



Youth Basketball League Rules

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The following rules and regulations have been formulated and adopted by the City of Rowlett Park & Recreation Department. Rowlett Park & Recreation Department will have jurisdiction over all rules and regulations governing any City of Rowlett Youth Basketball events including modifying rules as needed. Rowlett Park & Recreation Department will adhere to the Texas Amateur Athletic Federation Youth Basketball Rules.

ANY AND ALL DISPUTES WILL BE RESOLVED BY ROWLETT PARKS AND RECREATION DEPARTMENT.

PLAYERS, DIVISIONS, & ELGIBILTY

1. Age:

- I. As of **September 1st** of current calendar year for Summer league
- II. As of **September 1st** of current school year for Winter league.

2. Divisions of Play:

7 & Under Coed – TAAF Division I, II

9 & Under Coed – TAAF Division I, II

11 & Under Boys/Girls – TAAF Division I, II

13 & Under Boys/Girls – TAAF Division I, II

- I. **7U** – consists of boys and girls who are at least 5 years of age and no more than 7 years of age.
- II. **9U** – consists of boys and girls who are at least 7 years of age and no more than 9 years of age.
- III. **11U** – consists of boys and girls who are at least 9 years of age and no more than 11 years of age.
- IV. **13U** – consists of boys and girls who are at least 11 years of age and no more than 13 years of age.

3. Rosters:

- I. **Division I:** Consists of hand selected, pre-formed teams (EX. Travel and AAU Teams). Division I rosters are limited to a maximum of 12 players.
- II. **Division II:** Consists of teams that are hand selected by the coach, or who return five (5) or more players from the previous seasons Division III roster. Division II rosters are limited to a maximum of 12 players.
- III. Teams will have until week three (3) of the season to add players. After this time, all rosters will be frozen. The only exception to this rule would be to replace an injured player or if your roster drops below the minimum amount to start a game. Any additions must be approved by the Athletic Department.
- IV. Players can only play in one age division and on one team.
- V. Players will be allowed to play up only one age group.
- VI. Falsification of information on a player’s registration form will disqualify the player from this program.

4. Practice:

- I. Organized practice times with their coach will be limited to one hour per week if gym space is available.
 - a) The coach is completely responsible for his/her team during practice and it is his/her responsibility to make sure the gym is left in the same condition as when the team entered. Coaches are responsible for keeping all their players on their side of the court. Failure to do so could result in the forfeiture of practice and/or other disciplinary actions.
 - b) Please finish practice by the :50 mark on the clock to allow change of goals, cleaning up, and exiting the facility. Please use the last 10 minutes to discuss anything with your time.

5. Uniforms:

- I. **Jerseys – Division I, II, & III:** Must use jerseys provided by the City for the current season. The **HOME** team will wear **WHITE**. The team that is listed first on the schedule will be designated as the **HOME** team. Each team will not have more than one number per player. ****Players who do not have the proper Parks and Recreation jerseys will not be allowed to participate.***
- II. **Shorts** – All players shall wear gym shorts. No jeans, or non-athletic shorts are to be worn during the game.
- III. **Shoes** – Players should wear athletic type shoes with non-marking soles.
- IV. Players must observe the following:
 - a) No hard or soft casts are allowed.
 - b) Knee and ankle braces are permitted but all exposed hinges must be covered.
 - c) Rubber, cloth or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes and bobby pins, are prohibited.
 - d) Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. These items may be worn but must be taped down.
 - e) Anything on the wrist other than wrist/sweat bands is prohibited.

6. Equipment and courts:

LEAGUES	DIVISIONS	COURT	BALL SIZE	GOAL	FREE THROW
7U CoEd	I, II	Full	Intermediate – 28.5	8'6"	13'6"
9U CoEd	I, II	Full	Intermediate – 28.5	10'	15'
11U CoEd	I, II	Full	Intermediate – 28.5	10'	15'
13U CoEd	I, II	Full	Regulation – 29.5	10'	15'

7. TEAM BENCH:

- I. Only rostered players and no more than two (2) approved coaches will be allowed on the team's bench. An adult 18+ must be present on the bench for all games.
 - a) No parents are allowed on the bench.
 - b) No parents are allowed on the court.

8. Coaches:

- I. All coaches will be required to pass a background check and wear assigned badge.
- II. Teams are only allowed to have three (3) coaches on their roster and two (2) on the bench.
- III. Only one (1) coach may stand and give instruction to players, request a time out or confer with scorer's table.
- IV. Coaches are responsible for their team and parent's conduct on and off the court. Unsportsmanlike conduct by coaches, spectators, or participants will not be tolerated, regardless of if it's a practice, regular season game, or tournament games. Individuals may be suspended due to unsportsmanlike conduct at the discretion of the Athletic Department. If the suspension takes place near/at the end of the season, the suspension may carry over to the next season.
- V. Any coach failing to cooperate with the rules and/or objectives of this league will be required to relinquish his/her team.

GAME RULES

1. Participation:

- I. **Division I & II**: No participation requirements

2. Game Length:

- I. **7U** – The game will consist of four (4) six (6) minute quarters with three (3) minutes at half time.
9U, 11U, & 13U – The game will consist of four (4) eight (8) minute quarters with three (3) minutes at half time.
- II. **GRACE PERIOD** – The city has instituted a 3-minute grace period that will begin immediately after the end of the warmup period. If at the end of the 3 minutes the team is not ready to play (ex. no coach/players) the game will be forfeited.
 - a) **A team must begin play with five players.** Teams without five players at the start of a game will forfeit that game. If a team has no substitutes to replace disqualified or injured players, it may continue with fewer than five.
- III. **The clock will stop during free throws and on team or official time outs.**
- IV. The clock will run continuously through the first and third quarters.
- V. The clock will run continuously through the second and fourth quarters until the last two minutes of each quarter. At the last two minutes, the clock will stop on all whistles.
- VI. **POINT AHEAD RULE (All Divisions):** If there is a fifteen (15) point difference in the score at any time during the game the clock will only stop for referee and team timeouts.
- VII. Officials & Staff have the authority to stop the clock for any reason that is deemed necessary.

3. **TIMEOUTS:** Teams will receive four (4) one-minute time outs per game. Timeouts carry over into the over-time period(s).

- VIII. In the event of a tie game at the end of regulation time:
 - a) **7U:** two (2) minute overtime will be played
 - b) **9U, 11U, & 13U:** three (3) minute overtime will be played

4. OVERTIME will be played under the following rules:
 - a) Teams will receive an additional (1) one-minute time out.
 - b) The clock will stop on all whistles.
 - c) Only one overtime will be played, even in a tie.
5. Full Court Defense (Press):
 - a) **7U & 9U:** Once the ball handler crosses half court, defenders can leave the arc. Pressing **ONLY** allowed during the last two (2) minutes of each half and at all times during any overtime period(s).
 - b) **11U:** Full court press is allowed unless a 15-point lead is obtained, then the defense must start behind the arc.
 - i. Once the ball handler crosses half court, defenders can leave the arc. The team trailing, may continue to press, during this time
 - c) **13U:** Full court press is allowed unless a 20-point lead is obtained, then the defense must start behind the arc.
 - ii. Once the ball handler crosses half court, defenders can leave the arc. The team trailing, may continue to press, during this time
 - d) **VIOLATION:** One warning will be given to each team per half. Additional violations shall result in a technical foul for each offense.
6. Lane Violations:
 - I. 7U & 9U will have five second lane violations.
 - II. 11U & 13U will play by NFHS rules (three seconds).
7. Free Throws:
 - I. Teams that receive five team fouls will go into the bonus. The opponent will shoot two free throws for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter. Players will be allowed to enter the lane when the ball is released. The shooter will be allowed to enter the lane once the ball hits the backboard and/or rim.
8. FOULS:
 - I. **Personal Fouls:** Each player is allowed five personal fouls per game
 - II. **Technical Fouls:** If a team, player, or coach receives a technical foul, the opposing team will get two free throws and the ball at half court. The opposing coach will decide on who the shooter will be. All other players must remain behind half court during the shot attempts.
 - a) **One technical foul on one player** will result in the player in question being automatically substituted out. The amount of time that the player in question sits will be determined by the coaching staff.
 - b) **One technical foul on a coach** will result in the coach losing all coaching privileges and will have to remain seated for the remainder of the game.
 - c) **Two technical fouls on a coach or player** will result in that person being **ejected from the game and the facility**. This will also result in a one game suspension. Suspensions will carry over from one season to the next, if necessary.
 - d) **Three technical fouls on one team in one game** will result in a **forfeit**.
 - e) **Four technical fouls** – Coaches and players who accumulate four technical fouls throughout the season will be removed from the league and will not be refunded.

- f) **If any coach is ejected from two games, an automatic suspension from the league will be in effect until the Athletics Department has reviewed the incidents. The Athletic Department may impose a suspension for the remainder of the season, if deemed necessary.**
 - III. **Intentional Fouls:** If a player receives an **intentional foul**, the opposing team will get two free throws and the ball at the point of interruption. The opposing coach will not have a choice on who the shooter will be. The player who was fouled will be the shooter. All other players must remain behind half court during the shot attempts.
 - IV. **Flagrant Fouls:** If a player receives a **flagrant foul**, the opposing team will get two free throws and the ball at the point of interruption, the player committing the foul will be ejected. The opposing coach will not have a choice on who the shooter will be. The player who was fouled will be the shooter. All other players must remain behind half court during the shot attempts.
9. **Roster Checks**
- I. Roster checks can only be requested by coaches listed on team roster.
 - II. Roster checks can only be requested at the following times:
 - a) Prior to start of game
 - b) End of 1st or 2nd quarter – roster checks requested at these times will be conducted at half time.
 - c) If a roster check is requested, both teams’ rosters will be verified by the gym supervisor.
 - d) If after a roster check all players are found to be eligible to play, the requesting team’s coach will receive a direct technical foul (delay of game technical). All coaches on the requesting team must remain seated for the remainder of the game. Opposing team will then shoot two free throws and receive the ball at half court.
 - e) If a player is found to be ineligible after the roster check, the player will be ejected.
 - III. A \$50 fee (cash) will be charged for any roster checks made. If a player is found to be ineligible after the roster check, a refund will be processed.

DISCIPLINARY ACTIONS

1. ZERO TOLERANCE

Our Code of Conduct Policies have been put in place to encourage good sportsmanship and enhance the overall experience for everyone involved in the Rowlett Parks and Recreation youth sports leagues. Prior to participating in any of our programs we expect parents, participants and coaches to read these documents and familiarize themselves with what is expected of them. On occasion, it may become necessary to take action should the Code of Conduct Policy be violated.

Rowlett Parks and Recreation reserves the right to take ANY of the following actions if necessary:

- i. If an official (referee, umpire, league representative) observes behavior from a coach, parent, spectator, or participant before or during a sporting event that violates our conduct policy, that official may warn the individual or individuals that such behavior is unacceptable and must stop immediately. Failure to stop

the behavior will result in an ejection from the event and the individual must leave the field or building immediately.

- ii. If in the opinion of the official, the behavior is significantly inappropriate, the official may demand that the individual leave the event without issuing a warning.
- iii. Failure by the individual to leave the event as instructed will result in a stoppage of play until the individual has left. Continued failure to comply will result in possible game forfeit due to unsportsmanlike conduct, and the authorities being called to remove the individual who may at that point face arrest.
- iv. Any instance where a coach, parent, spectator, or participant is ejected from a sporting event it will be reviewed by the Recreation Assistant Director and selected league officials and may, depending upon the individual circumstances, result in additional action including being banned from attending or participating in future events for a length of time to be determined.
- v. Any activity violating our conduct policies that takes place after a sporting event, during team practices or outside of the sports facilities will also be subject to the above review and potential suspension. Examples may include confronting an official, coach or player in the parking lot after a game, harassment of players at school or online, offensive, abusive or harassing emails sent to another parent, coach, league representative or city official or sending of a mass email to a team, group of coaches, parents, or any third party, etc.

2. HONORING THE GAME

- a. The Positive Coaching Alliance stresses all players, coaches and parents need to honor the game in which they participate. To help remember exactly what that means the ROOTS acronym is used. Each letter in ROOTS stands for an important part of the sport that we must respect.
 - i. Rules - Rules keep the game fair. Participants and coaches are expected to play by the rules set by the league administrators.
 - ii. Opponents - Without opponents, there would be no games. A good opponent pushes us to do our best, so we should be grateful for our opponents. Participants, coaches and spectators promise to show respect for opposing coaches, teams, and expect opponents to do the same.
 - iii. Officials - Respecting officials can be the most difficult part of Honoring the Game. Officials have a very hard job, keeping the game safe and fair for both teams. Officials are not perfect (just like coaches, athletes and parents!) and sometimes they will make calls that are not in our favor, but participants, coaches and spectators are expected to show respect for officials, no matter the outcome of any call.
 - iv. Teammates - A big part of playing a sport is being part of a team. Later in life you will often be part of a team, and it is important to learn to work together. When you are on a team, your words and actions – before, during and after practices and games reflect not only on you, but also on your teammates and coaches. So, treat them as you would want them to treat you. Participants should encourage and support each other on and off the playing field.

- v. Self - Some people only Honor the Game when their opponents do, but Rowlett Parks and Recreation expects players coaches and parents to Honor the Game no matter what the other team or its fans do. Each person sets their own internal standards and strive to live up to them no matter what.
- b. If these five things are communicated by parents and coaches to their young athletes and the players then concentrate on these points, you can be assured that they are Honoring the Game. The players and their teammates will get the most out of their season, and will help advance the great traditions of the sport they love to play.

3. CHILD ABUSE IN YOUTH SPORTS

Children participate in the Rowlett Parks and Recreation youth sports programs to be with friends and learn many of the life skills that will help them become productive members of society. When adults involved in the youth sports experience lose perspective potentially abusive situations may occur.

Our goal is to provide safe, fun and enjoyable program for our young athletes.

Any forms of abuse or maltreatment of children will not be tolerated. Appropriate action to protect participants from any form of abuse or maltreatment will be dealt with immediately when made aware of.

Rowlett Parks and Recreation uses all reasonable efforts to screen all employees and volunteers in order to avoid instances that put young athletes in harm's way.

Rowlett Parks and Recreation will continue to take the steps needed to assure all participants are provided a fun and safe environment within a well-structured, positive setting, where good sportsmanship, respect and honoring the game is endorsed and expected by all who participate.

At times, adults are unaware that they are being abusive to the children participating in youth sports. Below is a list of common inappropriate behaviors taking place in youth sports programs nationwide (adapted from National Alliance for Youth Sports):

1. Benching less skilled athletes
2. Wrapping athletes in plastic wrap to force weight loss to make a weight limit
3. Cursing, yelling or using 'put-downs' that demean a child
4. Using excessive physical training techniques to punish/discipline young athletes
5. Name calling
6. Not allowing a young athlete to take a break or to use the restroom when needed
7. Depriving young athletes of water
8. Throwing equipment at players
9. Grabbing or shaking players
10. Using racial slurs
11. Using sexual put-downs
12. Making cruel comments about body type
13. Stereotyping athletes

14. Paying attention to only the best players, casting aside the less talented
15. Hurtful comments and/or participation denial to persons with disabilities
16. Demanding unrealistic expectations, perfect performances, etc.
17. Inappropriate sexual contact between adult and child
18. Teaching and/or expecting players to taunt, cheat, intimidate, fight, or trash talk

4. FORMAL IMPROPER CONDUCT INCIDENT PROCESS

- a. The Rowlett Community Centre provides a form on its website and front desk to allow coaches, parents, spectators and players to submit a formal allegation to the Athletics Programmer.
 - i. **Process**
Incident allegation is submitted to the Athletics Programmer
 1. Improper Conduct Incident Form located on Team Sideline website to be filled out
 2. Form is submitted to the Athletics Programmer
 3. Athletics Programmer will send to Athletics/Aquatics Supervisor and the allegation will be discussed with Assistant Director.
 4. Assistant Director will determine if the allegation becomes an official violation, dismissed.
 - ii. **Violations will be:**
 1. Investigated utilizing Rowlett Youth Sports Code of Conduct Rules (available on website)
 - a. Any committee member with a conflict or perceived conflict of interest will voluntarily recuse themselves from the investigation. If the complaint involves a family member of the committee member, they will automatically be recused.
 2. Submitted to the Rowlett Parks and Recreation Assistant Director
 3. Committee will vote and act on the complaint
 - a. Player, Coach, or parent impacted will be notified by committee member via email and/or mailed letter
 - b. Parents will be required to be present with their player when notification occurs
 - c. Committee member will notify Head Coach and appropriate communication to rest of team
 4. Rowlett Parks and Recreation Assistant Director to submit final ruling to Rowlett Parks and Recreation Director.

TIE BREAKING PROCEDURES

1. Tie breaking procedures will be decided by TeamSideline using the following guidelines.
 - I. Winning Percentage
 - II. Head-To-Head
 - III. Head-To-Head Differential
 - IV. Total Points Against
 - V. Coin Toss

***No additional games will be played to break ties**

AWARDS

1. Each division will be rewarded as given:
 - I. 1st: League Trophies
 - II. 2nd: Silver Medals
 - III. 3rd: Bronze Medals
 - IV. All others will be given participation awards

PROTESTS

1. **ALL PROTEST MUST BE SUBMITTED TO THE PARKS AND RECREATION ATHLETIC DEPARTMENT BY THE HEAD COACH ONLY.** The Athletic Department will review all information and decide based on the facts provided and interviews conducted.
 - I. Official protests may ONLY be filed for violation of the rules an/or regulations, and not on judgement calls made by the referees. Games may NOT be protested based on the quality of the officiating. At the time a head coach determines to protest a game, he/she must immediately notify the official, opposing head coach, and scorekeeper of the protest.
 - II. A \$50 fee (cash) will be charged for any protests made.
 - III. If protest is successful, a refund will be processed.

Please note: Once the league and tournament schedules have been released, they will not be changed without the Director's approval.



Raehgan Shaw | Athletics Programmer

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Visit our Citizen Action Center at www.rowlett.com for questions or requests.

THE place to live, work and play. OUR PURPOSE IS TO SERVE.