



South Kingstown Parks and Recreation YOUTH BASKETBALL 2019-2020



LEAGUE MISSION

1. The basketball league will provide our participants with enjoyable, fair, and safe instruction in a recreational atmosphere.
2. All players, regardless of ability, are important members of the team and will participate fully in practice and play an equal portion of each game.
3. Coaches will lead by example by stressing fair play and demonstrating good sportsmanship at all times. Failure to do so may result in an appearance before the basketball advisory committee and relinquishment of your coaching duties.
4. We will evaluate our coaches, officials, and administrators each season to ensure that we are making every effort to meet the league's mission.

COACHES RESPONSIBILITIES

1. Coach the players and/or review with the players the fundamentals of basketball and what it means to participate in a sport. Teach the skills necessary for your respective age group – the rules of basketball – the meaning of sportsmanship and teamwork – and above all teach them what having fun in a sport is all about.
2. Have fun. Remember that this is recreation.
3. Provide a safe environment for the children. This includes having a first aid kit provided by the department whenever your team practices or plays a game.
4. **SET THE EXAMPLE!** Teach sportsmanship, this includes being a good example. The players will not learn proper sportsmanship if the coach is consistently arguing and complaining to officials. The coach often sets the tone for players as well as the spectators. Be a good role model for both. Coaches may discuss the game with the officials in a calm manner. However, excessive talking after play has resumed may result in a technical foul being called – your team being penalized – and/or your removal from the premises.
5. Know the rules. Interscholastic High School rules as well as specific league rules.
6. Prepare for practices. Coaches within the same division and that are sharing gym space are strongly urged to work together to strengthen the fundamentals of both teams.
7. Commend the players on a good effort. Wins and losses are not important, individuals improving in both skill and attitude is the ultimate goal. Remember, only approximately 1% of youth league participants will go on to play high school basketball or beyond.
8. Inform the team of cancellations and game/practice schedules. Make sure team members know to go to www.quickscores/southkingstownri for schedules and updated information.

GENERAL LEAGUE RULES

1. Games will not go into overtime.
2. Team and individual fouls will be counted.
3. Individuals who, due to injury, must wear a cast or metal brace will not be allowed to play until the cast or brace is removed.
4. There are no league standings for 3rd and 4th grade. All other divisions will have standings.
6. **EACH PLAYER MUST PLAY AN EQUAL AMOUNT OF TIME**
7. Unless noted, all rules governing high school basketball will be used.
8. Jewelry, earrings, combs, barrettes etc. will not be allowed. Long hair is to be tied back with elastic bands. Nails are to be kept short to prevent injury to others.
9. Two (2) foul shots on the tenth team foul. *There will be no 1 and 1 shots after the 7th team foul*
10. 5th-12th grade teams will be allowed **three (3) 30-second time-outs per game**, which shall be used at the coach's discretion.
11. Halftime will be three (3) minutes in duration.
12. **Player Substitution forms will be available at the scorer's table. Coaches are encouraged to use these forms. Players must play an equal amount of time. Substitutions are done at a dead ball that is closest to every 5-minute mark.**
13. The clock will be stopped for a maximum of 10 seconds during substitutions in 3rd-6th grade games to "match up" defensive assignments.
14. Players will be assigned teams at a coaches only meeting with the assistance of Recreation Staff. No trades will be allowed after drafting day unless deemed in the best interest of the child, team, and grade division and approved by the recreation supervisor.
15. In the event of inclement weather please check the South Kingstown Parks and Recreation website www.southkingstownri.com and www.Quickscores.com/southkingstownri. Please remember if school is cancelled or dismissed early due to weather, Recreation Department programs are also cancelled.

3rd / 4th GRADE BOYS AND GIRLS SECIFIC RULES

- 1. Two (2) 20-minute halves with running clock. Substitutions every 5-minutes.**
- The season will begin with each team having two sideline receivers on their offensive half of the floor. One will be placed on each sideline. A player on the court may pass to their sideline receiver. The sideline receiver has approximately 5 seconds to pass the ball back into one of their teammates. Sideline receivers cannot dribble or shoot. Once players have developed their skills, the sideline receivers may be taken away as the season progresses.
- There will be no foul shots taken.
- There will be no zone defense.
- There will be no full court defense. Defenders must stay inside of the free throw line extended to the sidelines until the ball crosses half court. Once the ball crosses half court, defenders may then apply half court defense outside of the free throw line extended.
- There will be no timeouts.
- The clock will only stop for 10 seconds during substitutions to “match up” defensive assignments.
- One clock will keep time for both courts.
- Both boys and girls will play with a 28.5” basketball.
- Score will not be kept.
- There will be no individual or team fouls kept.
- Boys and girls will use a 9’ rim.

5TH / 6TH GRADE BOYS AND GIRLS SPECIFIC RULES

- 1. Two (2) 20-minute halves with running clock. Substitutions every 5-minutes.**
- At the mutual agreement of both coaches or at the discretion of the site supervisor, the scoreboard may be reset at halftime if the score so indicates. (Recommended if a team is winning by 20+ at halftime.)
- The clock will stop for foul shots, injuries, and referee timeouts throughout the game and for all infractions the last two minutes of the game. The clock will only stop for 10 seconds during substitutions to “match up” defensive assignments.
- The clock will stop for all infractions for the last 20-seconds of the first half and the final two minutes of the 2nd half.
- Players will foul out with five (5) fouls.
- There will be no zone defense allowed.
- 3 point shots will be allowed.
- Full court defense can be applied only in the last 2 minutes of the game. Teams may not press if up by 20+ points.
- Defenders must stay inside of the three-point line until the ball crosses half court. Once the ball crosses half court, defenders may then apply half-court defense outside of the three-point line.
- A 28.5 regulation ball will be used for girls. Boys will use a 29.5 regulation ball.
- Substitutions will be made every 5 minutes. Substitution sheets can be found at the scorer’s table. Substitutions can only be made at the normal 5 minute substitution mark unless a substitution is made for an injury. Substitutions will be made at a dead ball that is closest to the 5 minute substitution mark, but no more than 30 seconds before or 30 seconds after the 5 minute substitution mark.

12. A player may be substituted out at any dead ball after a 3rd foul has been committed by the player. The player may not be put back into the game until the player has sat out an entire 5 minute substitution period.
13. Any player receiving a technical foul will be required to sit out the rest of the half. (Example: if a player gets a technical foul with 12-minutes left in the first half, he/she must sit out for those 12-minutes – unless the referee /gym supervisor deems otherwise. If the player receives a technical foul towards the end of the second half, he/she must remain on the bench for the remainder of the game – unless the referee / gym supervisor deems otherwise.)
14. Two (2) foul shots will be taken after the 10th team foul of the half. There will be no 1 and 1 foul shots taken after the 7th team foul of the half.

7th-10th Grade GIRLS; AND 7TH – 12TH GRADE BOYS SPECIFIC RULES

1. **Two (2) 20-minute halves with running clock. Substitutions every 5 minutes.**
2. The clock will stop for foul shots, injuries and referee timeouts throughout the game and for all infractions the last two minutes of the game.
3. Individuals will foul out with five personal fouls.
4. 7th-12th grade boys' teams may full court press throughout the game. However, when a team is up by 20-points, there is no full court press allowed by the winning team.
5. The 7th-10th grade girls' teams may not use full court defense until the final 2 minutes of the game. Defenders must stay inside of the three-point line extended until the ball crosses half court. Once the ball crosses half court, defenders may then apply half court defense outside of the three-point line extended.
5. 3 points shots will be allowed.
6. Coaches are encouraged to teach and use both zone and man-to-man defense.
7. A 28.5 regulation ball will be used for girls - a 29.5 regulation ball for boys.
9. Any player receiving a technical foul will be required to sit out the rest of the half. (Example: if a player gets a technical foul with 12-minutes left in the first half, he/she must sit out for those 12-minutes – unless the referee /gym supervisor deems otherwise. If the player receives a technical foul towards the end of the second half, he/she must remain on the bench for the remainder of the game – unless the referee / gym supervisor deems otherwise.)
10. Substitutions will be made every 5 minutes. Substitution sheets can be found in the site binder. Substitutions can only be made at the normal 5 minute substitution mark unless a substitution is made for an injury. Substitutions will be made at a dead ball that is closest to the 5 minute substitution mark, but no more than 30 seconds before or 30 seconds after the 5 minute substitution mark.
11. Substitutions may be allowed at a dead ball if a player has been called for three (3) fouls. The player may not be put back into the game until the player has sat out an entire 5 minute substitution period.
12. Two (2) foul shots will be taken after the 10th team foul of the half. There will be no 1 and 1 foul shots taken after the 7th team foul of the half.

SPORTSMANSHIP

1. South Kingstown Recreation Department tradition calls for teams to shake hands at the conclusion of the game.
2. The use of profanity will result in a technical foul.

3. Any player receiving a technical foul will be required to sit out the rest of the half. (Example: Player 'A' gets a technical foul with 3:00 minutes left in the first half, he/she must sit out for those 3 minutes. If the player receives the technical foul towards the end of the second half, he/she must remain on the bench for the remainder of the game.)
 - Any player receiving two (2) technical fouls in the same game may be suspended from play for one week – **if the referee / gym supervisor deems necessary**. Upon returning to play, if the player receives another technical – the player may find him / herself out for the remainder of the season.
4. Adverse coach or spectator reaction to officials will not be tolerated.
 - Any coach receiving a technical foul will be issued a letter of warning from South Kingstown Parks and Recreation Department. Any coach receiving two (2) technical fouls during the course of the season will have his / her services terminated for the remainder of the season.
5. Teams with abusive spectators may be assessed a technical foul and asked to leave. It is to the coach's advantage to keep spectators from becoming unruly. Spectators may be asked to leave by referees, scorekeepers, or supervisors.
6. All participants (players and coaches) will conduct themselves in a manner conducive to good sportsmanship and will observe the basketball rules in effect. Any participant exhibiting unsportsmanlike conduct will be subject to removal from the game at the discretion of the Officials or Recreation staff.
7. Spectators are not to approach or discuss the game with the officials. Discussing the game with officials after the game has ended will not be tolerated. All concerns are to be brought to the attention of the Sports Supervisor or Gym Supervisor.
8. Coaches may discuss the game with the officials in a calm manner. However, excessive talking after play has resumed may result in a technical foul being called – your team being penalized – and/or your removal from the premises.
9. Any participant or spectator who commits physical or verbal abuse of an official or Recreation Department personnel will be subject to disciplinary action up to prosecution by legal authorities.