

Youth Basketball Appendix



Updated (2019)

www.rockinghamcountyva.gov

540-564-3160

Youth Basketball Bylaws

ARTICLE I. LEAGUE POLICIES

- Rosters changes and all cancellations are to be made by the Parks and Recreation Department only.
- No standing or records kept or trophies awarded.
- This is a Recreation League for the participants.

ARTICLE II. SUBSTANCE POLICY

- Facilities are drug, tobacco and alcohol FREE.

ARTICLE III. GYM RULES

- Children NOT involved in the games must have adult supervision. NO roaming halls or playing on gym equipment or stages.
- NO food or drink in the gym, players may have bottled water.
- NO Pets allowed on school grounds. Unless for assistance.
- Stay off bleachers that are not open.
- Any outside balls brought into the gym must be kept in the bleachers.

ARTICLE IV. SPORT SPECIFIC GUIDELINES

- 7 and 8 year olds will play 4 on 4 or 5 on 5 depending on the number of participants. Typically play on 8 to 8 ½ foot goals'
- 9 and 10 year olds same rules as 7 and 8. They will play on 10 foot goals.
- 11-13 year olds will play on 10 foot goals.

ARTICLE V. GAME RULES

1. All games must begin immediately following completion of the previous game in order to stay on schedule. So, stretch while you wait.
2. All games will be played according to the current National Federation High School and VHSL rules **unless otherwise specified in these rules.**
3. Each game will consist of two 16-minute halves w/ a 2 minute halftime

ARTICLE V. GAME RULES (cont.)

4. There will be a running clock except the **last minute of each half** when the clock will stop on all dead balls.
5. All shooting fouls will result in 1 free throw being shot which is worth 2 points regardless of when they take place unless the foul was on a 3 point shot in which case the single free throw will be worth 3 points. Each common foul (during the first 15 minutes of each half) will result in an automatic point being awarded to the offended team—the offended team will also retain possession of the ball and be awarded a throw in from the sideline. All common fouls will be one-and-one in the final minute of each half. If a player is fouled in the act of scoring a bucket (at any time), they will shoot the free throw (and this free throw is only worth 1 point).
6. In case of overtime: The first OT will be one minute; the second will be sudden death OT (first team to score at least **two** points). All overtime periods will begin with a jump ball (same rules as the last minute of the game).
7. Coaches are expected to stay between half court and the baseline on their bench. Reasonable dress is expected. Coaches who receive 2 technical fouls will be required to leave the premises (building).
8. Injured players causing a stoppage of play must exit the game until the next dead ball whistle (unless the team is willing to take a time out).
9. Each team will be allotted 2 one minute timeouts which can be taken anytime during the game. An extra timeout is awarded for overtime.
11. There will be no “foul outs”, but encourage players not to abuse this freedom (it cost an automatic point each time along with possession).
12. Subs may only enter the game in dead ball situations.
13. An unsportsmanlike conduct technical foul will result in automatic expulsion from the game. Any action that is perceived as aggressively inciting a physical altercation is considered unsportsmanlike.
14. Player control fouls will result in a change of possession but will not receive the automatic point awarded for common fouls.
15. Straight, half court man to man defense is the **ONLY** allowable defense. Any variation of this (any zone defense or double teaming defense) will result in a 2 shot technical foul. 7-8 year league: no defense outside the 3 point line. 9-10 year old league: no defense beyond the volleyball line. 11-13 year old league: no defense beyond half court line. (The exception to these stipulations is when a team is down 10 or more at which time they can guard full court until they tie or take the lead, see #16)
16. No pressing **UNLESS**....one team is down by 10 points or more. In that case....they can play full court man to man defense (still no double teaming). This team can continue to press full court man to man until they tie the score or take the lead (whichever comes first).

ARTICLE V. GAME RULES (cont.)

17. No out of bounds under the basket entries. All inbounds plays will take place just inside the offensive side of half court. This allows the offensive team to ALWAYS have the option to go into the backcourt for a FREE entry (unless they are ahead by 10 or more in which case they may see full court pressure).

ARTICLE VI. TRANSPORTATION

- A. Most games are less than one hour long; please have a ride waiting for your child. Also have your child accompanied to and from the building.

ARTILCE VII. CROWD CONTROL

- A. Please refrain from coaching the children from the stands during the games. With so many people talking, it is hard for the referees and coaches to communicate with them on proper fundamentals.
- B. Zero Tolerance policy for harassment of officials. Perpetrators will be given 1 warning, and then ejected.

ARTICLE VIII. AGE & LOCATION

- A. 7 and 8 year olds will typically play at John Wayland, John C. Myers, and McGaheysville unless stated otherwise.
- B. 9 and 10 year olds will typically play at Mountain View, J. Frank Hillyard, South River and Montevideo unless stated otherwise.
- C. 11-13 year olds will typically play at Wilbur Pence, J. Frank Hillyard, and Montevideo unless stated otherwise.
- D. 14-18 year olds will typically play at Wilbur Pence, J. Frank Hillyard and Montevideo unless stated otherwise.
- ❖ All game/practice locations are subject to change.
 - ❖ 5 and 6 year olds clinic will meet on Wednesdays and Saturdays.
- **When schools are canceled for weather the games/practices are canceled.**
 - **No practice on Nov. 6th (Election Day)**
 - **No practice/Clinic/ Games on Nov. 21st, Nov. 22nd & Nov. 24th (Thanksgiving)**
 - Cancellations typically made late afternoons for weeknights and will be posted on Facebook, Twitter.
 - Cancellations for Saturday's games are typically made on Saturday mornings before 8:00 am. Will be posted on Facebook, Twitter and the Cancellation Hotline 540-564-6669 (posted between 7:30am and 8am).