

Town of Pleasant Valley Recreation Youth Basketball Program
Guidelines, Rules and Regulations (2011-12) 1/9/2012

I. League Policy:

- The Basketball Court is for the use of the scheduled teams. Persons not involved in the game are NOT allowed on the Court before, during or after each game. Youth Basketball Program participants are covered under the Town of Pleasant Valley Sports Insurance Policy; non-participants are not covered by the Town Policy and therefore not allowed to be on the gym floor.
- **Setup and Cleanup of the gym along with security of the building and league equipment (balls, time clocks etc.) is the responsibility of the coaches and their assistants.**
- Team COACHES are required to provide ADULT scorekeeper and timekeeper for each game. A game will not start unless this requirement is fulfilled. Every attempt should be made to have these posts filled at least 5 minutes prior to game start. The score book is the official score.

II. Uniforms:

- League Shirts **MUST** be worn by all players, shirts must be tucked in. Complete Uniforms are as follows:
 - Uniform Shirts – Any shirt that is worn under the uniform shirt **MUST** be same, non-contrasting color of jersey.
 - Shorts – Shorts with designs / stripes / logos / names / etc. may not be worn.
 - **NO** jewelry of any kind may be worn! (Earrings, Hair Clips (metal or plastic), Chains, Rings, bracelets etc.)

III. Basketball Rules.

A. Game Starting Times:

- Game starting times will vary depending on the league. Please refer to Table 1 for an overview.
- Failure to field a team at the scheduled starting game time will result in a forfeiture for that team. In the event of a forfeiture a scrimmage game will be played.

B. Rules of Play:

The High School leagues will be governed by the National Federation of State High School Associations Basketball Rules. Thus, the coaches are able to substitute players at any time during the games. However, as stated below, each coach is requested to ensure that each player plays a minimum of 1.5 quarters per game.

- Please refer to Table 1 for an overview of each leagues game criteria. For all leagues the following applies:
 - A one (1) minute break will be taken between quarters and a five (5) minute break at half-time.
 - Each team will have four (4) time-outs; one (1) minute duration.
 - In the event of a tie game, one (1) overtime period of two (2) minutes will be given. Each team will be given one additional time-out ; one (1) minute duration. If at the end of the OT period the score remains tie, another two (2) minute overtime will be given. If at the end of the second OT period the score remains tie, the game will result in a tie.

Rules Overview - Per Division:

- **3rd – 4th Grade Boys / 3rd – 5th Grade Girls:**
 - The “foul line defensive restriction” rule will be retained throughout the season.
 - The defense cannot go further than the foul-line extended.
 - The stop” clock rule will be in effect for these divisions. The running time for each quarter will be (6) minutes.
 - Note: CYO travel leagues up to middle school age plays (4) six minutes quarters so this time is representative of other game conditions.
 - There are no bonus free throws (i.e. one-and-one shots). Free throws will be taken for only shooting fouls.
 - While fouls will be kept no one should foul out. If a player accumulates (6) or more fouls then the other team will shoot (2) free throws for each foul and retain possession of the ball.
 - It is the referee’s responsibility to monitor and legislate any prolonged (delayed) play outside the foul line restriction area. This is particularly pertinent during the final moments of a game if the offense is ‘stalling’ to preserve their lead knowing that the defense cannot defend past the extended foul-line area. If, in the referee’s judgment a team in possession of the ball is delaying the game then the referee should issue a warning. A second warning will result in a loss of possession.

Note: As the year progresses coaches are welcomed to use Free Play (i.e. no extended foul lane restriction) principles during scheduled scrimmages and/or team practices.

- **5th – 6th Grade Boys:**
 - Normal high school rules apply except that full court pressing is not allowed during any part of the game. Getting the ball past half court in 10 seconds will be enforced.
 - Games will be four (4), eight (8) minutes quarters. The “stop clock” will be in effect throughout the game.
 - The 7th team foul in a half will result in a one-and-one free throw opportunity. Double bonus (i.e. (2) free throws) will be enforced on the 10th foul and for each foul thereafter.

- **6th – 8th Grade Girls / 7th – 9th Grade Boys:**
 - Normal high school rules apply except that full court pressing is only allowed within the last two minutes of the game and only by the team trailing or if a team is winning by less than 10 points.
 - Three (3) point shots will count.
 - The 7th team foul in a half will result in a one-and-one free throw opportunity. . Double bonus (i.e. (2) free throws) will be enforced on the 10th foul and for each foul thereafter.
 - Full size (men’s) basketballs will be used by the boys.

- **High School Division:**
 - Normal high school rules apply.
 - Pressing is permitted at any time during the game except when a team is ahead by (\geq) 10 points
 - The 7th team foul in a half will result in a one-and-one free throw opportunity. Double bonus is in effect (i.e. (2) free throws) at the 10th team foul.

C. PLAYING TIME / Substitutions:

Note: The following does NOT apply to the High School divisions as there is “free” substitution for the high school teams.

- All players must play a MINIMUM of one and a half quarters
- Five (5) players will start the game and play the entire first quarter without substitution, except for injury.
- At the start of the second quarter all players that did not start must be put into the game and play the entire second quarter without substitution.
- Players that remain in the game from the first quarter may be substituted for by any players that have already played the first quarter.
- The **third quarter** will be divided into two (2) three–or–four minute periods (depending on the division). The first time period of this quarter will follow Rule “1” above. The second time period of this quarter will follow Rules “2” and “3”.
- The last quarter will be an open substitution period.
- Any team that has (>) 10 players available to play will be allowed to substitute freely but with the intent of striving to meet the above guidelines for playing time among all the players.
- Injury substitutions are allowed, however, these substitutions will not affect or alter the above rules for playing time, except if the injury does not allow that player to return to the game. The injured player will be removed, but will not accrue playing time for the period of injury substitution. The substitute for the injured player will not have the time they are in charged to their required playing time.
- Players in foul trouble may not be replaced by a substitute during the first three (3) quarters.
- Players need to report to the scorer’s table for substitutions. Substitutions shall not be allowed directly from the bench.

D. Technicals:

- Anyone who is ejected from the game for **Unsportsmanlike Conduct** SHALL receive a one (1) game suspension. Any player or coach receiving two (2) technicals shall be ejected from the game and receive a one (1) game suspension.
- Anyone engaging in physical violence is subject to being suspended for the remainder of the season from P V Recreation Programs.
- Any player or coach accumulating more than (2) technicals in the season will be suspended for the remainder of the season.

E. Back-Court Pressing:

- If a team is up by 10 points, Backcourt Pressure should be suspended. There should be no “blow out” Games in a Recreational Youth Basketball Program.

IV. Sportmanship - Guidelines for making Recreational Basketball Fun and Enjoyable

1. **The primary goal of the Pleasant Valley Recreation Youth Basketball Program is to teach young people to enjoy the game of Basketball and to foster good Sportsmanship.**
2. Playing time should be done as equitable as possible. Winning is not a primary goal for the Pleasant Valley Recreational Basketball league. Affording kids an opportunity to play basketball in a structured setting while hopefully giving them a positive learning and an overall enjoyable experience is the primary objective of this program.
3. No Vulgar or Abusive Language of any kind will be tolerated! This is subject to the Unsportsmanlike Conduct rule stated above.
4. Each player is to be respectful of their each opponent and the referees.
5. All spectators need to follow these same Sportsmanship guidelines and thus maintain a proper decorum during games.

It is the Coaches’ responsibility to abide by and enforce these rules.

V. USE OF FACILITIES GUIDELINES:

1. Children may use the gymnasium and the bathrooms near the gymnasium. All other areas of the school are off limits. This includes classrooms, cafeteria, stage, offices, kitchen, storage areas and hallways.
2. Balls may be used only in the gymnasium; not in the corridors or lobby. All corridor displays must be left undisturbed. Only sneakers may be worn in the gymnasium – no cleats.
3. No food or drinks are allowed in the gymnasium (other than water bottles for players).
4. After the last game is played the gymnasium should be cleaned of all garbage and chairs/benches returned to their storage area.
5. Children are to be supervised at all times.
6. Any vandalism, breakage of school equipment or damage to school facilities must be reported immediately. Any repairs will be charged to the Recreation Program. Repeated failures to adhere to these guidelines can result in loss of permission to use the facility.
7. Arlington Central School District and BOCES have “**NO SMOKING**” policies on School Property. To use the facilities, we are expected to comply fully.

VI. REFEREE PROTOCOL (Guidelines for dealing with Game Officials)

1. Coaches are to refrain from criticizing game officials. It is not a good example to set for young people.
2. If a coach has a question regarding a call, feel free to address the referee during an appropriate time.

The Game Officials have the right to remove anyone from the gym, based on their conduct.

If the Officials ask or direct someone to leave the Gym and they refuse to leave, the contest will end with a Forfeiture for Unsportsmanlike Conduct.

CODE OF ETHICS

The Pleasant Valley Recreational Basketball Program's mission is to enable young people to participate with and enjoy playing basketball in a competitive environment. However, the objective is not whether one wins or loses but rather that the athlete learns to respect their opponent, acquires a further knowledge of the game of basketball and does so in a sportsmanlike manner. These principles also apply to coaches and extend to officials and spectators.

To that end the following Code of Ethics will apply.

1. To emphasize the ideals of sportsmanship, ethical conduct and fair play
2. To stress the values of being fair
3. To show respect to opponents, officials and coaches
4. To encourage leadership, initiative and good judgment by the players
5. To recognize the purpose of competition is to promote physical, social and emotional well-being of the players and
6. To remember that it doesn't matter who wins or loses but rather the learning, enjoyment and experiences obtained from athletic competition.

Table 1 - PVBB Overview

Grades	1st & 2nd (Boys/Girls)	3rd – 5th Grade Girls)	6th – 8th (Girls)	3rd – 4th (Boys)	5th – 6th (Boys)	7th – 9th (Boys)	High School
Dates	Saturday	Monday	Wednesday	Friday	Thursday	Monday	Tuesday / Thursday
Location	Traver	West Road	BOCES	West Road	BOCES	BOCES	AMS
Starting Times	9: 00 – 12:00 AM	6:00; 7:00 PM	6:15; 7:30 PM	6:00; 7:00 PM	6:15; 7:30 PM	6:15; 7:30 PM	6:15; 7:30 PM
Rules	Instructional	Foul line restriction; No pressing at any time during the game	Full court pressing only in last (2) minutes and if winning by <10 points; Advancing the ball past half court in 10 second is in effect	Foul line restriction; No pressing at any time during the game	No pressing at any time during the game; Advancing the ball past half court in 10 second is in effect	Full court pressing only in last (2) minutes and if winning by <10 points; Advancing the ball past half court in 10 second is in effect	High school rules apply; However, a team can't press at anytime if ahead by ≥10 points
Quarters	N/A	3 Full; 1 Split	3 Full; 1 Split	3 Full; 1 Split	3 Full; 1 Split	3 Full; 1 Split	4 Full
Game Duration	(3) 50 minute slots per session	24 minutes 6-6-3/3-6	32 minutes 8-8-4/4-8	24 minutes 6-6-3/3-6	32 minutes 8-8-4/4-8	32 minutes 8-8-4/4-8	32 minutes 8-8-8-8
Clock	N/A	Stop Clock	Stop Clock	Stop Clock	Stop Clock	Stop Clock	Stop Clock
Free Throws	N/A	Only on shooting fouls; No 1-and- 1 bonus	7 th foul bonus; 10+ fouls double bonus	Only on shooting fouls; No 1-and- 1 bonus	7 th foul bonus; 10+ fouls double bonus	7 th foul bonus; 10+ fouls double bonus	7 th foul bonus; 10+ fouls double bonus
Three- Point Shot	N/A	No	Yes	No	No	Yes	Yes
Overtime	N/A	2 minutes	2 minutes	2 minutes	2 minutes	2 minutes	2 minutes

Each Participant, their Parents / Guardians and Coaches must read these guidelines completely, and agree to uphold them. Print this sheet and sign where applicable and return to your team's coach.

I / We have read and agree to uphold the Rules, Guidelines and Code of Ethics:

Youth Participant: _____

Date: _____

Parent / Guardian: _____

Date: _____

Parent / Guardian: _____

Date: _____

Team Coach: _____

Date: _____