



SARATOGA SPRINGS



Youth Basketball Rules Girls 7th-12th Grade Updated 11/2016

Please inquire with each individual program about how teams are formed, divided, and regarding team uniforms, as different rules may apply.

Rules and Guidelines

High School Basketball rules will govern play with the following modifications:

- A. Play will consist of two (2) twenty minute halves with the clock stopping during the last two (2) minutes of each half only. If one team is leading by 15 points or more in the second half only, the clock will continue to run during the last 2 minutes. Half time will be 3 minutes.
- B. Timeouts: 2-one minute timeouts per half (these do not carry over). One (1)-one minute time-out given for each overtime (these do not carry over).
- C. Defense: Man-to-Man or Zone may be played. Full-court press may be played at any time. The exception is when a team is 15 points or more ahead that team will not be allowed to full-court press. The other team may continue to press. Once the point differential has dropped below 15 points full-court press may be resumed.
- D. Overtime will consist of one 3 minute period with the clock stopping during the last minute only. If after the overtime period the teams are still tied, the game will end in a tie. During the tournament, play will continue until a winner has been decided.
- E. Forfeits: Game time is forfeit time. The minimum number of players to start and continue a game is three (3). Teams must have 5 players by the end of the first half or a forfeit will be declared. As players arrive they may enter the game at the next opportunity.
- F. Players and coaches will not be allowed to trade any player(s) to a different team. The Recreation Staff reserves the right to check a player's identity with the roster at any time. Any player found participating, which is not on the official team roster, will forfeit the game for the team he/she was playing on. If a team is caught a second time their team will be dropped from the league or tournament with no refund. Players must participate in a minimum of 4 regular season games in order to be eligible to participate in the post season tournament. Players may only be on one team roster per season. The Recreation Staff reserves the right to check a player's identity with the roster at any time.
- G. No jewelry, bobby pins, barrettes, beads, rings, necklaces, watches, bandanas, hats, casts, anything made of hard plastic, or any other items deemed unsafe by an official may be worn. Athletic tape may be used to cover an item that is difficult or impossible to remove.
- H. All teams must have an adult 21 years or older sitting on the bench. This adult will be responsible for the teams conduct. A game will considered a forfeit if a team receives a sportsmanship technical foul without an adult on their bench. No more than two coaches on the bench per team where school facilities allow for separate seating from the spectators.
- I. Any player hanging on the rims before, during, or after the game will be given a technical foul.
- J. **Coaches must play all their players at least half (50%) of each game.**

PLAYER/COACH CODE OF CONDUCT

A. Technical Fouls

- a. Everyone, including spectators will be expected to display good sportsmanship at all times.
- b. If a player receives a technical foul they will sit out for ten (10) minutes of game time from the time it was given. Players receiving sportsmanship Technical Fouls with less than ten minutes in the first half will sit the remainder of their time in the beginning of the second half. If there is less than 10 minutes left in the game, the remainder of their time will be assessed the beginning of the next scheduled game. If a coach receives a technical foul, they must remain seated on the bench for the remainder of the game. If a player or coach gets ejected does not leave the premises within 2 minutes their team will forfeit the game. Removing your jersey may be considered a technical foul.
- c. If a second sportsmanship technical foul is received during a single game or during the duration of the season, a minimum one game suspension will be assessed.
- d. A third sportsmanship technical will result in the player or coach being suspended for the remainder of the season at a minimum and possibly a lifetime suspension at a maximum.
- e. If a team receives seven (6) cumulative sportsmanship Technical Fouls throughout a season (both regular and post-season) the team will be dropped from the league for the remainder of the season and NO refund will be given.

B. Fighting

- a. Any player or players in a fight with other players, spectators, Facility guests, game officials, or other Lehi Recreation Staff will be suspended from the league for the remainder of the season at a minimum and lifetime at a maximum.
 - i. Fighting includes but is not limited to (contact is not required): punching, kicking, slapping, hitting, hand gestures, etc.
- b. Individuals involved in any physical altercation may also be prosecuted.

C. Language

- a. The F-Word will not be tolerated. Any use of this word will result in an automatic technical foul. If the word is used again in the same game a second technical foul will be given resulting in the player being ejected and a minimum one-game suspension.
- b. Any other use of profane or insulting language may and can result in a technical foul.

D. Unsportsmanlike Conduct

- a. Recreation Staff shall have the authority to disqualify, suspend or remove any manager, coach, player, spectator or teams that conduct themselves in an unsportsmanlike manner before, during or after a game.
- b. Game officials and scorekeepers are required to file written reports of unsportsmanlike conduct by the close of the next business day following the incident. Such incidents include but are not limited to:
 - i. Fighting
 - ii. Unsportsmanlike Acts
 - iii. Verbal Abuse towards players, officials, scorekeepers, other staff, etc.
 - iv. Threats
 - v. Technical Fouls
 - vi. Ejections
 - vii. Unruly Players, Coaches, Fans and/or Spectators

The buildings we use, and the custodians who work there, will be treated with the utmost respect. Any problems reported may result in a player or coach being asked not to participate. Each individual department reserves the right to remove or suspend any player, coach, or team from the league or post-season. Each City may enforce any additional penalties they feel are necessary.

