

# TYNGSBORO RECREATION AND PARKS

## YOUTH BASKETBALL LEAGUE

### PLAYING GUIDELINES–BOYS AND GIRLS GRADES 6-8 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 consist of two halves.
  - Grades 6-8 play 20 minute halves with running time except stop time during the last 2 minutes of each half and foul shots. In the event one team is leading by 20 points or more, running time will continue through last two minutes. Overtime consists of 1 minute stop time. No 2<sup>nd</sup> overtime, game ends in a tie EXCEPT FOR PLAYOFF GAMES. Halftime will be nominally 5 minutes but may be shortened if necessary to complete the game within the 1 hour time period.
3. 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)
4. Player will be disqualified on fifth personal foul.
5. Free throws 1 and 1 after the 7<sup>th</sup> team foul per half then 2 shots at the 10<sup>th</sup> team foul. Note: Offensive fouls do not count as team fouls.

6. 3 second rule will be in effect. 3 point shots will count.
7. 10 second rule for advancing the ball past half court is in effect. Full court press is allowed. No pressing defense beyond three point line extended when the total lead by one team is greater than 20 points or greater than 10 points within the last two minutes.
8. Both zone and man to man defense are encouraged.
9. High School rules cover all other situations not specified

### Dress code

Each team will wear same color jerseys with numbered backs. Absolutely no jewelry is allowed for the safety of the players.

### 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.