



# YOUTH SPORTS LEAGUE PARTNERSHIP RULES & INFORMATION PACKET

[www.quickscores.com/erie](http://www.quickscores.com/erie)

## **ERIE PARKS & RECREATION**

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[www.erieco.gov/parksandrec](http://www.erieco.gov/parksandrec)

## **CARBON VALLEY PARK & RECREATION DISTRICT**

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[www.cvprd.com](http://www.cvprd.com)

## TABLE OF CONTENTS

<b>I.</b>	<b>GENERAL INFORMATION.....</b>	<b>3</b>
	A. PARTNERSHIP	
	B. LEAGUE COORDINATORS	
	C. WEBSITE	
	D. INCLEMENT WEATHER	
	E. CANCELLATIONS/RESCHEDULES	
<b>II.</b>	<b>ADMINISTRATIVE INFORMATION .....</b>	<b>5</b>
	A. PLAYERS	
	B. TEAMS	
	C. UNIFORMS AND EQUIPMENT	
	D. LEAGUE FORMAT	
	E. TIE BREAKER ANALYSIS	
	F. PROTESTS	
	G. FIRST AID	
	H. FACILITY/FIELD GAME LOCATIONS	
	I. OFFICIALS	
<b>III.</b>	<b>CODE OF CONDUCT.....</b>	<b>7</b>
	A. STATEMENT	
	B. EXPECTATIONS	
	C. DISCIPLINARY PROCEDURES	
<b>IV.</b>	<b>RULES.....</b>	<b>8</b>
	A. FLAG FOOTBALL	
	B. SOCCER	
	C. VOLLEYBALL	
	D. BASKETBALL	

## I. GENERAL INFORMATION

### A. PARTNERSHIP

- Purpose: To partner together with neighboring municipalities in order to provide youth sports leagues that focus on recreational opportunities for our communities.
- Mission Statements
  - Carbon Valley: Engage Community. Enhancing Life. Encouraging Play.
  - Erie: The Parks & Recreation Department builds community through the delivery of exceptional parks, open spaces, trails, facilities, programs and services.

### B. LEAGUE COORDINATORS

- Carbon Valley:
  - **Randy Reed**  
Sports Coordinator  
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- Erie:
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  - **Mollie Gunter**  
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### C. WEBSITE

- [www.quickscores.com/erie](http://www.quickscores.com/erie)
  - Game schedules, inclement weather hotline, coach contact information, location maps, and more can be found here.
- [www.CVPRDAthletics.com](http://www.CVPRDAthletics.com)

### D. INCLEMENT WEATHER

- Every attempt will be made to play; however, if field and/or weather conditions present an unsafe environment, we will postpone or cancel practices and games. Supervisors will err on the side of caution when it comes to inclement weather decisions.
  - Weather information is updated by 4:00pm on weekdays and by 8:00am on weekends.
    - Carbon Valley: 720-531-3373
    - Erie: 303-926-2550 (option 4)  
[www.quickscores.com/erie](http://www.quickscores.com/erie)
- In the case of a game day cancellation/delay, it is the hosting chapter's coaches responsibility to contact their opponent's head coach.

### E. CANCELLATIONS/RESCHEDULES

- Each league will host a six game season (may include playoffs for applicable leagues). However, each league will attempt to play seven scheduled games.

- Lightning Policy
  - If lightning strikes between six-ten miles of the playing site, supervisor will warn all coaches, referees, and parents that lightning is in the area and that a weather delay will occur if lightning strikes within six miles.
  - If lightning strikes within six miles of playing site, the field supervisor will call a 20 minute weather delay and the game will be paused. All players and spectators are encouraged to seek proper shelter.
- Delays and Resuming of Play
  - It will be up to the field supervisor to determine if resuming play after a delay is possible or if games will have to be cancelled.

## II. ADMINISTRATIVE INFORMATION

### A. PLAYERS

- All players must be rostered by their respective Parks & Recreation department and adhere to their respective department's eligibility policy.
- May not be listed on more than one team roster per respective sports season.
- Can participate in an older division than they are qualified for.
- Cannot participate in a younger division than they are qualified for.
- Female participants may play in a males' division, but not vice versa.
- Season qualifies as the first league practice through the last game (regular or tournament) of the season.
- Any player found in violation of the above will be removed from the recreational league without refund, and that player's team is subject to forfeiture of any and all games played during the season.

### B. TEAMS

- Will practice once or twice per week (based on field/gym availability).
- Will primarily play games on Saturdays; however, some Friday evenings may be required.

### C. UNIFORMS AND EQUIPMENT

- Matching uniforms will be provided to each team.
- Uniforms may not be altered in any way.
- Additional equipment that is deemed necessary must be used during the course of play.

### D. LEAGUE FORMAT

- Each league will attempt to play seven scheduled games, which may include playoffs for applicable leagues.
- 3<sup>rd</sup>/4<sup>th</sup> Grade & U9+ Leagues
  - Will keep score but will not participate in an end of the season tournament
- 5<sup>th</sup>/6<sup>th</sup> Grade + & U11+ 10U+ Leagues
  - Will keep score and will participate in an end of the season tournament.
- League scores and standings will be available at [www.quickscores.com/erie](http://www.quickscores.com/erie).

### E. TIE BREAKER ANALYSIS

- Winning Percentage
- Head-To-Head
- Head-To-Head Differential
- Total Points For
- Total Points Against
- Total Points Differential
- Lowest Number of Forfeits
- Coin Toss

### F. PROTESTS

- Protests and judgment calls are not allowed to be argued.
- If a problem arises then the supervisor should be notified.
- The supervisor's decision is final.

#### G. FIRST AID AND INJURY

- An injured player (non-head related) may reenter a practice/game under the discretion of the supervisor, official, and/or coach.
- An injured player (head related) may not reenter the game. If there is a suspected concussion or other head related injury, the player must be cleared out by a medical professional before returning to physical activity.
- Blood Rule
  - Blood must be cleaned off of body and the bleeding area must be stopped before returning to play.
  - If blood is visible on a player's uniform, it is the referee and game supervisor's discretion as to whether or not the player will need to use a replacement uniform.
  - A replacement uniform does not have to match the team's uniform.
- Cast Rule
  - The cast should be wrapped in ½ inch, closed cell, slow recovery foam that covers the entire cast and covered by tape.

#### H. FACILITY/FIELD GAME LOCATIONS

- Maps/directions for all facility/field locations can be found at [www.quickscores.com/erie](http://www.quickscores.com/erie).

#### I. GAME OFFICIALS

- A game official's judgment call may not be argued by any player, coach, or spectator.
- Please respect game officials' calls and remember that they are working to the best of their ability.
- If there are any non-judgment call comments about a hosting site's game officials, please contact your league coordinator.

### III. CODE OF CONDUCT

#### A. STATEMENT

- Coaches, players, parents and spectators have a responsibility to behave in a respectful manner that will instill a sense of sportsmanship in all players.
- As a coach, player, parent or spectator at a I understand:
  - It will not be tolerated at any time to lay a hand upon, push, shove, and threaten to strike or verbally threaten an official, player, or supervisor.
  - Being involved in a physical altercation with a player, coach, or other spectator will result in my ejection from the game and possible suspension from future games.
  - All coaches, players, parents, and spectators will abide by the officials decision. The official's decision and/or calls are not arguable. If you have a concern regarding the officiating contact your league coordinator.
  - Verbal abuse, harassment, and/or unsportsmanlike behavior towards an official, player, spectator, supervisor or athletics staff member is not tolerated.
  - All coaches, players, parents and spectators will refrain from the use of vulgar or unsportsmanlike manners including language while practices and games.
  - Any coach, player, parent or spectator that is ejected from the game must leave the playing area immediately upon request. Failure to leave will result in suspension of the game and/or forfeiture of the game.
  - The zero tolerance policy is in effect at all athletic events.
- Failure to abide by the Code of Conduct will result in ejection from the game and possible suspension from future games.

#### B. ZERO TOLERANCE POLICY

- There will be zero tolerance for players, coaches and spectators who engage in harassing and/or unsportsmanlike behavior with umpires / officials, other spectators, game supervisors, other players, or Athletic Staff. Officials, game supervisors and Athletic Staff have the authority to penalize the player, coach, spectator, or team if an official is sworn at, harassed, argued with, or insulted. Penalties will range from: warning, to ejection from game, to suspension from future games and possible forfeiture of the game.

#### C. DISCIPLINARY PROCEDURES

- Official(s) and/or staff members at all recreation program sites have the authority to reprimand and/or eject coaches for misconduct. An ejection of any type will result in a minimum of a 1-game suspensions from any recreation program and /or facility (the ejection game is not included in the suspension period); suspensions may carry over to the next season.

**IV. RULES**  
**A. FLAG FOOTBALL**

**A. Game**

- NFL Flag will govern all play in addition to the listed playing rules.
- At the start of each game, coaches from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
  - The winner will elect to start on offense or defense.
  - The loser of the coin toss will elect choice of direction.
- The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.
- If the offensive team fails to cross midfield or score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.

**B. Field**

- The field dimensions are approximately 30 x 70 yards with two 10-yard end zones, and a midfield line-to-gain.
- No-Run Zones precede each line-to-gain by 5 yards.
  - No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard imaginary zone before and after midfield and before the end zones), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
- Stepping on the boundary line is considered out of bounds.

**C. Rosters**

- The roster maximum is 10 players.
- Teams will play five on five.
- In the event of an injury, a team with insufficient substitute players may play with four players on the field, but no fewer than four.

**D. Equipment**

- Each coach will be provided with flag belts and footballs.
- Mouth guards are highly recommended.
- With the approval of the game official, players may use any other safety equipment that they choose to use.
- Uniforms provided must be worn on game days.
- Players must wear shoes. Rubber cleats are allowed; the use of metal cleats is prohibited.
- Players must remove all jewelry with the exception of medical alert bracelets/necklaces.
- Players' game day shirts must be tucked into their pants/shorts if they hang below the belt line.
  - Failure to do constitutes as flag guarding.
- The following game balls will be used:
  - 6U: Pee Wee
  - 8U: Pee Wee
  - 10U: Junior
  - 12U: Junior

## E. Timing and Overtime

- The game will consist of two 20 minute running halves. The clock stops only for timeouts.
- Play clock
  - The play clock is established to encourage a fast-paced game.
  - The play clock is kept by the referee.
  - The play clock is started once a play has been blown dead; the play clock runs until the ball is snapped.
  - The referee is encouraged to warn teams once the play clock is close to expiring.
    - 6U and 8U: The play clock is 45 seconds.
    - 10U and 12U: The play clock is 30 seconds.
- Halftime is three minutes long.
- Each team has one 60-second time-out per half. Time-outs do not carry over between halves.
- In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play.
- If the score is tied at the end of 40 minutes, the game should be determined a tie.
- In playoff situations (10/12U age group only), an overtime (OT) period will be used to determine a winner. OT format is as follows:
  - Each team gets one series of four (4) plays starting at midfield.
    - First possession choice goes to the winner of regulation coin toss.
    - There is no sudden death; each team gets a minimum of one possession.
  - Each team will be scored based on points scored:
    - If both teams score touchdowns and complete the same amount of points in conversions, the process is repeated.
      - a. In the case of an interception, the ball will be marked at either the line of scrimmage (midfield) or the point where the defender's flags were pulled, whichever is the more advantageous spot to the defense.
      - b. If the defensive team intercepts the ball and returns it for a touchdown, said team wins.
  - There are no time-outs; time-outs do not carry over from 2<sup>nd</sup> half.

## F. Scoring

- For the 6U and 8U age groups, score will not kept. For the 10U and 12U age groups, Score will be kept score. Official score will be kept by the referee.
- If in the 2<sup>nd</sup> half there is a 28 point differential, the scoreboard will be turned off; however, the referee will continue to keep an official score.
  - A maximum of a 28 points difference per game will be counted in the final standings.
- Touchdown: 6 points
- Point After Touchdown (PAT): 1 point (5-yard line) or 2 points (10-yard line)
  - Note: 1 point PAT can only be a pass. 2 point PAT can be run or pass.
  - A team that scores a touchdown must declare which PAT it chooses to attempt. Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty.
  - Interceptions on conversions cannot be returned.
- Safety: 2 points
  - A safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A safety also occurs when there is an offensive penalty in the end zone.

## G. Coaches

- For the 6U and 8U age groups, coaches are allowed on the field in the huddle and prior to the play to direct players.
- For the 10U and 12U age groups, coaches are allowed on the field in the huddle but must move to the sidelines prior to the snap.
- Coaches are discouraged to audible plays once the huddle has been broken.

## H. Live Ball/Dead Ball

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The following are considered legal snaps: under center snap, side snap, shotgun snap.
  - The ball must remain in contact with the ground until the snap.
- The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone.
- Substitutions may be made on any dead ball.
- Play is ruled "dead" by any official when:
  - The ball hits the ground; the ball carrier's flag is pulled; the ball carrier's flag falls off; the ball carrier steps out of bounds; the ball carrier's knee or arm hits the ground; the receiver catches the ball while in possession of no flag(s); the 10 second pass clock expires; a touchdown, PAT or safety is scored.
  - Note: There are no fumbles. The ball is spotted where the ball carrier's feet were at the time of the fumble.

## I. Running

- The ball is spotted where the runner's feet are when the flag is pulled.
- The quarterback cannot directly run with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player. The offense may use multiple handoffs.
  - "Center Sneak" play – not permitted
- No laterals or pitches of any kind.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off by the quarterback, all defensive players are eligible to rush.
- Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.
  - Runners may only leave their feet if there is clear indication they did so to avoid a collision with another player without a flag guarding penalty enforced.
- Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
- No blocking or "screening" is allowed at any time.
- Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.

## J. Passing

- All passes must be thrown from behind the line of scrimmage and received beyond it.
- Shovel passes are allowed, but must be received beyond the line of scrimmage.
- The quarterback has a 10-second "pass clock." If a pass is not thrown within the ten seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage.
  - Once the ball is handed off, the 10-second rule no longer is in effect.

## K. Receiving

- All players are eligible to receive passes (including the quarterback, if the ball has been handed off behind the line of scrimmage).

- Only one player is allowed in motion (one yard behind and parallel to line of scrimmage) at a time.
- A player must have at least one foot in bounds when making a reception.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions are returnable, but not on conversions after touchdowns.

#### L. Rushing the Passer

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
  - If a rusher leaves the Rush Line early, they may return to the Rush Line to reset, then legally rush the quarterback.
  - If a rusher leaves the Rush Line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.
- No defensive players may be moving towards the line of scrimmage at the snap of the ball, but are allowed to move laterally.
- Once the ball is handed off, the seven-yard rule is no longer in effect and all defenders may go behind the line of scrimmage.
- A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage.
  - A penalty may be called if:
    - The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass.
    - Any defensive player crosses the line of scrimmage before the ball is snapped.
    - Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off.
  - Special circumstances:
    - Teams are not required to rush the quarterback, ten second clock in effect.
    - If rusher leaves the Rush Line before the snap, he/she may immediately drop back to act as defender with no offside penalty enforced.
- Players rushing the quarterback may attempt to block a pass; however, no contact can be made with the quarterback. Making contact with the passer will result in a roughing the passer penalty.
- The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback. If the "path" is occupied by a moving offensive player, it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.
- A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled.

#### M. Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when attempting.
- If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and play ends.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, intentionally covering the flags with the football jersey, or leaving the ground.

## N. Formations

- Offense must have a minimum of one player on the line of scrimmage (the center).
  - The quarterback must be off the line of scrimmage.
- Offensive players must come to a complete stop before the ball is snapped unless he/she is the only player in motion.
- Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

## O. Penalties

- General
  - Game officials determine incidental contact, which may result from normal run of play.
  - Only head coaches may ask the game official questions regarding the rule clarifications and interpretations. Players cannot question a judgment call.
  - Games cannot end on a defensive penalty unless the offense declines the penalty.
  - Intentional contact is prohibited. The first offense will result in a warning; the second offense will result in ejection of player.
    - Offensive intentional contact will result in a 5 yard penalty & loss of down.
    - Defensive intentional contact will result in 1<sup>st</sup> down at the spot of the foul.
  - Unsportsmanlike conduct is prohibited. Unsportsmanlike conduct penalties may be called on players, coaches, or parents.
    - Offensive unsportsmanlike conduct will result in a 10 yard penalty & loss of down.
    - Defensive unsportsmanlike conduct will result in a 10 yard penalty & automatic first down.
- Defensive Penalties
  - Offsides: 5 yards & repeat down
  - Interference: At point of infraction & 1<sup>st</sup> down
  - Excessive Contact: 5 yards & automatic 1<sup>st</sup> down
  - Illegal Contact: At point of infraction & 1<sup>st</sup> down
  - Illegal Rushing (starting from inside the 7-yard marker): 5 yards & 1<sup>st</sup> down
  - Roughing the Passer: 10 yards & 1<sup>st</sup> down
- Offensive Penalties
  - False Start: 5 yards & repeat down
  - Excessive contact: 5 yards & loss of down
  - Illegal motion: 5 yards & loss of down (more than one person in motion, false start, etc.)
  - Illegal forward pass: 5 yards & loss of down (forward pass anywhere beyond the line of scrimmage)
  - Flag guarding: 10 yards (from line of scrimmage) & loss of down
  - Delay of game: After one warning, 5 yards & loss of down
  - Performing a running play in the 'No Run Zone': dead ball & loss of down
  - Jumping/Diving: 5 yards from point of infraction & loss of down

## IV. RULES

### B. SOCCER

#### A. Field

- All field sizes are approximate and may vary based on each league partner's resources.
  - Field markings will be adjusted proportionately.
- Field sizes:
  - U9 50 x 40 yards
  - U11 80 x 50 yards

#### B. Equipment

- Game ball:
  - The game ball shall be provided by the home team.
  - Soccer ball shall be Size 4 for U9 and U11, and Size 5 for U14.
- Goal size:
  - All goals are approximate and may vary based on each league partner's resources.
  - U9 6' x 12'
  - U11 8' x 24'
- Player equipment:
  - All players are required to wear shin guards; shin guards must be covered by socks.
  - Soccer cleats are recommended. Athletic shoes are also acceptable.
    - Metal cleats, baseball cleats (have front toe cleat), boots, sandals, or playing in bare feet are prohibited.
  - Goalies must wear a uniform or pull-over pinnie of a different color than their team's regular uniforms.

#### C. Rosters

- **Team sizes:**
  - U9 7v7 (includes goalkeepers) 10-12 players per team
  - U11 9v9 (includes goalkeepers) 12-14 players per team
- **Minimum team sizes to start a game:**
  - U9 Four players with goalkeeper
  - U11 Five players with goalkeeper
- **Substitutions**
  - Can be made at any game stoppage.
  - Will occur at midfield.
  - Players must wait to be waived in by the game official.

#### D. Timing and Scoring

- Teams will play two 20-minute halves with running clock.
- Game official will keep game time and score.
- Scoring:
  - A legal goal: The ball crosses over the whole goal line, between the goal posts and under the cross bar.

- If a defending player causes the ball to cross over their own goal line, the goal is scored for the opponent.
- o If at any point during a game there is a five goal differential, the scoreboard will be turned off; however, the game official will continue to keep an official score.
  - A maximum of a five goal differential per game will be counted in the final standings.
  - Once the goal differential is five, the opposing team has the option to add one player to their lineup. This extra player is allowed to stay in the game until the goal differential is less than five goals.
- Regular season games: There will be no overtime period; games can end in a tie.
- Tournament games (U11 only): Teams will play a 5 minute overtime period in a golden goal format; the first team to score wins.
  - o If after the overtime period no team has scored, the game will go to a shootout.
  - o Each team will designate five players to kick one-on-one with the goalie.
    - Goalies can be included as one of the five original shooters.
  - o Each team's designated goalie must remain the goalie during the entire shootout.
  - o A coin toss will determine which team shoots first. The winner of the coin toss will have the option of shooting first or deferring to the other team.
  - o Teams will alternate shooters. The team with the most goals after the original five kickers will be the winner.
  - o Goalies must stand on the goal line until the ball is kicked.
  - o Shooters must wait before shooting until game official blows whistle.
  - o If the score is tied after the first shootout, each team will alternate shooters who have not yet shot. This process will continue until one team is victorious.
    - Repeat shooters are only allowed if a team's entire roster has shot.
- Timeouts
  - o No team time outs will be allowed.
  - o Halftime may not exceed three minutes.

## E. League Regulations

- Start of Game
  - o If a team cannot field the minimum number of players at the scheduled game time, the game official will start the game clock. The team has 10 minutes to field an eligible team.
    - If the team does not have the minimum number of players after the initial 10 minutes, the match will result in a forfeit.
  - o Prior to beginning the match, the coaches and game official will gather at midfield for a pre-game meeting.
    - The game official will conduct a coin toss to determine the choice of ends and which team will kick off to begin the game.
  - o To begin the game, the ball will be placed at the center spot and will be played with an indirect kick after the game official blows whistle.
    - No defending player may be inside the center circle at the time the ball is played.
    - The ball must be kicked forward approximately two feet (24") to begin the game.

- The player kicking the ball into play may not touch the ball again until another player of either team has touched the ball. If this occurs (double touch), the opposing team shall be awarded an indirect free kick at the point of infraction.
- After a goal is scored, the game will restart with a kick off.
- Out-of-Play
  - The ball is in play until it has completely crossed over the sideline or goal line.
  - Players are allowed to step outside the field of play to keep the ball from crossing the sideline or goal line.
- Throw-Ins
  - Balls crossing the sideline will be brought into play using a throw-in.
  - Players must throw the ball from behind their head while keeping both feet on the ground; toe drags are allowed.
    - A player has 10 seconds to throw the ball in before the game official awards the opposing team with a throw-in.
  - The thrower cannot touch the ball again until another player from either team has touched the ball.
  - Players only have once chance for a throw-in. If their throw-in is deemed invalid by the game official, the opposing team will be awarded a throw-in.
  - A goal cannot be scored directly from a throw-in.
- Offsides
  - Offsides will be enforced at the position of the receiving player when the ball is kicked and not where the ball is received.
  - The game official will determine whether the player is attempting to gain an advantage.
    - Therefore the game official may not always make an offside ruling even though a player is in the offsides position.
  - A player is offsides when:
    - They are ahead of the ball in the opponents half of the field.
    - They are closer to the goal than any opposing player (not including the goalie) and the ball is passed to them.
- Type of Kicks
  - Direct Free Kick
    - All defending players must be at least 10 yards away from the placement of a free kick.
    - A goal may be scored directly off a direct free kick.
    - See *Fouls and Penalties* for a list of fouls that qualify for a direct free kick.
  - Indirect Free Kick
    - All defending players must be at least 10 yards away from the placement of a free kick.
    - A goal cannot be scored directly off an indirect free kick.
    - Indirect free kicks may be awarded for: dangerous play offside, obstruction, wasting time, and any other actions deemed by the game official.
  - Goal Kick
    - Awarded to the defending team when the ball crosses the end line and was last touched by the attacking team.

- The goalie must leave the ball in the penalty area when kicking the ball back into play; the goalie has 10 seconds to do so before the game official awards the opposing team with a corner kick.
- Corner Kick
  - Awarded to the attacking team when the ball crosses the end line and was last touched by the defending team.
  - The ball must be placed inside the one-yard arc in the corner area nearest where the ball went out-of-play.
  - The attacking player has 10 seconds to kick the ball into play before the game official awards the opposing team with a goal kick.
  - A goal can be scored directly from a corner kick.
- Penalty Kick
  - Awarded when the defending team commits a foul in its own penalty area.
  - The ball is placed at the center of the 10 yard mark and the attacking team is awarded a direct free kick.
  - Other than the goalie and the designated kicker, no players are allowed within 10 feet of the ball and designated kicker.
- Fouls and Penalties
  - The following are prohibited and doing so will result in a foul and a direct free kick to the opponent:
    - Slide tackling or attempting to slide tackle an opponent.
    - Kicking/striking or attempting to kick/striking an opponent.
    - Jumping at an opponent.
    - Holding/pushing an opponent.
    - Excessive contact or attempting excessive contact with an opponent.
    - Handling the ball with a hand or an arm that results in a clear advantage to one's team, whether intentional or not.
      - a. Goalies are allowed to use their hands and arms inside of the goalie box.
  - Yellow Card
    - Shall be issued as a warning of unsportsmanlike behavior.
    - If a player or coach receives two yellow cards in a game, they are suspended from the rest of the game, must leave the facility/field, and may face further disciplinary actions.
  - Red Card
    - Shall be issued as an automatic disqualification for unsportsmanlike behavior.
    - If a player or coach receives one red card in a game, they are suspended from the rest of the game, must leave the facility/field, and may face further disciplinary actions.

## F. Other

- Only coaches are allowed to coach/instruct players during the game.
- Coaches and non-active players will not be allowed to pass the midfield of their sidelines.
- Parents must sit on the opposite side of the field from coaches and players and may not sit behind either set of goals.

**IV. RULES**  
**C. VOLLEYBALL**

**A. Court**

- Court dimensions: recommended at 30' x 60'.
- Service Line
  - In addition to the regulation service line, a secondary service line will be marked at 10' inside the court running parallel from each regulation service line.
- The height of the net shall be set to 7'4" measured from the center of the court.
- Nets shall have antennas according to National Federation Rules.
- Only coaches and players are allowed in the bench area during games.
- Coaches must remain within their team's designated bench area throughout the entire game.

**B. Equipment**

- The game ball shall be provided by the home team.
- Volley ball sizes:
  - 10U                      7 oz.
  - 12U                      9 oz.

**C. Rosters**

- To start a match, at least four players must be present.
- Coaches are required to determine starting line-ups and rotation of players.
- No libero player will be used.

**D. Timing and Scoring**

- All regular season matches will play three games or a total time of 55 minutes, whichever occurs first.
- For regular season matches, the first and second games will be played to 25 points (cap of 30) and the third game will be played to 15 points (cap of 20) or to a total time of 55 minutes, whichever occurs first.
- For playoffs (12U), matches are best of three games.
  - If a team has won the first two games, the third game will not be played.
  - The regular season scoring rules will apply.
- Teams must win by two points or the first to reach the game cap.
- Timeouts
  - Each team is allowed two timeouts per game.
  - Timeouts may not exceed one minute.
  - Time between matches may not exceed two minutes.

**E. League Regulations**

- USA Volleyball will govern all play in addition to the listed playing rules.
- Start of Match
  - If a team cannot field the minimum number of players at the scheduled game time, the game official will start the game clock. The team has 10 minutes to field an eligible team.
    - If the team does not have the minimum number of players after the initial 10 minutes, the match will result in a forfeit.
  - Prior to beginning the match, the coaches and game official will gather at midcourt for a pre-game meeting.
    - The game official will conduct a coin toss to determine which team will serve first for each game.
    - The game official will conduct a second coin toss to determine who serves the third game.

- Service
  - Underhand and overhand serves are allowed.
  - Service Lines
    - 12U: Must serve from the regulation service line.
    - 10U: Are allowed to serve from either the regulation or secondary service line.
  - A player, whom is serving, cannot touch or cross the respective service line until the ball has been in contact for service.
  - A serve must be executed within five seconds of the game official's whistle to serve.
  - Re-serve: Will be called when the server releases the ball from service then ball drops to the floor without being contacted.
    - As long as the server does not make an attempt to serve the ball, the ball can come in contact with the server without penalty.
    - The game official will cancel the serve and direct a second attempt to serve.
  - Net serves: Any serve that hits the net and stays within the boundary of the receiving team.
    - Will be ruled allowed.
- Rally Scoring
  - A team can score a point during either team's service.
  - If an individual server scores five consecutive serves, the team will keep possession and rotate one server.
    - The new individual has a new serve count of five points before the team will have to rotate again.
- Substitutions and Rotation
  - The receiving team will rotate into service.
  - Continuous substitution/rotation is required. The substitution/rotation must be made after each side-out, in the middle back position, and include all players from the team.
    - 12U: Substitutions can be made, in any amount, before a serve or during a timeout; the game after the game official must motion them in. Continuous substitution is also allowed.

IV. **RULES**  
D. **BASKETBALL**

A. **Court**

- Court size may vary depending upon each facilities needs and resources.
- Basket height shall be set at a height of 10'.
- Free throw line shall be a distance of 12' for 3rd and 4th grade teams and 15' for 5th and 6th grade teams.
- Head Coaches ONLY (one designated per team at pre game meeting) are allowed the privilege of standing and moving along the length of the bench (defined as the Coach's Box) for the sole purpose of coaching their team.
  - Officials have the discretion to issue a warning to the Head Coach for unsporting behavior/language which will result in that Head Coach losing the Coach's Box privilege and being forced to remain seated for the rest of the game. Subsequent transporting behavior/language by the Head Coach will result in a technical foul.
  - All assistant coaches must remain seated throughout the game and may only address their players for the purpose of coaching them.
  - Only the head coach is allowed to approach the score table once the game has started. Head coaches may only approach the score table if there is an official timeout and is restricted to asking about team information (e.g. how many timeouts teams have left, how many fouls a player has, etc.).

B. **Equipment**

- Teams should have reversible matching jerseys with visible numbers on the back of the jerseys.
- Players must wear soft-sole, non-marking, rubber athletic shoes.
- Basketballs shall be size 28.5 for all age divisions.

C. **Rosters**

- Team Sizes
  - 5V5.
- Minimum team size to start game
  - 3 players
- Substitutions
  - Coach must designate starters at the beginning of each half
  - Players must report to worker's table and wait to enter the game until motioned in by an official at a dead ball.

D. **Timing and Scoring**

- Teams play two 20 minute halves with a running clock.
  - At the one minute mark of the 2nd half, if the score differential is 10 points or less, the clock shall stop on all dead balls (any whistle) for the remainder of the game. If the score differential is 11 points or more, the clock will continue to run regardless of dead balls.
- Score table officials will keep game time and score.
- Scoring
  - Free Throw: 1point
  - Field Goal: 2 points
  - Three Point Goal: 3 points (only from behind 3 point arc)
- If during a game the point differential reaches 30 points or more, the scores will be frozen and only the time will be kept on the scoreboard. The score table will continue to keep the official score.

- During the regular season, games may end in a tie. During the pre-season tournament, a maximum of two 2 minute overtime periods will be played. Stop clock rules will remain the same for the last minute of each overtime period.
  - If the score is tied at the conclusion of the 2nd overtime period, a sudden death period will be played. In this sudden death period, the first team to score one point by any scoring manner will be declared the winner.
- Time Outs
  - Each team gets two 1 minute time outs per half. In overtime, each team gets one 1 minute time out per overtime period.
  - Time Outs do not carry over from 1st half to 2nd half nor do they carry over from regulation time to overtime.
  - Halftime will not exceed 3 minutes.

## E. League Regulations

- National Federation of State High School Associations will govern all play in addition to the listed playing rules.
- Player Participation
  - Coaches should try to play every player equally.
- Start of game
  - Each game (and each overtime period) will start with a jump ball. To start the game teams will defend the basket closest to their bench. The team that gains possession off the jump ball will execute the first offensive series and the other team will gain the possession arrow.
  - Possession will be determined for the rest of regulation by the alternating possession arrow. On any jump ball, including the beginning of the second half, the team who owns the alternating possession arrow will be awarded possession of the ball. The arrow will then be flipped to the other team once the ball is in play.
  - Teams will switch directions at half time and defend the basket away from their team bench.
  - In overtime periods, teams will continue to go toward the basket they played on during the second half. Each overtime period will start with an actual jump ball and all subsequent possessions will follow the alternating possession arrow for the remainder of the period.
- Out of Bounds
  - When the ball or a player who is in contact with the ball touches the boundary line or any area outside the boundary line, the ball is out of bounds. The official will blow the whistle and award the ball to the other team.
- Throw Ins
  - Balls that are determined to be out of bounds will be brought into play using a throw in. Players must remain off the court while throwing the ball in and cannot be the first player to touch the ball off the throw in. Players who are throwing the ball in can step on the boundary line but no part of the player can touch any part of the payable area (court) until after the ball has left the players hands.
- Defense
  - Man to Man defense must be played in the first half. Zone defense may be played in the second half only.
- Full Court Defense
  - 3rd and 4th grade teams are not allowed to play defense in the back court. Teams must let the dribbling player completely cross the mid court line before playing defense.
  - 5th and 6th grade teams may only play full court defense in the last two minutes of the game. If a team is up by more than 10 points, they are not allowed to press.
- Double Teaming

- In 3rd and 4th grade, double teaming (help defense) is allowed only below the free throw line extended. 5th and 6th graders are allowed to double team anywhere on the court, unless backcourt defense has been disallowed.
- Violations
  - An illegal act during play that results in possession being awarded to the opposing team.
  - Violations that may be called during play include but are not limited to: 3 seconds in the key violation, 5 seconds out of bounds violation, 10 seconds to cross mid court violation, backcourt violation, carrying violation (palming), double dribble violation, and travelling violation.
- Fouls
  - A common foul is any foul that occurs during play and is the result of normal basketball play.
  - Every common foul counts as both a personal foul for the player who committed the foul and as a team foul.
  - Once a team has committed 7 fouls in a half, the other team will be awarded single bonus free throws when applicable by rule. Once a team has committed 10 fouls in a half, the opposing team will be awarded double bonus free throws when applicable by rule.
  - Offensive fouls do not result in free throws being awarded regardless of the bonus situations, but do count as a personal and team foul.
  - Team fouls reset at the beginning of the second half. Team fouls do not reset for any overtime period.
  - Personal fouls do not reset in the second half nor in overtime.
  - Any player who commits 5 fouls in a game is disqualified from play for the remainder of that game.
- Sporting Conduct, Uncommon Fouls and Ejections
  - All coaches, players and spectators are expected to exhibit the highest standards of sporting conduct at all times. Individuals who exhibit behavior or comments that are deemed non-sporting-like will be subject to the appropriate actions defined below.
  - Technical fouls, flagrant fouls and intentional fouls are all uncommon fouls that result from unsporting conduct and or excessive actions during play or during dead balls. Any uncommon foul called on a player or coach will result in 2 points being awarded to the opposing team and possession of the ball.
  - All assistant coaches and players on the bench are the responsibility of the Head Coach. Any warnings or technical fouls issued to any bench personnel will count as a warning and / or technical foul awarded to the Head Coach and the applicable penalties will apply.
  - Players may be ejected for any unsporting act or for committing a flagrant foul. Any player receiving two technical will be disqualified by rule.
  - Coaches who receive a warning for unsporting conduct or who receive a technical foul will lose their coaches box privilege and be required to sit for the remainder of the game except when calling a time out.
  - Coaches may be ejected for any unsporting act. A coach who receives two technical fouls will be ejected from the game by rule. An ejected coach must leave the gymnasium immediately and will serve a suspension of no less than one game as well as be subjected to other penalties as determined by the League Coordinators.
  - Spectators are to remain positive and not direct comments towards any individual player or official. If deemed necessary, any spectator may be ejected from the game by joint decision of the officials and game supervisor. An ejected spectator must leave the gymnasium immediately and may be subject to further penalties as determined by the League Coordinators.