

**YORK COUNTY PARKS & RECREATION
2023 YOUTH BASKETBALL RULES & REGULATIONS**

**BOYS 14 and UNDER * BOYS 18 and UNDER
GIRLS 14 and UNDER * GIRLS 18 and UNDER**

I. League Philosophy

York County provides separate basketball leagues for boys and girls in grade school, intermediate school, and high school on a progressive basis while stressing the following program goals: Fun, physical fitness, basketball skills, teamwork, and fair play.

II. League Information

A. Team Selection

1. Players will be selected by the coaches. There will be an evaluation and selection process.
2. Teams will be limited to a maximum of ten players.

B. Practices and Games

1. Practices and games will be scheduled on Saturdays and selected weeknights.
2. Games will consist of eight-minute quarters with a running clock.
 - a. During the last minute of play in the **second** AND **fourth** quarters, the clock will stop as dictated by National Federation rules.
 - b. Overtime periods will consist of four minutes each with a regulation clock.

C. Mandatory Playing Time

1. Eligible players must play more than 8 minutes in every game.
 - a. Each player must play two of the four-minute segments in the first half. A player may play two segments consecutively in any order. Any player that does not play in the first quarter must play the entire second quarter.
 - b. If a player arrives after the start of the 1st quarter, the player must play a minimum of 4 minutes.
 - c. If a player arrives after the start of the 2nd quarter, the player must make an appearance in each quarter.
2. Substitutions are made only on fixed schedules in quarters 1 and 2 (See C, 2, a)
 - a. The clock will stop **midway** through each of the first two quarters. Coaches may substitute only at this time in the first two quarters.
 - b. For teams that do not have 10 players present at game time, players may substitute at the appropriate time (II, C, 2) as

- long as the player coming out and the player going in have played at least four minutes.
- c. A substitute must report to the scorer their number **and** the number of the player they are going in for. They must be reported in before the ball is dead, and must stay at the scorer's table until the official calls them in.
 - d. Variations are authorized when injuries or player disqualifications occur.
3. Second-half substitutions are coaching decisions only, with one exception.
- a. Every eligible player must make a minimum of one appearance in both the third & fourth quarters.

D. Discipline of Players

Players may be disciplined by not playing their required amount of time in any **one** quarter **only** under the following circumstances:

1. The player exhibits unsportsmanlike conduct. This conduct may be directed toward the player, coach, official, spectator, or staff member.
2. The player continues to disobey a coaches' instruction.

Note: In order to use this discipline, the coach must obtain approval from the gym supervisor. If the gym supervisor approves this discipline the supervisor will do the following:

- a. Notify the opposing coach.
- b. Note on the score sheet that the player did not play because of disciplinary reasons and note the reason on the back of the scoresheet.
- c. Inform the Parks & Recreation office as soon as possible of this disciplinary action.

Under no circumstances are coaches allowed to not play players because of missed practices or games without advance permission from the Recreational Supervisor responsible for the Youth Basketball Program.

3. Improper conduct may rise to a level of school disciplinary action and/or law enforcement.

E. Awards

1. First and second place will receive awards at the end of the season.
 - a. In case of ties (2 or more), the tie break will be determined by:
 - i. Head to head
 - ii. Defensive scoring between teams
 - iii. Defensive scoring for the season

- F. Equipment / Jerseys
1. Parks and Recreation will provide all basketballs for practices and games. Any basketballs brought into the gym will be confiscated until the person leaves.
 2. Every player will receive a reversible team jersey. This jersey will not be altered in any way such as cutting off of sleeves, cutting the jersey short, or the color of the jersey changing. By doing so, the player will not be allowed to play the game with the altered jersey.
 3. White jerseys will be home, Colored jerseys will be away.
 4. Players may wear a t-shirt under the jersey.
 5. Jewelry, watches, rings, or any hard or metal pieces in the hair are not allowed during practices or games.
 7. Shorts cannot have pockets or zippers of any kind.
 8. Compressed sleeves or body wear may be worn under the shirt of the player. It is the decision of the official if the item is a distraction to the opposing team. If deemed a distraction, the player will be removed from the game and may return once the under the item is removed.

III. National Federation Rules

NFR will apply with the following exceptions designed to:

- A. Teams cannot full-court press with a 20-point lead.
- B. No jump balls will be utilized at the start of the game. Home will start the game. In all other instances, tie-ups will result in alternating possession.
- C. The alternating possession arrow will determine the possession to start each quarter.
Note: The possession arrow will flip due to teams switching sides to start the 2nd half.
- D. Games will be played with regulation basketballs.
- E. Foul shots to be taken from the foul line.
- F. Teams are permitted four time-outs per game.
- G. Bonus free throws will be awarded beginning with the 7th team foul in each half.
 1. 7th – 9th team foul (1 and 1)
 2. 10th team foul & up (2 shots)
- H. Unsportsmanlike conduct will not be tolerated under **any** circumstances. Any player or coach ejected from the game for **any** reason by an official or gym supervisor will be suspended from the next scheduled game **and** that particular gym site.

IV. Facility Rules and Regulations.

All managers, players, spectators, and persons associated with the Youth Basketball Program must obey the rules and regulations set forth by the York County Division of Parks & Recreation and the York County School Division. Violations of the following may result in disciplinary action by Parks and Recreation, the School Division, and/or law enforcement. Rules include, but are not necessarily limited to, the following:

- A. The only persons permitted on the floor during time-outs, quarters, halves, and between games will be active players and coaches, scorers, timekeepers, referees, and authorized staff.
- B. Any and all teams which use an illegal player will be subject to forcible forfeit of all games found in violation. The illegal player and coach playing an illegal player will be suspended, pending review of the incident. An illegal player is a player that is found to not be listed on the roster but participates in a game.
- C. Players are permitted on the floor only when their team is scheduled to play.
- D. Once your game ends, you are to leave the bench area immediately to allow the next team to prepare for their game.
- E. Basketballs are not allowed to be brought into the school for practices or games. The Division of Parks & Recreation will supply all the basketballs.
- F. No one is permitted to enter onto public property when intoxicated or while possessing alcoholic beverages or illegal or un-prescribed drugs of any kind.
- G. Smoking is not allowed on school grounds.
- H. Dressing rooms and shower rooms are off-limits to all persons involved in this program.
- I. One exit and entrance will be available at the school for this program. Hallways are to remain clear during the supervised hours and no loitering in the hallways will be permitted.
- J. No loitering will be permitted on school grounds.
- K. Littering will not be permitted.
- L. Beverages (except for water) and food are not permitted inside the school building.
- M. Damage to property or displays of poor sportsmanship will not be tolerated. The rules and regulations are for the protection of public property.
- N. No spectators will be allowed to sit on the steps behind the team benches at Mt. Vernon Elementary School.
- O. The Division of Parks & Recreation reserves the right to modify any rules and regulations deemed necessary in order to conduct this league.