



Co-Ed Youth Basketball
Rules & Regulations



Schedules and results may be found on our website: www.teamsideline.com/denton

All games will be played by the current UIL rules, Texas Amateur Athletic Federation (T.A.A.F.), and Denton PARD local guidelines.

I. ELIGIBILITY

- **7U** – consists of boys and girls who are at least 5 years of age and no more than 7 years of age as of September 1st of the current school year.
- **9U** – consists of boys and girls who are at least 7 years of age and no more than 9 years of age as of September 1st of the current year.
- **11U** – consists of boys and girls who are at least 9 years of age and no more than 11 years of age as of September 1st of the current year.
- **13U** – consists of boys and girls who are at least 11 years of age and no more than 13 years of age as of September 1st of the current year.

Players are not allowed to play in a younger age division. They may, however, play up in an older age division, upon parental or guardian consent.

II. ROSTERS

1. Each team is allowed a minimum of five and a maximum of ten players.
2. Rosters for Incoming teams will be created and filled out 10 Calendar days before the start of the season.
3. No player may play on more than (1) team per season. A player may choose to play up one age division, but cannot play down an age division
4. In order to participate in the league, players must either be registered as an individual or be on a team roster. No players made be added to rosters past the last Friday before games begin.
 - a. If a team is caught with an illegal player by a protest or staff – it will result in forfeit of all games the player participated in addition to the coach being suspended a minimum of 2 games and subject to suspension from the league. This applies to playoffs.

III. EQUIPMENT/UNIFORM

1. All players on each team must wear the assigned DPARD reversible jerseys that are matching in color which have a permanently affixed, non-duplicated, six (6) inch number on the back, and a four (4) inch number on the front of the jersey.
2. Players must wear shoes designed for indoor wood court surfaces. NO “turf shoes” or other black-soled shoes will be allowed. Players may not play barefooted or in stocking feet.
3. Referees may ban any equipment that they deem as unsafe or illegal.
4. **No jewelry** may be worn at any time during the game.

IV. PLAYER PARTICIPATION

1. Minimum Playing Time
 - a. 7u and 9u D2 all Players are required to play a minimum of 2 Quarters
 - b. 11u and 13u D2 must follow the 1st half substitutions listed below but have free subbing rules in the 2nd half. All players are required to play a minimum of 1 quarter in these divisions.
 - c. All D1 Teams have no minimum play time requirement.
2. If a team does not have the mandatory 4 players to start a game, they will forfeit the game.

V. PLAYING RULES

1. Players will line up at the scores table and provide their name and number before the game. A roster check will be done before every game.
2. **Game length for:**
 - a. **7U & 9U division will be four, six minute quarters.**
 - b. **11U & 13U division will be four, eight minute quarters.**
 - c. The clock will run continuously through each quarter except for time-outs, injuries, and official's time-outs.
 - d. **7U and 9U during the last 30 seconds of each half, the clock will stop for all whistles. 13U- Only, during the last minute of each half, the clock will stop for all whistles.**

Point Spread Rule: If one team is ahead by 10 point or more for 7u and 9u or fifteen or more points for 11U and 13U, the clock will run continuously.

3. Division Specifications

LEAGUES	BALL SIZE	GOAL HEIGHT	FREE THROW DISTANCE
7U Boys & Girls	Rookie – 27.5	8 ft.	None
9U Boys & Girls	Official Women's Size -28.5	8.5 ft.	None
11U Boys & Girls	Official Women's Size -28.5	10 ft.	15'
13U Boys & Girls	Regulation Size -29.5	10 ft.	15'

4. The "three second" lane violation rule will be:
 - a. 7U & 9U division will not have a lane violation rule.
 - b. 11U division will have a **five second lane violation.**
 - c. 13U will have a **three second lane violation.**
5. Full court press:
 - a. 7U & 9U – **No full court press**
 - a. *Please note: Half court pressing will not be allowed. Defense must set up at the top of the key and once the ball handler crosses Volleyball 10ft line, then they can release to play defense.*
 - b. 11U – **Full court press is allowed the last two minutes of each half and overtime.**
 - a. Defense must set up at the top of the key and once the ball handler crosses over the half court line, then they can release to play defense. If a 15-point lead is accrued in the

last 2 minutes of each half, that team must set up at the 3-point arc. The team trailing can continue to press. If at any time, the lead drops below 15, both teams can press again.

- b. 13U - **Full Court press is allowed at any time.**: 13U can press at all times unless a 15-point lead is accrued. The team behind during those times, can continue to press.

6. Three-point shot: Will be in effect for 11U and 13U. (*3-point shots will not be counted for 7U & 9U*)
7. 7U and 9U will not receive Free-throws on shooting fouls. If the basket is made foul will be recorded and the basket will be rewarded to the scoring team.
8. A two-minute halftime will be observed.
9. Each team will be allowed four one-minute time outs per game.
10. Teams must have four players to start a game and can legally play with four players without forfeiting.
11. All substitutes must check in at the scorer's table and wait for an official to allow them to enter the game.
12. The one-and-one bonus will be in effect on the seventh team foul of each half. The double bonus will be in effect on the tenth team foul of each half.
13. Any Rules not explicitly written will be followed by UIL Rules.

VI. BENCH RULES

1. Only the eligible players on the official roster and two coaches only will be allowed on the team bench and in the team area. A warning will be given at the first offense then a technical foul will be called on the offending team if rule is not followed.
2. All coaches must go through the PARD office in order to be on the player's sideline. Up to two (2) coaches can be at the player's bench. At no point in the game will coaches be allowed to be on the court during game play.

VII. OVERTIME

1. If the score is tied at the end of regulation play for the 9U a two (2) minute overtime will be played; the clock stopping only for time-outs. (Only one overtime period will be played)
2. If the score is tied at the end of regulation play for the 11U & 13U, a three (3) minute overtime will be played; the clock stopping only for time-outs. (Only one overtime period will be played)
3. 7U Division will not go into overtime; it will end as a tie.
4. In Playoffs if the score is still tied after the initial overtime period game will go into Next basket wins.
5. One additional time-out will be awarded per team in overtime.

IX. PLAYER PROTEST

1. Only a coach can protest a player's eligibility. If a coach protests a player's eligibility, then the coach of the player in question will have two (2) business days to provide the birth certificate to the athletic department. If the athletic department does not receive the birth certificate within two days or if they do receive it and the player is found to be ineligible, the following actions will happen:
 - a. All games where the player participated will result in a forfeiture
 - b. The coach will be suspended for a minimum of 2 games, but is up to league directors discretion

- c. The ineligible player will be suspended from the league for the remainder of the season

X. REFUNDS

1. Credits or refunds will not be granted once registration has ended.
2. Credits or refunds will not be given for forfeited games.

XI. PRACTICE TIME & GAME RESPONSIBILITIES

1. Teams are provided one weekly practice time a week. Note: There may be times that your practice time is cancelled due to a city function or gym maintenance. We will try to notify coaches with as much advance notice as possible.
2. A copy of the game schedules and these rules are available on our website at www.teamsideline.com/denton .
3. Game balls will be provided.

Mercy Rule

1. To discourage “running up the score”, all scores will be capped at a 20 point differential. (Example: Final score is 40-0. The inputted score will be 20-0.)

PARENT/SPECTATOR, COACH AND PLAYER CODE OF CONDUCT

It's simple: BE A GOOD SPORT!

Children's sports are supposed to be fun and for the children. Unfortunately, many parents, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. The code of conduct for this league has been developed by National Youth Sports Safety Foundation (NYSSF) and Denton Parks and Recreation Department (DPARD).

Parents, fans and coaches who follow this simple code can help reinforce what sports are all about... BEING FUN FOR EVERYONE!

1. Teams and spectators should demonstrate good sportsmanship! Team chants/cheers and spectator and coaches comments should not be derogatory or demeaning towards opposing teams/players/coaches.
2. Spectators or players are not permitted to approach the score table or referee at any time. Only the head or assistant coach has authority to speak with the score table or referee if there is a question regarding the awarding of a point.
3. Spectators and coaches will be a positive role model for children and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, spectators, officials, and staff at every game, practice or league event.
4. Spectators, coaches and players will not engage in any kind of unsportsmanlike conduct with any official, coach, player or spectator such as booing, taunting, and refusing to shake hands, or using profane language or gestures.
5. Spectators, coaches and players will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
6. Spectators and coaches should praise their team members for competing fairly, trying hard, and make the children feel like a winner every time, regardless of the score!
7. The use of drugs, tobacco, and alcohol during youth sports is prohibited by City ordinance. Spectators, coaches and players will refrain from their use during all league activities.
8. Parents, remember that all coaches are volunteers! Respect the fact that they are willing to give so much of their time to your child.
9. Each team's coach is held responsible for the conduct of their fans/spectators/team participants.
10. Officials, score keepers, and DPARD staff have the authority to remove a player, coach, or spectator from a game and can declare the game a forfeit due to unsportsmanlike conduct.
11. Any player, coach, or spectator ejected from any league activity is suspended for a minimum of one (1) week from all DPARD league activities. The suspension could be longer depending on the severity of the infraction. Suspensions are not eligible for appeal.
12. Players, coaches, and spectators who have been ejected must leave the complex and may not return until the completion of their suspension.
13. No fighting is allowed. First offense is a suspension for the rest of the season, second offense results in one year loss of eligibility in all league play or indefinite suspension if deemed severe.
14. If spectators, players, and/or coaches fail to abide by the code of conduct, they will be subject to disciplinary action as decided by the Denton Parks and Recreation Department. Disciplinary action could include, but is not limited to: verbal warnings, written warnings, ejections, and suspensions for various lengths.
15. Suspensions carry over from season to season and are enforced for all DPARD leagues.

The league rules may be changed by Denton Parks and Recreation, to provide a safe and fun league for all participants.

Denton Parks and Recreation Concussion Policy

PURPOSE

The following policy and procedures are being implemented by the Denton Parks and Recreation Department, with the intent to reduce the potentially serious health risks associated with sports related concussions and head injuries.

POLICY

It is policy of the Denton Parks and Recreation Department to educate coaches, referees, staff, parents, and participants of the signs, symptoms or behaviors consistent with sports induced concussions. Participants suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play. "When in doubt, sit them out!"

DEFINITION

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion. Symptoms include but are not limited to the following below.

SIGNS OBSERVED BY OTHERS

- Appears dazed or stunned
- Is confused about assignment
- Forgets an instruction
- Persistent vomiting
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Increasing sleepiness
- Shows mood, behavior, personality changes
- Can't recall events prior to hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

ROLE OF COACHES AND STAFF

Coaches and staff will NOT be expected, nor will they be trained to "diagnose" a concussion. Diagnosis is the job of a qualified health care provider. Coaches and staff are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. If coaches or staff observes questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player's parent/guardian and fill out the appropriate accident form. Coaches and staff are not permitted to allow a player to resume activity until the Denton Parks and Recreation receives a written statement from a qualified health care provider indicating that the player is cleared to resume participation in the sporting event.

ROLE OF OFFICIALS

Officials will NOT be expected to "diagnose" a concussion. Officials are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. Officials will not be asked to give what could be perceived as a medical opinion. If an official observes questionable, signs, symptoms, or behavior, the official should notify the appropriate staff and the player should be removed from the sporting event. Officials are not responsible for the sideline evaluation or management of the player after he/she is removed from play.

ROLE OF PARENTS/GUARDIANS

Like coaches, staff and officials, parents/guardians will NOT be expected to “diagnose” a concussion. However, parents/guardians are being asked to become familiar with the signs, symptoms, and behaviors associated with concussions. Parents/guardians will be expected to comply with this Policy and support the determination made by staff to remove a player from a sporting event.

It is the parent/guardian’s obligation to have the player evaluated by a qualified health care provider and to obtain from that provider a written statement that clears the player to resume participation in the sporting event.

MANDATED COURSE OF ACTION

1. Remove player from the sporting event.
2. Notify parent/guardian.
3. Any player suspected of having a concussion should be evaluated by a qualified health care provider as soon as practicable.
4. Before a player will be allowed to resume participation in a sporting event, the parent/guardian of the player must obtain a written statement from a qualified health provider and return to the Denton Parks and Recreation Department indicating that the player is cleared to resume participation in the sporting event.

The signs, symptoms and behaviors associated with a concussion are not always apparent immediately after a bump, blow or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes should never try to “tough out” a concussion. Teammates, parents/guardians and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery or courage to athletes who play despite having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

Return to Play

After suffering a concussion, no athlete should return to play or practice on that same day. An athlete should never be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional. Documentation must be provided to the Denton Parks and Recreation athletic supervisor.

Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate health-care professional, he/she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day.

If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity immediately. Depending on previous instructions, the athlete may need to be re-evaluated by the health-care provider.