



This league will follow the Utah High School Athletic Association rules with the below listed Layton City Parks and Recreation modifications.

#### **Sportsmanship Related Rules**

1. **Spectators- Coaches are responsible for their parents, fans, and spectators.** Unsportsmanlike conduct from parents and fans in the stands will not be tolerated. Spectators may be issued one warning for unsportsmanlike behavior and/or causing an interruption to the game (a warning is not required). A second occurrence of unsportsmanlike behavior and/or game interruption by the spectator(s), will be grounds for immediate ejection from the facility. All ejected spectators will serve a minimum two game suspension.
  - a. In addition, a technical foul may be given to the offending spectator's head coach.
  - b. Teams may receive additional penalties, based on the severity of the incident, at the sole discretion of the Layton City Parks and Recreation Department.
2. **Technical Fouls (Coach)** - Any coach (Head or Assistant) who receives a technical foul during a game must sit the remainder of the game (All Coaches). Any coach receiving two technical fouls in a game is disqualified from the game and must immediately leave the facility. Coaches disqualified from a game will also be suspended for a minimum of two games. **\*\*\*If you coach multiple teams, the ejection and game suspensions will be enforced for all teams\*\*\***
3. **Technical Fouls (Player)** - Any player receiving a technical foul must immediately leave the game and must sit for a minimum of 5 minutes (If technical occurs with under 5 minutes remaining in game, the time WILL carry over to the start of the players next scheduled game). Any player receiving two technical fouls in a game is disqualified from the game and will be remanded to the bench. The player will also be disqualified for a minimum of two games. Any player receiving a flagrant foul, must immediately leave the game and will be disqualified for a minimum of two games. **\*\*\*If player is rostered on multiple teams, the ejection and game suspensions will be enforced for all teams\*\*\***
4. **League Structure-** All teams will be scheduled for 6 regular season games. **NO POST-SEASON TOURNAMENT.** The team with the best winning percentage will be league champion. Ties in standings broken by:
  1. Head to Head (if applicable)
  2. Average Point Differential (20-point maximum)
  3. Average Points Against
  4. Coin Flip
5. **Games-** All games will consist of two (2) 18-minute halves with a running clock. The clock will stop on all whistles the last minute of the 1st AND 2nd half. Half time will run 3-minutes. Overtime will be 2-minutes. The clock will stop on all whistles the last minute of overtime. If score is still tied after one (1) overtime period, the game will end in a tie.  
**NEW FALL 2023: Teams will shoot two (2) free throws when the foul count reaches seven (7) team fouls per half. The one-and-one scenario has been eliminated.**
6. **Home Team** – Light Color Jersey, sit on bench LEFT of score table.  
**Away Team** – Dark Color Jersey, sit on bench RIGHT of score table.
7. **Jerseys** - Teams are required to provide their own jerseys. Jerseys must be reversible OR have an alternate color to switch to. In case of similar colors, the Home Team will be required to make jersey change.  
**\*Players may not have duplicate numbers. A technical foul will be issued to the Head Coach if duplicate numbers are listed in the score book.**

8. **Timeouts-** Each team will receive two, 30-second timeouts per half. Unused timeouts will not carry over to the next half (unused 2<sup>nd</sup> half timeouts DO NOT carry over to the OT period). Each team will receive one, 30-second timeout in overtime period. When the horn sounds to signal end of time-out, get your kids onto the court immediately.
9. **Substitutions** – Players must be at score table in order to sub in. DO NOT YELL SUB FROM THE BENCH. If a player(s) is not at score table, substitution will not be granted and player(s) will have to wait until the next dead ball.
10. **Ball Size/Basket Height-** All girl's teams will use a 28.5" ball size. All grades will play on a standard 10' basket height.
11. **Officials-** The referee's judgment is final for all decisions.
12. **Minimum Players-** A team must have four players to start the game. Any team having less than four players at the scheduled game time will forfeit.
13. **Rosters/Waivers** - Completed team rosters, with parent guardian signed waivers, are due by April 12<sup>th</sup>, 2026. Roster additions/changes will be allowed up until the **end** of the season, **BUT NOT ON GAME DAY**. Rosters are frozen on April 12<sup>th</sup>, 2026. To add player, you must send email to [tdixon@laytoncity.org](mailto:tdixon@laytoncity.org).
  - a. Players must play in their 2025/2026 school grade or above.
  - b. **Players MAY NOT be rostered on more than one team within a specific grade division.** This rule applies even if there are Upper/Lower or divided divisions.
  - c. Players may be rostered on additional teams if each team is in a different grade division (CAN'T PLAY DOWN A GRADE).  
**Non rostered or incomplete waiver players WILL NOT be allowed to play. Penalty for Violation: upon discovery, forfeit of game(s) that non rostered or incomplete waiver player participated in.**
14. **Coaches-** A team may have no more than two coaches on the bench. Coaches must be at least 18 years of age. Coaches in Training must be 16 years of age or older and be accompanied by a coach 18 years of age or older. A Coach in Training may sit on the bench but will be counted as one of the two coaches on the bench. Only players listed on the roster and in uniform are allowed on the bench. Only one coach is allowed to stand up. If both coaches are standing, a technical foul may be assessed.
15. **Game Re-Schedule Request-** Once the schedule has been published, game re-schedule requests will not be honored unless a mistake was made by Layton City Parks & Recreation.
16. **Protest-** A protest must be made before play resumes. The coach must notify the Facility Manager, head official and the scorekeeper that the game being played is under protest. Protests must be filed, in writing, at the Layton City Recreation Office by the end of business on the next workday. A \$75.00 fee is required to protest any game. The protest fee will be refunded if the protest is upheld.
17. **Scorebook-** Layton City Parks and Recreation will provide (2) persons to keep score. If necessary, the designated Home Team may be asked to provide (1) person to keep the official scorebook (Layton City will provide the scorebook). The designated Visiting team may choose to have a person at the score table to observe. Coaches must verify the accuracy of the printed score sheets prior to the start of each game. Players will be listed with name and jersey number. Jersey numbers may be changed or added. A player not listed on the score sheet or with incomplete waiver will not be allowed to enter the game – No Exceptions. **PLAYERS MAY NOT BE ADDED TO SCORE SHEET DAY OF GAME.**
18. All coaches will place the emotional and physical well-being of the athletes ahead of any personal desire to win. Lead by example in demonstrating fair play and sportsmanship.
19. Adult supervision is required for all players and any spectators (siblings). Children are not allowed to be left unattended at any time, for any reason. Children may not play/climb/run on school and City property **including the courts (prior, during, or after games),** bleachers, wrestling mats, as well as the lobby and restroom areas.

20. Abusive language or actions toward staff, officials, players, or coaches will NOT be tolerated and will result in an immediate ejection and include a minimum of a two game suspension.
21. Game related discussions with City staff or any officials must be conducted by the head coach and must be in a professional manner. Any unprofessional behavior (yelling, arguing, name calling, etc.) will result in a technical foul.
22. Water only, for players, is allowed inside the gym. **NO OTHER FOOD OR DRINK IS ALLOWED.** No Gatorade, sports drinks, coffee, food, etc. If you have team treats, they must be distributed outside the gym area.

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