

**Redding Recreation
2010 Youth Basketball
Guidelines & Rule Modifications**

1. Redding Recreation staff will administer registration and player assignment only.
2. All players, who are present at game tip-off, must play a minimum of half of each game.
3. All players will receive a team shirt that must be worn during league games. **SHIRTS MUST BE TUCKED INSIDE SHORTS/SWEAT PANTS.**
4. Players must wear non-marking soled shoes.
5. Players may not wear any jewelry.
6. Players with any type of cast may not play basketball unless approved by Recreation Supervisor.
7. The maximum roster size is 10 players.
8. Coaches are expected to be fair and support every player's effort. By allowing every player to play the game of basketball and try different positions, players are given the opportunity to discover their potential. Even though we make every effort to form teams of equal ability it doesn't always happen. Coaches are encouraged to recognize player strengths as well as the skill areas that need development. When playing a less skilled team, this is an opportunity to try new strategies and place players in new or less practiced positions. When playing a more skilled team, coaches have the opportunity to recognize each player's best effort.
 - a. Alternative strategies that will contribute to player skill development include but are not limited to:
 1. Two to four passes before shooting a basket.
 2. Assign players to different positions (offensively and/or defensively)
 3. Outside shots from a jump stop.
 4. Lay-ups from player's less dominant side only.
9. Redding Recreation will provide game ball.
10. Each team consists of five players. A team may play with four players. When the number of eligible team players is below five, coaches may mutually agree to reduce the number of participating players.
11. Each game consists of four (4) eight minute quarters.
12. There is an intermission of one (1) minute between quarters and five (5) minutes between halves.
13. Each team will receive two (2) time-outs per half. Time-outs cannot be accumulated.

3rd/4th Grade Youth Basketball Special Rules:

1. Back court pressure and trapping at the mid court line is not allowed. The game officials will call this and the offensive team will inbound the ball from the sideline. We would like all team players to learn how to set-up for a team's defense. It is not the intent of this recreational basketball program for players to wait at the mid court line to try and steal the ball as an offensive player crosses over into their offensive court. This is not the program to develop trapping skills that contribute to a fast break offensive drive.
2. The maximum playing time is 45 minutes.
3. Running clock. No stopped time except during time outs.
4. Scores and standings will not be kept.
5. Three point shots will not be awarded.
6. Teams will change ends of the court at half time.
7. There will be no overtime in this division since no score is kept.
8. There will be no free throws awarded on shooting fouls. The ball will be inbounded nearest to the point of infraction.
9. Games will be played on a regulation size basket, with a youth basketball, 28.5".
10. Free-substitutions may be made after any dead ball indicated by the whistle.
11. Two referees will be assigned to each game.
12. If, in the judgment of the referee, a team is stalling, possession will be awarded to the opposing team.
13. There will be no playoffs.
14. Each game begins with a jump ball at center court.
15. The ultimate goal for players in this program is skill development, sportsmanship, participation and fun. Any time a call is made by a referee, he or she will explain it to the players and show how to avoid it. The following is a list of calls a referee may make during games.
 - a. **Traveling:** The referee will only call traveling if it is extreme. Players who slide their pivot foot or take an "extra step" will generally not be called for it.
 - b. **Fouls:** Most fouls will be called if the referee sees it. The idea is for the participants to play hard but not to rely on fouling. "Reaching in" will be called most of the time. Coaches should instruct players not to reach in because the referee will usually make the call. No personal fouls will be recorded.
 - c. **3 Seconds in the Key:** The referee will only call a player on this if he or she is in the key approximately five (5) seconds or longer. If it is called, the referee will stop the play and explain the rule to the players. The ball will be given to the defensive team to take out of bounds.
 - d. **Double Dribble:** The referee will only call double dribble if it is extreme. An accidental use of both hands may be overlooked.
 - e. **Back Court:** Back court will be called by the referee.

5th/6th Grade Youth Basketball Special Rules:

- a. No Back Court Pressure except the last 2 minutes of the 4th quarter.
- b. Shots taken from three point territory will only be scored as a two point field goal.
- c. The City will provide a timer, scorer, two referees, game ball (28.5") and scorebook.
- d. Scorekeeper will note participant playing time.
- e. Running Clock except for free throws, time-outs, half-time, injuries, emergencies, and the last two (2) minutes of the 2nd and 4th quarters. During the last two minutes of the 2nd and 4th quarters the clock will stop for every dead ball.
- f. Overtime: The extra period shall be two (2) minutes. Each team will also receive one additional time out. Only one extra period may be played during regular season play. If after extra period the score remains tied, it will remain a tie unless during post season tournament play.
- g. On a free throw a player's feet are permitted to cross the line after the ball is released.

7th/8th Grade Youth Basketball Special Rules:

1. No Back Court Pressure except the last 2 minutes of the 2nd and 4th quarter.
2. Three point shots are allowed.
3. The City will provide a timer, scorer, two referees, game ball and scorebook. Boys will use a 30" ball and the girls will use a 28.5" ball.
4. Scorekeeper will note participant playing time.
5. Running Clock except for free throws, time-outs, half-time, injuries, emergencies, and the last two (2) minutes of the 2nd and 4th quarters. During the last two minutes of the 2nd and 4th quarters the clock will stop on every dead ball.
6. Overtime: The extra period shall be two (2) minutes. Each team will also receive one additional time out. Only one extra period may be played during regular season play. If after extra period the score remains tied, it will remain a tie unless during post season tournament play.

Player Code of Conduct:

1. A player who makes audibly disparaging or “taunting” remarks about another player, coach, or referee shall be subject to immediate suspension from further participation in the game. A second violation of this rule shall result in suspension for the remainder of the season.
2. A player fighting during a game will be suspended from the game. He/she will be required to meet with the league supervisor prior to being reinstated into the program.

Coaches Code of Conduct:

1. Coaches are to stay in the, “coaches box”, area immediately in front of the player’s bench.
2. A coach who makes audibly disparaging or “taunting” remarks about a player, coach, or referee shall be subject to immediate suspension from further participation in the game. A second violation of this rule shall result in suspension for the remainder of the season.
3. Coaches are responsible for strict conformance to the rules.
4. Coaches are not allowed to aggressively dispute a call. Any questions concerning a referee’s judgment shall be discussed with the league supervisor at an appropriate time.
5. There are no protests. The referees, gym supervisor, or both will resolve disputes.
6. Coaches are, first and foremost, instructors and motivators. Game strategy and winning are secondary to encouragement and positive reinforcement.

Parent/Spectator Code of Conduct:

1. Any parent/spectator who commits physical or verbal abuse on official or other personnel will be subject to disciplinary action including removal from the league.

Special notes:

- Good sportsmanship is expected by all youth and adults.
- Spectators, players and coaches are expected to support every participant with positive encouragement.
- School campuses and parking lots are designated as drug, alcohol and smoke free environments.
- Help keep the school gyms clean by keeping food and beverages out of them. Players may bring water bottles.
- All concerns about the program should be discussed with the Gym Supervisor or call Recreation Supervisor, Sue Roi @ 225-4539.