

Johnston Parks & Recreation Department – Youth Basketball **2021 Game Rules & Regulations**

Game Set-up:

- Weekly sessions will be comprised of a 25 minute practice and a 35 minute game.
- Games will consist of (4) 6 minute quarters.
 - Subbing every 3 minutes.
 - There will be a 1 minute mask break at each sub-mark.
 - There will be a 5 minute half-time.
- 4v4 full court games will be played.
 - For teams with fewer than 8 players present, 3v3 games can be played.
 - For teams with enough players present, two 3v3 games (half court) can take place on the same court.
- All games will be “in-team” games.
 - Prior to each game, coaches will make 2 different teams from the players in attendance. Coaches are to change up these mini teams for each game (variety).
- Coaches will also act as the referees for these in-team games (this will allow us to avoid bringing in various, outside individuals to the “stable group” to referee).

Defense:

- Teams must play zone defense for the entirety of the game.
- Pressing will not be allowed.

Offense:

- Fast breaks are not allowed.
- No offensive player can stand in the blue paint under the basket for more than 3 seconds.

Clock will stop for the following:

- Injuries.
- Subs/Mask Breaks – the clock will stop at ever sub-mark for 1 minute to allow players a mask break.
- Timeouts – each team is allowed (1) 30 second timeout per quarter – timeouts cannot be carried over.
- Foul Shots – the clock will stop for the first foul shot when shooting 2 foul shots or the first 2 shots when shooting 3 free throws (clock will start when player receives the ball on 1 and 1).

Subbing:

- The clock will stop at ever sub-mark for 1 minute to allow players a mask break. Players must separate and be at least 6 feet away from each other in order to take a mask break.
- At each sub mark, ALL players on the bench must come into the game.
- A player may not sit out two consecutive sub marks unless injured.
 - Ex.) A player cannot sit the last sub mark of the 1st half and the first sub mark of the 2nd half.
- All players must play close to 50% of the game.
 - No player may play more than one shift more than any other player in a game. For example, if “Johnny” plays only three shifts, “Bobby” cannot play five shifts.

- It commonly works out where some players play more than others. You should rotate these players so that the same players are not always playing the extra minutes.
- A bench technical will be assessed to the coach if he/she is in violation of the substitution rules. The result will be two shots and the ball for the opposing team.
- If a sub-mark occurs during the shooting of free throws, then the sub will be made after the first shot on a 2 or 3 shot shooting foul. If it is on a 1 and 1, then you will make the sub before the shot.
 - In both cases, if you are subbing for the shooter then you will make the sub after the final free throw is made on the next dead ball or if the defensive team comes down with the rebound and establishes possession.
- Special or non-shift subs will be allowed for injury only. There is no consideration for situations such as foul trouble, matchups, etc.
 - If a player fouls out of the game (five individual fouls), then any substitution can be made as long as none of the preceding rules regarding shifts and equitable player times are violated.
- Free subbing will not be allowed.

Fouls:

- A team will shoot “1 on 1” on 7-9 team foul and “2 shots” on 10+ team fouls.
- If a player gets injured and is supposed to shoot free throws and is incapable of doing so, the coach will select a player from their bench to shoot the free throws.
- A player will be removed from the game after his/her 5th personal foul.
- The coach will be notified once a player has received their third personal foul.
- A coach may not sit a player if they are in foul trouble.
- All fouls will be treated as a technical foul. The shooter will go to the free throw line and all other players will go to their benches (this is for safety/distancing purposes).
 - If a player is shooting their foul shots, at the end of the last attempt, the ball will be turned over to the opposing team who will inbound the ball.
 - If a player is shooting “1 on 1” and the player misses the first basket, the ball will be turned over to the opposing team who will inbound the ball.

Mercy Rule:

- If at any time a team goes ahead by x number of points (refer to age division below for value of x), subsequent baskets will be recorded but not displayed on the score clock until the trailing team score a basket to bring the lead under x value.
 - *Boys: Mercy rule by division*
 - 1st & 2nd grade boys --- 10 points
 - 3rd & 4th grade boys --- 12 points
 - 5th & 6th grade boys --- 16 points
 - 7th – 9th grade boys --- 18 points
 - *Girls: Mercy rule by division*
 - 1st – 3rd grade girls --- 10 points
 - 5th – 7th grade girls --- 16 points

Face Coverings:

- Players: Players will be required to wear a face covering while inside of the Johnston Indoor Recreation Center (JIRC) except for the following exceptions:

- During sub-marks, water breaks, timeouts, and halftime, players may remove their face coverings if they are able to maintain a continuous 6+ foot distance from all members of their team.
- Any player with asthma who cannot keep their mask on for an extended period of time will be able to sub out when needed (the asthmatic player will not have to sub in/out in accordance with the substitution rules) and separate themselves 6+ feet from all team members and take a mask break.
- Coaches, Recreation Staff Members/Score Keepers, and Spectators: will be required to wear a face covering while inside of the Johnston Indoor Recreation Center.
 - Exceptions exist for children younger than age two and for those who can't wear one as a result of a health or developmental reason.

Additional League Rules:

- The game ball will be changed out at each sub-mark. Basketballs will be disinfected prior to being put back into rotation.
- Games are allowed to end in a tie.
- All players shoot 1 free throw at half time. For every basket made, 1 point will be added to that teams score. Each player must shoot one basket.
 - Each player must shoot a basket and both teams are to have an equal number of free throw attempts (if one team has less players, the team with less players will have 1 or more players (as necessary) who missed their first free throw attempt take another free throw until the number of attempts is even for both teams - this being said, one player cannot take all of the additional free throws and please try to make sure different players are getting extra free throws.
- All players must be seated throughout the game on their respective benches during the game.
- Parents must sit on the opposite side of the court from the players.
- Please be considerate to other teams and pick up any bottles and trash after your game.
- At the conclusion of the game, we ask that players, coaches, and spectators leave the gymnasium and do not congregate.
- Players are not to share any water bottles, drinks, or equipment.
- Teams will not high-five or shake hands after the game.
- *Suspension and Expulsion:*
 - There will be no tolerance for any use of vulgarity on the court towards players, officials, fans, or any recreation staff. Continuous vulgarity could result in a suspension from the league. Please note: this applies to players and coaches.
 - Any player or coach ejected from a game will be suspended a certain amount of games deemed appropriate by the Recreation Department. The player/coach is also required to leave the gym. A second occurrence will result in expulsion from the league.
 - If a player/coach accumulates 3 technical fouls, it will result in a 2 game suspension. 5 technical fouls will result in expulsion from the league for the rest of the season.
 - A coach, player or parent who repeatedly does not follow the rules of the gym (rules posted on the sign in the main lobby), said person may be suspended or expelled from the league.
 - It is part of the coach's responsibility to maintain a safe and fun environment.
- If you have any problems with coaches, parents, players, or staff, please contact Christopher Correia or Nicole Cournoyer at the Johnston Parks & Recreation Department at 272-3460.