere to all of the existing rules that pertain to playing/sitting time.
19. **No Full Court Press until the last 2 minutes of the game.**
 - Teams cannot press if they have a 10 point lead or more.
 - Players can full court press the last 1 minute in an overtime period.

- Players must get back behind the mid-court line allowing teams to bring the ball up the court and across the mid-court line before defending the ball. Only in the last 2 minutes of the game can team's full court press.

21. Players may attempt free throws from the regulation free throw line or from 34" in front of the regulation line.
22. Players must play zone defense in the 1st quarter and man-to-man defense in the 2nd quarter. The 3rd and 4th quarter is up to the discretion of the coach and any style of play is acceptable. If teams fail to abide by the 1st and 2nd quarter rule they will be given a warning on the first offense and any subsequent violations after that a 1 shot technical foul will be given.

Divisions 13-14 and 15-18:

Play by traditional and VHSL basketball rules and use 29.5 size basketballs.

1. Players must play zone defense in the 1st quarter and man-to-man defense in the 2nd quarter. The 3rd and 4th quarter is up to the discretion of the coach and any style of play is acceptable. A full court press is allowable during the second quarter as long as they fall back to man-to-man. If teams fail to abide by the 1st and 2nd quarter rule they will be given a warning on the first offense and any subsequent violations after that a 1 shot technical foul will be given.

All players must play half the game. Playtime will be kept at the scorer's table. **A team will forfeit the game if all players do not play half of the game.** This rule be modified if a player is injured, sick or late.

Must Play Rule Interpretation

How is a player's time kept?

A minute of play is between 30 and 60 seconds. Therefore a minute of time will be accrued for a player if that player played at least 31 seconds of a minute.

Example: The quarter is eight minutes long. A player starts the quarter and plays 2 minutes and 30 seconds and a different player takes their place. While the player that was taken out actually played more than 2 minutes, only 2 minutes of playing time would be accrued. Assuming that the player that just checked in plays the remaining time in the quarter (8 minute quarters) then this player will accrue 6 minutes.

All players must sit out at least 4 consecutive minutes unless a team only has 5 players or less. The consecutive minutes can span from quarter to quarter and also from half to half.

Example: The last minute of a quarter and three minutes from the next quarter would fulfill the 4 consecutive minute rule.

What if the game has already started and then a player shows up?

Use this criteria:

A player who arrives ≤ 4 minutes late is still required to play half the game.

A player who arrives > 4 & ≤ 8 minutes late is required to play 12 minutes.

A player who arrives > 8 & ≤ 16 minutes is required to play 8 minutes.

A player who arrives > 16 & ≤ 24 minutes late is required to play 4 minutes.

If a player is late 5 minutes or more then they have already fulfilled the rule requiring that each player sit out for four consecutive minutes.