



## **YOUTH BASKETBALL RULES AND REGULATIONS**

**ALL GAMES SHALL BE COVERED BY MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION RULES EXCEPT FOR THOSE MODIFIED BY THE FOLLOWING:**

### **League Philosophy**

SLARA sponsored leagues and activities are formed and operated on the principles of good sportsmanship, fair play, courtesy to others, healthy activity, tolerance and inclusiveness, and all other policies pertaining to community understanding and development. SLARA reserves the right to make decisions which it feels are in the best interest of the league and community.

### **Divisions**

K-1 (Co-Ed), 2-3 Entry (Co-Ed), 2-3 Experienced (Co-Ed), 4-5 (Boys, Girls), 6-8 (Girls), 6-8 (Boys)

### **Practices**

All leagues practice 1 hour a week. Coaches pick the practice days, times, and locations.

### **Equipment**

No equipment is required by SLARA. Tennis shoes and mouth guards are recommended. Each child is encouraged to bring their own basketball to practices.

### **Shirts and Schedules**

1. All players will be provided a reversible jersey for games. A certain color will correspond to each league and the other side will be white. Jerseys are handed out at the first scheduled game or earlier if available.
2. Game schedules and rosters are finalized after the coach meeting. These are emailed out to all coaches and parents and posted at [www.slrec.net](http://www.slrec.net) as soon as they are finalized.
3. In the event of game or practice cancellations – Coaches and parents will be notified with an email if possible and updates will be posted to our Facebook page. Text notifications will also be used if opted into by the parent.
4. Make-ups will be added if possible.

### **Team Rosters**

1. Roster requests are not guaranteed. All requests must follow the Youth Sports Request Policy. A Roster Request Form must be completed and turned in to the Sport Manager for the request to be considered.
2. Coaches may pick their assistant coach. If no preference is given, assistant coaches will be assigned to head coaches depending on availability.

3. Teams are put together by the Sport Manager using the registration system. Teams are randomly assigned based on experience level. Every effort is made by SLARA to create even teams.
4. Teams will consist of no more than 10 players, except under certain circumstances.
5. Every player must play an equal amount of time.
6. SLARA reserves the right to adjust team rosters as needed.

### **Coach Responsibilities**

1. All coaches and assistants must be registered with SLARA. They must have completed coaching paperwork on file before getting involved with the team. Coaching paperwork includes a volunteer application, background check, and concussion certificate.
2. Coaches are responsible for reviewing rules with their players
3. Coaches are responsible for their players' conduct before, during, and after all games.
4. Coaches will pick up their players' t-shirts and any other materials from the SLARA Offices. Coaches are responsible for distributing these items to each player.
5. Rulings made on the court by referees will be the final ruling. No exceptions.
6. Teams should not arrive more than 15 minutes prior to their scheduled game time. Warm-up time is not guaranteed.
7. Only referees or SLARA staff are authorized to set up the gym (nets, bleachers, etc.) on game days.
8. Coaches are responsible for team conduct on practice nights. All school facility staff and equipment must be treated with respect. School facility rules are to be followed at all times.
9. Coaches are to provide equal playing time to each player on their roster. Coaches should, to the best of their ability, encourage all players and provide them with opportunities to succeed.
10. All concerns involving rule enforcements should be discussed with the Site Supervisor or Sport Manager. Referees are not to be addressed over calls made on the court.
11. Every child, parent, coach, school staff member, and SLARA staff member are to be treated with respect.

### **Participant/Spectator Conduct**

1. During the game, a participant/spectator may not question a referee's call or act in an unsportsmanlike manner. All concerns should be addressed with the Site Supervisor.
2. The following acts are subject to penalty:
  - a. Persistent addressing of referees concerning their calls and decisions.
  - b. Any player, sponsor, manager or fans who use abusive, profane or obscene language or gestures, which are audible to the official or league director, shall be ejected from the game and suspended from the next game in which their team takes

part. Violent infractions will call for a longer suspension at the discretion of the League Supervisor. PRE-GAME AND POST-GAME activities are included in this rule.

- c. Committing actions tending to influence decisions by the official.
  - d. Shouting or clapping hands to distract the official or opponent.
3. For minor offenses, such as questioning officials, shouting, or intentional delay of the game, a warning will be issued. In cases where the offense is repeated, the player will be removed from the game for the remainder of the quarter. Repeated offenses occurring in the final minute of the quarter will be carried over to the following quarter.
  4. For serious offenses, such as deliberate violence towards another individual, profane or obscene language and gestures, verbal assault, etc., the offender will be removed from the game and subject to dismissal from the future games.

## **Playing Rules**

### *Grades K-8*

#### ***Game Play***

1. Teams will play four, ten-minute quarters. The horn will sound for a one-minute time-out at the five-minute mark of each quarter. Substitutions may be made at this time. All other substitutions must be cleared with the Site Supervisor.
2. Half time shall be three-minutes long
3. Grades K-3 – No score is kept; one clock is used for both courts
4. Grades 4-8 – Scores will be kept but no standings will be tracked
5. Grades 4-8 – Time will be kept with a running clock with the exception of the final two minutes in which the clock will stop for fouls and jump balls. Clock will begin when a player touches the ball in-bounds. Official time will be kept at the scorer's table.
6. Grades K-1 & 2-3 Entry shall play with the rim lowered to 8 feet, size 27.5 ball.
7. Grades 2-3 Experienced shall play with the rim raised to 9 feet, size 27.5 ball.
8. Grades 4-8 shall play with the rim raised to 10 feet. Grades 4-5 will use a size 28.5 ball, grades 6+ will use a full size ball (29.5). Girls grades 6-8 use a size 28.5 ball.
9. Grades K-3 (Entry/Exp.) and 4-5 Girls - Games are played on half-court. For the winter season, 3 on 3 or 4 on 4 formats may be used but are not required. If rosters consist of more than 9 players, 5 on 5 is to be used. Formats can be adjusted, but both coaches must be in agreement prior to the start of the game.
10. Grades 4-8 Boys – Games are played on full-court. 5 on 5 format must be used unless approved by the Site Supervisor.
11. Games may end in a tie. No overtime will be played
12. Grades K-3 (Entry/Exp.) – There will be no jump ball. Official will determine home & away teams. Possessions will alternate to start each quarter and for each jump ball.
13. Grades 4-8 – A jump ball will begin the game

14. Grades K-1 – Players will be given wristbands at the start of each game. Players will match-up with the opposing player of the same wristband color. Wristbands are distributed and collected by the Site Supervisor. 2<sup>nd</sup>-3<sup>rd</sup> Grade Entry may use wristbands if enough are available.

## ***Defense***

### **Grades K-1 & 2-3 Entry**

1. Stealing is not permitted when the ball is being held or dribbled by the offensive player. If the ball is knocked away from the offensive player, the play will be dead, and the ball will be returned to the offensive player. Stealing is allowed on passes only.
2. Man-to-Man defense only. Any intentional double-teams are prohibited.
3. Teams are not allowed to set picks
4. No full court press is allowed. The offensive team must be allowed to move the ball past mid-court before the defense can establish coverage. It is the official's discretion as to where the mid-court line is.
5. There will be no switching defenders. This is to discourage zone concepts and help teach man-to-man coverage.

### **Grades 2-3 Experienced, 4-5, and 6-8**

1. Man-to Man is allowed at any point in the game.
  - a. Helping and switching are permitted; no intentional double-teaming
  - b. Double-teaming will not be called in the key
2. Zone defense may be played in the second half only (grades 4-5). Any type of zone is allowed. Teams do not have to run a zone defense. Grades 6-8 can run a zone whenever
3. No full court press is allowed. The offensive team must be allowed to move the ball past mid-court before the defense can establish coverage. In grades 6-8 a press can be run if both coaches agree to it.
4. Stealing is permitted with no restrictions enforced.

## ***Scoring***

### **Grades K-3 (Entry/Exp.)**

1. No score will be kept. Players may attempt shots from anywhere on the court.
2. K-1 – If a player is fouled while shooting the ball is returned to the fouled player
3. 2-3 (Entry/Exp.) will allow free throws for players fouled while shooting if the coaches agree and have taught their kids how to line up. If the shot is missed, two free throws will be awarded. If the shot is made, one free throw is awarded.
4. Players may move up 1.5 feet closer to the hoop if needed. This is done to teach proper shooting mechanics.

## Grades 4-8

1. Any player may attempt a shot from anywhere on the court
2. When a team makes a basket, the ball will go to the opposing team
3. Either team may rebound a missed shot
4. 3-pointers are allowed, the existing lines on the floor determine the 3-point line
5. Free Throws – Players fouled in the act of shooting will be awarded free throws. If the shot is missed, two free throws will be awarded. If the shot is made, one free throw is awarded.
6. Players must wait for the ball to hit the rim before rebounding a free throw

## ***Violations***

### K-5

1. Intentionally double-teaming a player
2. Traveling
3. Intentionally kicking the ball
4. Double dribbling
5. Causing the ball to go through the basket from below
6. Hitting the structure connected to the backboard
7. Excessive stalling or holding the ball (Official's discretion)
8. Grades 4-8 – 5 seconds in the key will be called
9. Personal Foul – a personal foul is a player foul, which involves contact between players while the ball is in play
10. Personal Fouls include: Holding, pushing, tripping, shooting fouls, hand fouls, and charging (dribbling or running into a stationary opponent, impeding the progress of an opponent by using the body in other than normal position, making contact with an opponent while assuming a position alongside them)
11. Penalty for personal fouls – On the foul call, the opposing team will receive the ball at the nearest out of bound location. Shooting fouls result in free throws (except K-1)
12. Flagrant Fouls – Fouls or play deemed unsafe or violent in nature will be considered flagrant fouls. Only the Site Supervisor can deem a foul flagrant. If a flagrant foul is called, the opposing team will receive the ball out of bounds and the offending player must be removed from the game until the next substitutions occur. Multiple flagrant fouls may result in player ejection.

### *Grades 6-8*

## ***Game Play***

1. Teams will play four, ten-minute quarters. The horn will sound for a one-minute time-out at the five-minute mark of each quarter. Substitutions may be made at this time. All other substitutions must be cleared with the Site Supervisor.
2. Half time shall be three-minutes long

3. Scores will be kept (if staff is available) but no standings will be tracked. For 4-5 Girls, we will use a running clock shared by both courts while playing half court, so no score is kept. If a parent or coach wants to do it, it will need to be done by hand
4. Time will be kept with a running clock with the exception of the final two minutes in which the clock will stop for fouls and jump balls (4-8 Boys only). Clock will begin when a player touches the ball in-bounds. Official time will be kept at the scorer's table.
5. Games shall be played with the rim raised to 10 feet
6. Games are played on full-court. 5 on 5 format must be used unless approved by the Site Supervisor.
7. Games may end in a tie. No overtime will be played
8. A jump ball will begin the game
9. Each team is granted two, thirty-second timeouts per half.

### ***Defense***

1. Man-to Man is allowed at any point in the game.
  - a. Helping and switching are permitted; no intentional double-teaming
  - b. Double-teaming will not be called in the key
2. Zone defense may be played. Any type of zone is allowed. Teams do not have to run a zone defense.
3. No full court press is allowed. The offensive team must be allowed to move the ball past mid-court before the defense can establish coverage.
  - a. For 6<sup>th</sup>-8<sup>th</sup> Grade only, a full court press will be permitted for the final two minutes of the game. If agreed to by both coaches, full court press may be used outside of final 2 minutes.
4. Stealing is allowed

### ***Violations***

1. Intentionally double-teaming a player
2. Traveling
3. Intentionally kicking the ball
4. Double dribbling
5. Causing the ball to go through the basket from below
6. Hitting the structure connected to the backboard
7. Excessive stalling or holding the ball (Official's discretion)
8. 5 seconds in the key will be called
9. Personal Foul – a personal foul is a player foul, which involves contact between players while the ball is in play
10. Personal Fouls include: Holding, pushing, tripping, shooting fouls, hand fouls, and charging (dribbling or running into a stationary opponent, impeding the progress of an opponent by using the body in other than normal position, making contact with an opponent while assuming a position alongside them)
11. Penalty for personal fouls – On the foul call, the opposing team will receive the ball at the nearest out of bound location. Shooting fouls result in free throws (except K-1)

12. Flagrant Fouls – Fouls or play deemed unsafe or violent in nature will be considered flagrant fouls. Only the Site Supervisor can deem a foul flagrant. If a flagrant foul is called, the opposing team will receive the ball out of bounds and the offending player must be removed from the game until the next substitutions occur. Multiple flagrant fouls may result in player ejection.

### **Player Injury/Illness**

1. In the event of an injury, the referee will blow the whistle and the play will become dead. The injured player must be substituted.
2. Any coach, referee, or player that has open/bleeding wound shall be prohibited from further participation until the wound has been properly cared for.
3. The wound must be completely cleaned and covered. Any clothing with blood on it must be changed prior to re-entering the game.
4. The injured individual or parent is responsible for providing aid. If no parent is available, coaches should take necessary steps to ensure the player is cared for.
5. SLARA staff are available to call for help, provide first aid supplies, and contact parents. SLARA staff are NOT care givers.
6. Injured players may not re-enter the game until clearance is received from the parent/guardian.
7. In the event of injury to a player during a game or practice, the coach must complete an accident report and turn it in to SLARA.
8. In the event injury or sickness results in the exposure of bodily fluids, the game shall be suspended until all bodily fluids have been properly cleaned from the playing surface.
9. If sickness has caused the exposure, the player must be substituted and may not re-enter the game.

### **Sportsmanship**

**Please keep in mind that the purpose of this organization is to provide safe, instructional experiences for the enjoyment of each participant as well as further sportsmanship and understanding of the game.**

1. All spectators and coaches must adhere to all rules and regulations put forth by South Lyon Community Schools, SLARA, and the officials.
2. Only positive cheering is permitted. Trash talking, taunting, bullying, and all forms of verbal abuse towards a player, coach, official, or staff member will not be tolerated. Any player, coach, or spectator displaying acts of unsportsmanlike conduct may be ejected without prior warning. Refusal to leave the premises after an ejection will result in a police incident.
3. There is a zero-tolerance policy with regards to arguing calls with referees. All calls made by the referees are final. Any issues with a call, rule, or interpretation of a rule must be addressed with the Site Supervisor or Sport Manager after the game.

**The South Lyon Area Recreation Authority (SLARA) reserves the right to study and incur the decisions on any situation not expressly covered within these rules and regulations and to interpret these rules set forth to govern the SLARA Youth Basketball Leagues. SLARA decisions are final and binding on all members.**