

**El Dorado Hills
Community Service District
Youth Basketball League Rules**

If any rules or calls are disputed and not clearly defined in the pages within, the league shall defer to the judgement of the Recreation Staff. (Highest ranking on-site.)

Division's Hoop Height & Ball Size:

Boys

K – 8 ft. hoops, size 27.5 balls
1st - 8 ft. hoops, 27.5 balls
2nd – 9 ft. hoops, 27.5 balls
3rd - 9 ft. hoops, 28.5 balls
4th - 10 ft. hoops, 28.5 balls
5th/6th-10 ft. hoops, 29.5 balls

Girls

K/1 - 8 ft. hoops, size 27.5 balls
2nd – 8 ft. hoops, 27.5 balls
3rd - 9 ft. hoops, 27.5 balls
4/5th -10 ft. hoops, 28.5 balls

Players must wear approved CSD issued uniform.

PRE-GAME INFORMATION

1. Participants must be attending K-6th grade.
2. Players receive a reversible CSD issued uniform. Size exchanges done after the draft may warrant a \$35 fee.
3. The Recreation Staff reserves the right to add players to and/or remove players/coaches from teams as necessary.
4. The Recreation Staff reserves the right to adjust schedules as necessary. Schedules will be posted on www.teamsideline.com/eldoradohills
5. Teams are composed of a maximum of 10 players. Five players per team play on the court at one time. The Recreation Staff reserves the right to adjust this as needed.
6. Practice times are 1 hour. Teams must be off the courts promptly for the following team to begin practice.

PARENT/COACH GAME DAY RULES

1. Any spectators: parents, friends, family, etc. must sit on the opposite side of the court from the players and coaches during the game.
2. The only time a parent should be approaching the court or player/coaches' sideline is in an emergency.
 - a. Example: Child is injured, allergic reaction, you and child must leave game immediately due to emergency.
 - b. Previously discussed with coach arrangements to leave early.
3. Under no other circumstances should a parent or parent volunteer be on the court or coach/team sideline.
 - a. Only EDH CSD approved Head and Assistant Coaches should be on the court and coaching the kids during the games.
4. **There is no filming for scouting purposes allowed.** If you do not have a child on a team, you are not to be filming at **ANY TIME**.
 - a. Only parents with children on the teams playing are allowed to be filming or taking pictures.
 - b. CSD Staff reserves the right to take pictures or film at any time.

5. 12 Hour Cool Down Period:

- a. If you have any questions before or after the game in regard to your child's play time, coach's calls, or coaches' game play choices, etc., you are not to approach your coach directly after games.
- b. You may reach out to your coaches with all of your inquiries 12 hours after game play before reaching out to the CSD.
- c. Keep in mind coaches have other obligations and you may not receive an immediate response.
- d. After reaching out to your child's coach, if you are not satisfied with the response or action, you can call the CSD for help.

LEAGUE FOCUS

While winning and losing is part of all sports, a "win at all costs" approach is not what we promote. The coach should be focused on the kids learning the sport, improving skills and self-confidence, and learning the importance of teamwork and having fun.

GAME**GAME TIME**

Games consist of four 10-minute quarters with a running clock. The clock will stop on every whistle the last 2 minutes of the 4th quarter if the score is within 10 points (2nd Grade and Up). Games will end in a tie except the final game of the season. One 2-minute overtime is given, which will begin with a jump ball. If the game is still tied after one overtime period, the game will end in a tie.

PLAYERS

A team may play a game with four players. If a team does not have four players at game time, the clock will start. If a fourth player shows up within the first 5 minutes of the game, the game will start with the lost time to keep all other games on schedule. If a fourth player does not show up within 5 minutes the game will be forfeited.

JUMP BALLS

A jump ball will be used to begin each game and, in the play-offs, to start overtime.

TIMEOUTS

Teams will be allotted one-30 second timeout per quarter. Timeouts cannot be carried over to the next quarter. One extra timeout per team will be allowed during overtime.

FOULS & FREE THROWS

K-1st grade divisions will not shoot free throws on fouls but coaches will stop play to explain what the foul was for, for learning purposes. 2nd grade divisions will shoot free throws at a closer proximity to the hoop. For 2nd grade division, fouls will be called but no fouling out. If a player fouls continuously they must sit on the bench for a few minutes. Fouls will be recorded for 3rd grade and above with free throws or out of bounds allotted where applicable. Any player (3rd Grade and Up) receiving a 5th foul during the game will be out of the game.

TECHNICAL FOULS

A player, coach, or an assistant coach can receive a technical foul during the game if deemed warranted by the official. Two technical fouls given to a player, coach, or assistant coach in any one game will result in suspension from that game and an inquiry from the League Coordinator with possible other consequences. If a coach is ejected, they must leave the facility but if a player is ejected, they can be confined to the team's bench. If offending player continues to be disruptive, they will be asked to leave the facility. If the offender receives a third technical foul in the same season, they will be suspended from their next game. If they receive a fourth technical foul, they will be suspended for the rest of the season. Failure to comply with any statements listed, will result in a forfeit. A technical foul also counts as a personal foul. Technical fouls will be an automatic two points and ball out of bounds for the other team.

BONUS

For 3rd grade and above, after a team receives its 6th team foul in a half, the next 3 fouls (7th thru 9th) will result in a "one and one" free throw scenario. On a team's 10th foul in a half, two free throws will automatically be awarded.

REFEREES

Coaches should not approach referees on the court to dispute a call. Verbal abuse of any player, coach, parent, scorekeeper, referee, or staff will not be tolerated. Referee and/or staff have the discretion to eject anyone from the game for violating this rule. If ejected, a coach, player or parent will be suspended from the next scheduled game.

VISIBLE SCORE

No score will be kept for K-1st grades. All other grades will display a visible score and 3rd grade and up, points and foul stats will be kept. If there is a difference in score by more than 20 points the scoreboard will be turned off.

COACHES

Coaches can be of high school age as long as there is an adult present and they have been approved by the CSD.

MISCONDUCT

Head coaches are responsible for players, parents, assistant coaches, and themselves during and after games. Unsportsmanlike conduct, either physical or verbal, will not be tolerated. Penalties could range from warnings, probation or suspension from games, or future coaching. Any coach ejected from a game will be automatically suspended from the next scheduled game. If further violations occur, the coach or assistant coach may be asked to step down from the coaching position.

BLOOD

Any player who is bleeding must leave the game immediately and cannot return until bleeding has stopped. If clothing has blood on it, they must change before returning to the game.

OFFENSE

OFFENSIVE PLAYS:

K-2nd grade, no screens or picks are allowed because they will play man-to-man and may not switch who they guard.

TIMING IN THE KEY

Nothing will be called for K-2nd grade. For 3rd-6th grade, 5 seconds in the key will be enforced.

OVER AND BACK

Backcourt is not allowed in 3rd grade and above. For K-2nd grades, it will be explained for learning purposes, but not enforced unless it becomes a hindrance to the flow of the game (coaches and referees call).

DEFENSE

DEFENSIVE PRESSURE

If a fast break occurs in the 2nd grade division, any defensive player can pick up the break-away player even if it's not the same-colored wrist band. Once the defense catches up to the play, players must return to their same-colored wrist band player (no double teaming).

-Grades K-2nd defends only the opponent with the same-colored wristband.

-3rd and 4th grade boys and 4th/5th girls must play man-to-man defense but can switch whom they guard with no double-teaming.

- 5th/6th grade boys must play man to man defense but double teaming the man with the ball is allowed.

STEALING

No stealing the ball off the dribble or out of someone's hands is allowed in grades K-2nd. Stealing is allowed for 3rd grade and above.

Back Court Pressure

-K- 3rd grades, no backcourt pressure is allowed.

-Full court pressure is allowed in the 4th grade and up during the last two minutes of the fourth quarter if score is within 10 points.

-Once the score is more than 10 points apart, the team that is behind may still full court press.