**Clinton Parks and Recreation Department**

**2017 Basketball Rules and Regulations**

**11-14 Middle School Age Group**

**SPORTSMANSHIP!!!**

All players and coaches are expected to behave before, during and after each game with good sportsmanship. At no time is a player to question a coach, an official or a supervisor in a demonstrative manner. Players are to treat coaches, officials, supervisors, opposing players and parents with RESPECT. Any verbal or physical display of disgust by a player toward another player, coach, official, supervisor or parent will result in offender being removed from the game. If a coach fails to remove said player; the supervisor will have the authority to do so. Said player will be restricted to the bench for an undefined time in order to regain her/his composure. We are confident that all parents and coaches will assist the recreation department enforce this policy. **REMEMBER THIS IS FOR THE KIDS!! PLEASE EMPHASIVE LEARNING AND HAVING FUN WHILE DE-EMPHASIVING WINNING!!**

If a team has two coaches, ONLY the head coach will be allowed to stand up along the sidelines.

Games will be played in accordance with North Carolina High School Athletic Association rules except for the following:

**Game Length:** Games will consist of 2-20 minutes halves with a 5 minute halftime. Game clock will be continuous except for the last 2 minutes of the 2nd half.

**Timeouts:** Teams will be allowed 2-30 second time outs each half. Timeouts cannot be carried over.

**THE FOLLOWING VIOLATIONS WILL BE CALLED:**

A. Three (3) second lane violation.

B. Five (5) second throw-in violation.

C. Ten (10) second violation before crossing the mid-court line.

All players are expected to remain seated on the bench except for an expression of excitement and encouragement of team play (example: after a made basket).

If a player is ejected from a game, then he/she will be suspended for the next scheduled game.

If a player is ejected twice in the same season, he/she will be suspended for the remainder of

the season.

If a coach is ejected from a game, he/she will be suspended for one (1) week. The coach will not be allowed to practice with team or attend games during that period. If a coach is ejected twice in the same season, the Athletic Director will appoint a new coach.

**DEFENSE:** The defense is allowed to play half-court defense. In the final 5 minutes of the 2nd half, teams will be allowed full court press. Only during this time will offenses be allowed to fast break. Otherwise, **NO FAST BREAKS.** This rule applies during normal play only on a made basket or out-of-bounds play. If the defense rebounds the ball after a missed shot or gets a turnover, the ball may be pushed up the court. The referee will be responsible for stopping the ball handler from crossing half court until the defense is set up.

If a team is ahead by 20 points or more at any time, then the defense will be restricted to playing within the 3-point line. A team will get two warnings by the officials if any player(s) violate this rule. If a team violates this rule a third time, then a team technical foul will be issued to the offending team.

If a team is restricted to playing defense inside the 3-point line, the following rules will apply: A player’s arms and hands may extend past the 3-point line, but the feet must remain behind the line. If an offensive player (with possession of the ball) loses control of the ball outside of the 3-point line, the defense will be allowed to steal the ball. This will be a judgment call made by the game official.

**CONDUCT**

1. The Recreation Supervisor on site has the authority to bench any player exhibiting

unsportsmanlike conduct before, during or after a game. If player exhibits unsportsmanlike conduct after a game (example: not shaking hands of opponents) then the player will be benched for a portion (minimum of one (1) quarter) of the next game.

2. All participants of athletic events are expected to conduct themselves in a mature and cooperative manner with any official or supervisor. Any conduct which may be deemed disrespectful or disruptive will result in removal of offender and appropriate actions being taken by the Recreation Department Staff as necessary.

3. Any student suspended from school will not be permitted to participate in any games, practices or any other program activities until the suspension has been lifted and the student returns to class. This will take affect once the department staff has become aware of suspension.

4. Profanity by a program participant, parent/guardian, or spectator will result in immediate suspension from activity until the he or she has met with the Athletic Director. Until meeting with the Athletic Director/Asst. Athletic Director, he or she will not be allowed to be present or participate in any recreation event.