

# **Rocky Hill Parks & Recreation Youth Basketball League Rules & Procedures**

## **CONTACT INFORMATION**

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Supervisors:  
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## **DIVISIONS**

- Midget Boys Clinic                    2<sup>nd</sup> grade
- Midget Girls Clinic                    2<sup>nd</sup> grade
- Junior Girls League                    3<sup>rd</sup>-4<sup>th</sup> grade
- Junior Boys League                    3<sup>rd</sup>-4<sup>th</sup> grade
- Intermediate Girls League            5<sup>th</sup>-6<sup>th</sup> grade
- Intermediate Boys League            5<sup>th</sup>-6<sup>th</sup> grade
- Senior Girls League                    7<sup>th</sup>-8<sup>th</sup> grade
- Senior Boys League                    7<sup>th</sup>-8<sup>th</sup> grade
- High School Boys League            9<sup>th</sup>-12<sup>th</sup> grade
- High School Girls                      9<sup>th</sup>-12<sup>th</sup> grade

## **ELIGIBILITY**

1. Youths must reside in the Town of Rocky Hill or attend Rocky Hill schools, and play at their current grade level. Children repeating a grade may play for their current grade or the grade they would typically be in.
2. Only youths who have registered at the Parks and Recreation Department and been assigned to a team may participate in league play.

## **TEAM DRAFT/ASSIGNMENT**

Coaches will pick their own team based on the player's performance at the draft in October/November and their previous playing ability. The teams will be created as even as possible. Coaches are responsible for contacting their players with their team assignment and practice schedule.

## **ROCKY HILL PARKS AND RECREATION DEPARTMENT'S YOUTH SPORTS PHILOSOPHY**

The Youth Sports Programs offered by the Rocky Hill Parks and Recreation Department are designed to provide a positive sports experience. The primary purpose is to offer each participant the opportunity to pursue, through recreational sports, the physical and emotional benefits of the program. We strive to maintain our sport programs so that all players will have the opportunity to gain new skills, make new friends and have fun.

The emphasis is on good sportsmanship, proper conduct, and following the rules and policies of the Parks and Recreation Department. Although competition is a natural part of sport activities, winning is not the primary goal. We not only want our participants, but also the coaches and fans to play fairly and respect others. Cheer for ones triumphs and not for their shortcomings. Win with grace and lose with dignity. Encourage others to always do their best and try their hardest. The Code of Conduct applies to all players, coaches, officials, parents and spectators.

### **Code of Conduct for Players**

1. Play by the rules.
2. Value safety and fair play above personal gain.
3. Accept the authority and respect the decision of all game officials.
4. Never use abusive or foul language.
5. Be a good sport. Applaud all good play.
6. Treat all participants as you would like to be treated.
7. Always cooperate with your coach and team mates.
8. Always participate for your own enjoyment and benefit.

### **Code of Conduct for Parents/Spectators**

The role of parents and spectators is critical to the experience the player has in the youth sports program. Please follow these guidelines:

1. Support your child and the team in a positive manner. Cheer for your child and team, not against the opposing team.
2. Show respect for all players, coaches, game officials and other spectators. Set a positive example with your behavior.
3. Respect the decision of the officials and encourage others to do so.
4. Recognize that the children are participating in the sport for fun and their own enjoyment.
5. Abide by all regulations set forth by the schools and Recreation Dept. for facility usage.

### **Code of Conduct for Coaches**

1. Set a positive example for the players and spectators to follow.
2. Play by the rules. Respect the decision of the officials and encourage others to do so.
3. Promote good sportsmanship and coach in a positive manner.
4. Treat opposing coaches, participants and spectators with respect.
5. Congratulate all players on the performance.
6. Provide a safe and healthy environment.

The Rocky Hill Parks and Recreation Department reserves the right to remove anyone from the program or facility for failure to follow the Code of Conduct.

## **LEAGUE INFORMATION**

1. A jamboree to kick off the season will be held on Saturday, November 20 at RHHS. Coaches will notify players of game time.
2. Games will be held Saturday, December 4 through March 12. No games will be held on December 25, January 1 and February 26.
3. Game schedules will be available on our web site in November.
4. Parents/guardians should walk their child to their coach for all practices and games. It is recommended that one parent/guardian be present at each game. After every practice and game, the player should be picked up on time. Coaches are responsible for players until picked up.

## **COACHES INFORMATION**

1. All coaches will hold one practice per week throughout the season.
2. All coaches should conduct a mandatory parents meeting prior to their first game. At this meeting parents will review the Parks and Recreation Dept. Youth Sports Philosophy.
3. All head coaches will receive a Team Binder containing:
  - List of coaches with contact information
  - Team Roster
  - Medical Roster
  - Practice Schedule
  - League Rules and Procedures
  - Report of Incident/Accident
  - Player and Spectator Code of Conduct forms
4. Coaches (or the Supervisor when present) must document all injuries, and submit the form to Rocky Hill Parks & Recreation Dept. **within 24 hours** so that proper follow-up measures may be taken.
5. All head coaches will receive the following equipment (and are responsible for its return at the end of the season):
  - Balls
  - Cones/markers
  - Pinnies
  - First Aid Kit
  - T-shirts –one for every player and coach (handed out at jamboree)
6. Players must be supervised at all times. The players on your team are your responsibility.

## **PROGRAM GOALS**

1. To promote appreciation of basketball, to develop skills necessary for team play, to provide equal opportunity for the development of individual players, and to accommodate every youth who wants to play regardless of ability level.
2. To stress physical fitness and development of fundamental skills, with equal emphasis placed on building lasting friendships, good sportsmanship, and the fun of participation.
3. To recognize the ongoing problem in youth sports concerning the emphasis on winning brought about by some coaches, parents, and spectators. While the value of winning is understood in terms of developing a healthy competitive attitude and team spirit, it is less important than the overall objectives of having each child participate and develop to his/her own capabilities.
4. To encourage the coaches to equalize playing times for each game among all team members.
5. Sportsmanship is a very strong recreation tradition. Decisions of referees are to be accepted by players, coaches, and parents.

## **PLAYING RULES**

1. Regular basketball rules will apply. Our league rules will be discussed and explained at the pre-season coaches meeting. See current rules below.
2. Basketball or gym sneakers are the only permitted footwear. Players should carry in their practice/game sneakers.
3. All players in the game must wear a team uniform shirt.
4. No jewelry allowed at practice and in games.
5. Protective eyewear and mouth guards are suggested.

## **GAME CONDUCT**

1. Coaches and players are to remain within the area of their assigned benches throughout the game, unless requested to leave by the referee. In all divisions, coaches **MUST** stay on their half of the court
2. There is a maximum of 2 coaches per team, and each should wear a team shirt.
3. Smoking is prohibited on school grounds. Drug and alcohol use is prohibited.
4. All coaches, players and spectators are expected to conduct themselves in a civilized, appropriate manner and show respect for the decision of the officials. See Codes of Conduct.

5. Referees and supervisors are responsible for enforcing league rules and gym regulations. The supervisor present will have the final decision and judgment call on any issues that are not addressed in these rules and procedures.
6. Silent Sidelines will be held once a month and will be noted on game schedule. Coaches and players can talk, but spectators are expected to be silent. Applause is encouraged.

### **WEATHER CANCELLATIONS:**

1. If school is canceled for the day or dismissed early due to inclement weather, all practices are canceled.
2. All Saturday cancellations will be made by 9:30am.
3. Coaches and players should call the hotline at 258-2772 or check our web site at [www.rhparkrec.org](http://www.rhparkrec.org) for undated cancellation information. When possible an email will be sent out to those on our email list. Sign up for the list on our web site.

### **COMPLAINTS AND GRIEVANCES**

1. Protests will not be recognized by the League. All complaints shall be handled in the gym in a respectful manner between coaches and referees. The referees and supervisor have the final decision in all such matters.
2. Complaints concerning the personal conduct of coaches or players shall be referred to the Recreation Supervisor.

## **ROCKY HILL YOUTH BASKETBALL RULES 2010-11 Updated 10/26/05**

### **I. BASKET HEIGHT AND BALL SIZE:**

Juniors-will use a small junior ball (27.5") and regulation 10' hoop

Intermediates-will use intermediate ball (28.5") and regulation 10' hoop

Seniors- Boys will use regulation ball (30") and regulation 10' hoop. Girls will use intermediate ball (28.5") and regulation 10' hoop.

### **II. TIME:**

Juniors – eight 4-minute quarters, with one minute between quarters.

Intermediates - 10-minute quarters, stop time last minute

Seniors - 20 minute halves with clock running, stopped time last 2 minutes of each half

#### **A. Overtime**

Juniors - 1 three minute period then sudden death

Intermediates - as many as 3 minute periods until winner

Seniors - same as above

**B. Time-outs\***

Juniors - 2 time outs per game, in addition to stop play at each 4 minute mark, including last quarter.

Intermediates - 5 time outs per game, in addition to stop play at each 5 minute mark, including last quarter. Three 30 second and two 1 minute time outs.

Seniors - awarded 5 time-outs per game. Three 30 second and two 1 minute time outs.

\*In case of overtime, teams are given one additional time out

**III. SUBSTITUTION:**

Juniors and Intermediates - subs are to be made at the 4-minute mark for Juniors and the 5-minute mark for Intermediates each quarter. **Every player will play in every quarter.** No player can sit out 2 consecutive 4 or 5 minute periods. No player may play more than 2 consecutive half quarters.

Seniors - free substitution. Each player must play 20 minutes and will sit in both halves.

Prior to start of the second half, team line-ups can be changed, but must follow the same pattern of substitutions as noted above. Failure to abide by the substitution rule will result in a bench technical foul.

Missed practices will result in benched playing time. If a player misses 3 unexcused practices then the player will sit out half of the next game. Notify the supervisor on game day.

Unsportsmanlike conduct: If a coach, supervisor or referee feels a player is displaying unsportsmanlike conduct then the following discipline will be instituted:

Juniors and Intermediates

Player sits out one half of quarter

Seniors

Player sits out 5 minutes

**VI. FORFEIT:**

Any team unable to produce 5 players at the beginning of the game will automatically forfeit the game. A 10-minute grace period will be given.

**V. VIOLATIONS:**

Juniors - Double-teaming allowed inside the paint. If an offensive pick is set, defensive players may switch the players they are guarding. The stress here is for good man-to-man defense. When a foul is called the referee signals the clock to stop. The clock will start when the players are lined up, and the referee hands the player the ball.

Intermediates - Double-teaming will be allowed anywhere on the court.

Seniors - Double-teaming will be allowed anywhere on the court.

**A. Isolations**

There will be no isolation of players during the course of the game. All players must be in a normal position on the court. One man and 2 man isolations will be called. Coaches should not put players into the corner of the court and allow the better players to constantly run offense. This will be a judgment call by the official.

**B. Zone Defense**

Juniors - No backcourt defense or zone defense at any time.

Intermediates – Full court man-to-man defense is allowed. When a defensive player clearly has possession of a rebound or loose ball, they immediately become an offensive player. No full court press if team is ahead by 10 or more points. Half court zone defense allowed at any time.

Seniors - Full court defense is allowed. When a defensive player clearly has possession of a rebound or loose ball, they immediately become an offensive player. No full court press if team is ahead by 10 or more points.

**C. Penalties for Violations**

Each team is allowed 2 violations per half. Every violation after 2 becomes a technical foul (1 shot technical).

**D. Free Throw Shooting**

No player may enter the lane before the ball hits the rim. Early entry into the lane will result in a lane violation.

**VI. JUMP BALLS:**

Jump balls will be given only at the beginning of the game and beginning of overtime. Alternating jump balls will be in effect during the game.

**VII. FLAGRANT, INTENTIONAL AND TECHNICAL FOULS:**

Any foul committed in the game that the referees feels was flagrant will result in 2 foul shots and possession of the ball. All technical fouls, except for violation technicals, are 2 shots and possession of the ball. At the supervisor's discretion, the player can be ejected from the game. A double technical will result in 4 shots and possession of the ball. If a player receives 2 technical fouls, he/she will be ejected from the game and must sit out the first half of the next game.

Any problems with the scoring table should be discussed with the Supervisor at a time out. No discussions with the scorekeeper will be allowed during the game. Failure to follow this will result in a technical foul.

Any player, coach or fan using inappropriate language or behavior will be served a technical foul and/or ejection from the game and facility. It is the coach's responsibility to control their fans. If a spectator acts improperly during the game, the referee has the authority to serve a team a technical foul for the behavior of the spectator. Any player questioning a referee's call will be given a warning for the first offense and a technical for the second offense.

If a coach is served a technical foul due to inappropriate behavior, it will be the discretion of the Recreation Supervisor to suspend the coach for one game. A one game suspension means the coach must get coverage for their next game, and will not be allowed in the facility.

Any players caught fighting will be ejected from the game and will serve a one game suspension. Drug and alcohol use is prohibited.

These rules will be discussed, explained, and if necessary revised at the pre-season coaches meeting. No changes will be made after that meeting. The supervisor present will have the final decision and judgment call on any issues that are not addressed in these league rules