



City of Mesa Parks, Recreation and Community Facilities

Youth Sports Basketball Rules

2023-2024

I. GENERAL INFORMATION

- A. Implementation of Standing Rules - Managers, coaches, and umpires/officials are, by regulation, under the jurisdiction of and accountable to City of Mesa Parks and Recreation, and the Youth Sports Team. Failure to comply with the league rules and rules stated within, or to “stretch” the rules in a manner not determined in the best interest of youth instruction and development, will not be allowed.
- B. Extraordinary Provision Rule - It is recognized that there may be extraordinary circumstances where these rules will not resolve all possible problems. In cases such as this, Youth Sports Team will have final say regarding rule interpretations.
- C. All head coaches must be at least 18 years of age by the first scheduled game. Failure to comply or falsification will result in expulsion of the coach from the league and team to forfeit all games up to the point of violation. **All volunteer coaches must complete volunteer paperwork and pass a Level 1 & 2 Background Check.**
- D. Parents will be required to acknowledge and agree to abide by the parent’s code of ethics prior to the first game of the season.
- E. Eligibility - Participation fee requirements will be determined by Mesa Parks and Recreation Administration. Fees must be paid by date determined and specified by Mesa Parks and Recreation Administration.
- F. Team Roster/Paperwork - Paperwork will include a complete team roster, Coaches’ and Players’ NAYS Code of Ethics forms, and valid proof of age for each participating player. Coaches / Recreation Centers will be responsible for providing all required paperwork if requested by the Youth Sports Team within 24 hours of the request. Player additions to teams may be made up to **January 26, 2024**. Official rosters will be produced through Team Sideline by the Youth Sports Team. **A PENALTY FOR FAILURE TO COMPLY OR FALSIFICATION WILL RESULT IN DISCIPLINARY ACTION TO THE COACH AND CENTER.**
 - Players may not transfer from one team to another once they have played in an official league game.
- G. At least one coach who is on the official roster must be available as manager or coach at all games. Coaches must attend Youth Sports preseason training/clinic.
- H. Site Supervisor will determine if the game is official.
- I. Team Formation Policy – Teams are formed based on Jr. High Zones and Friend Requests. Coaches can request no more than 3 players to be on their team to ensure fairness for the league.

II. SAFETY RULES

- A. Managers, coaches, players, parents, and spectators will not attempt to instruct, taunt, threaten or in any way verbally or physically abuse a referee/official, Site Supervisor, opposing coach, player, or member of the Youth Sports Team before, during or after any game. Any unsportsmanlike conduct by players, coaches, and/or spectators is not allowed before, during or after any game. Failure to comply may result in immediate removal from the game, as directed by the official or COM Staff. Ejection from a game for any rule infraction may result in immediate removal from the facility, as directed by the official or COM Staff. Ejection from a game for any rule infraction will result in suspension from the team’s next scheduled game, and may result in suspension from practice or attending other COM Youth Sports activities at the discretion of COM Staff. Failure to comply with departmental policies and Code of Ethics may result in probation/termination. If a player, manager, coach, or assistant coach is ejected from any two (2) games during the season, s/he will

be terminated from their position with the Youth Sports program. If the coach is a full-time employee, they will be reported to their immediate supervisor as well as the Directors of Recreation.

- B. Managers or coaches who are, in the opinion of the Site Supervisor, intentionally running up the score, will be addressed at the game (if not possible, the manager or coach will be contacted within 48 hours of completion of the game). If further unsportsmanlike behavior continues, there may be disciplinary measures taken including but not limited to:
 - 1. Youth Sports Team will work with direct supervisor to issue a verbal warning.
 - 2. One-game suspension and appearance before Youth Sports Supervisor.
 - 3. Appearance before Recreation Director and possible further progressive discipline.
- C. After each game, each team is responsible for removing their trash (water bottles, cans, etc.).
- D. No alcohol, marijuana, or tobacco (including vapor pens) should be used on or near the field of play or within indoor facilities. Anyone under the influence of alcohol or marijuana will be asked to leave the premises.
- E. In the event of an injury which requires medical assistance, call 911. The Site Supervisor, manager or coach will remain in charge of emergency treatment until advanced medical responders arrive. If injury dictates that the injured player is not to be moved, game play will be delayed as necessary.
- F. It will be the Youth Sports Team responsibility to decide to make up the games cancelled because of bad weather, as well as arrange for officials.
- G. A player bleeding must come out of the game until it is stopped. If blood is on a game jersey, the blood must be removed prior to re-entering the game.
- H. **Jewelry is prohibited.** Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. This includes but not limited to hair beads, hard head bands, hair bobby pins, hard hair clips, watches, bracelets, necklaces, earrings, or other piercings (taping over is not allowed), and acrylic nails.

III. FORFEITS

- A. Any player not listed on the team roster may not play in the league. A team who allows a non-rostered player to play will forfeit game or games in which the player participated. In addition, the manager and/or coach responsible for allowing the non-rostered player to play will face disciplinary action.
- B. All forfeits need to be reported to the Youth Sports Team and affected teams prior to game time.

IV. AGE DIVISIONS

- 1. 6U (5-6) age classification: any player turning 7 years of age before January 27, 2024, is ineligible.
- 2. 8U (7-8) age classification: any player turning 9 years of age before January 27, 2024, is ineligible.
- 3. 10U (9-10) age classification: any player turning 11 years of age before January 27, 2024, is ineligible.
- 4. 12U (11-12) age classification: any player turning 13 years of age before January 27, 2024, is ineligible.
- 5. 14U (13-14) age classification: any player turning 15 years of age before January 27, 2024, is ineligible.
- 6. In the case of needing to fill the **minimum** number of participants for a team's game, the coach will be allowed to move up no more than **three** rostered players, if they meet all requirements. The participant(s) must be: (1) on an ActiveNet roster for the same sport/recreation center, and (2) only one year younger than that age group (i.e., a 10-year-old can play for the 11-12 age group). Also, coaches must notify and receive permission from the Youth Sports Team at least one hour prior to game time to move a player up. This adaptation will be allowed during the regular season only.
- 7. Any player on a NFHS high school basketball roster is ineligible to participate.

V. SPORT-SPECIFIC RULES

NFHS RULES WILL BE ENFORCED WITH THE FOLLOWING CITY OF MESA YOUTH SPORTS MODIFICATIONS

- 1. **Roster minimum is 6 players, maximum 10 players.** No players added after **January 26, 2024.**

2. Coaches are allowed a maximum of 3 requests for players to be on their team.
 3. Teams are only allowed to participate in one Mesa Youth Sports Recreational League.
 4. Players will only be allowed to be on one roster per age group (i.e., a 9-year-old cannot play for more than one 9-10 basketball team).
5. This league is an equal play league. This means equal opportunity to participate in both playing time and positions. No participant may play 3 quarters until everyone has played 2 quarters. No participant may play 4 quarters until everyone has played 3 quarters. A participant is limited to playing a position for no more than half of the total game time. Coaches are responsible for creating practice and game plans that allow for a rotation of players through multiple positions throughout the season so they can gain experience. However, players can have reduced playing time or be withheld completely from any game for disciplinary or injury reasons. In this situation, the circumstance(s) must be presented to the score table, site supervisor, opposing coach, and officials.
6. All players must wear their unaltered, current season City of Mesa Youth Sports Jr. Suns issued uniform with athletic shorts/pants or Youth Sports approved attire.
 7. A 5-minute grace period will apply to all games. A forfeit will be issued after 5 minutes. **Teams are highly encouraged to arrive 30 minutes prior to game time.** A team can start and can finish the game with four players. If the minimum number of players are present, the grace period is not in effect and the game will start as scheduled.
 8. Teams will be allowed five minutes of warm-up time but will not apply if the 5-minute grace period is in effect. Halftime will be two minutes. Teams will switch baskets after halftime. They will not switch benches.
 9. Teams will have one 60-second timeout per half. Unused timeouts will not carry over. One 60-second timeout will be given to each team during overtime.
 10. An official will penalize a team for unsportsmanlike conduct by a manager, coach, player, or spectator by awarding the opposing team two points and possession of the ball.
 11. All players must report to the score table prior to entering the game.
 12. Players will foul out on their 5th foul. A team will reach "bonus" free throws on the opposition's 7th team foul ("one-and-one") and 10th team foul ("double bonus"). Team fouls will reset to zero at the start of the second half, but player fouls will carry over.
 13. Players must play half the scheduled games to be eligible for the playoffs. Absences due to injuries or disciplinary action will be reviewed by the Youth Sports Team on a case-by-case basis.
 14. Games will consist of four eight-minute quarters with a running clock except the last two minutes of the fourth quarter and free throws. On free throws, the clock will stop: (1) once the referee has relayed the foul to the table, and (2) the baseline referee is on the baseline with possession of the basketball. Site supervisor or score table has the discretion to stop the clock earlier if necessary.
 15. Clock will continue to run if one team is ahead by 15 or more points (4th quarter only), **even on free throws.**
 16. Overtime Regular/Postseason: will consist of one 3:30-minute period with a running clock with stoppage only on timeouts and free throws. Overtime will start with a jump ball. One timeout will be given to each team during overtime. Overtime is an extension of the second half, so all player and team fouls will carry over (this includes "double bonus" and "one-and-one"); however, unused timeouts from the second half do not carry over. Second overtime is sudden death next point wins with a jump ball to start the second overtime.

VI. DIVISION: 8U (7-8 YEAR OLDS)

1. There will no free throws in the 7-8 Division. Shooting fouls will result in 1pt awarded to the offensive team, followed by a change of possession.
2. During free throws, players will line up using the second, third, and fourth lane space. The first lane space, which is lined-up below the block, will not be used.
3. Five second lane violation on offense.

4. No full court defense or double-teaming at any time. At the change of possession, each defensive player must retreat behind the half-court line.
5. Man-to Man defense only. Colored wristbands will be used for players to help find their person to guard.
6. Stealing - A defensive player cannot steal or swat the ball from an offensive player who is holding or dribbling the ball. However, if a player loses control of the ball, the defender is allowed to pick up the loose ball. A passed ball may be intercepted/stolen if it is clearly in the air and not possessed by an offensive player.
7. Shot Blocking - If a player takes a shot, the defender is allowed to stand with arms extended straight up in the air, but they cannot leave their feet or reach forward to block the shot.
8. Score will not be kept for this division.

VII. DIVISION: 10U (9-10 YEAR OLDS)

1. Free throws will be shot from twelve (12) feet. Players who are capable may step back to fifteen (15) feet if desired.
2. During free throws, players will line up using the second, third, and fourth lane space. The first lane space, which is lined-up below the block, will not be used.
3. Five second lane violation on offense.
4. No full court defense at any time. Teams may play Man-to-Man or Zone Defense but are not allowed to press, double-team, or trap. A team will only be allowed one warning for playing backcourt defense. Subsequent violations will result in awarding the opposing team two points and possession of the ball. This will not be considered a technical foul.
5. Mercy Rule: If a team is ahead by 15 or more points at any time, teams are encouraged to implement a strategy to not run up score.
6. Blocking shots is allowed as long as no contact is made with any part of the shooter's body.
7. Stealing is allowed.

VIII. DIVISIONS: 12U, 14U (11-12, 13-14 YEAR OLDS)

1. Free throws will be shot from the regulation free throw line fifteen feet.
2. During free throws, players will line up using the second, third, and fourth lane space. The first lane space, which is lined-up below the block, will not be used.
3. Three second lane violation on offense.
4. Full court defense is allowed.
5. Mercy Rule: If a team is ahead by 15 or more points at any time, they must do the following:
 - Offense – Implement strategy to not run up score such as: No fast breaks, encourage multiple passes, allow all players opportunity to shoot, etc.
 - Defense – NO double-teaming, traps or press. NO full-court defense. Players will be allowed to pick up their man from 3-point line extended.
 - Failure to comply will result in a warning. Subsequent violations will result in awarding the opposing team two points and possession of the ball.
 - All jump balls will be awarded to the team that is down by 15 points or more until score is within 14 points.

Mesa Parks + Recreation
Mesa Youth Sports
Basketball Rules Quick Reference Sheet

	9-10 Divisions	11-12 Divisions	13-14 Divisions
Duration of Game	(4) 8 min. quarters	(4) 8 min. quarters	(4) 8 min. quarters
Ball Size	28.5 cm	28.5 cm	29.5 cm
RIM Height	10 ft	10 ft	10 ft
Lane Violations	5 seconds	3 seconds	3 seconds
Free Throws	12 ft	15 ft	15 ft
Fouls	5 personal; 7 team: one-&-one; 10 team: double-bonus	5 personal; 7 team one-&-one; 10 team double-bonus	5 personal 7 team: one-&-one; 10 team: double-bonus
Technical Fouls	Automatic 2 points and the ball	Automatic 2 points and the ball	Automatic 2 points and the ball
Time Outs	(1) 60 secs. per half	(1) 60 secs. per half	(1) 60 secs. per half
Defense Allowed	Man-to-Man, Zone	Any	Any
Full Court Pressing	Never	Allowed, until ahead by 15 points	Allowed, until ahead by 15 points
OT Regular & Post-Season	First OT: (1) 3:30 min. Period (Running Clock) Second OT: sudden death next point wins	First OT: (1) 3:30 min. Period(Running Clock) Second OT: sudden death next point wins	First OT: (1) 3:30 min. Period(Running Clock) Second OT: sudden death next point wins

1. A team can start and can finish the game with four players.
2. **Equal play. ALL PLAYERS PRESENT MUST PLAY An equal amount of playing time.**
3. A 5-minute grace period applies to all games. A forfeit will be issued after 5 minutes.
4. Clock Stoppage: On free throws, the clock will stop with 2 minutes left in the second half: (1) once the referee has relayed the foul to the table, and (2) the baseline referee is on the baseline with possession of the basketball. Site supervisor or score table has the discretion to stop the clock earlier if necessary. Clock will continue to run if one team is ahead by 15 or more points (4th quarter only), **even on free throws.**
5. Overtime regular and post-season will consist of a 3:30 Sec period with a running clock. Stoppage only under 2 minutes, on timeouts, free throws or dead balls. OT will start with a jump ball. One timeout will be given to each team. OT is an extension of second half, so both player and team fouls will carry over. Second overtime is sudden death next point wins. (See full rules for OT details)

	Ages 7-8 Divisions
Duration of Game	(4) 8 min. quarters
Ball Size	Junior Size 27.5"
Goal Height	8 ft
Lane Violations	None
Free Throws	No free throws. Any shooting fouls equal 1 point
Fouls	Enforced – Not Tracked
Players on the Court	5 on 5
Time Outs	(1) 60 secs. per half
Defense	Only Man-to-Man; Colored Wrist Band enforced
Rosters	Minimum 6/ Max 10
Substitutions	On dead ball nearest midpoint of each quarter

8U (7-8) Division Coed.

1. **A team must start and can finish the game with four players (7-8)**
2. All players present must play in half the game (exception: discipline, injury, illness).
3. Once a team establishes control of the ball, the opposing team must immediately retreat to defense.
4. Defense: Man-to-Man
 - a. Players will defend only the player with the **same color wristband**. Hands up defense only; no stealing.
 - b. Players will be allowed to move away from their man on a loose ball, shot attempt, or rebound.
 - c. On defense, players can pick up their player at the defensive free throw line (extended).
5. The following must be enforced from the start of the game:
 - a. Fouls, defense attempting to steal the ball, slapping, defense not getting back in a timely manner, traveling, double dribbling
 - b. Two (2) warnings will be given before any rule will be enforced.
6. No score will be kept