

CITY OF PLACERVILLE  
**2026 YOUTH BASKETBALL RULES**

Teams playing in the Placerville Recreation Department Youth Basketball Program will use rules of play as adopted by the National Federation of State High School Associations and the City of Placerville Player Code of Conduct. In addition, the following rules will be in effect:

**1. LEAGUE MAKE-UP**

A. The Placerville Recreation Department Youth Basketball Program is separated into the divisions listed below: By grade or age if moving up. Age is determined as of January 1<sup>st</sup>.

**KINDERGARTEN – COED**

1 <sup>ST</sup> /2 <sup>ND</sup> Grade Girls	1 <sup>ST</sup> /2 <sup>ND</sup> Grade Boys
3 <sup>RD</sup> /4 <sup>TH</sup> Grade Girls	3 <sup>RD</sup> /4 <sup>TH</sup> Grade Boys
5 <sup>TH</sup> /6 <sup>TH</sup> Grade Girls	5 <sup>TH</sup> /6 <sup>TH</sup> Grade Boys
7 <sup>TH</sup> /8 <sup>TH</sup> Grade Girls	7 <sup>TH</sup> /8 <sup>TH</sup> Grade Boys

B. Players may belong to only one team in the Placerville Recreation Department League during the season.

**2. ELIGIBILITY OF TEAMS, COACHES AND PLAYERS**

A. Each team may carry a maximum of ten (10) players. Only players who have registered during team registration or open registration are eligible to participate. No team member will be removed from a team until reviewed by the Recreation Coordinator.

B. Players must reside in El Dorado County. Any participant playing under an assumed name or address will be expelled from further league play.

C. Players who participate in one game (or more) will automatically forfeit their right to reclaim any part of their entry fee if they drop from the league.

**COACHES**

D. **Coaches must be approved through a 4 component process.** Registration, Fingerprint Clearance, Mandated Reporter training (Head Coaches) and Concussion training. **No exceptions.**

E. **All teams are required to have an assistant coach on record,** by the 4<sup>th</sup> week of games.

F. Only the **head coach** and **two** assistant coaches, who have been **approved** and whose names are on the official score sheet, are allowed to sit on the benches and participate with the team during games.

G. Only **HEAD** Coach is allowed to coach in the standing position, during the game.

H. The head coach and assistant coaches must check in with the score table prior to game time.

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- I. Coaches are requested and urged to aid in checking-in names of players to the scorekeeper prior to game time.
- J. Head coaches are responsible for the enforcement of, and adherence to, all rules. Head coaches are also responsible for the actions of assistant coaches, players, parents, and spectators on their team. **If at any time, a situation gets out of control (anything that the staff deems to be a problem) and any person is asked to leave the gym but refuses, the game will be stopped immediately and will result in a forfeit by the team associated with the person refusing to leave. No matter the current score or amount of time on the clock. Should this occur, the Coach will also receive a written warning.** If the offender exits without incident, the game will continue as normal.

### **3. FORFEITS**

- A. A forfeit occurs when there are three (3) players or less at the start of a game. A team may start a game with four (4) players. However, due to the League's 50% play time rule, the opposing team does not and likely cannot play short to be equal. Teams also cannot share players.
- B. Missed Games-The Recreation Department must be notified 24 hours prior to a team missing any scheduled game. Failure to do so will result in possible removal from the league. Upon the 2<sup>nd</sup> reported absence the team can be removed from the league with no refund to participants. Forfeited games will not be rescheduled and will result in a 7-0 loss in the standings.

### **4. MANDATORY PLAYING TIME**

- A. **All Divisions:** Two (2), 8 minute periods (minimum)
- B. **Each player must play one (1) full period each half. Every player must sit at least one (1) full period.** All players must play their allotted playing time and have sat the mandatory period **within the first four periods.**
- C. Responsibility for compliance with playing time lies with the head coach. A coach who violates this rule must be warned and given a chance to remedy this infraction at the time of the violation under direction by the gym official or referee. If they continue to knowingly violate this rule, they risk forfeiture of the game.
- D. When a team has six (6) players, the two players who have not sat out, must split the 5<sup>th</sup> period with each other (4 minutes each).
- E. A team with five (5) players does not have a mandatory sitting rule.

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- F. If a player shows up late, the player will be credited for time missed as time played and mandatory playing time will be in effect for the player.
- G. No free substitutions (even for foul trouble) until the 5<sup>th</sup> period. 5<sup>th</sup> period is open play time (no restrictions).
- H. If an injury on the court causes a time out and coach assistance, the player MUST come out of the game for the remainder of that period. (any player may be subbed in without counting towards play time)
- I. If a player is taken out of the game for an injury, illness, or disciplinary reason in the middle of periods 1-4, the player will be credited with playing time for that period (player cannot return in that period). The mandatory sitting rule for periods 1-4 still applies.
- J. A player may be kept out of the game if they have been ill, missed practice, or for disciplinary reasons but there **must be prior approval from the Recreation Coordinator**. The scorekeeper must be notified of this prior to the start of the game. If the scorekeeper is not notified before the game, a technical foul will be assessed against that team.
- K. Any player that becomes ill during a game and vomits, is not allowed to return to the game.

## **5. TIMING**

- A. Timing Regulations:
  - 1. The game will consist of five (5), eight (8) minute running time periods. The 1<sup>st</sup> half consists of periods 1 and 2, the 2<sup>nd</sup> half consists of periods 3, 4, and 5.
  - 2. The clock will stop only for time-outs, technical fouls, and emergencies.
  - 3. During the last two (2) minutes of the 5<sup>th</sup> period and during overtime periods, regulation clock will be used. **In the event one team is leading by fourteen (14) points or more in the final two (2) minutes of play running time, not stop clock, shall be used.**
- B. Time-outs:
  - 1. Two 30 second time outs per half (non-cumulative and do not carry over to overtime periods)
  - 2. One minute between periods.
  - 3. Two minutes between halves.
  - 4. One extra full time out per overtime period
  - 5. ***Only Head Coaches can call time outs.***
- C. Overtime play will consist of ONE- 2 minute period, regulation (stopped) clock. If the score is still tied after overtime period, game will be decided by sudden death (3 minutes max); the

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first team to score is the winner. (Includes technical fouls, free throws, or field goals). If tied after the game ends in a tie.

## **6. DEFENSIVE PRESSURE**

### **A. Kindergarten, 1<sup>st</sup>/2<sup>nd</sup> Grade Divisions**-No full court pressure.

1. Once a team has given up possession of the ball, they must immediately drop behind the three point line.
2. Players cannot press the ball until the ball freely passes the defensive pressure line (10' volleyball line).
3. Once the offensive team has crossed the defensive pressure line, the defensive team may not double or triple team a player.
4. Players are encouraged to get the ball over half court within 15-20 seconds.

#### **Kindergarten, 1<sup>st</sup>/2<sup>nd</sup> Grade Divisions specific rules:**

- a. No standings or scores are kept
- b. Head coaches are **BRIEFLY** permitted to walk onto the court to instruct players during the first half of the season.
- c. No fast breaks will be allowed throughout the season. Once a team has taken possession of the ball. The player with possession of the ball must wait for the opposing team to drop behind the 3-point line area.
- d. No double or triple teaming the ball. Only one person may be guarding the ball handler at any given time.

### **B. 3<sup>rd</sup>/4<sup>th</sup> Grade Division:** No full court pressure. (Defensive Pressure is the Volleyball Line)

1. Once a team has given up possession of the ball, they must immediately drop back behind the volleyball line and cannot press the ball until the offensive team crosses the volleyball line. Once the ball handler crosses the defensive pressure line, the ball is fair game and the ball handler may be closely guarded. If the ball handler chooses to cross back over the defensive pressure line, they are not considered to be back in a safety zone.
2. Players have 10 seconds to get the ball over half court and an additional 5 seconds to get the ball across the defensive pressure line. (Applies to 3<sup>rd</sup>/4<sup>th</sup> Grade Div. ONLY).

Either of these violations will result in a turnover.

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C. **5<sup>th</sup>/6<sup>th</sup> Grade Division:** No full court pressure except during the 2<sup>nd</sup> half of the game (not season). No full court pressure for the first two periods.

1. Once a team has given up possession of the ball, they must immediately drop back behind the half court line and cannot press the ball until the offensive team crosses the half court line.
2. The ball handler must be completely across the half court line before ball handler can be closely guarded.
3. Players have 10 seconds to get the ball over half court.
4. **If a team is leading by 14 points or more, they will not be allowed to full court press.**  
**The team that is behind may continue to full court press.**

D. **7<sup>th</sup>/8<sup>th</sup> Grade Division:** No restrictions.

1. **If a team is leading by 14 points or more, they will not be allowed to full court press.** The team that is behind may continue with full court pressure.
2. Players have 10 seconds to get the ball over half court.

## 7. FOULS

A. Players are allowed five (5) personal fouls. Any player who commits their 5<sup>th</sup> foul is automatically disqualified from further play for that game. They may not, under any circumstances, remain in the game or return to the game.

B. The number of team fouls is recorded per half. Beginning with a team's seventh (7) foul, one and one will be in effect. A team's tenth (10) foul and any additional fouls thereafter will award the opposing team two free-throws (double bonus).

C. For the City of Placerville league, Intentional, Flagrant, and Technical fouls are considered under the same umbrella therefore all carry the same consequences, all of which are at the discretion of the Game Official.

- a. **Intentional Foul**-Excessive contact with an opponent.
- b. **Flagrant Foul**-Extreme aggression towards an opponent.
- c. **Technical Foul**-General disrespect for the game.

D. A player shall be removed immediately and remain out for the quarter upon incurring his/her first (1) Intentional, Flagrant, or Technical foul. Upon receiving the second Intentional, Flagrant, or Technical foul, the player will be removed from the game and not allowed to return. In either situation, the player's mandatory playing time is forfeited.

E. All Intentional, Flagrant, and Technical fouls shall be called that the discretion of the game officials on the floor.

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- F. When a team receives an Intentional, Flagrant, or Technical foul, the other team receives an automatic two (2) points and possession of the ball (location to be determined by Official).
- G. The first Technical foul received by a coach requires coaches to sit on the bench for the remainder of the game. Two (2) Technical fouls by the head coach or assistant coach will result in dismissal from the building. If there is not an approved Assistant Coach, the game will be forfeited.
- H. Three (3) of any of these types of fouls (Intentional, Flagrant, Technical) on the same team automatically stop the game and the game is forfeited to the opposing team.
- I. Coaches and players will receive a warning letter upon their first Intentional, Flagrant or Technical foul. A one game suspension will be enforced after a second Intentional, Flagrant or Technical foul. Coaches and players who receive a third Intentional, Flagrant or Technical foul will be suspended from the league. Violations of the Player Code of Conduct may result in more severe action for both coaches and players.

**8. CONDUCT OF COACHES AND SPECTATORS**

- A. Gym Supervisors and officials assigned to games shall have complete charge of the gym and will have the power to eject players, coaches, sponsor, or any other person from the bench or the gym for misconduct, delay of game, or any other reason deemed necessary for the good of the game.
- B. Any disrespect shown to an official, gym supervisor, or scorekeeper will result in that coach or spectator being ejected from the gym.
- C. Coaches are responsible for the conduct of their assistant coaches, players, and spectators. Coaches must make every effort to see that their team and spectators adhere to all Youth Basketball rules for conduct.
- D. All coaches must conform to the Youth Basketball Coach's Code of Conduct.
- E. Spectators must remain in the stands or seating area during games. At no time will a spectator be allowed on the court or at the scorer's table.**
- F. At no time will a spectator or coach question a judgment or decision given by an official or Site Supervisor.
- G. Questions by coaches or spectators on decisions made by the officials must be directed to the Recreation Coordinator after the game.
- H. Unsportsmanlike conduct by a spectator or coach (abusive language, inappropriate yelling, derogatory mannerisms, or not following any of the rules stated) will not be tolerated at any time.

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- I. At no time will a coach or spectator act in a physical or threatening manner toward another person. **This type of action will result in immediate dismissal from school grounds and suspension from future games.**
- J. At the conclusion of the game, teams will clean their bench and team area of water bottles and trash.
- K. The following are possible procedures used for anyone (spectators, participants, or coaches) who violates rules governing the operation of a Placerville Youth Basketball event and/or the authority of any City representative on duty:
  - 1. City Representative will issue a verbal warning. In addition, the City Representative has the authority to:
    - a. Issue technical fouls against a coach or player for conduct violations committed by coaches, players, or spectators. **NOTE: Three technical fouls (involving unsportsmanlike conduct) on the same team automatically stop the game and the game is forfeited to the opposing team.**
    - b. Ask the violator to leave the school grounds for the remainder of the game.
    - c. Issue a written statement (stating the event(s) leading up to the removal of the violator; the violator's name and address; and any other pertinent information to the incident) the Recreation Supervisor by 5:00 pm on the first working day after the game.
  - 2. The Site Supervisor, League Director or Recreation Coordinator have the authority to:
    - a. Issue a verbal warning to the violator stating the next infraction will result in immediate dismissal from school grounds and could result in suspension from subsequent games.
    - b. Issue a written warning to the violator stating the next infraction will result in immediate dismissal from school grounds and could result in suspension from subsequent games.
    - c. Place the violator on probation for specified number of games. While on probation, additional infractions will result in suspension from future league events (as a participant, coach, or spectator).
    - d. Suspend the violator for a specified number of games and place on probation for any remaining games. During suspension, violator will not be allowed on school grounds during any league practice or game.
    - e. Suspend the violator from any future league events (as a participant, coach, or spectator) at any City of Placerville Youth Basketball event.

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3. The violator has the right to:
  - a. Submit a written statement to the Recreation Coordinator (stating the event(s) leading up to his/her removal, or any other pertinent information to the incident).
  - b. Appeal the decision of the Recreation Coordinator at a hearing with a Disciplinary Action Review Committee with the understanding that the decision of the Committee will be final with no further appeals.
- L. The Disciplinary Action Review Committee is comprised of the City of Placerville Recreation and Parks Commission. (5 members) The Recreation Superintendent will provide resolution.

#### **9. CONDUCT OF PLAYERS**

1. All players must conform to the Placerville Basketball Player's Code of Conduct.
2. No dunking during warm-ups or game.

#### **10. SPORTSMANSHIP**

- A. Sportsmanship and participation is of the utmost importance. Who wins or loses is of the secondary importance. Therefore, there will be no protested games. All disputes will be settled at the time with the Site Supervisor.

#### **11. MISCELLANEOUS INFORMATION**

- A. The following basketball sizes will be used for each division:
  1. **Kindergarten, 1<sup>st</sup> /2<sup>nd</sup> Grade Boys and Girls:** 25.5" circumference, 14.5-18 oz. weight.
  2. **3<sup>rd</sup>/4<sup>th</sup> Grade Boys and Girls:** women's size, 28.5" circumference, 18-20 oz weight.
  3. **5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> Grade Girls:** women's size, 28.5" circumference, 18-20 oz weight.
  4. **5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> Grade Boys:** men's size, 29.5"-30" circumference.
- B. Games are conducted by high school basketball rules, with the addition of league specific rules.
- C. On a free-throw, only players in the lane may enter the key (go for the rebound) upon release of the ball however, they can't make contact with the shooter until the ball hits the rim. The shooter and players beyond the 3-point line can only cross after the ball touches the rim.
- D. Three (3) point baskets will be allowed on courts with marked 3 point-lines.
- E. The running summary score shall be the official score at all times throughout the game regardless of the score indicated on the scoreboard.

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- F. The scoreboard score will be zeroed out in the event of a large point deficit.  
**3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> Grade divisions: the scoreboard will be zeroed out when a team is ahead by twenty (20) points or more. 7<sup>th</sup>/8<sup>th</sup> Grade division: the scoreboard will be zeroed out when a team is ahead by thirty (30) points or more. If a team makes a comeback to within fourteen (14) points, the score will be put back up on the scoreboard.**
- G. Persons or players participating in any activities sponsored by the Placerville Recreation and Parks Department are not covered in any way for personal liability or property damage.
- H. The Placerville Recreation Department reserves the right to refuse to allow a volunteer coach to participate in the Youth Basketball program. Any refused coach applicant has the right to appeal this decision to the Disciplinary Action Review Committee.
- I. No food or drinks in the gym. This can jeopardize our use of County schools.
- J. **NO SMOKING ON SCHOOL PROPERTY**-All schools are tobacco-free zones. Smoking is prohibited on school grounds at all times. Coaches will be held responsible to remind their parents that it is against State Law, school policy and contrary to Recreation Department policies to smoke on school property. It is particularly important that coaches emphasize that this includes no smoking in the restrooms, parking lots, and all other school property. School custodians report to the school officials' whenever they find evidence of smoking. Smoking can endanger our privilege of using school gymnasiums.
- K. **NO DOGS (Animals) IN GYMS.** Patrons WILL be required to take the animal outside.
- L. No shooting basketballs by spectators or waiting players on the basketball courts during time outs or half time
- M. **No jewelry of any kind is allowed to be worn by players during the game.** This includes rings, bracelets, necklaces, anklets, earrings, sports bands, wrist bands, watches, metal hair clips, etc. **Earrings must be taken out and are not allowed to be taped over.**
- M. League rules may be added, deleted or amended during the season by the Recreation Supervisor as deemed necessary.

-END-