



2022/2023 Youth Basketball

Boys and Girls K-12

League Philosophy

The philosophy of the league is to promote participation in basketball in a fun and safe environment, to develop fundamental skills and to teach the rules of the game. By participating we hope that the players learn sportsmanship and display respect for other players, coaches and officials. Through a positive sporting experience, we hope to foster the growth of developmental assets that help young people grow up healthy, caring, and responsible.

*Any player that is listed on the Basketball Junior Varsity or Varsity roster for any official high school that is governed under CIF is prohibited from playing in this Youth Basketball League.

League Format

The City of Ukiah Youth Basketball League is divided into separate grade divisions for both boys and girls. These are:

Boys and Girls

- K – 1st grades
- 2nd – 3rd grades
- 4th – 5th grades
- 6th – 8th grades
- 9th – 12th grades

League Directors

The representatives of the City of Ukiah Community Services Department are the League Directors. They will provide assistance and have authority to address any issues that may arise.

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The Game

The National Federation of High School Association's rules are used to govern the City of Ukiah's Youth Basketball Program along with the following supplements.

1. The officials' and supervisors' collective authority and jurisdiction will be in effect at and around the playing area at all times.
2. Scorekeepers; each team may provide a scorekeeper. One of the referees will also act as timekeeper/ scorekeeper and run the official clock on the floor.
3. Five players per team are required to start a game. A team may play with a minimum of four players only after the start of a game.

4. Teams are not allowed to play defense in their forecourt. Once possession of the ball has changed hands the defensive team must retreat to their backcourt to play defense.
EXCEPTION: This rule does not apply to Middle School & High School.
5. **If the point spread exceeds 12 for grades K - 12, the winning team must back their defenders up to the 3 point arc (no half-court traps).**
6. **NO** statistical records will be given out.
7. The tabulated point spread for the winning team will not be extended past 20. The scoreboard will be reset to 0 for both teams for the remainder of the game *unless the team with less points chooses to keep it on*. The emphasis in the league is on teaching and having fun.
8. If a player scores in the opponent's basket, it is considered a turnover that will be inbounded at half court. The points do not count. If the ball is tipped into an opponent's basket while attempting a rebound, it is considered a legal basket and the points will be counted.
EXCEPTION: This rule does not apply to high school.
9. The scorekeeping official is responsible for determining whether or not a substitution will be permitted. The on-court officials assume the responsibility of motioning such substitutes into the game. Hence, the score keeping official must first be notified for any substitutions to occur. Substitutes should remain next to the scorekeeper's table until motioned to enter the game.
10. The possession rule and arrow is used for held balls (jump balls) and to start subsequent quarters after the first. Tip-offs are only used at the start of the game and overtime periods.
11. During free throws, players in marked lane spaces may enter the lane on the release of ball from shooter's hand. All other players on the court must wait until the ball has hit the rim or backboard to move off of their space. If the ball fails to make contact with the rim or backboard, it is considered out of bounds.
12. Players dribbling cannot handle the ball with two hands at once or turn the ball over in their hand between dribbles. This is called carrying. To avoid being whistled for carrying, always keep your palms facing the floor when dribbling. This violation is also referred to as "palming."
13. Charging occurs when an offensive player, usually with the ball, runs into a defensive player who has established proper defensive position. Charging, as described above, is considered an offensive foul. So is setting a "moving screen," or interfering with a defender's position or path without remaining stationary.
14. Players have five-seconds to pass the ball in-bounds to a teammate after taking possession.
15. Illegal contact between two players is called a foul. There are a number of different kinds of fouls. Some of those result in the player fouled being awarded free-throws. If a player is fouled while shooting and the ball goes in, that player is awarded one free-throw plus the two or three points for the basket. If the shot does not go in, then that player gets two free throws (Three free throws will be award if a shooting foul is committed outside of the three point arc).
16. Shots cannot be blocked on the way down toward the basket. Shots can only be blocked prior to reaching their highest point. If a ball is blocked on the way down, knocked off the rim or touched in the area immediately above the rim by a defensive player, the offensive team is awarded two points as if the ball had gone through the basket. If an offensive player touches the ball in any of those circumstances, the basket made doesn't count and the defensive team takes possession of the ball.

17. Anything on or outside the line that extends around the court is considered out of bounds. If a ball hits the line, the ball is considered out of bounds. If a player from Team A last touched a ball as it goes out of bounds, the ball is awarded to Team B. Players cannot "hide" out of bounds on offense. Nor can they run out of bounds and back in to benefit their position for a shot attempt. If there is any confusion regarding court lines, Head Coaches may seek clarification from the referees before the game begins. Clarification will be given to both teams Head Coach.
18. The line that divides the court in half is the half-court line, or the 10-second line. When moving from one end of the court toward your basket, your team has 10-seconds to get the ball across the half-court line.
19. No part of an offensive player can be for more than three seconds in the free-throw lane, which consists of the rectangular area from the end line to the free-throw line and 12 feet across the lane.
20. Taking more than 2 steps while in possession of the ball and not dribbling is considered traveling and results in the ball being turned over to the opposing team. Traveling also occurs when a player picks up his dribble and then moves or changes his pivot foot.
21. Allowances will be made for the younger players and the enforcement of rules will tighten as the player's level of play improves (referees discretion). **This is an instructional level league; coaches and officials work together to teach rules and techniques.**

Periods and Time Factors

1. Mandatory Participation Rule—**The league strongly supports equal playing time for all participants.** At a minimum, each player must play the equivalent of two full quarters. This may be slightly less if there are more than ten players on a team. A participant may receive less playing time if he or she has an unexcused absence from practice immediately prior to the game. An excused absence should be granted in cases where advance notification was given for an illness, family emergency, vacation, school related activity, or any other reasonable excuse. Note: there may be some situations in which advance notification is not possible. We ask coaches to explain this thoroughly to both parents and participants before exercising this option.
2. **Forfeit time is 5 minutes after the scheduled start time.** In the event that a game starts late due to an earlier game on that court, the start time of the next game will be five minutes after the completion of the previous game. For the benefit of everyone and to adhere to scheduled game times, officials may shorten the quarter playing times and/or half-times under certain conditions.
3. Turn in your lineup card with player uniform numbers at least five minutes before the scheduled start time.
4. All games will consist of four 10 minute quarters with a three-minute halftime. The clock will only stop during a timeout, an injury, or a situation in which the officials or gym supervisor deems the administration of a situation to be time intensive (multiple technical fouls, etc.). **For grades K-8:** if the point differential is within 10 in the last minute of 4th Quarter, the clock will stop on each whistle. **For High School:** the clock will stop during the last two minutes of each half on out of bounds and fouls.
5. There will be two timeouts per team per half (one minute each in duration), with no accumulation. Timeouts will last one minute.

6. In the case of a tie, a two-minute overtime period will be played starting with a jump ball. Each team will have one timeout per overtime period. **No overtime in K-8; games can end in a tie.**
7. Players and coaches should arrive at least 15 minutes prior to the scheduled start of the game. Players and coaches will not be allowed into any gym space any earlier than 15 minutes before game time due to health and safety protocols.

Players, Coaches, and Fans

1. The coach is responsible for distributing rule information to team members and parents and will be the single point of contact with the Community Services Department.
2. Good sportsmanship should be practiced at all times, not just during the game.
3. Coaches need to talk to parents before the first practice to explain the leagues philosophy to them and answer any questions that they may have. This meeting will reduce potential problems and give the parents a greater appreciation for what we are attempting to accomplish. Please explain to the parents at the first practice to come to you first if there is any problem that needs to be addressed.
4. All of the personnel on the team must be registered as either players or coaches. All additions and/or reassignments of players will be done by the Community Services Department. Coaches are *NOT* allowed to practice any players who have not registered with the Department. Any team using players who are not registered with the department will forfeit all games that the player(s) participated in. Coaches may not, in any way, attempt to recruit players for their team or influence the reassignment of players to better their team.
5. All children must be accompanied by an adult at all times when at a playing facility.
6. Any abusive or foul language, physical gestures or untimely questioning of calls directed at an official, supervisor, player, or coach is grounds for a technical foul. A bench technical may be called on players, fans, and coaches not in the game. **Coaches are responsible for controlling players and fans.**
7. No fighting or other aggressive behavior will be tolerated. This will result in ejection from the game without warning. Those who violate this rule will face termination from further league participation.
8. A player or coach may be warned or ejected from a game by any on-court official or gym supervisor. Any ejection will result in the assessment of a minimum of one technical foul. An ejected player or coach must leave the facility prior to play resuming. An ejected player or coach will not be allowed to participate in the next scheduled game. Further disciplinary action will be at the discretion of the Community Services Department.
9. The on-court officials have the authority to stop the game at any time for conduct which they perceive to be beyond their control or jurisdiction. On-court officials are asked to consult a supervisor if such a situation arises. On-court officials and supervisors have the authority to forfeit a game.
10. A player is disqualified from the game when he or she has committed five personal fouls. All technical, intentional, or flagrant fouls count toward disqualification.

11. Administrative disqualifications include: five personal fouls, two technical fouls, one flagrant foul, two intentional fouls (per person). Two flagrant fouls in one game by one team will result in forfeiture of game. All technical fouls, intentional fouls, and flagrant fouls will result in two shots plus the ball at half court. Technical, intentional, and flagrant fouls count as personal and team fouls.
12. The timekeeping official will determine when a team is in the bonus and double bonus. On the seventh team foul the opposing team will shoot 1 and 1. On the tenth team foul, the opposing team will shoot two. Team fouls will be reset to zero at halftime.
13. Spectators may not be on the court or directly behind the baskets. However, due to space limitations on some courts, they may sit in any of the four corners of a court area.
14. A team is responsible for its fans' actions. Any disturbances will result in game sanctions or potential disqualification for the team involved. A disruptive fan may be asked to leave the gym facility. The on-court officials and gym supervisors will provide this discretion.
15. All injuries to players and/or non-participants must be reported to the Community Services Department as soon as possible. Incident Reports are available upon request.
16. Some actions may justify immediate ejection from the game and/or league. Refunds will not be issued to individuals dismissed from the league.

Equipment and Attire

1. All participants are required to be in proper recreational attire. This includes: team jersey; shorts or sweat pants; and basketball or tennis shoes. Jeans or slacks will not be permitted. No black sole running shoes will be permitted on hardwood surfaces. Players may not wear hats, watches, or jewelry. Participants unable to comply with these regulations will not be permitted to play.
2. Grades K-3 will use an 8'6" rim and will shoot free throws two feet closer during all league games. Grade 4-12 will utilize a standard 10' rim.
3. Only league balls will be used during games. The following ball sizes will be utilized during league play:
 - a. Girls K-3: Junior size (27"-27 ½")
 - b. Girls 4-12: Intermediate size (28 ½"-29")
 - c. Boys K-3: Junior size (27"-27 ½")
 - d. Boys 4-6: Intermediate size (28 ½"-29")
 - e. Boys 7-12: Official size (29 ½"-30")
4. All players must wear the official shirt during games. Alterations to the jerseys are not allowed. Do not add logos or cut off the sleeves. Anyone wearing an altered shirt will not be allowed to participate in games.
5. Jerseys are reversible and Home & Away team color will be indicated on the game schedule.