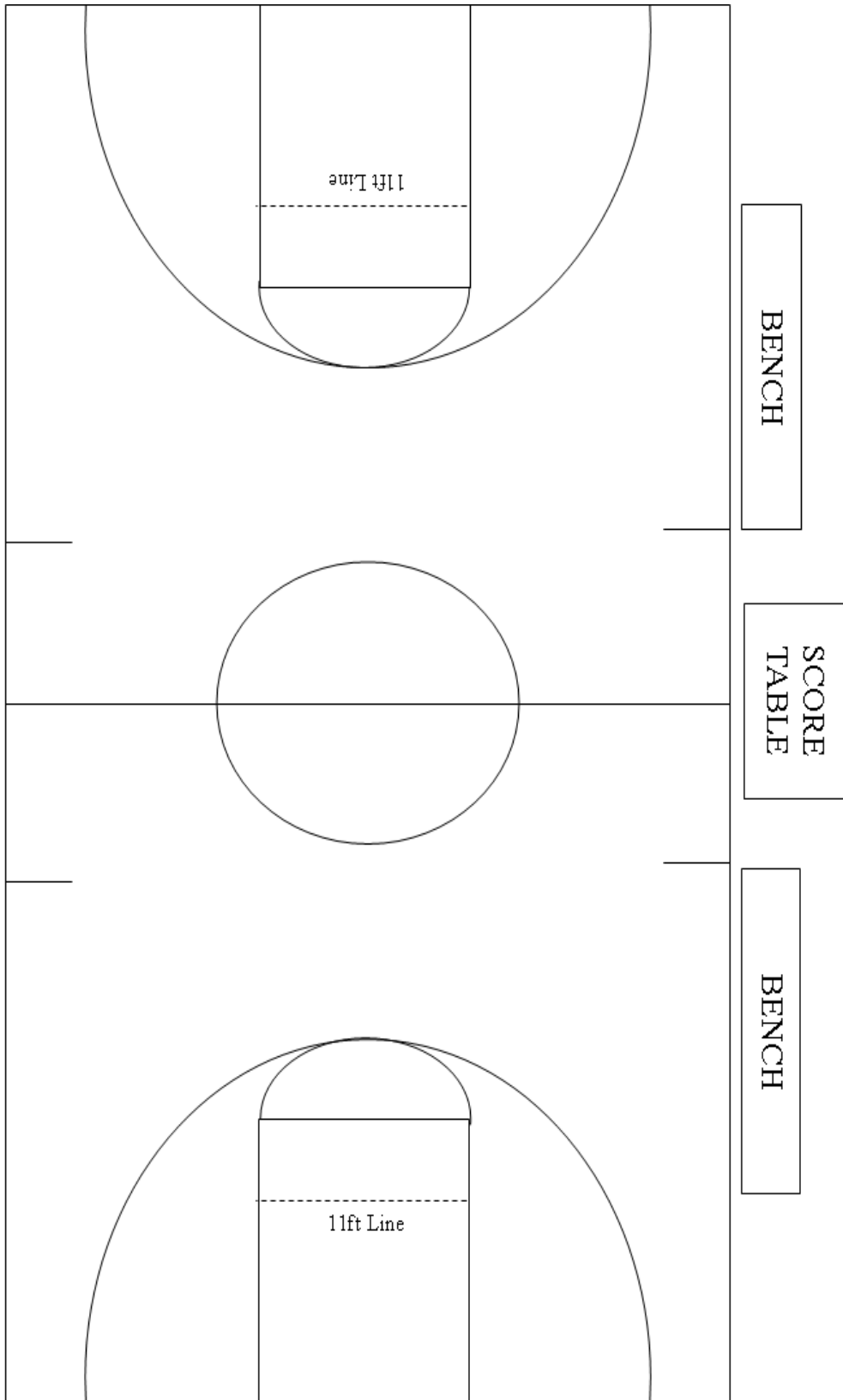


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Basketball Court



When possible, player benches should be on the opposite side of the court as the fan bleachers

RECREATION DEPARTMENT MISSION STATEMENT

PHILOSOPHICAL BASIS FOR RECREATION: All people struggle for self-realization and personal fulfillment in life. The goal of reaching full potential as human beings requires that each person exercise rights and freedoms in ways that are personally meaningful without taking the rights of others. Important among these is the way each person chooses to exercise the right to find fulfillment through education and intellectual achievement, through work, through worship, and increasingly through a positive approach to the use of unobligated time. While it is true that free time may be utilized simply as diversion or respite from life's responsibilities, it is important to recognize that many of life's most creative and meaningful achievements come not only during periods devoted to study and work but during those times and activities often referred to as leisure, recreation or play. Moreover, it is during these times and through these activities that people often make the greatest gains toward essential elements of self-realization, psychological, social and physical well-being.

DEFINITIONS: Recreation can be defined as those free time experiences, which bring true pleasure and personal satisfaction. Such experiences typically come through participation in activities which emphasize physical movement and coordination, social integration and psychological safety, cultural and aesthetic appreciation, learning and intellectual stimulation or combinations of these. While many people directly equate leisure with self-realization or self-actualization, leisure is generally considered to be free or unobligated time, the time which presents the most opportunities for engaging in recreational activities.

Recreation is first and foremost a personal matter. What is recreation for one person – bringing pleasure and satisfaction – may not be for another person. There is a tremendous range in people's recreational interests. This range is further dramatized when consideration is given to the diversity of ages, ability levels, ethnic backgrounds and economic well-being of people in society. However, individual benefits can accrue when people have opportunities to come together in recreational groups: groups with similar ages, interests, backgrounds or abilities. When these opportunities are varied, when they occur often, when they are local and when they are affordable – these are the circumstances under which the greatest number of people can benefit from recreation participation.

REASONS FOR GOVERNMENT INVOLVEMENT: The provision of local, public recreation enables local governments to provide at least some services for all people of the community. By definition, public recreation services are democratic and inclusive, encompassing citizen participation in decision making and access to all taxpayers. Public recreation has other benefits:

- It is comparatively inexpensive, providing equality of opportunity for persons with low as well as high incomes.
- It makes the most efficient use of public facilities and other community resources.
- It gives a sense of continuity and permanence to a vital area of human service.
- It helps bring renewed freshness and vitality to the community, literally increasing its attractiveness and life quality, raising its value to both present and prospective residents.

RECREATION IN THE SCHOOLS: Due to the close ties Clinton County enjoys with the schools, the following is also included:

- ◆ Recreation programs should directly reach children in the schools.
- ◆ Recreation programs should take full advantage of school resources: people and facilities for initiating, implementing and evaluating services.

- ◆ Recreation programs should exemplify educational ideals, high quality teaching prefaced by careful preparation and based on solid learning principles; provision of physical, social and psychological environments conducive to desired outcomes; and sound administrative and policy-making practices which ensure continuing support for services vital to full human development.

DEPARTMENT PURPOSES: With these understandings as a base, the staff of the Clinton County Youth Bureau Recreation Department summarizes the department's purposes as follows:

1. To provide year-round recreation opportunities which are equally accessible to all residents of the County, regardless of economic status, race, gender, religion or national origin.
2. To educate county citizens, with emphasis on children and youth of school age, on the value of learning and practicing lifetime leisure skills and appreciation's.
3. To serve as a county resource and catalyst for recreation services providing referral information, organizational expertise and planning with other agencies, organizations and citizen groups in order to more fully meet the recreational needs of all county residents.

PROGRAM OBJECTIVES **FOR THE YOUTH BASKETBALL PROGRAM**

PURPOSE: To establish clearly defined program objectives for the Youth Basketball Program.

SCOPE: Administrative and management procedures dictate that before any program can be correctly evaluated there must be clearly defined objectives for that program. The program objectives will establish and clearly state, in direct correlation with the Recreation Department's Mission Statement, the parameters by which we will gauge the operation of the program.

OBJECTIVES: The following objectives will ensure that the program's basic mission is accomplished each season. Those objectives are:

1. To provide the opportunity for recreation at no expense to the participants and without regard to ability, gender, race, color, creed, religion or national origin.
2. To pursue the development of motor and social skills; to obtain physical release to learn the value of good sportsmanship and fair play; to learn lifetime leisure skills; and to just have **FUN** in a wholesome, well-rounded, non-competitive environment.
3. To ensure equal playing time among participants without regard to ability or level of skill (providing they attend practice).
4. To teach the fundamental skills of basketball.
5. To require the participating Towns/Youth Commissions to establish, implement and enforce proper standards of conduct and good sportsmanship for **ALL** their participants.

What is Expected of County Certified Referees

County Certified Referees WILL:

1. Display an adequate & appropriate knowledge of the rules and games.
2. Conduct themselves in a professional & appropriate manner at all times.
3. Remember that the player's safety is their number one concern at all times.
4. Officiate the game in accordance with the accepted Sport & County Rules.
5. Dress appropriately and be properly equipped to officiate the game.
6. Be on time for their assigned games.
7. Submit all paperwork to the County Youth Bureau in a timely manner.
8. Contact the appropriate coordinator, well in advance when they have to miss an assigned game.
9. Keep the "playing area" a safe environment for everyone that is free of drugs, tobacco, alcohol and foul language.

Referee Reminder

Remember, you are an employee of the county.

If you do not dress, or act appropriately for games you will
be asked to LEAVE

Age Clarifications/Player Releases:

- **Age Clarifications:** The following age clarifications serve as a guideline for the placement of participants in all Basketball leagues.

<u>LEAGUE</u>	<u>BOYS & GIRLS COMPETE SEPARATELY</u>
3RD/4TH GRADE	MUST BE CURRENTLY ENROLLED IN 3 RD /4 TH GRADE
5TH/6TH GRADE	MUST BE CURRENTLY ENROLLED IN 5 TH /6 TH GRADE
7TH/8TH GRADE	MUST BE CURRENTLY ENROLLED IN 7 TH /8 TH GRADE

NOTE:

- *Basketball players can **move up** an age bracket. This must be requested by the parent and is the decision of the local Youth Commission for which the youth plays.
- *Basketball players may NOT **move down** an age bracket.
- *Basketball players must meet grade requirements to be included on a team's roster. **There is no mechanism for a player moving up if minimum grade requirements have not been met or down if they have exceeded maximum grade requirements (i.e. 2nd Graders are NOT ELIGIBLE).**
- **Once a player has participated in an upper league (Ex. 3RD/4TH grader who has played in the 5TH/6TH grade league), that player cannot play down for the remainder of the season.**

REFEREE NOTE:

All Players must participate for the town in which they physically reside and for the age appropriate level as determined by their Current Grade. Player Release Requests are submitted to the Youth Bureau PRIOR to the start of the season. Any questions should be directed to the Youth Bureau Office at 565-4750.

General Program Information for 2024 Basketball Program

- Clinton County does not keep "Standings" for its Basketball Program.
- Jewelry, such as earrings, rings, bracelets and necklaces **ARE NOT** permitted during play.
- A game should not be cancelled for lack of players. Teams should share players and complete the game. This will not be considered a **SCRIMMAGE**, but an **Official** County game.

I. Tournament Participation:

By entering the County schedule it should be every team's **FIRST** priority to play these games. Games should be rescheduled ahead of time so that teams not participating in a tournament do not miss games. **County games MAY NOT be played as a part of ANY tournament.** Any game missed because of a tournament should be made up over the course of the season. An extra week will be provided at the end of the season to allow for these make-up games. Any games played at a tournament **are not** a part of the County schedule as we do not want to change the nature of the game. Changing a game should not pose a hardship to **EITHER** team. Referees who decide to work at a tournament should note it is **NOT** recognized by the County Program. The County Rules may not be in effect, the County cannot assist with grievances and the County **WILL NOT** pay Officials for those games.

II. Participation Rule:

Starting line-ups should be changed from game to game. **Every player who attends practice should receive EQUAL playing time EACH GAME.**

The only reasonable exceptions to this rule would be unusually large rosters, or players not participating for disciplinary reasons

REFEREE NOTE:

Any questions or concerns regarding playing time should be directed to the Youth Bureau Office at 565-4750.

III. Disqualifications/Suspensions All Levels:

- Each Referee has the authority to disqualify any player, coach, substitute, or spectator for repeatedly objecting to decisions, for unsportsmanlike conduct or inappropriate language and to eject such disqualified person from the gymnasium.
- The referee shall report to the Youth Bureau (in writing) within 48 hours of the end of the game all violations of rules and other incidents worthy of comment -- including the disqualification of any coach or player and the reasons therefore. When any coach or player is disqualified for a flagrant offense such as the use of obscene or indecent language, or an assault upon a referee coach or player, the referee will notify the Recreation Director at the Clinton County Youth Bureau by phone **as soon as possible** with the details and then forward a written report.
- After receiving the referee's written report detailing the disqualification, Recreation Director will be in contact with and give recommendations to the proper Youth Commission/Coordinator for further action. (See Coaches Code of Conduct and Code of Conduct Policy)

****Referees: Because the penalty for ejections can be severe, it is respectfully requested that you ensure that you have just cause prior to disqualifying anyone.**

IV. Alcohol, Drugs, Tobacco and Abusive Language:

Will not be tolerated around the game area. All citizens and Youth Commissions are asked to help enforce this policy at their facilities. If these situations should go beyond control, referees have been instructed to discontinue the game.

V. Team Rosters:

Deadlines must be adhered to! Any team that fails to submit a roster by the established deadline will **NOT** be entered into the league schedule. **A player must appear on the Official Roster submitted to the Youth Bureau to be eligible to participate in any game OR practice.**

**Allowing a player who does not appear on your Rosters to participate is a
VIOLATION OF THE COACH'S CODE OF CONDUCT.**

The Youth Bureau asks that rosters contain AT LEAST 2 more players than the minimum required to play the game. The Youth Bureau also recommends no more than twice as many as the number of players required to play appear on each roster when possible.

VI. Game Times:

Times may vary for each game depending on court availability. Games will be scheduled in 1 hour and 15 minute increments; please be sure to start and end each game on time, as one slow-running game can affect the schedule for the entire day.

VII. Game Playing Days:

3rd/4th and 5th/6th grade games take place every Saturday (8 weeks).

7th/8th grade games take place every Saturday after 3rd/4th and 5th /6th season (4 weeks)

VIII. Officials:

A. Each Municipality will be responsible for assigning 2 officials for their home basketball games from the **approved** list provided by the Youth Bureau.

At all grade levels the County pays for up to two referees per game.

(Pay rate is the same with or without a second referee.)

The officials will be in charge of the game, making all decisions and calling all violations.

B. The Home team will be responsible for the scorebook, clock, and possession arrow.

IX. Overloading Teams:

- **“All Star” or “Elite” Teams are not permitted within the County Program.** Towns with multiple teams within the same Age Group must ensure teams are evenly split by skill level. In a program of our size, mismatches are bound to happen from town to town – however there should **NEVER** be a mismatch within the same Municipality. This is unacceptable.

The Coordinators are to split teams evenly and fairly among coaches with equal skill and age/grade levels. If Coordinators will be allowing coaches to select players for their own teams ALL COACHES should be represented at the same meeting!

To help towns ensure each team is selected fairly, the following procedures have been used successfully in the past:

Once signups are completed and multiple teams are determined to be necessary for an age group all players and coaches should be present for the first practice to assess skill level prior to the breaking up of teams.

Option 1: Break players up by Age. Coaches then take turns selecting from players in the highest age group. Then take turns selecting from players in the middle age group and finally from the lowest age group.

Option 2: Break players up by Age: Each coach then each selects one player from the highest age group, then one player from the middle age group and then one from the lowest age group.

Option 3: Break players up by skill. Each coach then takes turn selecting players based on their skill level.

X. Number of Players:

At all levels the game will be played by two teams, each consisting of not more than 5 players. Teams must have 5 players to start and 5 players to finish a County Basketball game.

XI. Ball Size

Junior basketballs (27-27.5") should be used at the 3rd/4th grade levels.

Women's basketballs (28.5") should be used at the 5th/6th and 7th/8th grade levels.

XII. Publicity

No score or record is to be listed in any local newspaper, radio or Social Media Outlet.

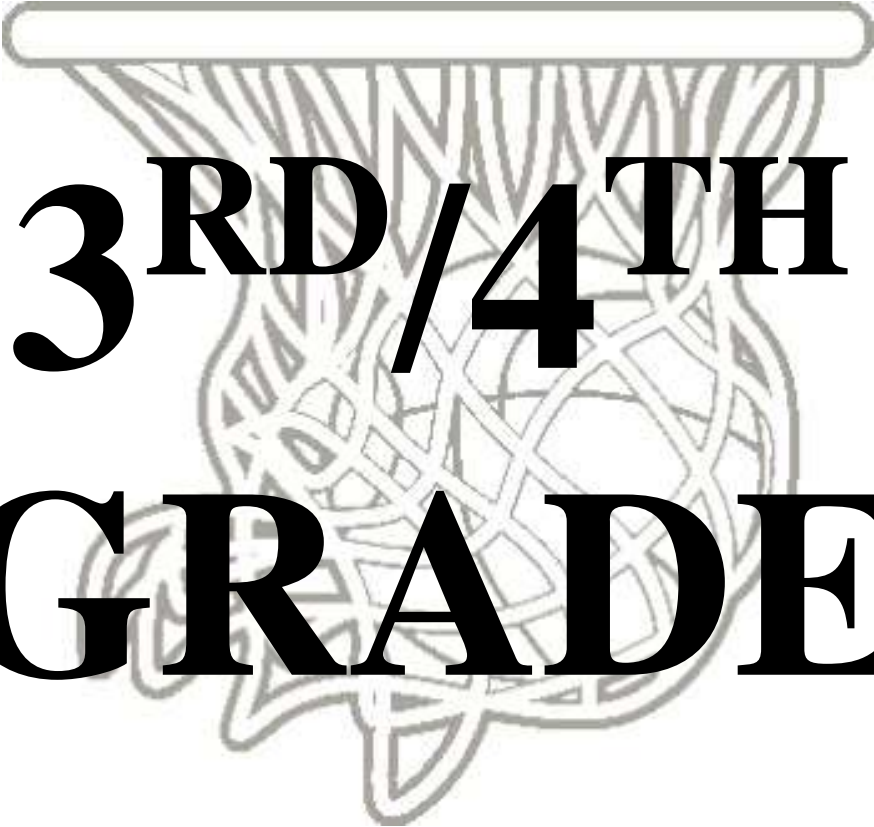
XIII. Court Playing Conditions

For safety purposes, the Youth Bureau is urging each area to maintain courts in playable conditions prior to the scheduled game times. For example: tables and chairs should be far enough away from the courts that players won't run into them. We recommend safety barriers for anything, such as wall, that can't be moved. There should be good lighting around the court area. Courts should be swept and dry. Good court conditions may prevent physical injuries.

XIV. Adult Coaches

Each County Youth Basketball Team will be permitted to have one (1) Head Coach and two (2) Assistant Coaches. Every person acting in a coaching capacity must sign and return a Code of Conduct. For your convenience copies have been included in this Manual. Please be sure any and all Assistant Coaches have completed the Code of Conduct **BEFORE** acting in a coaching capacity. Signed Codes of Conduct can be returned to the Youth Bureau via Fax (565-4775), Email (youth@clintoncountygov.com), Mail (137 Margaret Street, Plattsburgh NY 12901) or at your Recreation Assistant visits.

Allowing a person to coach who has not submitted a Code of Conduct to the Youth Bureau is a VIOLATION OF THE COACH'S CODE OF CONDUCT for the HEAD coach.



**3RD / 4TH
GRADE**

2024 3rd/4th Grade Instructional Basketball Program

****PLAYERS WHO ATTEND PRACTICE MUST HAVE EQUAL PLAYING TIME!****

(All players at the game should log the SAME amount of on-court time each day!)

I. THE GAME RULES:

- A. Four eight (8) minute quarters will comprise the game running time.
 - 1. A jump ball will start the game. Teams will alternate possession after the initial possession.
 - 2. One (1) minute is allowed between the first - second and third - fourth quarters.
 - 3. Five (5) minutes is allowed between the first and second half of the game.
 - 4. The scoreboard is reset to zero (0) at the beginning of each quarter.
 - 5. There is **NO OVERTIME!** This is a participation-based, instruction-oriented program.
- B. A Junior basketball (27-27.5") should be used at the 3rd/4th grade level.
- C. Full Court Defense is **NOT ALLOWED AT ANYTIME** during the game.
 - 1. Players should pick up **MAN to MAN** defense at the 3 point arc or at mid-court if no 3 point arc lines are visible
- D. Zone Defense is **NOT ALLOWED AT ANY TIME** during the game.
 - 1. **SWITCHING IS ALLOWED**
 - 2. *"Why no zone? It doesn't help a young person develop their body. Man to Man will improve personal skills, basketball skills, responsibility and develop athletes overall, as well as, make the game fair."* – Coach Gregg Popovich
 - 3. *Zone Defenses require offenses to shoot from farther away. This causes poor shooting mechanics and/or habits to form. Don't overwhelm the kids before they are cognitively and developmentally ready.* – John LaMalva, Alpha Youth Sports
 - 4. It does no good to teach team defense before a child has been introduced to and hopefully mastered well enough the individual aspects of defense.
- E. Double Teaming is not allowed outside of the key. Inside the key Man-to-Man Double Teaming is permitted.
 - 1. If a Referee judges that either foot or any part of the ball is inside the key a Double Teaming Violation will **NOT** be called.
- F. Jewelry and/or Hair Beads **ARE NOT ALLOWED** on ANY player!
 - 1. This includes all necklaces, earrings, rings and bracelets
 - 2. Earrings **may not** be "taped over" they must be **REMOVED**
 - 3. Medical Alert and/or Religious medals must be taped to the body.

II. CLOCK STOPPAGE:

- A. The clock will stop any time the Referee signals:
 - 1. A timeout is granted
 - 2. A foul is called
 - 3. A held ball is called
 - 4. A violation occurs
 - 5. An injury or other emergency situation arises
 - 6. The referee stops play to confer with the scorer/timer

7. There is an unusual delay in bringing a dead ball live
8. Unsportsmanlike behavior occurs
9. A ball Out-of-Bounds is called

B. The clock will NOT stop on a made basket

III. SCORING:

A. Each basket will result in two (2) points.

B. Free throws are worth one (1) point each.

C. There are NO three (3) point baskets

IV. FREE THROW RULES:

A. The FT shall be attempted from behind the FT line

1. A second free throw line will be eleven (11) feet from the basket instead of the regulation distance of fifteen (15) feet. Players will have the option to shoot from the regulation distance (15 feet) or alternate distance (11 feet). The player must choose which line they will shoot from before attempting their first free throw (FT). Players cannot shoot their first FT from the 15 foot line and the second FT from the 11 foot line. They must shoot both FT's from the same line. Line violations will be called. (Because of the 11 feet option and the National Federation Rule Guidelines, the last two blocks closest to the 15 foot free throw line will remain empty; i.e. players may occupy bottom blocks as to not be positioned behind the shooter.)

B. An opponent of the FT shooter shall occupy each lane space adjacent to the end line during the FT.

C. When the shooter is given the ball:

1. They must attempt their FT within 10 seconds. The try must be successful or touch the rim of the basket.
2. The FT shooter cannot fake a try nor can any other player along the lane fake to cause an opponent to violate lane rules
3. Opponents cannot attempt to distract the FT shooter
4. Players along the lane must establish their position before the ball is given to the FT shooter for their try.
5. The FT shooters' feet must be behind the FT line they are shooting from.
6. Players along the lane, in marked lane spaces, must have both their feet within their marked lane space and not on or over the lane lines.
7. Players can move when ball has contact with the rim

V. FOULS:

A. Any contact that affects the course of the game or any non-contact activity (such as face guarding or shouting) that affects the course of the game is a personal foul

1. Blocking is illegal personal contact, which interferes with the progress of the offensive player
2. Charging is illegal personal contact by the pushing or moving into the torso of an opponent who has established their position.
3. Generally speaking an offensive player “charges” and a defensive player “blocks”

- B.** An offensive player with the ball must stop or change direction to avoid contact with a defensive player who has established their position in the path of the approaching offensive player.
1. If the defensive player has established a legal guarding position, the offensive player with the ball must get their head and shoulders past the front of the torso of the defensive player.
 2. If contact occurs on the front of the torso of the defensive player, the offensive player is responsible for the contact and is called for a charging foul.
- C.** The offensive player with the ball may not push the torso of their defensive player to gain an advantage in order to pass, shoot or dribble.
- D.** Any unsportsmanlike conduct, actions which may cause injury, delay of the game, a flagrant personal foul that is committed while the ball is dead, or illegal use of the basket support, shall result in a two (2) shot technical foul plus possession of the ball to the team shooting the technical foul shots.
- E.** Player control foul is a foul committed by a player while they are in control of the ball - counts towards team fouls. No free throws are awarded for player control fouls. The possession of the ball is switched.
1. A player controls the ball when they are holding or dribbling a live ball inbounds. There is no control when the dribble is interrupted.
- F.** Team control foul is a foul committed by a player while their team is in control of the ball – counts towards team fouls. No free throws are awarded for team control fouls (unless the action warrants a technical foul). The possession of the ball is switched
1. A team controls the ball when a player on that team controls the ball, while the ball is being passed among teammates and during an interrupted dribble. Team continues control until:
 - a. The ball is in flight during a try or tap for basket
 - b. An opponent secures control of the ball
 - c. The ball becomes dead
 2. While the ball is live, a loose ball remains in the control of the team who last controlled it, unless it is a try or tap for a basket.
 3. Team control does not exist during a jump ball or the touching of a rebound, until control is re-established.
 - a. The ball is in flight during a try or tap for basket
 - b. An opponent secures control of the ball
 - c. The ball becomes dead
- G.** Penalties are awarded as follows:
1. Foul on a missed field goal attempt - 2 free throws
 2. Foul on a successful field goal attempt - 1 free throw
 3. Offensive player fouled not in the act of shooting - ball awarded out of bounds or one and one
 4. Loose Ball Foul - out of bounds or one and one
 5. Technical Foul - two (2) free throws plus possession of the ball to the team shooting the FT's
 6. Flagrant/Intentional/Unsportsmanlike Foul - immediate ejection, two (2) free throws plus possession of the ball for the team shooting the free throws.


7. Offensive Foul - whereby an offensive player collides with or pushes a defensive player who has clearly established position, so as to displace the defensive player or to establish a new position of their own, is loss of possession.
8. Seven (7) team fouls in a half results in a one and one situation.

VI. VIOLATIONS:

- A. **Three Seconds:** An offensive player cannot remain in contact with their offensive free throw lane for longer than 3 seconds while their team controls the ball in their frontcourt. Allowances will be made for the offensive player who, having been in the restricted area for less than 3 seconds, dribbles or moves in to try for a goal. The count shall not begin, or it will be terminated, during an interrupted dribble.
- B. **Ten Seconds:** The offensive team may not be in continuous control of the ball in their backcourt for more than 10 seconds. The ball must be advanced by the offensive team, over the mid court line, within 10 seconds of having taken possession of the ball.
- C. **Lane Violation:** This rule applies to both offense and defense. When a player attempts a free throw, none of the players lined up along the free throw lane may enter the lane until the ball contacts the rim. If a defensive player jumps into the lane early, the shooter receives another shot if the shot misses. An offensive player entering the lane too early nullifies the shot if it is made.
- D. **Backcourt Violation:** Once a team controls the ball in the front court, a player on that team cannot be first to touch the ball, if he/she or a teammate was last to touch the ball, after the ball has crossed into the backcourt.
- E. **Travel:** A player holding the ball moves one or both of their feet illegally. Most commonly, a player travels by illegally moving his or her pivot foot or taking three or more steps without dribbling the ball. A player cannot travel until they have secured control of the ball.
- F. **Illegal Dribble (Double Dribble):** A player uses both hands simultaneously to dribble the ball or begins to dribble the ball a second time after having come to a complete stop

VII. RULE BOOK:

- A. The National Federation High School Rule Book is the **only book** which applies to our program. All exceptions and adoptions are included in this handbook.



**5TH / 6TH
GRADE**

2024 5th/6th Grade Instructional Basketball Program

****PLAYERS WHO ATTEND PRACTICE MUST HAVE EQUAL PLAYING TIME!****

(All players at the game should log the SAME amount of on-court time each day!)

I. THE GAME RULES:

- A. Four eight (8) minute quarters will comprise the game running time.
 - 1. A jump ball will start the game. Teams will alternate possession after the initial possession.
 - 2. One (1) minute is allowed between the first - second and third - fourth quarters.
 - 3. Five (5) minutes is allowed between the first and second half of the game.
 - 4. The scoreboard is reset to zero (0) at the beginning of each quarter.
 - 5. There is NO OVERTIME! This is a participation-based, instruction-oriented program.
- B. A Women's basketball (28.5") should be used at the 5th/6th grade level.
- C. Full court defense IS ALLOWED ONLY during the final minute of the first half and the final minute of the second half.
 - 1. Players should pick up MAN to MAN defense at the 3 point arc or at mid-court if no 3 point arc lines are visible.
- D. Zone Defense is NOT ALLOWED AT ANY TIME during the game.
 - 1. SWITCHING IS ALLOWED
 - 2. *"Why no zone? It doesn't help a young person develop their body. Man to Man will improve personal skills, basketball skills, responsibility and develop athletes overall, as well as, make the game fair."* – Coach Gregg Popovich
 - 3. *Zone Defenses require offenses to shoot from farther away. This causes poor shooting mechanics and/or habits to form. Don't overwhelm the kids before they are cognitively and developmentally ready.* – John LaMalva, Alpha Youth Sports
 - 4. It does no good to teach team defense before a child has been introduced to and hopefully mastered well enough the individual aspects of defense.
- E. Double Teaming is not allowed outside of the key. Inside the key Man-to-Man Double Teaming is permitted.
 - 1. If a Referee judges that either foot or any part of the ball is inside the key a Double Teaming Violation will NOT be called.
- F. Jewelry and/or Hair Beads ARE NOT ALLOWED on ANY player!
 - 1. This includes all necklaces, earrings, rings and bracelets
 - 2. Earrings **may not** be "taped over" they must be REMOVED
 - 3. Medical Alert and/or Religious medals must be taped to the body.

II. CLOCK STOPPAGE:

- A. The clock will stop any time the Referee signals:
 - 1. A timeout is granted
 - 2. A foul is called
 - 3. A held ball is called
 - 4. A violation occurs
 - 5. An injury or other emergency situation arises

6. The referee stops play to confer with the scorer/timer
7. There is an unusual delay in bringing a dead ball live
8. Unsportsmanlike behavior occurs
9. A ball Out-of-Bounds is called

B. The clock will NOT stop on a made basket

III. SCORING:

A. Each basket will result in two (2) points.

B. Free throws are worth one (1) point each.

C. There are NO three (3) point baskets

IV. FREE THROW RULES:

A. The FT shall be attempted from behind the FT line

1. A second free throw line will be eleven (11) feet from the basket instead of the regulation distance of fifteen (15) feet. Players will have the option to shoot from the regulation distance (15 feet) or alternate distance (11 feet). The player must choose which line they will shoot from before attempting their first free throw (FT). Players cannot shoot their first FT from the 15 foot line and the second FT from the 11 foot line. They must shoot both FT's from the same line. Line violations will be called. (Because of the 11 feet option and National Federation Rules, the last two blocks closest to the 15 foot free throw line will remain empty; i.e. players may occupy bottom blocks as to not be positioned behind the shooter.)

B. An opponent of the FT shooter shall occupy each lane space adjacent to the end line during the FT.

C. When the shooter is given the ball:

1. They must attempt their FT within 10 seconds. The try must be successful or touch the rim of the basket.
2. The FT shooter cannot fake a try nor can any other player along the lane fake to cause an opponent to violate lane rules
3. Opponents cannot attempt to distract the FT shooter
4. Players along the lane must establish their position before the ball is given to the FT shooter for their try.
5. The FT shooters' feet must be behind the FT line they are shooting from.
6. Players along the lane, in marked lane spaces, must have both their feet within their marked lane space and not on or over the lane lines.
7. Players can move when ball has contact with the rim

V. FOULS:

A. Any contact that affects the course of the game or any non-contact activity (such as face guarding or shouting) that affects the course of the game is a personal foul

1. Blocking is illegal personal contact, which interferes with the progress of the offensive player
2. Charging is illegal personal contact by the pushing or moving into the torso of an opponent who has established their position.

3. Generally speaking an offensive player “charges” and a defensive player “blocks”
- B.** An offensive player with the ball must stop or change direction to avoid contact with a defensive player who has established their position in the path of the approaching offensive player.
1. If the defensive player has established a legal guarding position, the offensive player with the ball must get their head and shoulders past the front of the torso of the defensive player.
 2. If contact occurs on the front of the torso of the defensive player, the offensive player is responsible for the contact and is called for a charging foul.
- C.** The offensive player with the ball may not push the torso of their defensive player to gain an advantage in order to pass, shoot or dribble.
- D.** Any unsportsmanlike conduct, actions which may cause injury, delay of the game, a flagrant personal foul that is committed while the ball is dead, or illegal use of the basket support, shall result in a two (2) shot technical foul plus possession of the ball to the team shooting the technical foul shots.
- E.** Player control foul is a foul committed by a player while they are in control of the ball - counts towards team fouls. No free throws are awarded for player control fouls. The possession of the ball is switched.
1. A player controls the ball when they are holding or dribbling a live ball inbounds. There is no control when the dribble is interrupted.
- F.** Team control foul is a foul committed by a player while their team is in control of the ball – counts towards team fouls. No free throws are awarded for team control fouls (unless the action warrants a technical foul). The possession of the ball is switched
1. A team controls the ball when a player on that team controls the ball, while the ball is being passed among teammates and during an interrupted dribble. Team continues control until:
 - a. The ball is in flight during a try or tap for basket
 - b. An opponent secures control of the ball
 - c. The ball becomes dead
 2. While the ball is live, a loose ball remains in the control of the team who last controlled it, unless it is a try or tap for a basket.
- G.** Penalties are awarded as follows:
1. Foul on a missed field goal attempt - 2 free throws
 2. Foul on a successful field goal attempt - 1 free throw
 3. Offensive player fouled not in the act of shooting - ball awarded out of bounds or one and one
 4. Loose Ball Foul - out of bounds or one and one
 5. Technical Foul - two (2) free throws plus possession of the ball to the team shooting the FT's
 6. Flagrant/Intentional/Unsportsmanlike Foul - immediate ejection, two (2) free throws plus possession of the ball for the team shooting the free throws.
 7. Offensive Foul - whereby an offensive player collides with or pushes a defensive player who has clearly established position, so as to displace the defensive player or to establish a new position of their own, is loss of possession.
 8. Seven (7) team fouls in a half results in a one and one situation.

VI. VIOLATIONS:

1. **Three Seconds:** An offensive player cannot remain in contact with their offensive free throw lane for longer than 3 seconds while their team controls the ball in their frontcourt. Allowances will be made for the offensive player who, having been in the restricted area for less than 3 seconds, dribbles or moves in to try for a goal. The count shall not begin, or it will be terminated, during an interrupted dribble.
2. **Ten Seconds:** The offensive team may not be in continuous control of the ball in their backcourt for more than 10 seconds. The ball must be advanced by the offensive team, over the mid court line, within 10 seconds of having taken possession of the ball.
3. **Lane Violation:** This rule applies to both offense and defense. When a player attempts a free throw, none of the players lined up along the free throw lane may enter the lane until the ball contacts the rim. If a defensive player jumps into the lane early, the shooter receives another shot if the shot misses. An offensive player entering the lane too early nullifies the shot if it is made.
4. **Backcourt Violation:** Once a team controls the ball in the front court, a player on that team cannot be first to touch the ball, if he/she or a teammate was last to touch the ball, after the ball has crossed into the backcourt.
5. **Travel:** A player holding the ball moves one or both of their feet illegally. Most commonly, a player travels by illegally moving his or her pivot foot or taking three or more steps without dribbling the ball. A player cannot travel until they have secured control of the ball.
6. **Illegal Dribble (Double Dribble):** A player uses both hands simultaneously to dribble the ball or begins to dribble the ball a second time after having come to a complete stop

VII. RULE BOOK:

1. The National Federation High School Rule Book is the **only book** which applies to our program. All exceptions and adoptions are included in this handbook.



**7TH/8TH
GRADE**

2024 7th/8th Grade Instructional Basketball Program

****PLAYERS WHO ATTEND PRACTICE MUST HAVE EQUAL PLAYING TIME!****

(All players at the game should log the SAME amount of on-court time each day!)

I. THE GAME RULES:

- A.** Four ten (10) minute quarters will comprise the game running time.
 - 1. A jump ball will start the game. Teams will alternate possession after the initial possession.
 - 2. One (1) minute is allowed between the first - second and third - fourth quarters.
 - 3. Five (5) minutes is allowed between the first and second half of the game.
 - 4. The scoreboard is reset to zero (0) at the beginning of each quarter.
 - 5. There is **NO OVERTIME!** This is a participation-based, instruction-oriented program.

- B.** A Women's basketball (28.5") should be used at the 7th/8th grade level.

- C.** Full court defense **IS ALLOWED ONLY** during the final minute of the first half and the final minute of the second half.
 - 1. Players should pick up **MAN to MAN** defense at the 3 point arc or at mid-court if no 3 point arc lines are visible.

- D.** Zone Defense is **NOT ALLOWED AT ANY TIME** during the game.
 - 1. **SWITCHING IS ALLOWED**
 - 2. *"Why no zone? It doesn't help a young person develop their body. Man to Man will improve personal skills, basketball skills, responsibility and develop athletes overall, as well as, make the game fair."* – Coach Gregg Popovich
 - 3. *Zone Defenses require offenses to shoot from farther away. This causes poor shooting mechanics and/or habits to form. Don't overwhelm the kids before they are cognitively and developmentally ready.* – John LaMalva, Alpha Youth Sports
 - 4. It does no good to teach team defense before a child has been introduced to and hopefully mastered well enough the individual aspects of defense.

- E.** Double Teaming is not allowed outside of the key. Inside the key Man-to-Man Double Teaming is permitted.
 - 1. If a Referee judges that either foot or any part of the ball is inside the key a Double Teaming Violation will **NOT** be called.

- F.** Jewelry and/or Hair Beads **ARE NOT ALLOWED** on ANY player!
 - 1. This includes all necklaces, earrings, rings and bracelets
 - 2. Earrings may not be "taped over" they must be **REMOVED**
 - 3. Medical Alert and/or Religious medals must be taped to the body.

II. CLOCK STOPPAGE:

- A.** The clock will stop any time the Referee signals:
 - 1. A timeout is granted
 - 2. A foul is called
 - 3. A held ball is called
 - 4. A violation occurs
 - 5. An injury or other emergency situation arises

6. The referee stops play to confer with the scorer/timer
7. There is an unusual delay in bringing a dead ball live
8. Unsportsmanlike behavior occurs
9. A ball Out-of-Bounds is called

B. The clock will NOT stop on a made basket

III. SCORING:

A. Each basket will result in two (2) points.

B. Free throws are worth one (1) point each.

C. There are NO three (3) point baskets

IV. FREE THROW RULES:

A. The FT shall be attempted from behind the 15 foot FT line

B. An opponent of the FT shooter shall occupy each lane space adjacent to the end line during the FT.

C. When the shooter is given the ball:

1. They must attempt their FT within 10 seconds. The try must be successful or touch the rim of the basket.
2. The FT shooter cannot fake a try nor can any other player along the lane fake to cause an opponent to violate lane rules
3. Opponents cannot attempt to distract the FT shooter
4. Players along the lane must establish their position before the ball is given to the FT shooter for their try.
5. The FT shooters' feet must be behind the FT line they are shooting from.
6. Players along the lane, in marked lane spaces, must have both their feet within their marked lane space and not on or over the lane lines.
7. Players can move when ball has contact with the rim

V. FOULS:

A. Any contact that affects the course of the game or any non-contact activity (such as face guarding or shouting) that affects the course of the game is a personal foul

1. Blocking is illegal personal contact, which interferes with the progress of the offensive player
2. Charging is illegal personal contact by the pushing or moving into the torso of an opponent who has established their position.
3. Generally speaking an offensive player “charges” and a defensive player “blocks”

B. An offensive player with the ball must stop or change direction to avoid contact with a defensive player who has established their position in the path of the approaching offensive player.

1. If the defensive player has established a legal guarding position, the offensive player with the ball must get their head and shoulders past the front of the torso of the defensive player.

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 - a. The ball is in flight during a try or tap for basket
 - b. An opponent secures control of the ball
 - c. The ball becomes dead
 2. While the ball is live, a loose ball remains in the control of the team who last controlled it, unless it is a try or tap for a basket.
 3. Team control does not exist during a jump ball or the touching of a rebound, until control is re-established.
 - a. The ball is in flight during a try or tap for basket
 - b. An opponent secures control of the ball
 - c. The ball becomes dead
- G.** Penalties are awarded as follows:
1. Foul on a missed field goal attempt - 2 free throws
 2. Foul on a successful field goal attempt - 1 free throw
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- C. Lane Violation:** This rule applies to both offense and defense. When a player attempts a free throw, none of the players lined up along the free throw lane may enter the lane until the ball contacts the rim. If a defensive player jumps into the lane early, the shooter receives another shot if the shot misses. An offensive player entering the lane too early nullifies the shot if it is made.
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VII. RULE BOOK:

- A.** The National Federation High School Rule Book is the **only book** which applies to our program. All exceptions and adoptions are included in this handbook.

Prerequisites for Good Refereeing:

General Expectations of Referees

1. Proper Attire and Neat Appearance
 - Uniform Shirt & Whistle
2. Acting Professional and Alert
 - Pay close attention
 - Know where the ball is at all times
 - Act like you want to be there
3. Get to the court early
 - Get to the court 15 minutes before the start of your first game dressed and ready to work
4. Make calls loud and assertive
 - Both coaches should be able to hear you at all times when making a call
5. Hustle into position on each play
 - Appropriate positioning will help you make the right calls
6. Good, Consistent Mechanics
 - Run to the play
 - Think about the call
 - Make an assertive call with sharp, visible signals

General Reminders:

- Personal appearance is invaluable. It is required you dress appropriately for the job. County Referees must wear the shirt issued at certification clinic while officiating. No jeans, bright-colored hats or sandals are permitted. **Since you are a paid employee of Clinton County, if a member of the Recreation Staff attends a game in which you are dressed inappropriately you may be asked to leave.**
- **Referee Standard Equipment:**
 1. Uniform Shirt
 2. Whistle

The Effective Referee:

- Decisions must be made positively and promptly. A referee **has to run** to keep up with the game play and make all calls. They stop where they see a violation. Know exactly where the ball is at all times. All calls should be made loudly and clearly so that players of both teams can hear them. A strong voice is an asset.
- Good refereeing is dependent (to a large extent) upon a complete knowledge and understanding of the rules and proper positioning.
- A referee must ignore remarks from the crowd and spectators. Do not let stray comments affect your judgment.
- The efficient referee will not make a spectacle of his/her position.
- Referees must be courteous to players and coaches, but avoid visiting with them immediately before during, or after the game. Any discussion should be brief.
- The judgment necessary in making a decision is acquired through experience. Rule on the play exactly as it was seen. You will make mistakes. NEVER attempt to "even things up". Learn from your mistakes to become a better referee next time.
- Referees working together must have a mutual respect. Support each other; don't be afraid to ask opinions of each other. That being said; **DO NOT** openly disagree with your partner on calls. If a call is in question, referees should meet briefly to discuss the call.

Game Rules & Referee Calls:

- You will want to adjust your approach to be appropriate for each particular game. Note what level you will be officiating and plan accordingly. Refresh yourself of the particular rules for each level prior to the game. You will officiate games where players are experienced and knowledgeable of the game, in these games your sole responsibility will be officiating and calling possession. In games with inexperienced players you will be “coaching” as well. After blowing your whistle you will need to explain what the player did wrong. This is a learning league; players will be looking to you for cues. **Remember your main job as a referee is to minimize the possibility of injury and maximize the enjoyment of all participants.**

Dealing with Problems:

- As a referee you may come across situations where a behavior (or behaviors) is deemed inappropriate for the County Basketball Program. As the referee you must address these issues with the County Coaches.
 - The County Referee (or Referees) should meet with both the Home and Away Head Coaches when addressing issues
 - The County Referee only deals directly with the Head Coaches. Issues with Assistant Coaches, Score Keepers, Players, Parents or Spectators should be addressed with the Head Coach.
 - The issue(s) should be spelled out clearly for the coaches and an opportunity to make changes and continue the game should be given. If the issue is then resolved the game can continue as planned. Should the issue not be resolved two choices should be given to the coach; change the behavior or end the game.
 - Referees may sit any player that shows poor sportsmanship, uses inappropriate language or fouls excessively.
 - Referees always have the choice to end a game because of inappropriate behavior. Any time a game is ended because of behavior an Unsportsmanlike Conduct Report Form should be completed and returned to the Youth Bureau Office

	DO's	DONT's
1	Keep poise through trying situations.	Carry on idle conversations with coaches, players, parents or referees when the game does not require it.
2	Hustle during each game (angle, distance and timing are important).	Assume that you can make accurate calls standing in one position.
3	Have the desire to make the right calls (hustle and be open to learning from mistakes).	Get angry at coaches or players for being upset with the outcome of a play.
4	Stay in control of the game, even when emotions run high during the game.	Allow a bad call to persuade future calls.
5	If you are uncertain about a call, ask your other referee for assistance.	If a coach is asking you a question or discussing a call made, ignore him until he goes away.
6	Stay active and alert at all time during a game.	Go into each game thinking you know all of the rules because you have played before.
7	Make calls loud, assertive and with the proper signals.	Mumble calls so only the player next to you can hear you.
8	Explain the calls you make to the players learning the sport, they are looking to you as a teacher as well.	Justify why you made a call to ANYONE. You can explain as a teaching tool but you do not need to justify your calls to ANYONE!

Qualities of a Good Referee:

- Good Communication.
- Develop a style that works.
- Follow the action.
- Use good judgment.
- Your reputation precedes you. People notice and remember both good and not-so-good refereeing. When you get to the field, someone will be watching.
- Don't disagree openly with your partner regarding a decision he/she makes. Wait until after the game and discuss it with him/her.
- Be consistent.
- Be prepared to handle coaches' complaints.
- Be alert.

OFFICIATING COUNTY YOUTH BASKETBALL

I. PRE-GAME:

A. Dressed and ready to officiate at the site 15 minutes before the start of your FIRST game.

B. Inspect the court.

1. Is there water anywhere that a player may slip on?
2. Does the floor need to be swept?
3. Are all of the tables/chairs pushed back far away from the court?

C. Meet with Coaches (both referees).

1. Ask both coaches:
 - a. *"Are your players legally and properly equipped and will they remain so for the duration of the competition?"*
**** By asking you do not need to check each player or piece of equipment individually. If you notice any illegal equipment during the game it must be addressed immediately.**
 - b. *"Do you ensure that your teams exhibit respect and good sportsmanship?"*
 - c. *"Have all of your Assistant Coaches signed and returned a Code of Conduct?"*
****If they say no, tell them there are extra copies in their Coach Manual and they should sign them BEFORE the game starts.**
2. Go over "Court Rules"
 - a. What lines do they use for over and back?
 - b. What lines do they use for the 3-point arc?

D. Find out who the Timer/Score Keeper is.

1. Let them know the clock starts and stops on your calls.
 - a. Any time you raise your hand in the air the clock should stop
 - b. The clock DOES NOT stop on a made basket
2. Will they be keeping track of the possession arrow?
 - a. You should be prepared to keep track of possession yourself. Keep a coin in your pocket or wear something on your wrist so you can keep track while you referee.
3. Remind them the score should be reset to ZERO every quarter.

E. Check the game ball.

1. Make sure it is the correct size.
 - a. 3rd/4th grade – 27-27.5" or Junior
 - b. 5th/6th grade – 28.5" or Women's
 - c. 7th/8th grade – 28.5" or Women's
2. Make sure it is inflated properly.
 - a. The ball should bounce up to waist height when you dribble

II. DURING THE GAME:

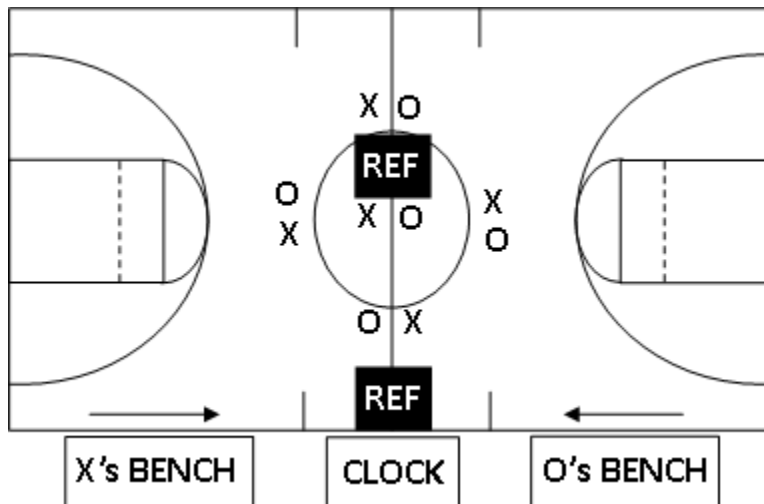
A. Match the players up

1. The coaches will assist with this
2. You can go by size or position number (1-5)
3. You will want to do this every quarter and every time there is a mass-substitution

1	2	3	4	5
X	X	X	X	X
O	O	O	O	O
1	2	3	4	5

B. Jump Ball

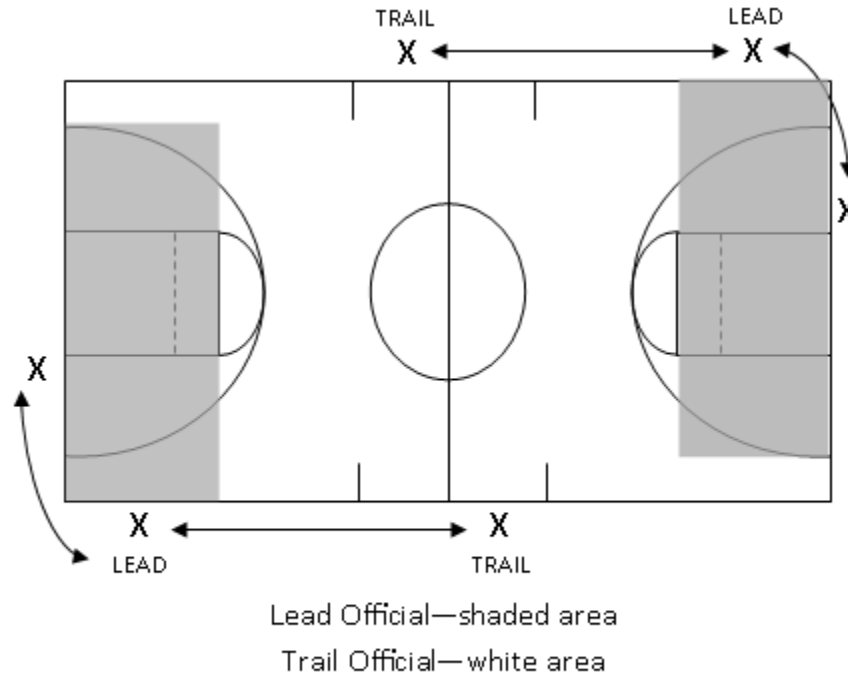
1. Referee Positioning:
 - a. The Referee throwing the jump ball should face the scorer's table.
 - b. The other Referee should stand at mid court directly in front of the score table facing the jump ball.
 - c. The Referee not throwing the jump ball will become the LEAD official no matter what way the jump goes.
 - d. The Referee throwing the jump ball will become the TRAIL official.
2. Player Positioning:
 - a. Referees will assist players in lining up properly
 - b. "Jumpers" will face AWAY from their bench TOWARDS the basket they are attacking.
 - c. All "non-jumping" players must line up outside the circle.
3. The Jump
 - a. The ball should be tossed with one palm.
 - b. The ball should go about a foot higher than they can jump (high enough that they have to jump for it, but not so high they have to wait for it to come down).
 - c. The jumpers cannot grab or catch the ball.
 - d. The jumpers can tap the ball once or twice but then cannot touch it again until it touches another player OR the floor.



C. Referee Positioning

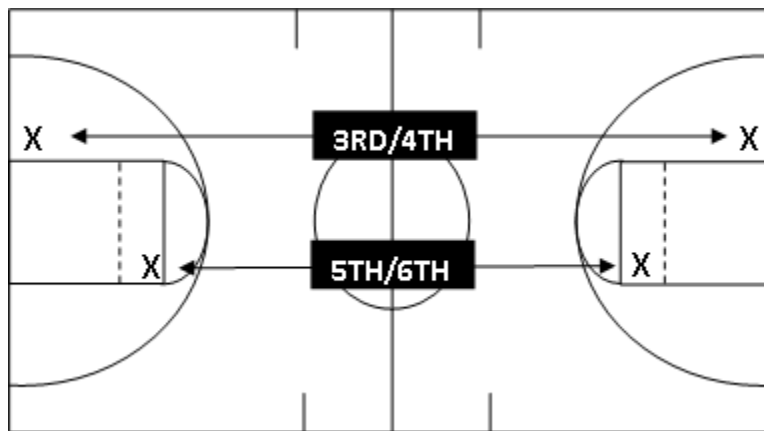
1. Two-Ref System
 - a. Referees will RUN to keep up with the play
 - b. LEAD official will be in front of the ball
 - c. TRAIL official will be behind the ball
 - d. Lead and Trail will switch as the direction of the ball switches.

- e. Referees will watch the BALL when it is in their area and watch the PLAYERS in their area when the ball is not.
- f. LEAD Official – responsible for the area from the three-point arc to the baseline. They should pinch into the paint as the ball moves.
- g. TRAIL Official – responsible for the backcourt and front court above the three-point arc.



2. One-Ref System

- a. Referee will RUN to keep up with the play.
- b. Referee will cover the whole court.
 - 3rd/4th Grade low-block to low-block
 - 5th/6th Grade foul line to foul line
- c. Watching the ball is your first priority, fouls off the ball will be missed “oh well”, you can’t be everywhere and see everything.

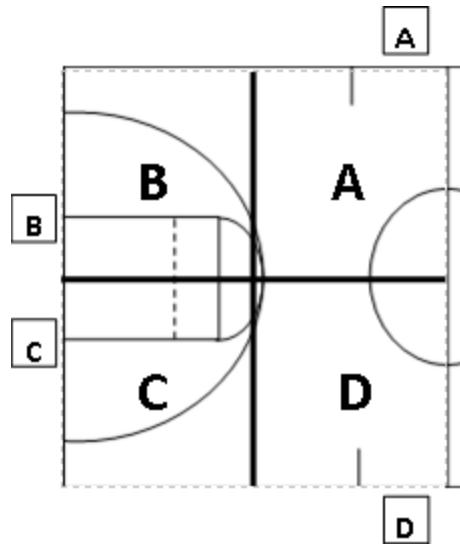


D. Ball out of Bounds

1. A ball is “out of bounds” when:
 - a. The ball itself is on or over the line
 - b. A player possessing the ball steps on or over the line.
 - c. The ball hits the top of the backboard or cables
2. As soon as a ball has gone out of bounds the referee(s) should blow their whistle while simultaneously raising one hand (open palm) straight up.
3. The possession belongs to the team opposite that which was last to touch the ball.
4. The referee should indicate who will inbound the ball by stating the team color it belongs to as well as pointing in the direction that team is attacking.
5. The ball should be inbounded exactly where it went out of bounds (unless directly under the basket).
 - a. The referee should blow the whistle to indicate the ball is being put in play.
 - b. The referee should keep one hand (open palm) raised in the air until the ball has been touched by a player (not including the player inbounding the ball). The referee will signal to the timer to start the clock by bringing their raised hand down when the ball has been touched.
 - c. The referee should hand the ball to the inbounding player with one hand.
 - d. After the referee has handed the ball off they should begin a 5-second count with that hand.









E. Violations

1. Violations should be signaled by immediately blowing the whistle while simultaneously raising one hand (open palm) straight up.
2. The referee should also use the proper signal to show coaches and spectators what call was made.
3. Violations should be explained to the players who commit them should the situation warrant it. Remember you are teaching these players too!
4. The ball should be inbounded in the spot assigned to the area the violation took place in.
 - a. The referee should blow the whistle to indicate the ball is being put in play.
 - b. The referee should keep one hand (open palm) raised in the air until the ball has been touched by a player (not including the player inbounding the ball). The referee will signal to the timer to start the clock by bringing their raised hand down when the ball has been touched.
 - c. The referee should hand the ball to the inbounding player with one hand.
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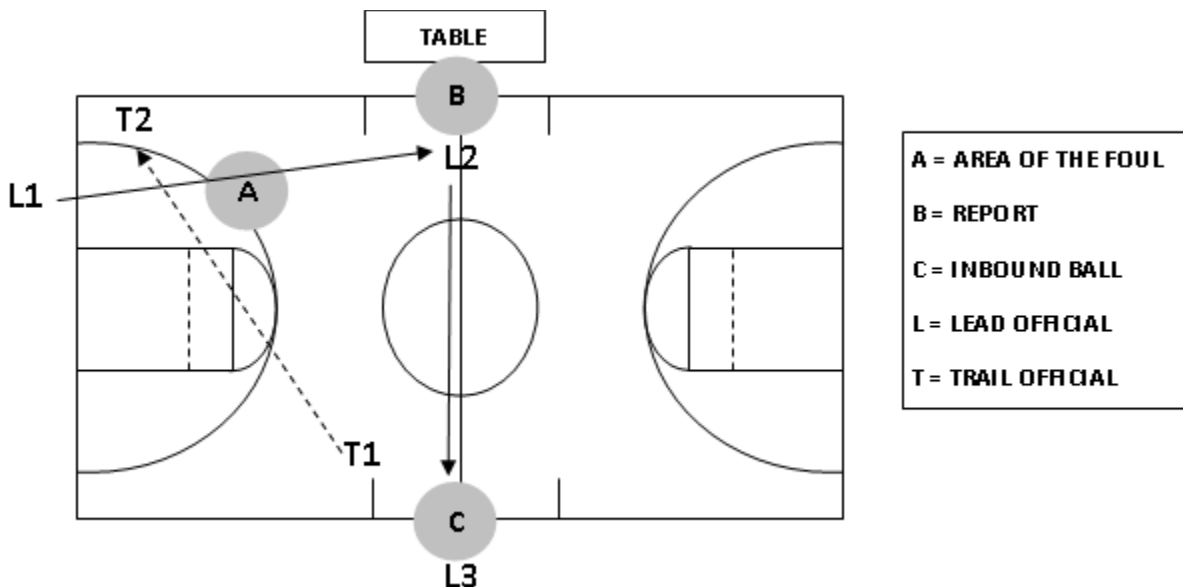
5. Specific Violations:

- a. **Travel:** A player holding the ball moves one or both of their feet illegally. Most commonly, a player travels by illegally moving his or her pivot foot or taking three or more steps without dribbling the ball. A player cannot travel until they have secured control of the ball. A player who stands up while NOT dribbling the ball has traveled.
- b. **Illegal Dribble:** A player uses both hands simultaneously to dribble the ball or begins to dribble the ball a second time after having come to a complete stop
- c. **Carry:** A player dribbling the ball may not turn their palm past 90 degrees on the upward motion of their dribble (anything past a hand-shake is a carry!)
- d. **Backcourt Violation:** Once a team controls the ball in the front court, a player on that team cannot be first to touch the ball, if he/she or a teammate was last to touch the ball, after the ball has crossed into the backcourt.
- e. **Held Ball:** If players from both teams have established contact with the ball at the same time a held ball should be called. The possession arrow will determine which team should inbound the ball.
- f. **3 Second:** An offensive player cannot remain in contact with their offensive free throw lane for longer than 3 seconds while their team controls the ball in their frontcourt. Allowances will be made for the offensive player who, having been in the restricted area for less than 3 seconds, dribbles or moves in to try for a goal. The count shall not begin, or it will be terminated, during an interrupted dribble.
- g. **5 Seconds:** An offensive player must inbound the ball within 5 seconds of receiving it from the Referee.
- h. **10 Seconds:** The offensive team may not be in continuous control of the ball in their backcourt for more than 10 seconds. The ball must be advanced by the offensive team, over the mid court line, within 10 seconds of having taken possession of the ball.

			
Violation/Ball Out of Bounds	Travel	Illegal Dribble	Carry/ Backcourt
			
Visible Counts	Held Ball	3 Seconds	5/10 Seconds

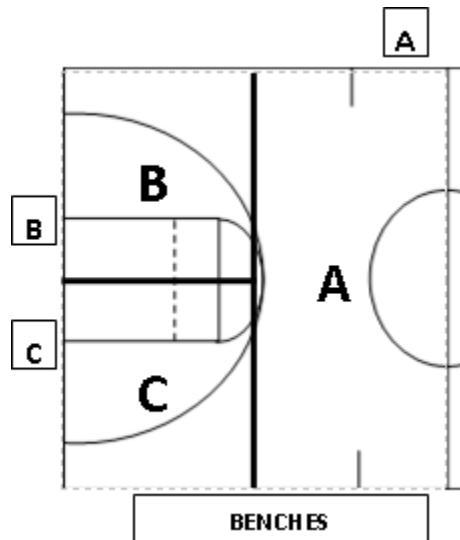
F. Fouls

- Fouls should be signaled by immediately blowing the whistle while simultaneously raising one hand (closed fist) straight up. The other hand should point to the player that committed the foul.
- The referee should also use the proper signal to show coaches and spectators what call was made.
- Fouls should be explained to the players who commit them should the situation warrant it. Remember you are teaching these players too!
- The Referee that calls the foul should report the foul to the Scorer's Table and/or Coaches:
 - Indicate the number of the player who committed the foul
 - Indicate, and use the correct signal, what type of foul was committed
 - Indicate what the result of the play will be (where the ball will be inbounded or if foul shots will be awarded)
- Referees should switch places on all foul calls. Why?
 - To avoid having to make a call on the same person back-to-back



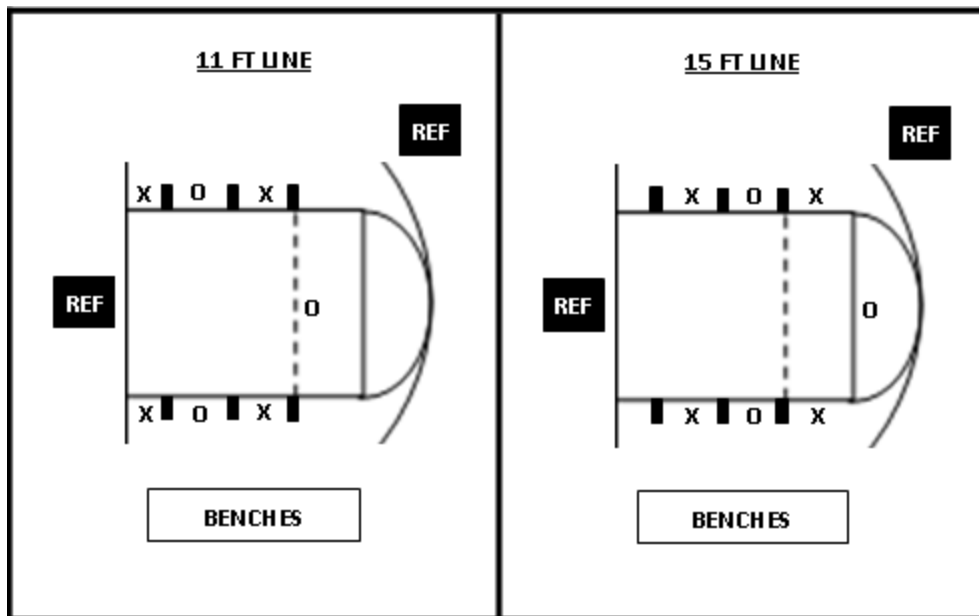
6. Non-Shooting Fouls

- a. A Non-Shooting Foul is any foul that is committed while the player is NOT attempting a shot.
- b. Non-Shooting Fouls will result in the non-offending team inbounding the ball from the corresponding location. A ball should NEVER be inbounded after a foul call at mid-court on the bench side of the court.
- c. The referee should blow the whistle to indicate the ball is being put in play.
- d. The referee should keep one hand (open palm) raised in the air until the ball has been touched by a player (not including the player inbounding the ball). The referee will signal to the timer to start the clock by bringing their raised hand down when the ball has been touched.
- e. The referee should hand the ball to the inbounding player with one hand.
- f. After the referee has handed the ball off they should begin a 5-second count with that hand.












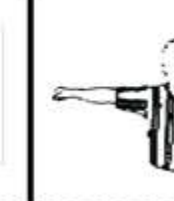
7. Shooting Fouls

- a. A Shooting Foul is any foul that is committed while the player is attempting a shot.
- b. Shooting Fouls result in Free Throw Shots
 - i. If the basket was made, the player gets 1 (one) Free Throw attempt
 - ii. If the basket was NOT made, the player gets 2 (two) Free Throw attempts
- c. The Referee who makes the foul call should take the trail official position after reporting the foul.
- d. The Referee who did not make the foul call should collect the ball and prepare the players for the Free Throw Attempt(s).
 - i. Line all players up along the key according to what Free Throw Line they are using
 - ii. Remind all players how many shots there are (2 shots, relax on the first, etc.)
 - iii. Remind the shooter they cannot cross the line until the ball hits the rim
 - iv. Remind all players they cannot move in until the ball hits the rim
 - v. The Shooter has 10 seconds to shoot the ball once it has been passed to them



- e. Both Officials can call Lane Violations
 - f. When a lane violation occurs, they official should raise one arm, parallel to the ground with a closed fist. They then wait to see the outcome of the shot to determine if a whistle needs to be blown.
 - i. If the Lane Violation is on the non-shooting team AND the Free Throw is made, no whistle.
 - ii. If the Lane Violation is on the shooting team AND the Free Throw is missed, no whistle.
 - iii. If the Lane violation is on the non-shooting team AND the Free Throw is missed, the shooter is awarded another attempt.
 - iv. If the Lane Violation is on the shooting team AND the Free Throw is made, the basket will not count and the attempt is lost.
 - v. If the ball does not hit the rim (second shot only), it is a violation.
 - g. If the shooter opts to use the 15 foot line for their first shot, they have to use it for their second shot.
8. Technical/Intentional Fouls
- a. A Technical or Unsportsmanlike Foul can be called at any time and is at the discretion of the Referees. An Intentional Foul is any foul that the referee determines was done on purpose and with intent.
 - b. Both result in 2 (two) free throws and possession of the ball.
 - i. Free throws can be taken by any player on the floor.
 - ii. They shoot alone, everyone else must remain behind mid-court.
 - iii. After the shots, the ball should be inbounded opposite the benches.
 - iv. If the foul is on a player, they are removed from the game for a period of time determined by the referees based on the severity of the offense.
9. Specific Fouls:
- a. **Blocking:** Contact which interferes with the progress of the offensive player. A defensive player cannot impede an offensive player from moving (with or without the ball) by “blocking” their path.

- b. **Charging:** Charging is illegal personal contact by the pushing or moving into the torso of an opponent who has established their position. (Generally speaking the offensive player charges and the defensive player blocks) An offensive player with the ball must stop or change direction to avoid contact with a defensive player that has established position. If the defensive player has established a legal guarding position, the offensive player with the ball must get their head and shoulders past the front of the torso of the defensive player. The offensive player with the ball may not push the torso of their defensive player to gain an advantage in order to pass, shoot or dribble.
- c. **Holding:** Contact that restricts a player from moving freely with or without the ball. Grabbing or pulling of the uniform or body.
- d. **Pushing:** Contact with one or two hands that forces a player out of their position or to lose their balance.
- e. **Reaching:** Use of the hands to attempt to steal a ball where contact is made with any part of the arms or body instead of the ball.
- f. **Illegal use of the Hands:** Contact made (typically when attempting a shot) with one or two hands that strike a players hands, arms or body.
- g. **Elbowing:** Excessive swinging of the elbows.

				
Foul	Technical Foul	Intentional Foul	Elbowing	Reaching/Illegal Use of the Hands
				
Blocking	Holding	Push	Charging	Double Foul

G. Defenses

1. Zone Defense
 - a. NOT ALLOWED AT ANY TIME during the game.
 - b. SWITCHING IS ALLOWED
2. Double Teaming
 - a. Double Teaming is not allowed outside of the key. Inside the key Man-to-Man Double Teaming is permitted.
 - b. If a Referee judges that either foot or any part of the ball is inside the key a Double Teaming Violation will NOT be called.
 - c. SWITCHING IS LEGAL
3. Full Court Pressure
 - a. 3rd/4th Grade:
 - i. Full Court Defense is NOT ALLOWED AT ANYTIME during the game.
 - ii. Players should pick up MAN to MAN defense at the 3 point arc or at mid-court if no 3 point arc lines are visible.

- b. 5th/6th Grade:
 - i. Full Court Defense IS ALLOWED ONLY during the final minute of the first half and the final minute of the second half.
 - ii. Players should pick up MAN to MAN defense at the 3 point arc or at mid-court if no 3 point arc lines are visible.
- c. 7th/8th Grade:
 - i. Full court defense IS ALLOWED ONLY during the final minute of the first half and the final minute of the second half.
 - ii. Players should pick up MAN to MAN defense at the 3 point arc or at mid-court if no 3 point arc lines are visible.

H. Other

- a. Allow 1 (one) minute between quarters.
- b. Allow 5 (five) minutes at halftime
- c. Teams should switch attacking baskets after Half Time
- d. There is no limit to the number of Timeouts a team gets, however, use your judgment if a team seems to use that inappropriately.
- e. There is no overtime!
- f. If a ball gets lodge during play use the possession arrow to determine which team is awarded the ball.

III. AFTER THE GAME

- A. Referees should get Pay Vouchers signed by the Home Coach**
- B. Referees should leave the court together**



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