

# Goals and Rules for Amherst County's Youth Basketball Program

## Goals of this Program

The goal of this program is to aid the youth in our communities in developing their abilities both physically and mentally. Certainly we want the participants to learn and improve their basketball abilities. It's also important that they have fun. Adults are reminded not to take games too seriously. One shouldn't try to fix a missed or wrong call as that might rob a player of learning how to deal with difficult and unpleasant situations. Coaches aren't volunteering their time with the expectation that they will coach perfectly, nor are they expecting officials to perfectly call the games and they're certainly not expecting their players to play perfectly. They are expecting them to learn from both the good and bad situations that arise. Those that take playing a game too seriously can cause much more harm than good. Winning is wonderful and a worthy goal to pursue. However, winning is only one of several goals that are targeted by this program

There are many proven strategies that one can follow to help achieve a goal. One goal of this program is to help players realize that anything worth having is worth working for. If a person saved \$10 a week for 4 weeks, then why should they expect to be able to withdraw a \$100. Youth sports programs are in essence an ideal classroom to help them better understand that they will get more out of the program if they put more in. Hence if they want to have a winning season here are some time proven tactics to follow.

- ❖ Conditioning and exercise will benefit them in every endeavor in life that they pursue and especially Basketball.
- ❖ A member of the Team – Players must recognize that it's not just about them. They're 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's no ME in Team
- ❖ Listening & Learning are core values that a player must recognize as necessary.
- ❖ Practicing both with their team and when alone is very valuable.

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## Basketball Rules

Rules are good and necessary and yet they can be challenging as well as misinterpreted. The rules this program has established are aimed at making it fair, while taking into account that the younger age groups are still in the early stages of developing their basketball skills and knowledge. They're designed to give every player an equal opportunity. All rules apply to all divisions unless specifically noted otherwise.

Unless noted below then all divisions will be governed by the current Va. High School Basketball Guide, along with the changes listed below. Further down the rule

1. **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-ceeding 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.
2. **Adequate number of players for B12 & B15 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're 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 already 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 deprive those players that came ready to play. Revised 12/12/2016
3. **Adequate number of players for B9 teams:** Any team with less than **3** players on the court at the start of the game and/or during the game will have to forfeit. Revised 2/2/2021
  - 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.

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4. **Clock:** The clock will run continuously except for these three situations:

- In the last minute of the 2nd & 4th quarters the clock will be stopped & remained stopped during all free throw attempts as well as for any dead ball situations.
- The clock will be stopped during all time outs
- Games will consist of 4 eight minute quarters for all age groups

5. **Substitutions:** Are made only during dead ball situations.

- Players must check in at the scorer's table before entering the game.

6. **Overtime:** 3 minutes Running clock until the last minute . Revised 12-12-16

7. **Time-outs B12 & B15 teams:** Each team will be given two 60 second time-outs and one 20 second time out per half.

8. **Time-outs B9 teams:** Each team will be given three 60 second time-outs and one 20 second time out per half. This season two of the four B9 teams only have 5 players. Thus the reason for an additional time out. Revised 2/2/2021

9. **Time-outs All divisions:**

- No unsued 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 timeouts, coaches and players may find it beneficial to go on to the court as opposed to the players going to their team's bench.
- No unsued 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 timeouts, coaches and players may find it beneficial to go on to the court as opposed to the players going to their team's bench.

10. **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

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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. Revised 11/9/17

11. **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. Revised 11/9/17
12. **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 of which team might be declared the winner of the game. This may seem harsh but when it comes to helping & protecting our youth, then such harshness is warranted. 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 gym. A coach will be suspended for the season after his/her fourth unsportsmanlike technical foul. Revised 11/5/18
13. **Fighting or Gross Misconduct:** Any player, coach, or spectator fighting or involved in gross misconduct at any Recreation function may be suspended for up to one year from all Department activities.
14. **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 in the next game. Any player causing damage must pay the cost to repair or replace any broken equipment.
15. **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

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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 league coordinator which is presently Alan Bumgarner revised 1/4/2017

- When a Teams has 6 to 8 players in attendance, each player must sit out for 4 consecutive minutes of each game, or will have to forfeit the game. A team is exempt from this requirement if they have less than 5 players or if they have more than 8 players in attendance. Revised 12/12/2016

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16. **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. Revised 12/12/2017
17. **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.. Revised 12/12/2016
18. **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 & until the new jersey arrives. Delivery time for a replacement jersey ranges from 2 days to 2 weeks.
19. **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 prior approval, if ALL of the following criteria are agreed to :
- 16.1. The Referees, and Score Keepers must agree that the game can be safely and Fairly played
- 16.2. AND that the player's coach must agree to allow the player to play. That player's Head Coach will be faced with deciding what is best for their team and for the player in question, as if the player is allowed to play then that player's team will automatically forfeit the game being played. Section 16 was originally added on 2-21-18, but was mistakenly omitted from the 2018-2019 Rules and was added back on 1/4/19
17. Obviously 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 be penalized. Repeatedly violating a published rule will incur a penalty. If the violating team/player has possession of the ball then the possession will be given to the opposing team. If the violating team/player does not have possession, then a Technical foul will be assessed. This change to go in effect at the end of the 2018/2019 season .Added 2/27/19

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**Co-Ed 9-11 division** - The rules for this division have been slightly modified from traditional BB rules. The changes take into account the that the vast majority of the players in this age group are just beginning to play a full court game of BB. Hence their ball control skills are likely just beginning to be developed.

In the 2020-2021 season two of the four B9 teams only have 5 players. As a result of having smaller rosters teams will begin playing 4 v 4 as opposed to 5 v 5.

Coaches/Teams who have more players than their opponent can only field the same/lower number of players that their opponent can field.

Example: If TeamA only has 3 players & TeamB has 6 players, then the TeamB can not have more players on the court than TeamA. TeamB must still adhere to all of the existing rules that pertain to playing/sitting time. TeamB is encouraged & expected to use their advantage ( of having additional Players) when competing. TeamA will need to adapt how they play due to not having any substitutes. Revised 2/2/2021

18. **No full court press until the last 2 minutes of the game.** There will be some players who've developed some ball control skills, but the majority of players haven't yet. Limiting full court pressure has proven to be a significant benefit in helping all players to better learn the game. Allowing backcourt pressure for 2 minutes also ensures that players gain an understanding of how important it is to develop their ability to correctly dribble & control the ball. Explanation added 2/27/19

18.1.1. Teams **cannot apply** any full court press unless it's in the **last two minutes of the game** and only if the team wanting to press does NOT have a lead of 10 or more points. Clarified on 2/27/19

18.1.2. Players aren't allowed to **apply any** defensive pressure in the back court until the last 2 minutes of the 4<sup>th</sup> quarter, or the last 1 minute in an overtime period. Modified 2/28/19

18.1.3. Example: Team A misses a shot and Team B gets the rebound. The players on Team A are not allowed to interfere and/or deter Team B from bringing the ball to the mid court line. Once the ball crosses the mid court line, then Team A can fully defend as there are no restrictions once the ball passes the mid court line. Team B has 10 seconds to get the ball over the mid court line. Adhering to this rule allows for lesser skilled ball handlers to advance the ball so as to give their team a better chance of scoring. In the 9 to 11 yr old division, players naturally have better defensive skills than offensive skills

19. Shots made beyond the 3 point line will count as two points

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20. Players may attempt free throws from the regulation free throw line or from 34" in front of regulation line

The **Co-Ed 12-14 & Co-Ed 15-17** play by more traditional BB rules and these two divisions use the same set of rules.

*There are no additional changes for 12-14 & 15-17 age divisions*



# Goals and Rules for Amherst County's Youth Basketball Program

## Youth Basketball rule interpretation

**MUST PLAY RULE:** 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. This rule will be modified if a player is injured, sick, or late.

*Question* - How is a players time kept?

*Answer* - 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 #1* – 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 acutally 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. 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?

Factors to use for players who may arrive late to a game

Use this criteira for teams who play 8 minute quarters

A Player who arrives  $\leq 4$  minutes late is still required to play half of the game

A player who arrives  $>4$  &  $\leq 8$  minutes late is required to play 12 mins

A player who arrives  $>8$  &  $\leq 16$  minutes late is required to play 8 minutes

A player who arrives  $>16$  &  $\leq 24$  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 continguoius minutes