

# Northglenn Recreation Youth Basketball

## Rules Summary

Updated 11/30/2023

**High School Rules will be followed unless otherwise stated in this rule summary.**

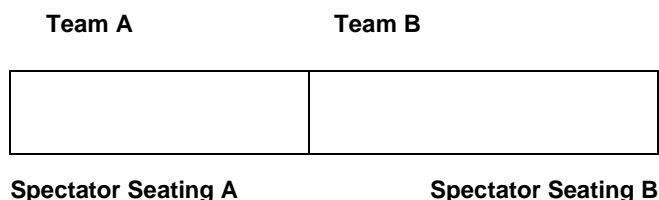
<p><b>Time for Warm up, Halftime, Game Time For all age levels</b></p>	<p><b>Warm Up:</b> 5 minutes for warm up (If time permits); 1:30 minutes for half time; 1 minute per timeout.</p> <p><b>Game Time:</b> Games shall not be permitted to start earlier than the scheduled game time (in consideration of family and spectators traveling to watch games, or players delayed from arriving early; and regardless of the influence of coaches, referees, or other reasons; games should start at game time. (A team can refuse to start the game early without penalty, but once the game is started, there can be no protest of an early start).</p>
<p><b>1/2 Grade (27.5 Ball) 8' Goal Height</b></p>	<ul style="list-style-type: none"> <li>• Four 8 Minute Quarters. Score will NOT be kept.</li> <li>• Players must sub in the game based on the league rotation schedule.</li> <li>• Clock will stop at the 4-minute mark of each quarter for substitutions</li> <li>• Teams receive 1 timeout per half.</li> <li>• Clock will continue through entire game except for injury timeouts.</li> <li>• Man to Man Defense Only. Players must guard same color wristband.</li> <li>• <b>Double teaming the ball outside of the lane is NOT allowed.</b></li> <li>• First Offense: Verbal instructions and warnings. An official warning should be given if the defense does not adjust to verbal warnings. (Blow whistle, stop play, document warning in scorebook</li> <li>• Defenders may pick the offensive players up after they cross the half court line. Defenders must fall back after rebounds, made baskets or any other change of possession. If a defensive player intentionally guards an offensive player after a rebound to stop the momentum of the team in possession, the team in possession will receive the ball under their basket.</li> <li>• No Free Throws</li> <li>• Individual Fouls will be kept-Each Player will foul out on 6<sup>th</sup> foul</li> </ul>
<p><b>3/4 Grade (28.5 Ball)</b></p>	<ul style="list-style-type: none"> <li>• Four 10-minute running quarters</li> <li>• Players must sub in the game based on the league rotation schedule.</li> <li>• At the 5-minute mark of each quarter teams must make a substitution according to their rotation sheet. The substitution will occur on a dead ball and the clock will not stop during this process, so coaches must have their subs ready. If the official feels ample time was given to make a substitution, the official will begin the 5 second inbound count and a turnover will occur if the team with possession does not inbound the ball before the 5 second count.</li> <li>• Man to Man Defense Only.</li> <li>• <b>Double teaming the ball outside of the lane is NOT allowed.</b></li> <li>• <b>First Offense: Verbal instructions and warnings. An official warning should be given if the defense does not adjust to verbal warnings. (Blow whistle, stop play, document warning in scorebook</b></li> <li>• <b>Second offense: A Technical foul should be given.</b></li> <li>• Defenders may pick up the offensive players up after they cross the half court line. Defenders must fall back after rebounds, made baskets or any other change of possession. If a defensive player intentionally guards an offensive player after a rebound to stop the momentum of the team in possession, the team in possession will receive the ball under their basket. There will be 10 second back court violations.</li> <li>• Teams receive 2 timeouts per half (except for injury timeouts)</li> <li>• Clock will stop at the 2-minute mark of the fourth quarter after each dead ball. If a team is winning by 10 or more points the clock will not stop on each dead ball</li> <li>• <b>Free Throws Line-</b> Player can shoot their free throw 2' closer to the basket (1<sup>st</sup> Hash Mark)</li> <li>• Fouls: Teams will reach the bonus when their opponent commits five fouls in each quarter. Teams will shoot two free throws for a common foul when in the bonus. Team fouls will reset at the end of each quarter.</li> <li>• Players will foul out on 5<sup>th</sup> foul.</li> <li>• <b>Mercy Rule-Officials will institute the 3-pass rule when a team is up by 20 points or more. The team must pass to 3 different players once they have crossed the half court line. The team will receive 2</b></li> </ul>

	<p><b>warnings; After 2 warnings, the other team will receive the ball. The mercy rule will cease if the point differential is less than 20 points.</b></p>
<p><b>5/6 Grade (28.5 Ball)</b></p>	<ul style="list-style-type: none"> <li>• Four 10-minute running quarters</li> <li>• Players must sub in the game based on the league rotation schedule.</li> <li>• At the 5-minute mark of each quarter teams must make a substitution according to their rotation sheet. The substitution will occur on a dead ball and the clock will not stop during this process, so coaches must have their subs ready. If the official feels ample time was given to make a substitution, the official will begin the 5 second inbound count and a turnover will occur if the team with possession does not inbound the ball before the 5 second count.</li> <li>• <b><u>Man to Man Defense and Zone Defense is allowed. You may double team once the offensive team crosses half court.</u></b></li> <li>• Defenders must defend the offensive players after they cross the half court line. Defenders must fall back after rebounds, made baskets or any other change of possession. If a defensive player intentionally guards an offensive player after a rebound to stop the momentum of the team in possession, the team in possession will receive the ball under their basket (<b><i>Exception: See Rule Below</i></b>)</li> <li>• <b><i>Teams may trap or full-court press in the 4<sup>th</sup> quarter if the point differential is 10 points or less. A team that is up by 11 points or more will not be allowed to press.</i></b></li> <li>• Teams receive 2 timeouts per half (except for injury timeouts)</li> <li>• Clock will stop at the 2-minute the fourth quarter after each dead ball. If a team is winning by 10 or more points the clock will not stop on each dead ball</li> <li>• Fouls: Teams will reach the bonus when their opponent commits five fouls in each quarter. Teams will shoot two free throws for a common foul when in the bonus. Team fouls will reset at the end of each quarter.</li> <li>• Players foul out on 5<sup>th</sup> foul.</li> <li>• <b><i>Mercy Rule-Officials will institute the 3-pass rule when a team is up by 20 points or more. The team must pass to 3 different players once they have crossed the half court line. The team will receive 2 warnings; After 2 warnings, the other team will receive the ball. The mercy rule will cease if the point differential is less than 20 points.</i></b></li> </ul>
<p><b>7/8 Grade (29.5 Ball)</b></p>	<ul style="list-style-type: none"> <li>• Four 10-minute running quarters</li> <li>• High School rules apply.</li> <li>• Free substitutions are allowed Players must play a minimum of 15 minutes per game.</li> <li>• Teams receive 2 timeouts per half (except for injury timeouts)</li> <li>• Clock will stop at the 2-minute mark of the fourth quarter after each dead ball. If a team is winning by 10 or more points the clock will not stop on each dead ball</li> <li>• Fouls: Teams will reach the bonus when their opponent commits five fouls in each quarter. Teams will shoot two free throws for a common foul when in the bonus. Team fouls will reset at the end of each quarter.</li> <li>• Players foul out on 5<sup>th</sup> foul.</li> <li>• <b><u>Man to Man Defense and Zone Defense is allowed.</u></b></li> <li>• <b><i>Mercy Rule-Officials will institute the 3-pass rule when a team is up by 20 points or more. The team must pass to 3 different players once they have crossed the half court line. The team will receive 2 warnings; After 2 warnings, the other team will receive the ball. The mercy rule will cease if the point differential is less than 20 points.</i></b></li> </ul>

**\*\*\*\*OVERTIME PROCEDURES-** We will play 2 minutes with stop clock. If a 2nd overtime is to occur, sudden death will be in play where the first team to score wins the game. Overtime will start by a jump ball at half court. Team and player fouls carry over.

## Participants

- A. All participants must be in 1<sup>st</sup>/2<sup>nd</sup>, 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup>, 7<sup>th</sup>-8<sup>th</sup> grades.
- B. Each player will receive a team jersey.
- C. Each team is allowed 2 coaches and the head coach is the only coach allowed to speak with the officials or stand during the game.
- D. A. All coaches are required to remain on the sidelines with their team and may not coach from *on* the field/court.
- E. While on the sideline the coach may walk up to mid field/court on their half, not the full field/court unless instructed otherwise.
- F. Parents are required to remain in designated spectator areas.
- G. In general, the designated spectator area is located on the opposite side of the field/court from the coaches and teams but may include other areas.
- H. Designated spectator areas are *never set on the same side as the player/team sideline (See Diagram) Spectators are not allowed on the baseline.*



## Technical Fouls

If a team receives a technical foul the opposing team will get 2 points and the ball.

### **POOR SPORTSMANSHIP FOULS- not limited to: slamming the ball, cursing, taunting, or arguing with an official.**

- A. If a player receives a technical foul for poor sportsmanship, the player will sit for 10 minutes. 2nd technical foul will result in suspension of the player for the remainder of the game in progress plus the next game of the season.
- B. Coaches will be warned for poor sportsmanship, if the behavior continues a technical foul will be given to the coach and the coach must sit for the rest of the game. 2nd technical called on a coach during a game will result in an ejection and possible dismissal from the league indefinitely depending on the ruling from the coordinator of the league.

### **TECHNICAL-UNNESSESARY ROUGHNESS FOULS- Fouling a player in an aggressive way which could cause physical harm**

- C. The player will be ejected from the game and possibly dismissed from the league.

### **FIGHTING OR AGGRESSIVE BEHAVIOR**

- D. If any player throws a punch either attacking or defending, that player or players will be dismissed from the league.
- E. If any player that acts aggressively towards another person in an attempt to cause harm can receive up to a 5 game suspension. No refund of any kind will be given.

### Elastic Clause

Any rules not covered will be decided by the League Coordinator. [Roman Ortega, rortega@northglenn.org](mailto:Roman.Ortega@northglenn.org)

### Parent/Spectator Code of Conduct

To effectively maintain a fun and enjoyable experience for the children, the league coordinator and game officials will strictly enforce proper behavior by spectators in our youth league. Parents/spectators will be immediately removed from the facility for the following actions: foul language, obscene gestures, verbal/physical intimidation towards league officials, other spectators, coaches and/or players. Loud & continuous complaints regarding official's calls will also NOT be tolerated & that parent or coach will be removed from the gym for the remainder of that game.

Parents/spectators who are dismissed from the gym must meet with the league coordinator in person prior to the next scheduled game to discuss the situation.