

City of Conroe

Parks and Recreation Department

Vision: "Bringing people together to change lives."

Mission: "To improve the quality of life in Conroe by providing the best parks and recreation facilities and programs at affordable prices."

Conroe Youth Basketball League Rules For All Divisions

I. Divisions:

- 6-7 year olds
- 8-9 year olds
- 10-11 year olds
- 12-13 year olds

All divisions are Co-ed.

II. Practice:

- All practices will be at Booker T. Washington High School.
- Practice will be either: Tuesday, Wednesday, or Thursday from 5:30pm-6:30pm or 6:30pm-7:30pm.

III. Court:

- 6-7 year old division will play full-court games.
- 8-9 year old division will play full-court games.
- 10-11 year old divisions will play full-court games.
- 12-13 year old division will play full-court games.

IV. Rim Height:

- 6-7 year old division - 8 ft. rims
- 8-9 year old division - 10 ft. rims
- 10-11 year old division - 10 ft. rims
- 12-13 year old division-10 ft. rims

V. Ball size:

- 6-7 year old division – 27.5 ball
- 8-9 year old division – 28.5 ball
- 10-11 year old division – 28.5 or 29.5 ball
- 12-13 year old division-28.5 or 29.5 ball

VI. Team size

- 6-7 year old division – 4v4 or 3v3, teams of 7
- 8-9 year old division – 4v4 or 5v5, teams of 8-9
- 10-11 year old division – 5v5, teams of 9
- 12-13 year old division- 5v5, teams of 8

VII. Substitutions

- All players should play at least half the game.
- Substitutions may only be made at the 5 minute mark of each quarter.
- If a player is injured or dealing with exhaustion, player may be substituted out on a whistle.

VIII. Duration of game:

- All games will be (4) 10 minute quarters running clock.
- Clock stops at the 5 minute mark for substitutions.
- Clock will stop the last minute of the 4th quarter on all whistles.
- (2) 60 second timeouts will be allowed to each team per half.
- 2 minute break between quarters, 5 minute halftime break

IX. Tipoff/Gameplay:

- Each game will begin with an opening tipoff.
- Teams have 10 seconds to cross half-court once possession of their team has been established.

X. Scorekeeper/Clockkeeper

- Each team must provide one scorekeeper/clock keeper.
- Scorekeeper may pause the game to confer with the youth official to correct any errors that may occur throughout the duration of the game.

XI. Jump ball or tie-ups:

- Any time there is a tie-up between two players fighting for the ball, a jump ball or the basketball went out of bounds, but the referees are unsure who touched it last, it will go to the possession arrow. Whichever bench the arrow is pointing to is that team's ball.

XII. Fouls

- Each player has 6 fouls per game. If they reach 6 fouls, they foul out.
- Shooting fouls will result in 2 shots from the free throw line. Referees may allow 6-7 year olds to shoot in front of the free throw line.
- When a team reaches 10 fouls in a half, they receive 2 shots from the free throw line.
- No 1-and-1 free throws.

XIII. Defense

- Man-to-Man defense only in the 6-7 and 8-9 year old divisions.
- Man-to-Man defense and Zone defense may be played in the 10-11, and 12-13 year old division.
- No double teams in the 6-7 and 8-9 year old divisions.
- 6-7 year old division uses wristbands for defense. Defender must only guard player with the same color wristband.
- 6-7 year olds may not press.
- 8-9 year olds may only press in the 4th quarter.
- 10-11, 12-13 year olds may press and double team.
 - No pressing if team has a 15 point lead.
 - No fast breaking if team has 20 point lead.

XIV. Coaches

- Only one coach may stand during the game.
- Coaches may not forfeit the game.
- Any coach that receives a technical foul will be placed on probation with the league. Repeated offenses in the season may result in removal as coach.
- Any coach ejected from a game will have to speak with the league coordinator and will be subject to review if they are allowed to coach again.

XV. Zero Tolerance Policy

- Actions that will not be tolerated before, during or after practices or games are:
 - verbal/physical abuse of referees, players, coaches or spectators
 - charging onto the court
 - arguing with referees, coaches or spectators
 - profanity or derogatory names or comments
 - any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans.
- If a coach, parent or spectator does not abide by this policy a referee or league official may give a warning, eject the offending person, or penalize the team.
- Ejections will be reviewed by the league coordinator.

XV. Sportsmanship

- Good sportsmanship is not only expected, it is required for our league. If any player is seen using any unsportsmanlike conduct, a technical foul will be given.
- If a team is winning by more than 20 points, no fast breaks will be allowed for the team ahead.
- If a team is winning by more than 30 points, no fast breaks will be allowed, and no defenders may be past the 3-point line for the team ahead.
- If a team is winning by 30+ points, the scorekeeper may be asked to zero out scores of both teams, for remaining duration of game by league staff.

XVI. Resolution Policy

- Resolution Policy (48-hour rule): We strongly recommend that everyone abide by the 48-hour rule: Unless it is an urgent matter of safety; parents, guardians and/or coaches who are upset regarding a situation or circumstance during a game or practice must wait 48 hours after the incident occurred before approaching the head coach, assistant director or sports director. Give time for emotions to subside, then define the issues thoughtfully and suggest solutions. All discussions and interactions that occur after the 48-hour period must be conducted in a mature, polite, civil, and non-intimidating manner. This includes all forms of communication (face-to-face discussions, emails, etc.). If a resolution is not satisfactory, then the incident will be turned over to the league coordinator. However, if you feel immediate attention needs to be called to your field during a game, find the league coordinator or gym supervisor.

Standard basketball rules apply to any rule not included in these rules. Rules may be adjusted or modified by league coordinator during the season if needed.