

City of Greeley Recreation Youth Basketball League Rules

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Definitions

Set Defense (Player-to-Player Defense): Each player is tasked with the responsibility of guarding and moving in tandem with a specific offensive player. This means that the defensive player must adjust their position according to the movements of the assigned offensive player, whether they have possession of the ball or not.

The defensive player is required to remain on the same side of the court as the offensive player and should be within an arm's length of the player they are guarding. Players should not turn their back to the offensive player they are tasked with guarding to help a teammate double team another offensive player.

Isolation Offense: Isolation offense is defined as a play where only one player holds the ball without other offensive players near to receive a pass from the ball handler, or when the offensive team clears one side of the court to create a one-on-one matchup that does not involve other players in the offensive pattern.

Court Press: Defensive guarding, whether it pertains to the ball handler or other players, executed within the backcourt, encompassing both full and half-court situations.

Defensive players are expected to retreat to the 3-point arc of the basket they are defending until the offense advances the ball beyond half court.

Backcourt: The half of the basketball court that a team is tasked with defending. This region is separated by the half-court line and encompasses the opponent's basket.

Frontcourt: The half of the basketball court in which a team aims to score. This region is separated by the half-court line and encompasses a teams' own basket.

Inbounding Passes: An inbounding pass will occur if the ball is to go out of bounds, and possession will be awarded to the team that did not last touch the ball before it went out of bounds.

Specific Basketball Game Rules for Greeley Rec Leagues

The following set of regulations has been formulated in an endeavor by the City of Greeley Sports team to harmonize our leagues and offerings with the Jr. NBA and USA Youth Basketball guidelines. While certain fundamental aspects of the game have been adjusted, research by USA Youth Basketball has demonstrated that these alterations, when applied at the youth recreational level, enhance engagement, safeguard players from premature injuries, and facilitate the sound development of core basketball skills. It's important to note that not all recommendations have been adopted due to practical constraints related to the resources currently available.

Equipment and Court Specifications:

Size of Ball: Size 6 (28.5-inch circumference)

Height of Basket: U10: 10 feet. U12: 10 feet.

Size of Court: 50 feet by 42 feet. U12: 74 feet by 50 feet.

3-Point Arc: Not applicable for any age; players are encouraged to take 2-point shots within the three-point arc.

Free Throw Line: Positioned at 10 feet from the basket, 13 feet 10 inches from the baseline. (Short line marked in front of normal free throw line)

Game Structure:

Game Length: Four periods, each lasting 8 minutes, with a running clock.

Time Between Periods: 1-minute breaks.

Extra Period(s): Not applicable.

Scoring: No official score is kept on gameday or online for the U8 division. U10 and U12 scores will be kept on gamedays and posted online via Teamsideline. There is no shot clock. Scoring will not be on display during games.

Timeouts: Each team is granted three full timeouts, each lasting 60 seconds, during the game, with a maximum of two timeouts per quarter. Only teams with possession of the ball will be granted timeouts.

Start of Game: The away team will commence the game with possession of the ball at half court. Subsequent starts will be determined by the possession clock.

Sideline Personnel: All players and coaches must be in the team bench area. No coaches on the court. Maximum of (2) two coaches allowed in team area. Only the head coach may address officials during clock stoppages.

Playing Time: Fair playing time is ensured, with each participant receiving a minimum of 50% of the game time.

Clock Stoppage: The game clock will only be paused for injuries, timeouts, and official timeouts.

Substitutions: Substitutions may be made during any out-of-bounds play, after a foul is called, between foul shots, or following a made basket, with the referee's permission.

Bonus: Teams will be in the bonus on the 7th team foul per half (every 2 periods) The team in the bonus will be award a one and one free throw opportunity. Teams will be in the double bonus on the 10th team foul. The team in the double bonus will receive 2 free throws.

Defense:

Player-to-Player Defense: Player-to-player defense is mandatory, and zone defense is not permitted. This entails each defensive player being assigned to guard a specific offensive player during play.

If, for any reason, a defensive player loses their assigned offensive responsibility, and the offensive player becomes unguarded, a different defensive player may switch to cover the newly unguarded offensive player, provided that both players promptly return to guarding a single offensive player.

Defensive players may switch the offensive players they are covering when a pick or screen occurs, as long as both players promptly return to guarding a single offensive player. Failing to adhere to player-to-player defense, as determined by an official, will result in a warning for the first infraction and subsequent team violations to follow.

Double Teaming: Engaging in a double team at any point during play is against the rules. The first infraction of double teaming, as judged by the official, will result in a warning, with subsequent infractions leading to team violations. Double teaming will be determined by a 3 second count.

Stealing: Stealing is allowed in the U10 and U12 age divisions. Officials will watch closely for any defensive personal fouls which may occur while attempting to steal the ball. Players may only steal the ball from the player the guarding and assigned to in their player-to-player defense. Help side defenders may not steal the ball.

Pressing Defense: Pressing defense is allowed at the U10 and U12 age divisions. At the U10 level only the half court press is allowed, while at the U12 level both half and full court press is allowed.

Advantage Rule: Teams leading by 10+ points are not allowed to half court press at the U10 level or full court press at the U12 level. 2 offences will result in a technical foul on the head coach.

Free Throws: A defensive player who commits a shooting foul on the offense will award the offended player with one free throw attempt that is worth two points.

The defense is permitted to position three players on the shooting lane. Two players are to line up in the third blocks closest to the basket, while one player is to line up in the first blocks nearest to the shooter. The two players in the third blocks may cover the offensive player beside them in the second blocks of the lane.

The remaining two players are to position themselves outside the 3-point arc and engage in player-to-player defense against one of the two offensive players who are not in the lane.

Offense:

Isolation Offense: Isolation offense is prohibited. All offensive players should be actively involved in the offensive play pattern. It is the job of the coach to actively coach kids to share touches on the ball and draft plays that do not isolate individual players.

Shot Clock: There is no shot clock for the offensive team, although it is recommended that they take no longer than 30 seconds to attempt a shot.

Advancement of the Ball after a Timeout: The ball will not be advanced to midcourt after a timeout.

Scoring: All shots will be scored as 2 points except for free throws, including free throws. The 3-point arch is not applicable, players are encouraged to shoot inside the 3-point arc.

Free Throws: The offended offensive player of a shooting foul will receive one free throw worth two points.

The offense is allowed to position three players on the shooting lane, including the shooter. Two players should line up in the second blocks in the middle of the lane, while one will be the shooter at the free-throw line, 10 feet from the basket.

The two players in the second blocks may cover the offensive player next to them in the third blocks of the lane. The remaining two players are to position themselves outside the 3-point arc.

Length of Time for Free Throw: Players are granted 10 seconds to attempt a free throw.

Fouls and Violations:

Violations:

The referee will impose penalties, in some cases by awarding possession to the opposing team, for the following violations.

Rule of Two: With the development of young and first-time players in mind, each possession each player on offense will be granted two opportunities to correct the following violations before the call is made by the official. These violations include double dribbling and traveling. *This rule will be adapted to the U10 division only.*

Double Dribble: Engaging in simultaneous dribbling with both hands, and recommencing dribbling after having come to a halt with both feet set in one place.

Traveling: Advancing with the ball without dribbling.

Double Teaming: Two or more players aggressively guarding a single opponent.

Striking the Ball: A player is prohibited from striking the ball with their fist or kicking it.

Backcourt Violation: Dribbling or passing the ball into the backcourt after crossing the midcourt line into the frontcourt.

Offensive Lane Violations: A 5 second lane violation will be enforced; offensive players should not spend more than 5 seconds in the shooting lane.

Kicking: When a player kicks the basketball.

5 Seconds Closely Guarded: A 5 second closely guarded violation will be enforced; offensive players being guarded by a defensive player within 6 feet will have 5 seconds to either pass or shoot the ball.

Inbound Violation: A 5 second inbound violation will be enforced; offensive players should inbound the ball to a teammate within 5 seconds.

Backcourt Timeline: A 10 second back court timeline violation will be enforced; offensive teams have 10 seconds to cross from their backcourt to their frontcourt.

Jump Ball: When two players gain possession of the ball and a brief battle for the basketball occurs. The referee will award possession to the home team, alternating which team gets the ball subsequent time it occurs.

Free Throw Violation: Both offensive and defensive players must stay outside of the lane and inside their own box until the ball has hit the rim. A free throw violation will be enforced on any player who does not abide. If the violation occurs on an offensive player the basket will not count and if the violation is called on the second shot the ball will be turned over to the opposing team. If the violation is called on the defensive team, the

offensive team will be awarded another free throw attempt, if the free throw is made the play will continue without penalty.

Personal Fouls:

Any player may be disqualified from play after accumulating 5 personal fouls throughout the duration of the game.

Defensive Personal Foul: Involves illegal physical contact with an opposing player, encompassing actions such as holding, hitting, slapping, tripping, blocking and attempting to gain a rebound by infringing upon another player's position. If the foul occurs during a shot attempt, the referee will grant free throws to the shooter.

Offensive Personal Foul: Involves illegal physical contact initiated by a player on the offensive team. For instance, the referee will invoke a charging violation if a dribbler collides with a stationary defender who is not in motion, with the consequence being that the opposing team gains possession of the ball as a penalty.

Holding: When a player uses their hands to grab their opponent to impede or prevent them from moving or advancing with or without the ball.

Illegal Hand Use: When a player uses their hands in a fashion that the referees deem illegal, typically in the form of touching a shooter's arm or hand through their release or touching after an attempted steal.

Hand Check: When a player continually uses their hands on an opposing player. This foul typically called on defenders at the perimeter to keep a safe distance between the ballhandler and the basket.

Blocking: When a defender contacts an offensive player without establishing position, without giving proper space or is in the charge circle.

Illegal or Moving Pick/Screen: When a player fails to maintain a set position while setting a screen or pick. Screens must be performed in a standstill manner.

Elbowing: When a player excessively swings their elbows and hits another player.

Charging: When an offensive player contacts a defender who has established position in front of an offensive player with or without the basketball and is not moving.

Technical Fouls:

A technical foul is officially defined as a violation of specific rules of the game, typically not associated with physical contact but often involving unsportsmanlike conduct based on the official's judgment.

Players and coaches are subject to ejection from a game after accumulating two technical fouls in a single game. Coaches who are ejected from a game will consequently serve a one-game suspension in the following week.

Should a coach accumulate a third technical foul over the course of the season, they will be immediately ejected from the ongoing game and removed from the league.

Ejection from a game may result in removal from the facility.

Flagrant Fouls:

A flagrant foul is when a player performs an act of violence that can seriously injure or harm others on the court. This can be unintentional or deliberate. Flagrant fouls can also result in player ejections at the referee's discretion.

U8 Based Rule Adaptions

The U8 rule adaptations were created to easily introduce the game of basketball at the younger age division. All rules in this rulebook will apply to the U8 age division with the following changes.

Equipment and Court Specifications:

Size of Ball: U8: Size 5 (27.5-inch circumference).

Height of Basket: U8: 8 feet.

Defense:

U8 Greeley Rec Wristband Rules:

Player to Player Defense rules apply in addition to players wearing colored wrist bands to help players remember their guarding assignments.

Basics: At the commencement of each match, each head coach will receive 10 wristbands (2 of each color to match the opposing team) from the Court Supervisor.

Coaches are required to return all wristbands to the Court Supervisor at the conclusion of the match.

Colors:

- Boys League: Black, Dark Blue, Green, Red, White
- Girls League: Light Blue, Orange, Pink, Purple, Yellow

If at any time a defensive player switches offensive players they are covering when a pick or screen occurs, they must return to guarding their color by the next change of possession.

Substitutions: All players must don the appropriate color wristband on their wrist before approaching the official's table for a substitution.

Substitutes are only allowed to replace a teammate wearing the same color wristband. During gameplay, players are obligated to reset and guard the offensive player wearing a wristband of matching color following each change of possession. Players must always wear wristbands during play.

Stealing: Attempting to steal the ball from an offensive player is not permissible at any time. Stealing, as called by the official's judgment, will result in a personal violation, with no warning for the first infraction. If a defensive player steals from the offensive player dribbling, play will be stopped to reset the possession. Players may steal or intercept during a pass, defined as an offensive player voluntarily giving up possession of the ball by throwing it to a teammate, or if the ball is loose.

Pressing Defense: Pressing defense is not allowed until the ball crosses half court. This means no full or half-court press defense. When a defensive team gains control of the ball from a rebound or a stolen pass in their backcourt, the opposing team must establish their defense behind the 3-point arc in their own backcourt.

Once the offensive team advances beyond half court and enters their front court, the defensive team can defend anywhere on the front court. Pressing defense called by the judgment of the official will result in a warning, and play will be halted to position the defense correctly before the inbound pass.

Inbounding Passes: Inbound passers are not allowed to be guarded by the defense.

Offense:

Backcourt Timeline: There is no backcourt timeline for the offensive team, although it is recommended that they take no longer than 10 seconds to cross half court with the ball.

Lane Violations: No specific time limits are imposed for offensive lane violations, but it is suggested that players do not spend more than 5 seconds continuously within the shooting lane.

5 Seconds Closely Guarded: There is no specific time frame for an offensive player to pass or shoot the ball when closely guarded, although it is recommended that they pass or shoot within 5 seconds of being closely guarded.

Inbounding Passes: There will be no 5 second inbound violation, but it is suggested that the offensive player inbounds the ball within 5 seconds. The defense is not allowed to guard the inbounding passer.

Scoring: No official score will be kept on gamedays or online for U8 age divisions.

Rule of Three: With the development of young players in mind, each possession each player on offense will be granted three opportunities to correct the following violations before the call is made by the official. These violations include double dribbling and traveling.

Rationale:

Advancement of the Ball after a Timeout: The primary emphasis at the U8 level is on player development rather than complex strategies. Therefore, we prohibit pressing defense and do not automatically advance the ball after a timeout, allowing players to focus on skill development and teamwork.

Backcourt Timeline: Not enforcing a backcourt timeline for U8 players allows coaches more time to communicate and instruct players before they reach half court. This accommodation is particularly beneficial for young players who are learning the fundamentals of the game.

Clock Stoppage: Minimizing clock stoppages in U8 games enhances the overall flow of the game and ensures that children can engage in continuous play, contributing to their development and enjoyment of the sport.

Distance of Free Throw Line: Positioning the free throw line at 10 feet from the basket in U8 games aims to help players develop proper shooting form and increase their chances of success.

Height of Basket: Utilizing a lower basket height for U8 players enables players to learn and practice shooting with proper form, ultimately increasing their likelihood of making successful shots.

Playing Time: Equal and fair playing time for all participants, regardless of skill level, is essential to ensure that young children have an opportunity to experience the game and grow as athletes. This practice of providing equal playing time is encouraged at all age segments.

Scoring: Official score is not kept at the U8 division to encourage players and coaches to focus on the development of fundamental skills appropriate to the player's skill and age.

Inapplicable 3-Point Arc: Despite the presence of a 3-point arc on the court, all baskets made beyond this arc are counted as two points. This approach encourages players to shoot from a distance that is developmentally appropriate, fostering proper shooting mechanics and form.

Size of Ball: Recommending a smaller basketball for younger age segments considers the size of a child's hand and their evolving skill level. A smaller ball enhances control and success, making it more suitable for young players.

Size of Court: For U8, a 50' x 42' court size is chosen, allowing for a cross-court game on a full-sized basketball court. This dimension is more appropriate for young children, considering their relative size and space requirements.

Start of Game Possession: Implementing alternating possession rules throughout the game ensures fairness and equal opportunities for both teams to start with the ball.

Stealing from the Dribbler: Prohibiting players from stealing the ball from an active dribbler at the U8 level promotes the development of dribbling skills and builds players' confidence in ball-handling.

Free Throw Line Up: Allowing only three players per team in the lane during free throws aims to create a safer environment for rebounding while still preserving the traditional free throw line setup. This rule adjustment takes into consideration the safety and development of young players.

One Free Throw Attempt/Scoring: Allowing only one free throw worth two points allows for a faster pace of play and more time for players to spend playing and developing in game skills. It is found that the time it takes to set up a free throw at the younger age groups greatly takes away from gametime with a running clock.