

## **Bluefield Youth Basketball Rules – 2016/ 2017 Season**

The rules for each of our youth sports have been modified from professional, collegiate and high school rule books. These minor changes to the rules allow for equal playing time and place the emphasis on skill development and sportsmanship. A set of rules will be provided to the head coach at the time of the mandatory coaches meeting prior to the start of each season. In the case that a situation is not addressed in the rules, please feel free to contact the Bluefield Parks and Rec. at: (304) 327-2448.

### **LEAGUE DEFINITIONS**

**Itty Bitty** – (5-7)

**Pee Wee** – (8-10)

**Midget** – (11-13)

*All league ages are based on December 1st, 2016.*

### **COURT DIMENSIONS and EQUIPMENT**

#### **Itty Bitty Division**

1. Games will be played sideline to sideline on one half of the full length court.
2. **The basket height will be (8) feet.**
3. The ball size will be “Women’s” (28.5).

#### **Pee Wee Division**

1. **Games will be played sideline to sideline on one half of the full length court.**
2. The basket will be the regulation height of (10) feet.
3. **The ball size will be “Women’s” (28.5).**

#### **Midget Division**

1. **Games will be played the full length of the court.**
2. **The basket will be the regulation height of (10) feet.**
3. The ball size will be “Men’s” (29.5).

#### **All Age Divisions**

1. All players must wear their game jerseys provided to them at the beginning of the season.
2. **Jerseys must be tucked in at all times.**

### **TEAMS**

#### **A. The Players**

##### **All Age Divisions**

1. A team will consist of no more than (10) and no less than (7) players.
2. Each team is allowed no more than five (5) players on the court at one time.

3. No team may have less than four (4) players on the court at one time.

*\* If a team is unable to place four (4) players on the court at any time from the start of the game until the end, then they will have to forfeit the game.*

## **B. The Coach**

### **All Age Divisions**

1. **The coach is the leader of the team.**

2. He/She gives advice and guidance to the players in a calm, poised, and friendly manner.

3. He/She is responsible for:

a. Creation and implementation of weekly practices.

b. Communicating the expectations of players and parents prior to the start of the season.

c. Ensuring adequate playing time for all players.

### **Itty Bitty Division**

One coach per team is allowed to be on the court during games.

The assistant coach must be seated on the team bench.

### **Pee Wee & Midget**

Only one coach may stand during the game.

The assistant coach must be seated on the team bench.

## **C. The Substitutes**

### **All Age Divisions**

1. All players will play a minimum of **1 FULL** quarters a game. (From the beginning of the quarter until the end of the quarter)

3. Substitutions **ONLY** at the beginning of each quarter and at timeouts

## **PLAYING REGULATIONS**

### **A. Playing Time**

#### **Itty Bitty and Pee Wee Divisions**

1. All games will consist of four equal quarters of (7) minutes.

2. Up until the final 2 minutes of each half, the official game clock will be a running clock and will only be stopped for timeouts, free throws, or injuries. In the final 2 minutes of each half the clock will stop for any dead ball situation.

3. A one-minute break will be given after the first and third quarters.

4. A five-minute halftime will be given after the second quarter. 3

5. If the game is tied at the end of regulation, then a one-minute break will be given before the start of overtime. If necessary, one minute breaks will be given between each additional overtime period.

6. Overtime will be 2 minutes. If the score is still tied after the 2<sup>nd</sup> overtime period, each team will choose one player to shoot 5 free throws. The winner will be the team whose player makes the most free throws out of 5. If they make the same amount of free throws, then each team will choose a new player to shoot until a winner is decided.

## **A. Playing Time**

### **Midget**

1. All games will consist of four equal quarters of eight (8) minutes.

2. Up until the final 2 minutes of each half, the official game clock will be a running clock and will only be stopped for timeouts, free throws, or injuries. In the final 2 minutes of each half the clock will stop for any dead ball situation.

3. A one-minute break will be given after the first and third quarters.

4. A five-minute halftime will be given after the second quarter.

5. If the game is tied at the end of regulation, then a one-minute break will be given before the start of overtime. If necessary, one minute breaks will be given between each additional overtime period.

6. All overtime periods will be 3 minutes.

## **B. Time Outs**

### **All Age Divisions**

1. Each team will receive 3 timeouts per half

2. Timeouts CANNOT be accumulated from half to half or from regulation to overtime. No additional timeouts will be given during overtime periods.

## **VIOLATIONS**

### **A. Dribbling**

#### **Itty Bitty Division**

Players are only allowed 4 steps after picking up the basketball.

Players are not allowed to jump in the air with the basketball without shooting or passing.

### **B. Defensive Rules**

#### **Itty Bitty Division**

Players cannot play full court defense. This means that once the possession has changed, the defending team must retreat to their half of the court in order to 4

begin defending. However, there is still a 10 second count to advance the ball across midcourt.

**Pee Wee Division**

Full Court defense is only allowed in the final (2) minutes of each half.

**Midget Division**

Any defense is allowed. However, if you are up by 20 points you must drop back behind half court and are not allowed to press full court unless the margin drops below 20.

**C. Offensive Lane Time Restriction**

**Itty Bitty Division**

There is no offensive lane time restriction for this age division.

**Pee Wee Division - FIVE SECONDS**

A player cannot remain in the opponents' restricted area for more than (5) seconds while his/her team is in control of the ball in his/her frontcourt AND the game clock is running.

**Midget - THREE SECONDS**

A player cannot remain in the opponents' restricted area for more than (3) seconds while his/her team is in control of the ball in his/her frontcourt AND the game clock is running.

**D. Closely Guarded Player**

**Itty Bitty Division**

There is no closely guarded player violation for this age division.

**Pee Wee and Midget Divisions**

A player who is holding a live ball on the court is closely guarded when an opponent is in an active guarding position at a distance of no more than one normal step away.

A violation will be called if a closely guarded player with the ball does not pass, shoot or dribble the ball within (5) seconds. The ball is then awarded to the opponent for a throw-in. A player who is dribbling the ball and is being closely guarded by a defender will also be in violation if he/she does not shoot the ball or pick it up to pass it within (5) seconds.

## E. FOULS

### All Age Divisions

1. After a player is charged with his/her 5<sup>th</sup> personal foul, they are disqualified for the remainder of the game.
2. (Bonus) After the 7<sup>th</sup> team foul of the half.
3. (Double Bonus) After the 10<sup>th</sup> team foul of the half.
4. **A technical foul is:**
  - a. A foul by a non-player
  - b. A non-contact foul by a player.
  - c. An intentional foul while the ball is dead.
  - d. A foul charged to the head coach or assistant coach or a bench player.
5. **A flagrant foul is:**
  - a. A personal foul which, in the opinion of the referee, is not a legitimate attempt to directly play the ball within the spirit and intent of the rules.
  - b. **A player, in an effort to play the ball, causes excessive contact.**
6. All technical fouls charged to players, or coaches result in the opposing team shooting a free throw. The player who shoots the technical free throw is chosen by the head coach. (The player has to be on the court). The team also receives possession of the ball.
7. All flagrant fouls result in 2 free throws being awarded to the player who the foul was committed against as well as that team receiving possession of the ball.
8. If a player/coach is charged with 2 technical/flagrant fouls in one game they are disqualified for the remainder of the game. Coaches will be asked to leave the gym or the team will receive a forfeit.
  - DEPENDING ON THE SEVERITY OF COACHING VIOLATIONS, YOU MAY NO LONGER BE ALLOWED TO COACH AND BLUEFIELD PARKS & RECREATION WILL ASSIGN A NEW HEAD COACH TO THAT TEAM. THE ONLY PEOPLE ALLOWED TO ADDRESS, OR COACH THE TEAM IN ANY WAY ARE ASSIGNED COACHES. COACHES WHO RECEIVE A TECHNICAL FOUL MUST REMAIN SEATED FOR THE REMAINDER OF THE GAME. IF A COACH/PLAYER IS EJECTED FROM A GAME, HE/SHE MUST SERVE A MANDATORY 1 GAME SUSPENSION. IF A COACH/PLAYER IS EJECTED FROM 2 GAMES, HE/SHE WILL BE REMOVED FROM THE LEAGUE.**
  - IT IS EXTREMELY IMPORTANT THAT ALL COACHES REALIZE THAT OFTEN TIMES FANS FEED OFF OF YOUR EMOTIONS AND YOU MUST CONDUCT YOURSELF IN THE APPROPRIATE FASHION AT ALL TIMES!!!**

## **Free Throws**

### **Itty Bitty Division**

1. Will shoot free throws from the 1<sup>st</sup> blue line (6ft in front of the foul line).
2. **No players may enter the lane until the ball has touched the rim.**

### **Pee Wee Division**

1. Will shoot free throws from the regular
2. No players may enter the lane until the ball has touched the rim.

### **Midget**

1. Will shoot free throws from the regulation distance.
2. No players may enter the lane until the ball has touched the rim.