



SOUTH METRO SPORTS LEAGUE – YOUTH REC BASKETBALL

2017

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A) GENERAL RULES

- All Decisions made by referees and league officials are final.
- Games shall consist of four 8 minute quarters. The clock will run at all times except the following:
 - During timeouts
 - The first dead ball at or around the 4 minute mark of each quarter for substitutions
 - During the final 2 minutes of the 4th quarter on every whistle
- Time-outs: Each team will be allowed 2 time-outs per half.
- Player conduct: Players receiving a technical foul must sit out a minimum of 4 minutes (measured by the game clock) before returning to the game. If a 2nd technical is earned, the player will be ejected from the current game and will be suspended for the next scheduled game. Players who are a constant discipline problem or who do not attend practice on a regular basis will be referred to the league manager for possible loss of playing time or dismissal from the program.
- Coaches Conduct: coaches receiving a technical foul must sit on the bench for the remainder of the game. (Exception: calling a timeout). If a 2nd technical is earned, the coach will be ejected and will serve a 1 game suspension at the next scheduled game. Subsequent ejections will lead to a removal from the league.
- The National Federation High School Rules will govern all other rules not covered in the general or specific rules.

B) TIE GAMES

- In the event of a tie game at the end of regulation, a single two-minute overtime will be played
- Each team will have 1 timeout during the overtime period.
- The clock will stop for all violations and fouls during overtime.
- If at the end of the overtime the score is still tied, the game will end in a tie.

C) SUBSTITUTIONS/PLAYING TIME

- Each player is required to play a minimum of half of each game (16 minutes).
- Substitutions will be allowed when the clock stops at the 1st dead ball near the 4 minute mark and between the quarters. The referee(s)/scorekeeper also reserves the right to stop the game to allow for substitutions.
- Free substitutions will be allowed in the fourth quarter provided that all players have played two complete quarters or 16 minutes in the game.
- A team may play with 4 players at a minimum.

D) 1st/2nd GRADE DIVISION SPECIFIC RULES

- Goal Height: 8 feet
- Basketball Size: 28.5
- Frontcourt Defense: Teams will play “Man-to-Man” defense at all times.
 - Double-teaming or trapping is not allowed. Violations to this rule will result in a warning for the first violation and subsequent violations will result in a point for team on offense and possession of the ball out of bounds.
 - Defenders will start playing defense at half-court.
 - Armbands will be used to enforce “man-to-man” defense.
- Free Throws: Free throws will not be shot for fouls. If a foul occurs on a shot then 2 points will be awarded to the offense. A non-shooting foul will result in the ball taken out of bounds where the foul occurred.
- Offense in the Lane: Officials will encourage players to not “camp” in the lane.
- Halftime: Every player will shoot a free shot at half-time to score a point for his/her team 10ft from the basket. Teams must shoot the same number of free shots.
- Mercy Rule: If a team is winning by 15 or more points in the last 2 minutes in the 4th quarter, a running clock will ensue.
- Standings: Standings will not be kept in this division.

F) 3rd/4th GRADE DIVISION SPECIFIC RULES

- Goal Height: 9ft.
- Basketball Size: 28.5
- Free Throw Line: 12 ft.
- Frontcourt Defense: Teams will play “Man-to-Man” defense at all times.
 - Continuous double-teaming or trapping is not allowed. Violations to this rule will result in a warning for the first violation and subsequent violations will result in a point for team on offense and possession of the ball out of bounds.
 - Armbands will be used to enforce “man-to-man” defense.
- Backcourt Defense:
 - Once the defense gains clear possession of the ball, the other team must drop back behind half court before beginning to play defense. The defense can steal the ball during fast-break situations.
 - Full-Court defense is not allowed until the 4th quarter. If a team is up by 15 points or more they cannot use full-court defense.
- Offense in the Lane: 5 second in the lane will be used rather than 3.
- Halftime: Every player will shoot a free throw to score a point for his/her team. Teams must shoot the same number of free throws.

- Mercy Rule: If a team is winning by 15 or more points in the last 2 minutes in the 4th quarter, a running clock will ensue.
- Standings: Standings will be kept and scores will be posted in this division.

G) 5th/6th GRADE & 7th/8th DIVISION SPECIFIC RULES

- Goal Height: 10 ft.
- Basketball Size: 28.5 for Girls 5th-8th grades and boys 5th/6th grade. 29.5 for boys 7th/8th grades.
- Free Throw line: 15 ft. (regulation free throw line)
- Frontcourt Defense: Teams can play any style of defense, but we recommend using “Man-to-Man” defense at all times.
- Backcourt Defense: Allowed until a team is up by 15 or more points. When the defense winning by a margin of 15 points or more, the defense may not defend a player until they are past the half-court line.
- Offense in the Lane: 3 seconds in the lane will be used.
- Halftime: Free throws will not be shot at halftime of these games.
- Mercy Rule: If a team is winning by 15 or more points in the last 2 minutes in the 4th quarter, a running clock with ensue.
- Standings: Standings will be kept and scores will be posted in these divisions.

H) INCLEMENT WEATHER INFORMATION/SPORTSMANSHIP POLICY

In the event of snow or ice, each individual community will decide if games will be played. Please use the following weather lines:

- Belton (816) 348-7400 ext. 7474
- Grandview (816) 316-4990
- Harrisonville (816) 380-8980 ext. 4
- Peculiar (816) 779-2299
- Pleasant Hill (913) 791-2600
- Raymore (816) 892-3131

Sportsmanship Policy: As a league, we encourage positive reinforcement from coaches, officials, parents and teammates for every player. Harassing, shouting or engaging in any sort of emotional or physical harm to an opposing coach, league official/referee, or any player will not be permitted. Individuals who fail to comply with this policy will be asked to leave the game or, at the discretion of the league manager, will be removed from the league. We thank you for your cooperation with this matter as we strive to provide a safe and fun environment for the children in our communities to learn the game of basketball.