

Commerce City Parks & Recreation Department

Youth Basketball Rules

1st & 2nd Grade

- ❑ National High School Basketball rules shall govern all occurrences not listed in the Commerce City Parks & Recreation Youth Basketball rules.

Rosters

- ❑ All rosters are set by the Commerce City Parks & Recreation Department and are limited to ten players per team. No child will be allowed to participate unless they are registered and assigned to a team by the recreation department.

Official Balls

- ❑ Junior Size Ball (27")

Playing Time

- ❑ Each player must play at least half of each game. If a player has not attended at least 2 of team's last 4 practices, then that player must play at least a quarter of each game. (Note: coaches must notify the scorekeeper which players that this rule effects)
- ❑ If a player is not put into play in the second half of the first quarter, the game will be stopped and that player will be put into the game. Failure to play every player half of every quarter of every game will result in a forfeit.
- ❑ No participant may play more then $\frac{3}{4}$ of a game unless only 5 players are present.
- ❑ Each player must get at least one opportunity to bring the ball up the court each time they are on the court

Jump Ball

- ❑ Every game will begin with a jump ball at the center of the court. From that point on, teams will alternate possessions in the jump ball situations throughout the remainder of the game.

Game Time

- ❑ Games will consist of four ten -minute quarters with a running clock.
- ❑ There will be a five-minute break for halftime.
- ❑ The clock will stop at the 5 minute mark of each period for substitutions.

Clock

- ❑ A running clock will be used and will only stop for timeouts.

Timeouts

- ❑ Each team will be allowed two one-minute time outs per half. A player or coach can call the timeout if that team has possession of the ball or if it is a dead ball.
- ❑ Timeouts do not carry over into the next half or over time.

Defense

- ❑ Teams may ONLY play a man-to-man defense, zone defense is NOT allowed. 1) Zone defense is defined as a player defending an area of the court rather than a player. The purpose of the "no zone defense" rule is to ensure young players first learn man-to-man defense and the fundamentals of basketball. Straight man-to-man defense is the most effective way in teaching young athletes defensive skills. 2) Defensive players must stay

within 5 feet of the player they are guarding. Double-teaming a player is not allowed. However, defensive players may help out if an offensive player with the ball is driving for a basket inside the key area. The defensive player may not leave their person in anticipation of this happening. Switching who a defender is guarding is not considered double-teaming. Any defensive player(s) may defend an offensive player attempting to put back a rebound within the key area.

- ❑ A full court press is NOT allowed. Defense must drop back to the mid-court line after a change of possession.
- ❑ No defensive player may steal the ball while a player is dribbling. A steal can only come from a pass.
- ❑ On all in bound passes, past mid-court, the defense must stand two feet back from the line.

Substitutions

- ❑ Substitutions will only be allowed at the mid-quarter or in case of injury.

Fouls

- ❑ Fouls will not be kept. However if the supervisor or referee notices that a player is fouling excessively that player may be asked to sit the rest of the game out.

Free Throws

- ❑ NO Free Throws

Three Point Shot

- ❑ The three point shot will not be in effect

Protest

- ❑ No protests will be allowed

Coaches/Bench

- ❑ Only two coaches will be allowed on the bench with the players.(No parents or siblings)
- ❑ One coach for each team will be on the floor directing the players.

Special Note

- ❑ Score will not be kept for these games.
- ❑ Games will be played on a modified court with eight-foot rims.
- ❑ Coaches will be responsible for interacting with the players on the playing floor.
- ❑ A gym supervisor will keep track of the clock and possession arrow.
- ❑ All players must touch the ball for a team that has a lead of at least 15 on each offensive possession

NOTE: Any player or spectator who is ejected from a game for unsportsmanlike behavior, at a minimum will be suspended for the remainder of that game and the next game that their team plays. (Multiple technical fouls during the course of the season may lead to short/long term consequences including season suspensions from Commerce City Youth Sports programming).