

a) **Program Inclusions (“What You Get”)**

For the registration fee, each participant in the Youth Basketball League shall receive the following:

- 1) **Uniforms & Equipment**
 - A) One (1) GPARD-issued game jersey top.
 - B) Access to game and practice balls provided by GPARD.
 - C) Use of GPARD and GISD gym facilities for scheduled practices and games.
- 2) **Games & Season Format**
 - A) Round Robin style league + single elimination with consolation tournament.
 - B) Guaranteed six (6) regular-season games, and two post-season games
 - C) GPARD-assigned referees for all league games.
 - D) GPARD-maintained scorekeepers and official game clock/scorebook at all games.
- 3) **Practice Opportunities**
 - A) Assigned practice time slots (one to two per week, depending on season phase).
 - B) GPARD staff coordination of practice facility access and scheduling.
- 4) **Coaching & Training**
 - A) Volunteer coaches background-checked and approved by GPARD.
 - B) GPARD-provided preseason coach orientation and league rules training.
 - C) Support from GPARD athletic staff throughout the season.
- 5) **Safety Oversight**
 - A) On-site GPARD staff or officials to enforce safety rules and league policies.

b) **Parent/Guardian Responsibilities (Not Included in Registration Fee)**

- 1) Shin guards, soccer cleats (no toe cleats or metal), or athletic shoes, and personal practice gear.
- 2) Transportation to and from practices and games.
- 3) Replacement of lost or damaged jerseys not caused by GPARD error.

- 4) Adherence to Codes of Conduct and volunteer participation when requested (score table, cleanup).

Local League Playing Rules (Game Operations)

a) Governing Rules

- 1) Games will follow United States Soccer Association (USA Soccer) rules except where modified by GPARD.
- 2) Local league rules supersede national rules where conflicts occur.
- 3) Officials appointed by GPARD shall have full authority to interpret and enforce all rules during play. Their decisions shall be final, subject only to the official protest process as defined in the By-Laws.

b) League Age Cutoff

Player eligibility shall be determined by the participant's age as of **September 1 of the** current school year. Players must provide proof of age upon request by GPARD.

c) Season Format:

- 1) Games are on Saturdays.
- 2) GPARD shall determine game dates, times, and locations.
- 3) Games canceled due to inclement weather or unforeseen facility issues will be rescheduled. If rescheduling is not possible, the game shall be recorded as "canceled" with no impact on standings.

d) Practice Structure:

- 1) GPARD shall assign all practice times, dates, and facilities.
- 2) Teams shall practice only at their assigned facility, date, and time.
- 3) Coaches, players, and parents shall not schedule or conduct unauthorized practices at GPARD or GISD facilities.
- 4) Players are expected to attend practices regularly.
- 5) Coaches must notify GPARD of repeated unexcused absences.
- 6) Players may not be benched or disciplined by coaches for missed practices without GPARD approval.
- 7) All practices shall begin and end on time.
- 8) Only rostered players and approved coaches may participate in practices.
- 9) Parents and spectators may observe from designated areas but shall not participate in coaching or drills.
- 10) Coaches shall ensure all drills are age-appropriate and conducted in a safe manner.

- 11) Jewelry and unsafe accessories are prohibited at practices, consistent with game safety rules.
- 12) Coaches must immediately report any injuries occurring during practice to GPARD.

e) **Game Structure**

- 1) Game time is Forfeit time.

- 2) **Pre-Game.**

- A) Referees conduct a pre-game equipment check (cleats)
- B) A coin toss will be conducted where the visiting team will call the flip. The winner of the flip will have the choice of the ball or goal to defend. The loser of the toss will have the choice of remaining options.

- 3) **Intermissions.**

- A) (5) minutes between halves.

- 4) **Duration of game**

- A) Game starts by a player kicking the ball from center mark. The kicker cannot be the first player to retouch the ball. Opposing team must be outside center circle until ball is played.

- (i) 5u Boys and Girls

Two continuous 16-minute halves with substitutions at the 8-minute mark of each half. New substitutions will begin the 2nd half.

- (ii) 7u Boys and Girls

Two continuous 18-minute halves with substitutions at the 9-minute mark. New substitutions will begin the 2nd half.

- (iii) 9u Boys and Girls

Two continuous (20) minute halves with substitutions at the 10-minute mark. New substitutions will begin the 2nd half.

- (iv) 11u Boys and Girls

Two continuous (25) minute halves with free substitutions.

- 5) **Overtime**

- A) All games must have a winner. If a game is tied at the end of regulation, the game will be decided by **sudden-death penalty**

kicks. Teams will alternate kicks. The first team to score when the opposing team does not will be declared the winner.

6) **Ball In and Out of Play**

- A) The ball is always in play except for:
- (i) When the ball has fully crossed the goal line or touchline.
 - (ii) When the game has been stopped by the referee. Referee to use best judgement to stop play when there is risk of injury due to fallen players kicking at the ball or being near active play on ball.

7) **Method of Scoring**

A) **5u Boys and Girls Scoring**

- (i) Ball must fully cross the goal line between goal post.
- (ii) Scores not recorded in developmental league.

B) **7u Boys and Girls scoring**

- (i) Goals must be scored from outside the goal area arc. Referee to disallow goal (goal kick restart) if attackers score from within the arc.
- (ii) Defenders shall not be 'set' within goal area and defensive walls shall not be formed inside the arc line. Goals scored within arc by defenders (Own Goal) will count.
- (iii) No player attacking or defending may go into the arc to score a goal or stop a goal from scoring. A ball coming to rest inside the arc will be given a goal kick on that side.
- (iv) Three attackers must be on the attack side of field to score. Referee to use best effort to confirm number of attackers.
- (v) Ball must fully cross the goal line between goal posts.
- (vi) Referee should point at center mark to indicate a score goal.
- (vii) Scores will be recorded and reported by referee.

C) **9u & 11u Boys and Girls**

- (i) Charging the keeper is not allowed if hand is in contact with the ball. Players shall not kick at keeper while catching or on ground.

- (ii) Keeper does need to wear a different color shirt or top, different from both teams. (Gloves optional, we will provide pinnies if needed).

8) **Offside**

A) 5u & 7u Boys and Girls

- (i) Not used in these age divisions.

B) 9u & 11u Boys and Girls

- (i) Player is in offside position if nearer to goal line than both the ball and the last defender (not including the goalkeeper). It is not a foul to be in offside position while not involved in active play.
- (ii) Player is not offside; while on own side of field, level (or even) with the last defender, or on a throw-in, goal kick or corner kick.
- (iii) Offside foul (Indirect free kick) occurs when a player in offside position becomes active in the play, interferes with the opponent or gains an advantage on a deflection.

9) **Fouls and Misconduct**

A) 5u, 7u, 9u & 11u Boys and Girls

- (i) Fouls include hitting, kicking, tripping, jumping upon, charging, pushing, holding, handling, intentional heading or other dangerous or non-sportsmanlike conduct. Proper sliding tackles are allowed. **Intentional heading is not allowed at any age level.**
- (ii) Deliberate ball “handling” (hand or arm) for the purpose of gaining control of the ball or preventing a score is a foul. Protecting oneself from a hard kicked ball is not a foul. Keepers cannot “handle” a pass or restart from a teammate.
- (iii) Referee indicates a foul by whistle and gives direction of the free kick being awarded. A free kick is awarded to the other team at the spot of the foul. Fouls should be explained to the offending player by official.

- (iv) On a free kick, kicker cannot be the first player to re-touch the ball. “Two touches” on a kick-off or free kick is an “indirect” foul.
- (v) Players may be warned (Yellow card) for unsporting behavior, dissent, repeatedly breaking rules, delaying restarts, not respecting required distances and leaving/entering field without referee permission.
- (vi) Referee may “send-off” (red card) players for serious foul play, violent conduct, spitting at others, denying an obvious goal by handling (except for keeper) or by foul, insulting or abusive language or gestures or by receiving two cautions in same game. Player must leave the vicinity of the game or the property altogether as deemed necessary by the official or supervisor.

10) **Free Kicks**

A) 5u & 7u Boys and Girls

- (i) Ball must be stationary before it is kicked.
- (ii) All free kicks in 5u & 7u will be “indirect kicks” meaning a goal can only be scored if the ball subsequently touches another player before it enters the goal.
- (iii) Opposing team must be at the least 5 yards from the spot of the free kick unless the spot of the free kick is too close to the goal. The focus is on allowing players to have some reaction time to hard kick. Referee to direct players to step back if too close.
- (iv) Kicker must wait on referee to signal the start of the free kick.
- (v) No free kicks shall be taken within the goal area, including kickoffs.

B) 9u & 11u Boys and Girls

- (i) Ball must be stationary before it is kicked.
- (ii) May be “direct” or “indirect” depending on foul called.
- (iii) “Indirect” foul free kick means the goal can only be scored if the ball subsequently touches another player before

entering goal. Most fouls (except those called on goalie) result in “direct” kicks.

- (iv) Opposing team must be at least 10 yards from spot of any free kick.
- (v) Kicking team does not have to wait on referee signal to take a free kick (for direct kicks only) but should allow opponents to quickly clear the area.

11) **Penalty Kick**

A) 7u Boys and Girls

- (i) A penalty kick can be awarded for continual violation of “Roaming Defender” and/or “arc rule”. After second warning is issued by the referee for rule violation, a penalty kick from mid-field will be awarded to the opposing team for each subsequent violation.

B) 9u & 11u Boys and Girls

- (i) A. Used if defender commits “direct” foul within own goal box.
- (ii) Ball is placed on penalty mark, players stay outside of goal box and behind penalty mark until kick is taken, kicker is identified, and referee confirms keeper is ready. Keeper stays on goal line until ball is kicked. Referee signals to start the kick.
- (iii) Failure to abide by penalty kick procedures shall result in a re-kick (If by kicking team who subsequently scored or failure by defending team or “Indirect” foul (failure by kicking team.)

12) **Kick-ins/Throw-ins**

A) 5u Boys and Girls

- (i) NO throw ins for this age division.
- (ii) Used when the ball is kicked out of play across a sideline. Kick-in is awarded to the team that did not touch the ball last.
- (iii) Kick-ins ONLY.
- (iv) Defenders must be 5 yards from kicker.

- (v) Person that does the kick-in cannot be the first to re-touch the ball. (Foul)
 - (vi) A goal may not be scored directly from a kick-in.
- B) 7u, 9u & 11u Boys and Girls
- (i) Used when the ball is kicked out of play across sideline. The throw-ins are awarded to the team that did not touch the ball last.
 - (ii) The throw-in to be taken where indicated by the referee.
 - (iii) Player must have both feet in contact with the ground and behind the touchline while making the throw. Player to use both hands to deliver the ball from behind and over the head.
 - (iv) Defenders must be 5 yards from the thrower.
 - (v) Improper throw-in technique results in change of possession. (7u gets (1) warning on what they did wrong and will rethrow. Repeated offense on rethrow results in change of possession).
 - (vi) Thrower cannot be the first to re-touch the ball. (Foul)
 - (vii) A goal may not be scored directly from a throw-in.
- 13) **Goal Kick**
- A) 5u & 7u Boys and Girls
- (i) When an attacking player kicks the ball out of play across the goal line, a goal kick is awarded to the defending team.
 - (ii) The goal kick shall be taken anywhere within the arc area. Any defending team player may take the kick.
 - (iii) Attackers must be at least 5 yards from the kick. Referees to direct players to step back if to close.
 - (iv) A goal may not be scored directly from a goal kick. (No Goalie)
- B) 7u, 9u & 11u Boys and Girls
- (i) Used by defending team after an attacking player kicks ball out of play across goal line. Referee to indicate by pointing at goal area.

- (ii) The ball is placed in the defender's goal box. Kick is taken from within this area and kick taker may not touch the ball twice until touched by another player.
- (iii) A goal may be scored directly by a goal kick.

14) **Corner Kick**

- A) When a defending player kicks the ball out of play across the goal line, a corner kick is awarded to the attacking team. Referee should indicate by pointing at the corner to be used.
- B) The ball is placed on the corner arc nearest the side where it went out. Corner flag may not be moved.
- C) The defending team must be at least 5 yards from the corner arc. (Foul) Referee to direct players to step back if too close.
- D) A goal may be scored directly by a corner kick.

15) **Goalie**

- A) **5u & 7u Boys and Girls**
 - (i) No Goal Keeper or stationary defender used.
 - (ii) A roaming defender may be used but must move with the flow of the ball.
 - (iii) After second warning is issued by the referee for rule violation, a penalty kick from mid-field will be awarded to the opposing team for each subsequent violation.
- B) **9u & 11u Boys and Girls**
 - (i) If goalie has a hand on the ball, all attempts to kick the ball must stop. Failure will result in a foul for the offensive team.
 - (ii) Once the goalie picks up the ball and is clear of danger, they have 10 seconds to release it from their hands.
 - (iii) Once the goalie drops the ball from their hands, they are not allowed to pick it up again until the opposing team touches the ball.
 - (iv) Goalie cannot use their hands if the ball is kicked back to them from their own teammate or outside of the keeper box.

f) **Team Duties:**

- 1) Both teams shall be responsible for cleaning their bench areas immediately after each game.
- 2) A maximum of two (2) coaches shall be permitted on the team bench during games.
- 3) Spectators must remain seated in designated areas opposite team benches.
- 4) No unauthorized persons, including siblings or spectators, shall be permitted on the field at any time.

g) **Player Safety & Restrictions**

- 1) Players wearing casts, splints, or braces containing hard materials shall not participate unless cleared in writing by a licensed physician and approved by GPARD.
- 2) Jewelry, watches, and decorative accessories are strictly prohibited during games and practices.
- 3) Headwear with hard brims (caps, visors) shall not be permitted. Soft headbands and religious head coverings are permitted if securely worn.
- 4) Adaptive equipment or medical aids may be used only upon prior review and approval by GPARD.

h) **Postseason Play**

- A) Following the regular season, all teams shall participate in a single-elimination tournament.
- B) Tournament seeding shall be determined by regular-season standings using the following order of tiebreakers:
 - (i) Win percentage
 - (ii) Head-to-head result
 - (iii) Fewest points allowed
 - (iv) Most points scored
 - (v) Coin toss administered by GPARD.
- C) Tournament schedules shall be set and distributed by GPARD staff.
- D) Teams wishing to participate in postseason play beyond GPARD may do so independently.
- E) Only players who were rostered with GPARD during the current season shall be eligible for GPARD approval for postseason play.

Appendix A – Coach’s Quick Reference Guide

a) **Returning Players Rule**

- 1) Head coach’s child is automatically placed on roster (counts toward four if returning).
- 2) Assistant coach’s child may be placed with prior approval (counts toward four).
- 3) All others must enter the draft pool.

b) **Playing Time / Substitutions**

- 1) Any player attending 50% of scheduled practices is to play 50% of the game.
- 2) Substitutions occur at halfway point of each quarter.
- 3) All bench players must enter unless injured, ill, or fouled out.

Appendix B – Division Quick Reference Chart

Division	On Field	Half Length	Subs	Ball Size
5U	4v4	2 × 16 minutes	8 min	3
7U	5v5	2 × 18 minutes	9 min	3
9U	7v7	2 × 20 minutes	10 min	4
11U	7v7	2 × 25 minutes	Free	4

Appendix C – Codes of Conduct

a) **Player Code of Conduct**

- 1) Players shall treat coaches, officials, teammates, and opponents with respect at all times.
- 2) The use of profanity, taunting, fighting, or unsportsmanlike behavior is prohibited.
- 3) Players must attend practices and games unless excused by the coach in advance.
- 4) Any player ejected from a game shall serve an automatic one-game suspension.
- 5) A second ejection in the same season shall result in removal from the league for the remainder of the season with no refund.

b) **Coach Code of Conduct**

- 1) Coaches shall serve as positive role models and must always encourage sportsmanship.
 - 2) Coaches shall comply with all minimum playing time requirements and substitution rules.
 - 3) Harassment of officials, players, or spectators is prohibited and shall result in disciplinary action.
 - 4) Coaches shall not consume alcohol, use drugs, or use tobacco products while on GPARD property.
 - 5) A coach ejected from a game shall serve an automatic one-game suspension. A second ejection shall result in dismissal from the league.
 - 6) Coaches are responsible for the conduct of their team, players, and all spectators affiliated with their team.
- c) **Parent & Spectator Code of Conduct**
- 1) Spectators must remain in designated seating areas and are prohibited from entering the court.
 - 2) Yelling at, arguing with, or verbally abusing officials, coaches, or players is prohibited.
 - 3) Spectators must always follow the instructions of officials and GPARD staff.
 - 4) A spectator ejected from a game must leave the facility immediately and shall not return until the next scheduled game.
 - 5) A second ejection by the same individual during the same season shall result in suspension from all GPARD youth sports events for the remainder of that season.

Appendix D – Definitions

For the purposes of these rules, the following terms shall have the meanings indicated:

Eligible Player – A child who has completed registration, paid all required fees, and is officially rostered with GPARD for the current season.

Returning Player – A player who was listed on a team’s official end-of-season roster in the immediate prior season and has registered for the current season prior to the draft.

Draft Pool – The group of all registered players not designated as returning players or otherwise pre-assigned under these rules.

Roster – The official list of players assigned to a team by GPARD after completion of the draft process.

Official Game – A game conducted under these rules that counts toward standings. Scrimmages and continuation games after a forfeit do not qualify as official games.

Forfeit – The awarding of a game to one team due to the opposing team’s failure to meet eligibility, roster, or player minimum requirements.

Scrimmage – A non-official game played after a forfeit or cancellation, often with players reassigned between teams, that does not affect standings.

Suspension – A temporary removal from participation in practices, games, or coaching duties as a disciplinary measure.

Ejection – The immediate removal of a coach, player, or spectator from a game by an official or GPARD staff.

Practice – A team activity scheduled and approved by GPARD for the purpose of training, instruction, and preparation for games. Only rostered players and approved coaches may participate.

Game Clock – The official timing device used by the scorekeeper to measure game duration, as governed by these rules.

Appendix E – Protest & Appeals Process

a) **Scope of Protest**

- 1) Protests may be filed only for misapplication or misinterpretation of rules.
- 2) Judgment calls made by officials (e.g., foul, violations, possession) shall not be subject to protest.

b) **Procedure During Game**

- 1) The head coach must notify the lead official immediately of the intent to protest.
- 2) Both coaches will be notified of the game being played under protest.
- 3) The official score sheet shall be marked “UNDER PROTEST.”
- 4) Play shall resume without further delay.

c) **Protest Submission (Written)**

- 1) The protesting coach must submit a written protest to the GPARD Athletic Supervisor by email within **24 hours** of the game’s conclusion.
- 2) The protest shall include:
 - A) Date, time, and location of the game.
 - B) Teams involved.

- C) Specific rule alleged to have been misapplied.
 - D) Description of the situation.
 - E) Signature of the head coach.
- d) **Review & Decision**
- 1) The GPARD Athletic Supervisor shall review the protest and may gather statements from officials, scorekeepers, or staff.
 - 2) A written ruling shall be issued within **72 hours** of protest submission.
 - 3) All decisions rendered by GPARD shall be final and binding.