

JOHNSTON RECREATION YOUTH BASKETBALL 2018-2019 RULES & REGULATIONS

All players must play at least 50% of the game. 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.

Grade:

- | | | |
|---|-------|---|
| • 3 rd & 4 th grade boys | ----- | 2- 16 minute halves- sub every 4:00 minutes |
| • 5 th & 6 th grade boys | ----- | 2- 18 minute halves- sub every 4:30 minutes |
| • 7 th & 8 th grade boys | ----- | 2- 18 minute halves- sub every 4:30 minutes |
| • 9 th – 12 th grade boys | ----- | 2- 20 minute halves- sub every 5:00 minutes |

Game Time:

- Please note, all games will start promptly at their scheduled time. The game will begin at game time when each team has at least 4 players.
- 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).
- A coach may not sit a player if he is in foul trouble
- A bench technical will be assessed to the coach if he/she is in violation of the substitution rule. The result will be two shots and the ball for the opposing team.
- During games, only 2 coaches will be allowed on the bench and only 1 coach will be allowed to be standing at a time. You will be given one warning. If a second incident occurs with coaches standing, it will be considered a technical foul. All players must be seated throughout the game on their respective benches during the game. Upon conclusion of the game, please move to the opposite side of the gym as other teams are waiting to play.
- 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.
- Running time- see list of exceptions on page 2
- For boys in 5th grade and up, teams may free sub on dead balls during the last (2:30) sub mark of the game. In the event of a team having more than 10 players, coaches may also free sub the extra players during any sub mark. These extra players must be identified to the scorer at the start of each sub mark.
- 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.

Note: There will be a substitution sheet attached to these rules. Please use it as a guide to substitute your players correctly and fairly.

DEFENSE:

- *3rd grade boys and up:* teams must play man-2-man defense in the first half and defense of choice in the second half.
- *3rd & 4th and 5th and 6th grade boys:* must pick their man up inside the 28 ft. line
- *7th grade boys and up:* may pick up their man after the defense passes the half court line

OPTIONAL PRESS:

- Please use common sense when pressing. If you are up by the mercy rule in your division, **pressing is prohibited!**
- *3rd & 4th grade boys:* Half court press the last 3:00 minutes of the game.
- *5th & 6th grade boys divisions:* Half court press the last 9:00 minutes of the game. Full court the last 2:00 minutes of the game.
- *7th grade boys and up:* Half court press the entire game. Full court defense is allowed for the last 4:30 minutes of the game.

CLOCK WILL STOP FOR THE FOLLOWING:

- Injuries
- Time-outs (each team is allowed (4) 30 second timeouts per game but cannot use more than 2 in a single half)
- Subs (the clock will stop at every sub mark for 15 seconds)
- Referee's whistle during stop of play time
 - Last minute of the first half and the last two minutes of the second half.
- 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).

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
 - 3rd & 4th grade boys --- 10 points
 - 5th & 6th grade boys --- 16 points
 - 7th & 8th grade boys --- 18 points

FOULS:

- A player will be removed from the game after his 5th personal foul.
 - The coach will be notified once a player has received their third personal foul.
- A team will shoot "1 on 1" on 7-9 team foul and "2 shots" on 10+ team fouls.

- Please consider the development of the player when they are taking foul shots. It is recommended that a player shoot a free throw from the appropriate foul line. The 3rd & 4th grade boys may shoot from the 12 foot line or the regulation line.
- 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.

SUBBING:

- At each sub mark, **ALL** players on the bench must come into the game
 - *Exception:* if a team has greater than 10 players, in which case the players remaining on the bench must play the next sub mark.
- 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).
- No player will be allowed to play more than two sub marks in a row
 - *Exception:* if a team has 7 players or less, in which case no player will be allowed to play more than 3 sub marks in a row.
- 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.
- A coach may not sit a player if he is in foul trouble
 - A bench technical will be assessed to the coach if he/she is in violation of the substitution rule. The result will be two shots and the ball for the opposing team.
- 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 Subs:**
 - 5th grade boys and up: The last 2:30 of the last sub mark of the game, free subbing will be allowed.
 - 3rd & 4th grade boys: free subbing will not be allowed in any 4 v 4 game but will be allowed after January 5th when they begin playing 5 v 5 games.
 - Any players who are coming off the bench to start play during the free sub period(s) must play a minimum of 2 minutes before they can be subbed out.

ADDITIONAL LEAGUE RULES:

- 3rd & 4th grade boys divisions: This division will begin with playing 4 v 4 full court games. Starting on January 5th, this division will progress into 5 v 5 full court games.
- 3rd – 8th grade boys divisions: No offensive player can stand in the blue paint under the basket for more than 3 seconds. The younger children will begin the season by being issued a warning and it will be called as the season progresses.
- 3rd – 8th grade boys divisions: 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. Free-throws then a 3 minute half-time to give the coaches time to go over things with their team (this applies unless game is running behind. In this case, it will be up to the referees to determine how long half time will be).

- If a player does not attend practice on a regular basis, please inform Nicole Cournoyer at 272-3460.

- **Fast Breaks:**
 - *3rd & 4th grade boys divisions:* no fast breaks will be permitted during 4 v 4 games. On January 5th, this division will begin playing 5 v 5 games and at that point, fast breaks will be allowed.
 - 5th grade boys and up: Fast breaks will be allowed.

- **Tie:**
 - No ties will be allowed throughout the season for any league.
 - In the event of a tie, the game will go into a (2) minute overtime.
 - Each team will be given 1 time out.
 - It will be running time the first minute of OT and the clock will stop during the second minute.
 - There will be free subbing.

- **Miscellaneous Items:**
 - ❖ It is part of the coach's responsibility to maintain a safe and fun environment.
 - ❖ 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.
 - ❖ If you have any problems with coaches, parents, players, or referees, please contact Nicole Cournoyer at the Johnston Recreation Department at 272-3460.

Examples of Substitution Charts:

Example 1:

			First Half			1/2 time	Second Half			
	Players Name	start game	1st sub	2nd sub	3rd sub		start 2nd half	1st sub	2nd sub	3rd sub
1		play	sit	play	sit		play	sit	play	sit
2		play	sit	play	sit		play	sit	play	sit
3		play	sit	play	sit		play	sit	play	sit
4		play	sit	play	sit		play	sit	play	sit
5		play	sit	play	sit		play	sit	play	sit
6		sit	play	sit	play		sit	play	sit	play
7		sit	play	sit	play		sit	play	sit	play
8		sit	play	sit	play		sit	play	sit	play
9		sit	play	sit	play		sit	play	sit	play
10		sit	play	sit	play		sit	play	sit	Play

Example 2:

			First Half			1/2 time	Second Half			
	Players Name	start game	1st sub	2nd sub	3rd sub		start 2nd half	1st sub	2nd sub	3rd sub
1		play	sit	play	sit		play	sit	play	sit
2		sit	play	sit	play		sit	play	sit	play
3		play	sit	play	sit		play	sit	play	sit
4		sit	play	sit	play		sit	play	sit	play
5		play	sit	play	sit		play	sit	play	sit
6		sit	play	sit	play		sit	play	sit	play
7		play	sit	play	sit		play	sit	play	sit
8		sit	play	sit	play		sit	play	sit	play
9		play	sit	play	sit		play	sit	play	sit
10		sit	play	sit	play		sit	play	sit	play

Example 3:

			First Half			1/2 time	Second Half			
	Players Name	start game	1st sub	2nd sub	3rd sub		start 2nd half	1st sub	2nd sub	3rd sub
1		play	sit	play	sit		play	sit	play	sit
2		play	sit	play	sit		play	sit	play	sit
3		sit	play	sit	play		sit	play	sit	play
4		sit	play	sit	play		sit	play	sit	play
5		play	sit	play	sit		play	sit	play	sit
6		sit	play	sit	play		sit	play	sit	play
7		play	sit	play	sit		play	sit	play	sit
8		sit	play	sit	play		sit	play	sit	play
9		sit	play	sit	play		sit	play	sit	play
10		play	sit	play	sit		play	sit	play	sit

Example 4:

			First Half			1/2 time	Second Half			
	Players Name	start game	1st sub	2nd sub	3rd sub		start 2nd half	1st sub	2nd sub	3rd sub
1		play	sit	play	sit		play	sit	play	play
2		play	sit	play	sit		play	sit	play	sit
3		play	sit	play	sit		play	play	sit	play
4		play	sit	play	play		sit	play	sit	play
5		play	play	sit	play		sit	play	sit	play
6		sit	play	play	sit		play	sit	play	sit
7		sit	play	sit	play		play	sit	play	sit
8		sit	play	sit	play		sit	play	play	sit
9		sit	play	sit	play		sit	play	sit	play

Example 5:

			First Half			1/2 time		Second Half		
	Players Name	start game	1st sub	2nd sub	3rd sub		start 2nd half	1st sub	2nd sub	3rd sub
1		play	sit	play	sit		play	play	sit	play
2		play	sit	play	play		sit	play	play	sit
3		play	sit	play	play		sit	play	sit	play
4		play	play	sit	play		play	sit	play	play
5		play	play	sit	play		play	sit	play	sit
6		sit	play	sit	play		sit	play	play	sit
7		sit	play	play	sit		play	sit	play	play
8		sit	play	play	sit		play	play	sit	play

Example 6:

			First Half			1/2 time		Second Half		
	Players Name	start game	1st sub	2nd sub	3rd sub		start 2nd half	1st sub	2nd sub	3rd sub
1		play	play	play	sit		play	sit	play	play
2		play	play	sit	play		play	play	sit	play
3		play	sit	play	play		play	sit	play	play
4		sit	play	play	sit		play	play	play	sit
5		play	sit	play	play		sit	play	play	play
6		sit	play	play	play		sit	play	play	sit
7		play	play	sit	play		play	play	sit	play

Example 7:

			First Half			1/2 time		Second Half		
	Players Name	start game	1st sub	2nd sub	3rd sub		start 2nd half	1st sub	2nd sub	3rd sub
1		play	sit	play	play		play	play	play	sit
2		play	play	sit	play		play	play	play	play
3		play	play	play	sit		play	play	play	play
4		play	play	play	play		sit	play	play	play
5		play	play	play	play		play	sit	play	play
6		sit	play	play	play		play	play	sit	play