

Kearney Parks and Rec. Youth Basketball

Rules and Regulations

Kearney Parks and Recreation follows MSHSAA Basketball rules, except where superseded by the following:

Administration:

All Kearney Parks and Rec Youth Basketball games are supervised by a designated Kearney Parks and Rec representative. Decisions rendered by this representative are final.

Coaches:

1. Shall, above all else, have the safety and welfare of each child as their main objective.
2. Must have a reasonable knowledge of the game and rules of basketball.
3. Shall conduct themselves as an example of sportsmanship and inclusion.
4. The mission of this league is to encourage participation, fair play, and to learn the fundamentals of the game of basketball.

Gyms:

1. We have been granted the use of these gyms by the Kearney School District. They trust us to take proper care of them. Please respect their wishes.
2. **No alcohol or tobacco of any kind is permitted on school grounds.**
3. Stay in the gym at all times. The only acceptable exception is leaving the gym to use the restroom.
4. Do not bounce balls in hallways, or against walls inside the gym.

Uniforms & Equipment:

1. T-shirts will be provided by Kearney Parks and Rec. Players must provide their own shorts.
2. Non-marking gym shoes are to be worn on the court. Street shoes will not be permitted.
3. Jewelry of any kind is not permitted.
4. Game balls will be provided. Size 28.5
5. Goal heights are as follows:
1-2, 3-4 grades: 8 feet
5-6 grades: 10 feet

Teams:

1. Coaches will automatically have their child placed on their team.
2. **Teams will be decided by a computer random draw. There will be no evaluations. This is a recreation league only.**
3. Practice schedules will be decided at the coaches meeting.

Games:

1. Games will start promptly as scheduled. The referee's watch shall be considered the official time. Late teams risk forfeit at the referee's discretion.
2. A team must have five uniformed players to start the game. Exceptions to this rule can be made if both coaches agree to start the game with less than five players.
3. All teams shall play on scheduled dates and times.
4. No additional practices will be allowed. Teams may only practice at scheduled dates and times.

Playing Time:

1. Games will consist of 4 quarters of 8 minutes each.
2. The clock will stop at the 4 minute mark of each quarter for **Mandatory Substitutions**. No other substitutions will be allowed, with the exception of player injury and at the start of a new quarter / overtime.
3. Each player must play a minimum of 8 minutes per game. The only exception is player injury. Any pre-existing injuries that might limit playing time should be reported to the referee before the game starts.
4. The clock will run continuously, stopping only at the 4 minute mark of each quarter and for timeouts.
5. Each team will have 2 x 30 second timeouts per half. Unused timeouts do not carry over to the second half.
6. Overtime of 3 minutes will happen in the event of a tie game. If the score remains tied after the 3 minute overtime, sudden death overtime will occur. In this overtime, a jump ball will happen at center court, and the first team to score wins the game.

Team Responsibilities:

1. Each team will supply one adult to either run the clock, or keep the score book.
2. The score book is the official score.
3. Each team is responsible for their parents, fans, players, and coaches conduct. Failure to act in a respectful manner may lead to forfeiture. Hostile attitudes will not be tolerated.
4. **No arguing with the referees. Period. This is not March Madness, or the NBA Finals. This is rec league youth basketball. Act accordingly.**

General Rules:

1. Half court defense only. No defense allowed until ball crosses half court.
2. No double teaming allowed.
3. Possession will be decided with a coin flip at the start of each game. Alternating possession thereafter for all jump balls and to start each quarter. 1st overtime possession is decided by a coin flip. Sudden death overtime possession decided by a jump ball.
4. Play stops at the 4 minute mark of each quarter for mandatory substitutions. **The 4 minute sub is not a change of possession.**