



Youth Sports -Basketball Rules 2023/2024

Feather River Recreation and Park District offers recreational league play with an emphasis on providing for a positive team experience, and not winning or losing. We will strive to provide a safe, healthy, and enriching environment for the young people in our community. There is a **zero tolerance policy** for unsporting behavior from coaches, parents, players and spectators. FRRPD reserves the right to ask anyone to leave, at any time, for unsporting behavior, and/or verbally or aggressive behavior.

General Information:

1. All players must turn in a completed and signed FRRPD Youth Sports Registration form **and** be listed on the team Roster to be eligible to play.
All non-players in the team area must be listed on the roster.
Roster must be filled out by coaches or school administrator and returned to the FRRPD office on or before the first game.
 - Email to brianw@frpd.com
 - Faxed to 530.533.2724 (attention Youth Sports)
 - Direct delivery to: FRRPD District Offices at 1875 Feather River Blvd.
2. Persons or players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
3. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, or the uniform is changed.

League Fees:

1. A \$51 fee per game, per school will be charged. Cancellations must be made at least 48 hours in advance otherwise the canceling school will be billed for the cost of both teams. Schools that cancel within 48 hours will be charged a onetime rescheduling fee. Post-season tournament fee of \$100.00

Game Rules:

1. **Team Composition:** A minimum of four, and maximum of five, players from each team are required to start a game. If a team has less than four players available at the scheduled start time, the game will be considered a forfeit. A team may continue (after the start of the game) if there are at least three players on the court during all periods of play. However, teams are encouraged to play and mix teams with players from both schools. Players are only allowed to play on one team. If a player is playing up a league/division/grade they are not allowed to move back down and must stay on the higher-level team.



**Exceptions to this rule will be considered on a situational basis. Please contact FRRPD Recreation Supervisor in advance with requests for exceptions.*

2. **League Composition:** 5/6th and 7/8th boys and girls divisions. In effort to allow all schools to play in FRRPD's "Recreation League" we do allow schools to deviate from the above league composition, with prior permission from FRRPD Supervisor.
3. **Playing Time:** It is highly recommended that all players receive equal playing time throughout the duration of the season. Exceptions will be made for disciplinary purposes; such an exception should be communicated with player and parent prior to the game(s).
4. **Ball Size:** FRRPD will provide a game ball; if a ball is not available we will ask teams for a game ball to use.
5/6th Grades: A women's (28.5-29") regulation ball will be used for the boys and girls leagues.
7/8th Grades: A women's regulation (28.5-29") ball will be used for the girl's leagues. A men's (29.5-30") regulation ball will be used for the boy's leagues.
5. **Game Length:** Games will consist of four 10-minute running quarters. The final (2) two minutes of each **half** will be stop time unless a team is **winning by 10 points or more. Stop time will be utilized for the entire final (2) minutes of the period.**
OVERTIME: If necessary, a **two**-minute overtime period will be played.
Stop time will be utilized for the entire overtime.
Only one overtime will be used during regular season games.
PLAYOFFS: 2nd overtime is "sudden death", with the first point ending the contest.
6. **Timeouts:** Two one-minute timeouts, per half are permitted. One time out per overtime period is permitted; time outs from regulation time do not transfer to overtime. Therefore, if a team only uses one of its two timeouts during the second half of the game that does not mean that the unused timeout can transfer to the OT period.
7. **Three seconds in the key:**
5/6th & 7/8th Grades: **YES**, the three seconds in the key will be enforced, we suggest you get your team used to knowing that they can only stay in the key for 3 seconds at a time.
8. **Score:** FRRPD will provide a staff member to run the score board and clock. The facility attendant will have a binder with rules, schedules, score cards, rosters, and registration forms in it. Team coaches will sign game cards at the conclusion of game.
Running the score: Please keep in mind that this is a recreational league and blowouts should be avoided.



9. **Substitutions:** All players must check in at score table and take a knee before entering the game and wait for the officials signal to enter the game this can happen at any dead ball situation or in-between quarters.
10. **Defense:** Teams are allowed to play whatever defense they prefer: man to man, zone, etc.
11. **Full Court Pressing:**
5/6th Grades: **Full Court Press** will be allowed while in "stop time." (See Rule 5)
Otherwise, players are only allowed to pick up players once they have crossed the half court line. A violation to this rule will result in **one warning** and then a **technical foul** will be called at the **judgment of the official.**
- 7/8th Grades: Are allowed to full court press until a 10-point lead is accumulated, once a team is up by 10 points, they are not allowed to full court press. If the lead becomes less than 10, they may start to full court press again. A violation to this rule will result in **one warning** and then a **technical foul** will be called at the **judgment of the official.**
12. **Backcourt:** When playing on a full court back court, over and back and 10 second violations will be called. If the court is smaller than a full court backcourt will be called at discretion of the official.
13. **Jump Ball:** Other than the start of the game and overtime period(s) teams will alternate taking the ball out-of-bounds.
14. **Free Throws:** All shooting fouls will result in two free throws. It is of the utmost importance that all teams hustle to set up free throws as it is a running clock.
a. **5/6th graders are allowed to take a step over the free throw line.**
b. Ball must leave the shooters hands before players in lane spaces can move.
c. Ball must hit the rim before the shooter may move into the lane.
15. **Fouls:** **Intentional/Flagrant, Technical, Offensive and Defensive fouls count as a personal and team foul (unless against a coach/spectator or the bench).**
FRRPD acknowledges that Intentional fouls are committed by players during close games to stop the clock, or to force free-throws. Violent/Flagrant fouls will result in technical fouls. (See Rule 18.)



The scorekeeper will be responsible for tracking personal and team fouls, and will report to the officials when the 6th and 9th team fouls are made, to advise for bonus shots on next fouls.

- 16. Team Fouls:** Fouls will be reported to the table and tracked. All Intentional/Flagrant, Technical, Offensive and Defensive fouls count as a personal foul and team foul. The 7th team foul will result in a **one and one bonus**. The 10th team foul will result in **double bonus**, two shots will be awarded.
- 17. Player Fouls:** Five fouls will result in disqualification. When possible (as a courtesy), scorekeeper will advise coaches when a player has 4 fouls.
**Under no circumstances will a player be permitted to re-enter the game after fouling out.*
- 18. Technical Fouls:** Any **unsportsmanlike conduct and/or flagrant fouls** will be considered technical fouls and will result in two shots and possession of the ball for the opposing team. Any two technical fouls on a coach or player will result in removal from the game and possible suspension. Coaches receiving two technical fouls will have to leave the facility. If the bench receives a technical foul and the player is unidentifiable, or it is multiple players the technical will count towards the coach.
- 19. Coaching:** Must stay in the designated coaching zone by team bench assigned by the official. One coach is permitted to stand per team, coaches can alternate.
- 20. Sideline Coaching:** Coaching should be done by coaches only. Parent sideline coaching is not permitted.
- 21. Unsporting behavior:** FRRPD employees will not tolerate any unsporting, disrespectful, verbal, or physically aggressive behavior from players, coaches, or spectators. Inappropriate conduct will result in penalties ranging from warnings to suspension.

FRRPD staff will have the right to control the gym as necessary during any incident involving unsporting behavior, verbally or physically aggressive situations and/or incidents. FRRPD may ask officials to abandon a game if either team's participants and/or spectators attempt to interfere with the proper conduct of the game and the general environment of the gym.

Parents/Spectators are not permitted on the court, at the player's bench area, and/or the scorer's table.

Concerns about FRRPD staff should be directed to the Recreation Supervisor.