



**CITY OF BRENTWOOD
PARKS & RECREATION DEPARTMENT
YOUTH BASKETBALL LEAGUE
RULES AND REGULATIONS**

ARTICLE 1. LEAGUE DIRECTION

- A. The City of Brentwood Parks & Recreation Department reserves the right to establish regulations at any time deemed necessary for the efficient operation of the League. All rules and regulations shall be interpreted by the Parks & Recreation Department, as it deems proper for the efficient operation of its program.
- B. Games are governed by The National Federation High School Basketball Rule Book. The additional rules are added for level of play and the efficient running of the program.
- C. Flagrant violation of any League regulation or interpretation of such will result in individual and or team suspension, which forfeits all rights, privileges, registration and League fees, etc.

ARTICLE 2. THE CITY OF BRENTWOOD SPORTS CODE OF CONDUCT

Code of Conduct enforced at all times including: before, during, and after game/practice time.

ARTICLE 3. VOLUNTEER (COACH) RESPONSIBILITIES

Each volunteer (coach) is charged with the responsibility of keeping his/her team players informed of all matters relating to this league.

ARTICLE 4. PLAYER & EQUIPMENT

No player shall play in a cast. Players with taped fingers must not have guards or metal braces. It shall be the referee's duty to inspect players. No watches, necklaces, or earrings. No baggie pants or caps. All players must be on a team roster. No player can change teams once league play starts unless change is made by the Parks & Recreation Department.

Team jerseys are supplied by the Parks & Recreation Department. Players and coaches can only wear these uniforms. Shirts must be tucked in. Athletic shorts (non-cotton) are suggested for league play.

Tennis shoes or gym shoes must be worn. **Street shoes, black soled shoes, and bare feet are not allowed during games or practices.**

Safety: Referees may stop games at any time to investigate the condition of a player who may be hurt and will resume play as soon as reasonable. The player may remain in the game at the discretion of his/her coach and the referee. The player's safety is the determining factor.

ARTICLE 5. GENERAL RULES

FORFEIT TIME

Five (5) minutes after the scheduled game time. In the event of a forfeit, referees are required to remain at the game site and work an organized practice game or controlled scrimmage, allowing adequate time to start the following game on schedule. If forfeited game/scrimmage is the last scheduled game of the day, allotted game time will not exceed forty-five (45) minutes.

LENGTH OF PLAYING PERIODS

All games will consist of: five (5) eight-minute periods with a running clock.

Running clock stops only for:

- a) Time-outs - Coach or player on the court can request a time-out.
- b) Shooting Fouls - Clock restarts:
 - When the ball is touched on a missed free-throw attempt after a time out.
 - Once the free throw shooter is handed the ball for their final attempt.
 - On the inbound after an attempt that is made.

One (1) minute allowed between periods to make substitutions. This is not a time-out. Coaches may instruct players while they line up at the scorekeeper table.

HALF TIME

The 1st and 2nd periods shall constitute the 1st half. The 3rd, 4th, 5th and overtime periods will constitute the 2nd half. Half time will be three (3) minutes in duration for all divisions.

TIME-OUTS

Time-outs will be 45 seconds in duration. Each team will be allowed one (1) time-out in the 1st half and two (2) time-outs in the 2nd half and one (1) for each overtime period (overtime for 10-13 Playoffs and /or Championships Only). Unused time-outs cannot be carried over to the second half or into overtime. They must be used or they will be lost.

PLAYER PARTICIPATION

Every player who is in attendance at the start of the game must play one full continuous period in each half. Also, each player must sit out one full continuous period before the start of the 5th period, so as not to play the entire game. All player participation must be fulfilled by the end of the 4th period. No free substitution is allowed before the 5th period. EXCEPTION: Medical reasons.

***** THE PLAYER PARTICIPATION RULE WILL BESTRICTLY ENFORCED *****

Penalty: Coaches failing to comply with the player participation rule will be suspended for the following game and the offending team will forfeit the contest.

Late Players - If a player arrives late to a game, that player's participation begins at the start of the next full period. A late player arriving during the 1st period must play the entire 2nd period. A late player's non-participation in the 1st period satisfies the requirement to sit out one full continuous period.

SICKNESS, INJURY OR HEALTH PROBLEMS

A player temporarily removed from a game for injury or health reasons will re-enter at the discretion of the coach and the referee. If there is blood, the player will be removed from the game until the bleeding stops and the wound bandaged. A uniform saturated with blood must be changed for a blood-free uniform. A partial period of play by an injured player will be considered one full period of participation. The substituting player is still required to sit out one full continuous period during the game. NOTE: Teams must have five (5) players to start the game however medical reasons, participation rules, ejections or foul outs will not cause a team to play with four (4) or less players.

Exception: When a player is taken out of the game for sickness, injury, or health problems, and returns to the game before the SECOND DEAD BALL the period of time played by the substitution player will be considered as "sit out" time.

If a player is unable to continue playing the remainder of the game, for any reason, the coach must record the players name with the scorekeeper. The player will be ineligible to participate further. No penalty will be assessed.

FOUL OUTS AND EJECTIONS

Only a player who has met all conditions of the player participation rule can replace the disqualified player. If a substitution is made before the 5th period to replace a disqualified or injured player affects the team's ability to comply with the player participation rule, the team must finish the period with less than five players on the court.

MERCY RULE

If a team has a 20-point lead at any time during the game, the scorekeeper shall notify the referee to implement the mercy rule. The team with the lead cannot employ full-court or half-court pressure and must play defense with both feet inside the 3-point area at all times.

REMOVAL OF TOP PLAYERS

If the mercy rule is in effect at the start of, or any time during the 5th period, it is mandatory for the opposing coach to select a maximum of three (3) players to sit out the balance of the game or until the difference in the score of the game is 10 points or less. Eligible substitutes must be available and the removal of players cannot force a team to play with less than five (5) players.

PRE-GAME CONFERENCE

Coaches and referees will meet as soon as possible following the end of the previous game to discuss applicable divisional rules. Recommended one minute maximum.

VOLUNTEER COACHES MUST SIT

All coaches are to remain seated on their team bench during the game. Coaches are permitted to stand temporarily to cheer a play or instruct players but must then return to their seat.

CITIZENSHIP GRADE CARDS

At the completion of every game, the coach will receive a Citizenship Grade Card. The overall grade will cover the following areas: Coach Conduct, Player Conduct, and Parent Conduct. The grades will range from A to F. Receiving an F will prevent the team from playing in the Playoffs and /or Championships (10-13 Division) and Game suspensions for the 6-8 and 9-10 Divisions. Two (2) D's will prevent the team from playing in the Playoffs and /or Championships (10-13 Division) and Game suspensions for the 6-8 and 9-10 Divisions. Three (3) C's will prevent the team from playing in the Playoffs and /or Championships (10-13 Division) and Game suspensions for the 6-8 and 9-10 Divisions. All Conduct Rules and Expectations are covered in the Parks and Recreation Sports Code of Conduct.

DIVISION 6-8

1. No backcourt pressing. No guarding until the ball is in the three point key. Zone defense only.
Penalty: The offensive team regains the ball at the area closest to the offense.
2. Scores, as well as standings, will not be kept. Playoffs and /or Championships will not be played.

PRE-GAME POINTS

Each player will shoot a free throw prior to the start of the game. Each successful free throw will be recorded in the scorebook and count in the team's overall score. One referee per team will simultaneously administer the free throws at each team's respective 1st half baskets.

Both teams will shoot an equal amount of free throws. A team with fewer players than their opponents will be awarded additional free throws to balance the total team attempts. That team's coach shall select shooters who have missed their first attempt. If all players have made their free throws, the coach will select any player to shoot the extra free throws. Players who made free throws will not attempt a second shot until all teammates have made a free throw.

ADDITIONAL RULES

KEY VIOLATION

An offensive player will not be in the 15-foot key area for five (5) continuous seconds.

INSUFFICIENT ACTION

The offensive team has five (5) seconds after crossing half-court to cross the attack line and start their offense. (the attack line will be designated by site director and game referees; Example: volleyball line)

Penalty: 1st offense = warning 2nd offense = violation (turn over)

DIVISION 9-10

1. Five (5) second key violation with 12-foot free-throw line will be used.
2. Three-point goals are permitted.
3. No individual foul totals will be kept. A player cannot foul out. (Players receiving 2 technical fouls will be ejected from the game)
4. Score will be kept however, no standings will be totaled and Playoffs and /or Championships will not be played.

ADDITIONAL RULES

Help Side Defense is defined as a defender playing at a midpoint position between his/her assigned player and the player with the ball. A help side defender must recover and be within a six (6) foot guarding position of his/her assigned player if that player receives the ball. Help side defenders are allowed to be in the key area.

HALF-COURT PRESS

No back-court pressure allowed during the first four (4) periods. Defense must allow dribbler to cross the half-court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense will apply pressure.

FULL-COURT PRESS

No type of full-court press is allowed during the Division 9-10 games.

Penalty: Any illegal defense - one warning per half. Technical fouls for additional occurrences in each half. NOTE: If the illegal defense is unintentional in the referee's judgment, the ball will be awarded to the offense at the point of contact with no penalty.

FREE THROWS

The free throw line will be twelve (12) feet from the face of the backboard. A shooter's foot may touch, but not completely cross over the free-throw line. A maximum of five (5) players, three (3) defensive and two (2) offensive may occupy the free throw lane. The space below the block on either side will be unoccupied. The shooters feet cannot cross the free-throw line until the ball hits the rim.

FREE THROW BONUS

Penalty free throws will be shot on the 7th team foul in each half. Bonus free throws are 1 and 1. There are no 2-shot double bonus situations.

DIVISION 10-13 (Boys only)

1. Three (3) second key violation.
2. Three point goals are permitted.
3. Individual foul totals will be kept. A player will foul out after the 6th foul. (Players receiving 2 technical fouls will be ejected from the game).
4. Score will be kept and Playoffs and /or Championships will be played.
5. The clock will stop only for the first shot on a free throw.
6. Defensive players will not double-team a player at any time.

DEFENSE

In the 1st half teams must play a man-to-man defense. Man-to-man or zone defense is allowed in the 2nd half.

Man-to-man Defense - a defensive player must be within a six (6) foot guarding position of an offensive player with the ball. All other defensive players may be in a **help side defense** (see below) position and are not required to be closely guarding an offensive player without the ball.

Help Side Defense is defined as a defender playing at a midpoint position between his assigned player and the player with the ball. A help side defender must recover and be within a six (6) foot guarding position of his assigned player if that player receives the ball. Help side defenders are allowed to be in the key area.

FULL-COURT PRESS

Teams can employ a full-court press at any time during the 5th period.

Penalty: Any illegal defense - one warning per half. Technical foul for additional occurrences in each half.

FREE THROWS

The free throw line will be fifteen (15) feet from the face of the backboard. A maximum of five (5) players, three (3) defensive and two (2) offensive may occupy the free throw lane. The space below the block on either side will be unoccupied. The shooters feet cannot cross or touch the free throw line until the ball hits the rim.

FREE THROW BONUS

Penalty free throws will be shot on the 7th team foul in each half. Bonus free throws are 1 and 1. There are no 2-shot double bonus situations.

OVERTIME (For 10-13 Division during Playoff/Championships Only)

The first overtime period will be two (2) minutes. Additional overtime periods will be one (1) minute regulation clock. Teams are limited to one time-out in each overtime period. Time-outs do not accumulate or carry over from regulation time.

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