# Alpharetta Recreation Parks \& Cultural Services 2023-24 Youth Basketball League Rules 



Last Updated March 29th, 2023.

## 1. Team Organization:

1.1. The governing body of this league will be Alpharetta Recreation, Parks \& Cultural Services (ARPCS).
1.2. ARPCS reserves the right to edit, remove, change, or add rules at any time.
1.3. The league will abide by Georgia High School Association (GHSA) rules unless superseded by ARPCS rules.
1.4. All participants must register online to be eligible to participate.
1.4.1. Participants register based on grade level (K-12).
1.4.2. Leagues will be formed based on grade level. Grade levels may be combined if necessary.
1.4.3. Once a team is established, each player will remain on that team. ARPCS athletics staff will attempt to place brothers/sisters in the same age group on the same team, if requested.
1.5. All players are asked to attend evaluations in order for coaches to draft teams as evenly as possible with regard to participants' individual skill level.
2. Uniforms:
2.1. Only league provided uniforms (jersey and shorts) may be worn. Players not dressed in the proper uniform will not be allowed to enter the game.
2.1.1. Players may wear substitute shorts provided that they do not have pockets or belt loops.
2.2. Jerseys must be tucked in while players are on the court.

## 3. Participation:

3.1. Coaches are asked to make every effort to ensure that all players get equal playing time. Each participant should play at least $1 / 2$ of every game.
3.2. Players must report to the scorer's table before entering the game.
4. Games:

### 4.1. Players

4.1.1. A team must have at least four players present at game time, or a forfeit will result. At the scheduled game time, if each team has at least four players, the game will begin.
4.1.2. If a team starts a game with four players, late-arriving teammates may enter during any dead ball. Once the game begins, a team must maintain a minimum of four players, or the game will be declared a forfeit.
4.2. Time
4.2.1. Games will consist of 8 -minute quarters. There will be 1 minute between quarters and a 5-minute halftime.
4.2.2. The game clock will run continuously throughout the game except for timeouts. During the last 2 minutes of the $2^{\text {nd }}$ and $4^{\text {th }}$ quarters, the clock will stop in accordance with GHSA rules.
4.2.3. Teams get 4 timeouts per game which may be used at any time during regulation.
4.2.4. Overtime:
4.2.4.1. During regular season games, if regulation time ends with a tie, one 2-minute overtime period will be played. The game clock will run the same as the last 2 minutes of regulation time. If the game remains tied after the 2-minute overtime period, the game will be scored as a tie.
4.2.4.2. In post-season games, 2-minute overtime periods will be played until a winner is determined.
4.2.4.3. Teams have 1 timeout per overtime period. Timeouts do not carry over.

### 4.3. Goal Height

4.3.1. $3^{\text {rd }}$ grade and under will use an $8^{\prime}$ goal.
4.3.2. $4^{\text {th }}$ and $5^{\text {th }}$ grade will use a $9^{\prime}$ goal.
4.3.3. $6^{\text {th }}$ grade and up will use a 10 ' goal

### 4.4. Ball Size

4.4.1. $3^{\text {rd }}$ grade and under will use a 27.5 " ball.
4.4.2. $4^{\text {th }}$ and $5^{\text {th }}$ grade will use a 28.5 " ball.
4.4.3. $6^{\text {th }}$ grade and up boys will use a 29.5 " ball. $6^{\text {th }}$ grade and up girls will use a 28.5" ball.

### 4.5. Free Throw Line

4.5.1. $5^{\text {th }}$ grade and under will use a $12^{\prime}$ free throw line. $6^{\text {th }}$ grade and up will use a regulation free throw line.
4.6. Three Point Shot
4.6.1. Three-point shots will be allowed for grades 4 and up.
4.6.2. For grades $\mathrm{K}-3$, all shots will count as 2 points.

### 4.7. Full Court Press

4.7.1. Full court press is not allowed $\mathrm{K}-3^{\text {rd }}$ grade.
4.7.2. Full court press is allowed for $4^{\text {th }}$ grade and up as long as long as the pressing team's lead is less than 10 points.

### 4.8. Ball Stealing

4.8.1. For $\mathrm{K}-3^{\text {rd }}$ grade, a defensive player may only steal the ball if the ball handler is both dribbling and moving. The ball may not be stolen if the ball handler has stopped dribbling.
4.8.2. When the ball handler is inside the paint, the defense may steal the ball whether the ball handler is dribbling or not.

### 4.9. Double Teaming/Trapping

4.9.1. For $\mathrm{K}-3^{\text {rd }}$ grade, double teaming is not allowed except for inside the paint. 4.10. Fast Breaks
4.10.1. For K-3 ${ }^{\text {rd }}$ grade, fast breaks are allowed as long as the offensive team's lead is less than 10 points.
4.10.2. For $4^{\text {th }}$ grade and up, fast breaks are allowed regardless of the score.
4.11. $\quad$ Mercy Rule
4.11.1. If a team is leading by 20 points or more within the last 2 minutes of a game, the clock will run continuously with the exception of timeouts.
If a team is leading by 30 points or more within the last 5 minutes of a game, the game will be stopped and considered complete.
4.12. Fouls
4.12.1. Technical Fouls
4.12.1.1. All technical fouls will result in two free throws for the opposing team, plus possession of the ball.
4.12.1.2. Any player or coach that receives two technical fouls will be ejected.
4.12.1.2.1. Anyone who receives two technical fouls in one game will be suspended for the following game. (See Rule 5.4.2)
4.12.1.3. Three technical fouls on one team will result in a forfeit for that game.
4.12.1.4. Anyone sitting with a team is considered part of the team and can be issued a technical foul.
4.12.1.5. Any individual player issued four technical fouls in one season is subject to expulsion from league activities for the remainder of the season.

## 5. Conduct

5.1. Any player, coach or spectator acting in a discourteous way toward an official, scorekeeper, ARPCS staff member, player, coach or spectator will be subject to a one-week suspension from all ARPCS youth basketball activities.
5.1.1. A player, coach or spectator who receives two such suspensions will be banned from competition for the remainder of the season.
5.2. Any player, coach, or spectator who participates in a fight will be suspended indefinitely.
5.3. Profanity of any kind will result in ejection from the game, regardless of where or whom it is directed. This rule applies to players, coaches, assistant coaches and spectators.
5.4. If a player, coach or spectator is ejected from the gym, they must vacate the facility immediately.
5.4.1. Refusal to vacate may result in a forfeit by the offending team.
5.4.2. Any player, coach or spectator ejected from a game will be required to serve a one game suspension for the team's next scheduled game.

## 6. Miscellaneous

6.1. The two coaches listed on the roster will be the only two persons permitted on the bench.
6.1.1. If there is no assistant coach listed, the head coach may designate an assistant coach for each game. The head coach must inform the scorekeeper who the assistant coach will be.
6.2. It is required that all players remove all jewelry (rings, necklaces, earrings, etc.) before participating in any game.
6.2.1. Referees have the authority to require that such jewelry be removed before a player can participate.
6.2.2. Jewelry may not be covered; it must be removed.
6.2.3. Contact ARPCS staff regarding any special medical or religious jewelry (bracelets, necklaces etc.) that cannot be removed.
6.3. Sneakers with a non-marking sole must be worn; no boots or street shoes will be allowed. Players will not be allowed to play in stockings or bare feet.
6.4. Hard casts and splints will not be permitted on the playing court. Any player with a cast or splint will not be allowed to play.
6.5. Those not participating in the game as a player or coach must stay off the playing floor.

### 6.6. Blood Rule

6.6.1. The ARPCS youth basketball league will adhere by the National Federation of State High School Association "Blood Rule," as follows:
6.6.1.1. If a player is bleeding, the referee will call an official's timeout. A substitute player must replace the affected player.
6.6.1.2. The bleeding must be stopped, and the wound covered before the player is allowed to return to the court.
6.6.1.3. If any part of the player's uniform is saturated with blood, that uniform part must be replaced before the player can return to the game.
6.6.1.4. Referee's discretion will determine if a "bleeding situation" has been sufficiently managed to allow a player's return to the court.

For questions regarding the ARPCS Youth Basketball League, its rules, or other ARPCS Athletic programs, please contact athleticprograms@alpharetta.ga.us

