

TYNGSBORO RECREATION AND PARKS YOUTH BASKETBALL LEAGUE

PLAYING GUIDELINES—GIRLS GRADES 3-5 DIVISION

PLAYING TIME AND PARTICIPATION GUIDELINES

The intent of the Playing Guidelines is to assure that all players will be played fairly and equitably.

1. All players present at the start of the game should get equal playing time as possible.
2. Free substitution. All substitutes are to report to the scorer prior to entry.

PLAYING AND GAME RULES

1. Games are preceded by a 10 minute warm-up period.
2. Games will be played full court with 10 foot goal height.
3. Games consist of two halves.
 - Girls 4-5 play 18 minute halves with running time except stop time during the last 2 minutes of each half and foul shots. **Overtime consists of 1 minute stop time. No 2nd overtime, game ends in a tie EXCEPT A PLAYOFF GAME.**
4. One time in first half and one full and one 20 second time out in second half, 1 extra during over time. (2 extra per OT in playoffs)
5. Player will be disqualified on fifth personal foul.
6. Free throws 1 and 1 after the 7th team foul per half then 2 shots at the 10th team foul.
7. **3 second rule in the paint will be in effect. 3 point shots will not count as 3. 10 second rule for advancing the ball past half court in effect.**
8. **Half court press** will be allowed after the ball and PLAYER has completely passed the half court line and can only be done in the **last 2 minutes of each half**. Referees will be instructed to enforce this rule. PENALTY—First offense team warning, 2nd offense technical foul for illegal defense with the ball put in play at the free throw line extended. NOTE: The offensive player and the ball must be completely over, the mid court line, instruct the defensive player to allow room so as not to be penalized.
9. Rule 8 is suspended when the total lead by one team is greater than **10** points. No pressing defense is allowed by the team in the lead.
10. Only man to man defense. Cannot be in the key without guarding a player that is close to the basket. Help defense is permitted but double teaming needs to be avoided. **On a dead ball change of possession(made basket,**

out of bounds, etc.) the team going on defense must fall back to the other side of half court to the extended blue line(exception-half court press rule). Out of bounds pressure is allowed if the ball is being in-bounded on the defenses side of the court and is below the blue line. (or half court in last 2 minutes of half and game)

11. **Foul shot distance: The players will use the foul line and may take one step forward or jump in the act of shooting.**
12. High School rules cover all other situations not specified

Dress code

Each team will wear same color jerseys with numbered backs. **No hairpieces allowed (elastic headbands are OK).** Absolutely no jewelry is allowed for the safety of the players. **Fingernails should be cut back** to prevent scratches.

Code of Conduct

There will be Zero Tolerance of unsportsmanlike conduct from coaches, players or spectators. Coaches shall always be supportive and encouraging of all players, other coaches and referees. Remember, your role model will be followed by the spectators and players.

ASSISTANTS

Each team shall supply one adult volunteer. One volunteer will run the clock/scoreboard and the second will keep the scorebook.

FACILITY USE GUIDELINES

All participants and spectators are to remain in the gym area before, during and immediately after play. No player or spectator is to be in the hall area except for when entering and exiting or using the lavatory. In no circumstance is ball play allowed inside of the school outside of the gymnasium area.

No drinks other than water for the players and absolutely no food is allowed in the gymnasiums. All teams are to remove their trash prior to departing.

No ball playing on the sidelines while play is occurring on the court. Players and spectators should not bring extra balls into the school as they become safety issues when play occurs on the sidelines.

Coaches should bring ice to the games. Please only use the ice packs left in the facility in an emergency.

Be respectful of gym time allocated to teams before and after your scheduled time by not disrupting the play prior to your time and by removing your players to the sideline promptly after completion of play.

UNSPORTSMAN LIKE CONDUCT

Players who are assessed technical fouls or are ejected from the game during the season will be subject to the following penalties:

Player Technical Fouls:

1st Technical Foul: Verbal warning and probation for the season.

2nd Technical Foul: Suspension for two (2) games.

3rd Technical Foul: Suspension for season and possible future seasons.

Player Game Ejections:

1st Game Ejection: Suspension for two (2) games.

2nd Game Ejection: Suspension for the season and possible future seasons.

Coaches who are assessed technical fouls or are ejected from the game during the season will be subject to the following penalties:

Coach Technical Fouls:

1st Technical Foul: Verbal warning and probation for the season.

2nd Technical Foul: Suspension for three (3) games.

3rd Technical Foul: Suspension for the season and possible future seasons.

Coach Game Ejections:

1st Game Ejection: Suspension for three (3) games.

2nd Game Ejection: Suspension for the season and possible future seasons.

All technical fouls and game ejections shall be reported by the head coach to the League Director and the Recreation Director, in writing, within twenty-four (24) hours of the conclusion of the game. Failure to do so will result in the suspension of the coach.

A player or coach who is removed from any activity sponsored by the Tyngsboro Recreation Basketball Committee for fighting, pushing or other physical contact will be subject to a 1 year suspension per review by the appeals Committee. A 3 game

suspension is immediate. The 1 year suspension will commence on the date of the infraction or the last date an appeal is received, whichever is later.

Under no circumstances will a refund be provided when suspension is due to unsportsmanlike conduct.

APPEALS COMMITTEE

An appeals committee will oversee all situations where rules violations have taken place. Members of the committee will be the Division Coordinator, the Recreation Coordinator and one member of the Tyngsboro Recreation Subcommittee for Basketball. All appeals will be heard in a timely fashion, normally within a one week of the submission of the appeal. Decisions will be rendered on a majority basis. All decisions will be made with out prejudice.