

2009-2010 INSTRUCTIONAL BASKETBALL LEAGUE RULES



GENERAL:

1. The goal and objective of the league shall be to provide enjoyment and instruction of the game of basketball. Good sportsmanship and basic fundamentals should be stressed by all coaches. The sole purpose of winning should be played down. An atmosphere of learning and relaxation is the objective of this program.
2. The matters concerning the league of rule interpretation shall be administered by the Department.
3. All volunteer coaches shall be selected by APR&CR Department.
4. All new players shall be selected by the coaches at the pre-season draft. All players returning from the year before will remain on the same team. Sisters/brothers shall be placed on the same team. Coaches will pick in the reverse order of finish from the previous season.
5. All coaches shall attend each practice or have his/her assistant attend in his/her place. Players shall not be allowed to practice without supervision.
6. No player shall be dropped from a team without the approval of the Recreation Department. Coaches shall report to the Recreation Department any player that missed practice repeatedly.
7. If your team roster drops below 10, the first player on the waiting list will be placed on your team by the Recreation Department.
8. **INFORMATION HOTLINE : 249-3348**

ELIGIBILITY:

Players must be 7, 8 on March 31st, wear their team jersey during games and abide by the two-shoe rule in order to be eligible to play in this league.

ROSTER:

Each team shall consist of a maximum of ten (10) players, a head coach and no more than three assistant coaches. Total of six (6) teams.

INSTRUCTIONAL RULES - page 2

GYM RULES:

Do not bring basketballs of your own. All basketballs will be provided for all practices and games.

Parents must supervise children not participating in practices or games at all times.

Teams shall sit on the side line near the scorer's table during games.

No one is allowed on any athletic equipment (rings, mats, parallel, etc.) in the gym. Violators shall be barred from the gym after one (1) warning.

Teams shall sit on the side line near the scorer's table.

PLAYING RULES AND REGULATIONS:

This league shall be governed by the 2010 N. C. High School Association basketball rules with the following notations and exceptions:

- (1) Only four (4) coaches and all team players on the team bench.
- (2) Play with junior size basketball.
- (3) Three (3) minutes of warm up prior to start of game.
- (4) **Man-to-man defense** throughout the game. No double teaming is allowed. No zones.

INTENT: Prevention of stealing the basketball.

PENALTY : Offended team gets possession of the ball out of bounds.

Note: During rebounds players tend to all go towards the ball. Officials will allow brief double teams during rebounds.

Clarification of rule:

Defensive player must stay within "contact" of the person they are guarding. Contact is defined as 6 feet.

Offence cannot spread the court hiding players in corners or dead areas with the intent of letting another player or two play one on one.

Offensive players not playing offense do not have to be guarded by the defense.

INSTRUCTIONAL RULES - page 3

Intentional stalling of the ball to waste time on the clock will result in a warning to head coach, second offence will result in a technical foul and the ejection of the coach.

NOTE TO COACHES: Please do not try to take advantage of this rule. We are trying to teach the kids how to play solid man to man defense while giving the offence a chance to score in a normal shooting range. Finding ways around this rule is not helping ALL your kids learn and is certainly not in the spirit of the league.

- (5) Defense in the backcourt is prohibited.

PENALTY: Offended team gets possession of ball out of bounds.

NOTE : There is no 10 or 20 point rule for this league.

- (6) Team rosters with uniform numbers and starting five indicated must be received by the scorer's table five (5) minutes prior to scheduled game time.

PENALTY: Technical foul.

- (7) **Substitutions must be made at the half way point of the first three quarters.**

The clock will be stopped at this point during a dead ball or as action allows. All players on the bench must go in the game and stay throughout the rest of the quarter.

EXCEPTION: Injured player

All substitutions must check-in by giving jersey numbers to the scorer's table.

PENALTY: Technical foul.

Maximum Playing Time: Each child can only play a maximum of 3 and a half quarters per game. At the start of the fourth quarter, if a player(s) has less than 6 minutes to reach the maximum, ***they must sit out*** at least until the number of minutes left in the quarter matches the number of minutes the player has before they reach the maximum level.

EXAMPLE: At the start of the fourth quarter, a player has 4 minutes before he/she reaches the maximum playing time, that player will not be allowed in the game until there are 4 minutes left on the clock.

EXCEPTION: If a team has 6 players or less when the game begins the maximum play rule does not apply.

REMINDER : *If a team has several players that cannot start the 4th quarter they can play short – meaning 4 players, which is the minimum to play for our league. If they do not have 4 players that can start the 4th quarter, they must forfeit the game.*

INSTRUCTIONAL RULES - page 4

You should be able to take care of this rule in the first half. Do not let your kids lose a game because you were not thinking or you were simply trying to play the best players too much. Please try to rotate players and playing time. Do not get caught-up in the same rotation of players each and every game. This would cause the same players to have the minimum amount of time each game. Please do your best to play the players equal and let them play as many positions on the field as possible. Remember this is a recreational league that is set-up for the kids to have fun first.

- (8) **Six (6) minute quarters;** regulation clock; five (5) minutes half-time period; one-one (1) minutes overtime period with one time-out per team.
- (9) **Game time is forfeit time (no exceptions).** A forfeit shall be awarded for failure to field four (4) players at game time. Double forfeitures result in each team getting a loss. The gym supervisor's watch is official starting time for each game.
- (10) **Time outs:** four (4) per game, 30 seconds long.
- (11) **Five (5) seconds in lane before violation called.**
- (12) Jump ball begins game; alternating possessions thereafter; jump ball begins overtime period.
- (13) **ALL technicals** result in a two shot penalty and possessions of the ball at the division line.
- (14) **Playing Time:** each child shall play a minimum of 1 1/2 (Total 9 min) quarters - Three (3) minutes at a time - per game.
PENALTY: forfeiture of game.
EXCEPTION: player's failure to practice, injury, and discipline are acceptable reasons for non-compliance. Notation must be reported to the Recreation Department and accompany scorekeeper's copy of team roster PRIOR to start of game.

NOTE : Please do not allow a player to play the entire game. Every child wants to play and to rotate around one or two players is unfair to the rest of your team.
- (15) **Foul shots shall be from 12 foot line.**
- (16) **No hand-checking is allowed.**
- (17) **Bonus** awarded on the 7th personal foul.
- (18) **Bench Conduct:** Coaches may leave their seat but are expected to stay within their bench area. Players must remain on the bench. Berating of officials will result in a bench technical. Coaches should go through the gym supervisor for rule interpretation.

INSTRUCTIONAL RULES - page 5

PENALTY: 1st offense- warning; 2nd offense - technical foul charged to the head coach.

(19) Clock kept by scorer's table will serve as official unless proven different.

(20) **No jewelry** allowed once play has begun. Officials may ask that a player take off all jewelry. Also by rule they may ask a player with glasses to wear a protective strap while they are playing. Players with earrings will have to either take the earrings out or wear tape over it to be able to play.

(21) Recreation Department's scorebook is official unless proven different.

(22) **Unsportsmanlike conduct will not be tolerated.** Violation will minimally result in ejection from game. Further penalty will be determined by the Recreation Department after a meeting with the offending person.

(23) **Protests:** valid protests must be received on the next working day, in writing, with a \$25.00 protest fee.

(24) **Stealing the ball from a player is prohibited throughout the game.**
Interception of a pass will not be ruled as a steal.

(25) The height of the goal shall be lowered to 8 1/2 feet.

(26) The starting line-ups will match up at center line at the start of each quarter.

DRAFT:

To be organized and operated by APR&CR and the league coaches under the following guidelines:

1. Teams shall draft in reverse order of their finish in the previous season.
2. Each team shall be permitted to keep returning players and option daughters under the following conditions:
 - a. Teams that do not have two (2) returning players will be given pre-draft picks until his/her team reaches two (one from each age group).
 - b. Based on the total number of players needed to equalize the number on each team, each coach will draft until he/she reaches this number then withdraws from the draft.
EXCEPTION: When a team reaches seven players on his/her roster, that team must hold until **all** reach seven players. Then that team may resume player selection. Every team however will receive a first round draft pick regardless of the number of players that return.

INSTRUCTIONAL RULES - page 6

- c. If after registration, tryouts and the draft, a player wishes to be placed on a team, this shall be done at the discretion of APR&CR and the player shall be treated as a new resident in the area. Appointment shall be made per draft order.
- d. Options may be awarded to a coach and/or coach's child who has registered to participate. All options must be declared in writing prior to November 4th. All options on 8's will be protected through the 2nd round; on 7's 3rd round. Sister options will be protected in the last round regardless of age.

NOTE: A team may not have more than two option players on its roster during a season.

- e. Bonus Rounds: All expansion teams shall be awarded bonus round picks. Each team will be awarded one bonus pick for each eligible player that does not return to the team. Bonus rounds begin after the third round and continue until all teams have a total of seven players from returning players plus bonus pick.

3. Expansion of league shall be conducted in the following manner:

- a. . Teams that do not have one (1) returning player will be given a pre-draft pick. Each team that is given a pre-draft pick must filter to the bottom of the first round but will then resume it's normal position in round two and throughout the rest of the draft.
- b. Each new expansion team shall be awarded one pre-draft pick. Selection will be a rotation basis with two or more expansion teams.

4. All teams will be age balanced.

Uniform

APR&CR will issue each player of each team a uniform. The uniform will consist of a game jersey. Each player must wear this jersey, unaltered, to each game. A player not in uniform or an altered uniform will be declared ineligible. Each coach will be given extra shirts, for emergency fill ins. Shirts must be tucked in during play.

NOTE:

1. Altered uniform definition is when a player defaces the shirt in any way.

EXAMPLES: Cutting sleeves or adding name to game jersey, are some examples but do not represent every situation. Coaches are responsible to make sure that every player is wearing an official uniform that will satisfy this rule..

2. If the officials deem the jerseys too close in color, the visiting team will wear pennies that will be provided by APR&CR.

COACHES CORNER - INSTRUCTIONAL BASKETBALL

- (1) The department shall furnish the game ball, a gym supervisor, a scorer, a timer, game officials, and game jerseys.
- (2) A meeting, before your first practice with your players and parents is strongly recommended.
- (3) Coaches are responsible for the conduct of players before, during and after all practices and games.
- (4) Players are expected to attend all department scheduled practices and games. Violation may result in reduced playing time. ANY disciplinary situation which may result in reduced playing time for a child must be reported to the recreation department or facility supervisor PRIOR to taking the action. ALL practices NOT scheduled by this office are to be cleared in advance by this office. Practices not scheduled by this department CANNOT be made mandatory for purposed of playing time. (i.e...a player cannot be benched for missing a practice not scheduled by this office.)
- (5) Phone trees are recommended for team contact.
- (6) All games will be played at **Apex Community Center**.
- (7) **Practices** will be at Apex Community Center, Monday, Tuesday, or Thursday at 6pm or 7pm. and Saturdays at Apex Community Center. All practices are one (1) hour in length. Please notify the Recreation Department when you will not be using a practice time.
- (8) Tights which extend below the shorts must be the same color as the shorts. No lace tights will be allowed.
- (9) The referee shall not permit any player to wear equipment in his or her judgment, is dangerous or confusing to other players. This includes, but not limited to, items such as:
 - 1) A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding - when worn on the elbow, hand, finger, wrist or forearm.
 - 2) Head decorations, head wear and jewelry: EXCEPTION: Head bands no wider than 2 inches and made of nonabrasive unadorned single-colored cloth, fiber, soft leather or rubber may be worn. Rubber (elastic) bands may be used to control hair.
 - 3) Equipment which is unnatural and designed to increase a player's height or reach or to gain an advantage.
 - 4) An illegal undershirt.