

# YORK COUNTY PARKS AND RECREATION 2025/26 YOUTH BASKETBALL RULES & REGULATIONS

## BOYS 16U

### I. League Philosophy

YCPR's primary focus is on the development of each child in our program. The three focus areas of a child's development are:

- Physical development by learning basketball skills and improving fitness and conditioning.
- Psychological development, by learning to control their emotions and developing positive feelings of self-worth; and
- Social development by learning how to be a part of a team and display appropriate sportsmanship.

### II. League Overview

#### A. Team Selection

1. Coaches will select players through an evaluation and selection process.
2. Teams will be limited to a maximum of ten players.

#### B. Practices and Games

1. Games will be scheduled on Mondays, and practices will be on selected weeknights with some Saturdays.
2. Games will consist of four, 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. The clock will stop during the last minute as dictated by National Federation rules.

#### C. Equipment / Jerseys

1. Parks and Recreation will provide all basketballs for practices and games. Any non-YCPR basketballs brought into the gym will be confiscated until the person leaves the premises.
2. Every player will receive a reversible jersey as the team jersey. This jersey will not be altered in any way. By doing so, the player will not be allowed to play the game with the modified jersey. White jerseys will be home. Colored jerseys will be away.
3. Jewelry, watches, rings, or hard or metal pieces in the hair are not allowed during practices or games. Piercings may not be covered and must be removed in order to participate.
4. Temporary plastic earrings may be allowed, but only if they are not protruding and are flush with the ear.
5. Shorts cannot have pockets or zippers of any kind.
6. Compression sleeves or body wear may be worn under the shirt of the player. It is at the discretion of the official whether the item is a distraction to the opposing team.
  - a. If deemed a distraction, the player will be removed from the game and will be allowed to return once the item is removed.
7. T-shirts or compressed shirts must be white, black, or royal blue.

#### D. Awards

1. The first-place team will receive a championship award 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. If no tiebreaker is determined, the top two teams will receive 1<sup>st</sup> place awards
2. All players in the league will be recognized for their participation.

### III. Game Operation

**National Federation Rules** will apply with the following exceptions:

#### A. Game Rules.

1. 16u Boys games will be played with a 29.5” basketball.
2. Teams are permitted four timeouts per game.
3. Jump balls will be utilized to start the game. In all other instances, tie-ups will result in alternating possession.
4. The alternating possession arrow will determine the possession to start each quarter.
  - a. Note: The possession arrow will flip due to teams switching sides to start the 2<sup>nd</sup> half.
5. Teams cannot full-court press with a 20-point lead.
6. On all free throws, players will be permitted to move at the release of the ball.
7. Bonus free throws will be awarded beginning with the 5<sup>th</sup> team foul in each quarter.
  - a. 5<sup>th</sup> team foul & up - 2 free throws will be given.
8. Unsportsmanlike conduct will not be tolerated under **any** circumstances. This can include, but is not limited to, physical altercation, foul/disrespectful language, or actions detrimental to the program or facility.
  - a. Any player, coach, or spectator ejected from the game for **any** reason by an official or gym supervisor will be suspended from the next scheduled game **and** that gym site.
  - b. Further suspension may be added pending the results of an investigation.

#### B. 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 who does not play in the 1<sup>st</sup> quarter **must** play the entire 2<sup>nd</sup> quarter.
  - b. If a player arrives after the start of the 1<sup>st</sup> quarter, the player must play a minimum of 4 minutes in the 1<sup>st</sup> half.
  - c. If a player arrives after the start of the 2<sup>nd</sup> quarter, the player must make an appearance in each quarter of the 2<sup>nd</sup> half.
2. Substitutions are made only on fixed schedules in the 1<sup>st</sup> and 2<sup>nd</sup> quarters.

- a. The clock will stop **midway** through each of the first two quarters. The team with possession will retain possession. Coaches may substitute only at this time in the first two quarters.
  - b. A substitute must report to the scorer their number. They must be reported in before the ball is dead, and must stay at the scorer's table until the official calls them in.
  - c. Substitutions are authorized when injuries or player disqualifications occur, **or if a technical foul occurs.**
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 3<sup>rd</sup> and 4<sup>th</sup> quarters. There is no minimum time requirement in the 2<sup>nd</sup> half.

### C. Technical Fouls

1. Any player who receives a technical foul may be substituted immediately after receiving the foul. If subbed out, coaches may substitute the player back in at the next fixed substitution time.
  - a. Playing time requirements for the quarter in which they received the technical foul will be waived and will be at the discretion of the coach for that quarter only.
2. If a player receives two technical fouls, they are disqualified from the remainder of the game.

### 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 coach's instruction.

To use this discipline rule, the coach must obtain approval from the gym supervisor. If the gym supervisor approves this discipline, the supervisor will do the following:

1. Notify the opposing coach.
2. Note on the score sheet that the player did not play because of disciplinary reasons, and note the reason on the back of the score sheet.
3. Inform the Parks and Recreation office as soon as possible of this disciplinary action.

Under no circumstances are coaches allowed to exclude players from games or practices due to missed practices or games without obtaining advanced permission from the Recreational Supervisor responsible for the Youth Basketball Program.

An investigation will be conducted into any use of the disciplinary rule following the game in which it was used. Pending investigation results, players may be suspended for any amount of game time, up to a season-long suspension.

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

#### IV. **Facility Rules and Regulations.**

All coaches, 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 and 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 people permitted on the floor during time-outs, quarters, halves, and between games will be active players, coaches, and authorized staff. No spectators will be allowed on the court at any time.
- B. All teams that use an illegal player will be subject to the 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 who is not listed on the roster but participates in a game, or one who is not of the correct age.
- C. Once your game ends, teams are to leave the bench area immediately to allow the next team to prepare for their game.
- D. Basketballs are not allowed to be brought into the school for practice or games. The Division of Parks and Recreation will supply all the basketballs.
- E. No one is permitted to enter onto public property when intoxicated or while possessing alcoholic beverages or illegal/un-prescribed drugs of any kind.
- F. Smoking/Vaping is not allowed on school grounds.
- G. Dressing & shower rooms are off-limits to all persons involved in this program.
- H. One exit and entrance will be available at the school for this program. Hallways must remain clear during supervised hours, and loitering in the hallways or on school grounds is strictly prohibited.
- I. Littering will not be permitted.
- J. Beverages (except for water) and food are not permitted inside the school building.
- K. Damage to property or displays of poor sportsmanship will not be tolerated. The rules and regulations are for the protection of public property.
- L. No spectator will be allowed to sit on the steps behind the team benches at Mt. Vernon Elementary School.
- M. No weapons or objects resembling weapons of any kind are allowed on school premises.
- N. The Division of Parks and Recreation reserves the right to modify any rules and regulations deemed necessary to conduct and operate this league.