

# YOUTH BASKETBALL RULES & REGULATIONS

The Athletics Division of the Onslow County Parks & Recreation Department provides a platform for physical activity focused on ethical behavior, social responsibility, community engagement, and competitive effort that encourages leadership and individual growth.

**ACCEPTANCE:** Participation and play, including district officers, coaches, volunteers, and players, in any Onslow County Parks and Recreation Department athletic program implies full acceptance of all rules governing play, including the playing rules, by-laws, policies and procedures, and “Code of Conduct.”

**PHYSICAL HEALTH VERIFICATION:** It is the parent’s responsibility to see that their child is in sound physical condition. It is recommended that a player have a thorough physical examination prior to participating in the program.

**CONDUCT:** All players, spectators, parents, and coaches will be expected to adhere to the OCPR Athletics Code of Conduct that is provided in the OCPR Athletics Handbook. Any conduct that does not align with the expectations of our recreational league will be addressed by OCPR directly with consequences assigned.

## TEAM UNIT:

- Each team shall have a maximum of 12 players per roster.
- Registration for all districts must be completed before the start of the first scheduled practice. A player cannot begin practice with a team until he/she has registered and has been placed on a team by the specified district.
- No coach shall allow any player to practice with his or her team who is not listed on the team roster.
- All practices must be held at the sites and times assigned by OCPR and district board. No other sites or times may be used.
- The minimum number of players required to begin a game is four. A ten-minute grace period from the start time of the scheduled game is provided before forfeiture is determined.
- Ineligible Players: Playing ineligible players who are not registered with the OCPR league, have been suspended from league play, or are not assigned to the roster of that team will result in forfeiture of all games in which the player participated. In addition, the head coach will be suspended for the next game for the first offense and will be suspended for the remainder of the season following a second offense.

## AGE GROUPS

Participants shall be rostered by age according to the following:

8 & Under - Must not turn 9 prior to the cut-off date; Must be 6 by the cut-off date

10 & Under - Must not turn 11 prior to the cut-off date

12 & Under - Must not turn 13 prior to cut-off date

14 & Under - Must not turn 15 prior to cut-off date

18 & Under - Must not turn 19 prior to cut-off date

*Cut-off date: January 1<sup>st</sup>*

## COACHES

- All coaches must be approved by OCPR and receive a badge prior to coaching the first practice session.
- A coaching staff cannot exceed three coaches: one head coach and two assistant coaches.
- Coaches must wear the OCPR badge during all practices and games.

## GAME PROCEDURES

- Warm Up: Teams will be permitted a five-minute warm up period prior to the game.

- Scorebook: All players' names and numbers should be included in the game book roster at least three minutes prior to the start of the game. A technical team foul will be administered to any team who fails to provide the completed book per the time requirement or adds players to the book after the game has started.
- Bench: Only those listed on the team's roster shall be allowed in the team's designated bench area. Only the head coach is permitted to stand during the game.
- Clock: The clock will run continuously, including overtime periods, except for timeouts, foul shots, and all official stoppages of play (injury, ejections, etc.). The clock will not run continuously in the last two minutes of each game.
- Halftime: Halftime will be five minutes total in length. At halftime of games where cheerleaders are present, both teams must vacate the floor immediately following the end of the 2<sup>nd</sup> quarter. Teams must remain clear of the floor for the duration of the cheer routines. Penalty for this infraction is a technical team foul.
- Timeouts: Each team will be allowed two timeouts per half. Each timeout will be one minute in length. Unused timeouts do not carry over between halves or to overtime periods. Each team will be given one timeout per overtime period.
- Free Throws: Double bonus free throws will begin on the fifth team foul of each quarter. A player will foul out of the game after their fifth personal foul.
- Technical Fouls: If a player or coach receives a technical foul, they will remain on the bench for the remainder of the half. If they receive a second technical foul, it will result in ejection from the game. Four technical fouls administered to one team will result in immediate stoppage of the game and a forfeiture of the game by the team receiving the fouls despite the current score.
- Overtime: If a game is tied at the end of regulation, a two-minute overtime period will be played. If the game remains tied after two such overtime periods, another two minute time period will be played with the first team to score declared the winner.
- Standings: All game results will be entered into TeamSnap to determine league standings. Game scores can be entered by the head coach, district representative or OCPR staff.
- Ejections: All ejected players, coaches, and spectators will be required to leave the premises.

## **PRACTICE PROCEDURES**

- Pre-Season: No more than 3 days per week. No practices will be scheduled on Sundays.
- During Season: No more than 2 days per week. No practices will be scheduled on Sundays.
- No practices will last longer than 90 minutes.
- No practices can be held unless an OCPR Athletic Coordinator and OCPR approved coach is present.

**PLAYING TIME:** During the regular season games, all players must fulfill the one quarter playing time requirement for each game. The quarter must be played consecutively without substitution. All players must meet the playing time requirement before substitutions utilizing a player who has already met the playing time requirement can occur. Once the playing time requirement for each player is fulfilled, playing time for the participants is at the discretion of the Head Coach. \* There is no playing time requirement for the County All-Star tournament. \*

- If a player becomes injured or ill during a game, the coach should immediately notify the scorebook attendee for documentation in the scorebook. The opposing coach should also be notified.
- Once all players have fulfilled their mandatory playing time requirement, playing time for participants shall be at the discretion of the Head Coach.
- If a player is not able to play due to illness or injury, it must be noted in the official scorebook and the opposing coach should be notified before the game begins.
- All reports of lack of adherence to this rule must be made to the on-site OCPR Athletic Coordinator. Failure to adhere to the playing time requirement will result in a next game suspension for the head coach. If the infraction occurs again in the same season, the head coach will be suspended for the remainder of the season.
- All infractions related to playing time shall be reported to the OCPR Athletic Coordinator on site.

**EQUIPMENT:** Game basketballs (two per size), practice basketballs (six per size), and mini goals will be furnished by OCPH. The head coach is responsible for ensuring all team members wear their assigned jersey for games. Players/teams shall not alter the jersey in any way which includes cutting, printing, and writing.

**PROTESTS:** Protests on judgment calls will not be considered.

**PLAYING RULES & REGULATIONS:** The current National Federation of State High School Association rules will govern play in all districts, except as superseded by OCPH rules below. All players above the age of eight are encouraged to wear mouthpieces during practices and games.

## **PLAYING RULES FOR ALL AGE DIVISIONS**

Overtime: Overtime will be played as a two-minute period. If the score remains tied at the end of the first overtime, a subsequent overtime period will be played.

Leads: If there is at least a 20-point lead in a game, the team ahead will not be allowed to play defense in the backcourt, even in the last two minutes of regulation play. Once the lead is below 20, a team will follow the playing guidelines for their age division.

## **8U DIVISION PLAYING RULES**

**Quarters:** 6 minutes

**Goal Height:** 8 feet (mini goals utilized)

**Free Throws:** 12 feet from the face of the backboard (standard free throw line due to goal attachment covering the difference in distance)

**Game Basketball Size:** 27.5-inch circumference (official youth basketball)

### **Defense:**

- Defense in the backcourt is not allowed on any inbounds play except for the last two minutes of regulation play and any overtime period(s). Backcourt is marked by the ten second line (halfcourt line). (1<sup>st</sup> Offense: Warning, 2<sup>nd</sup> Offense: Team Technical Foul)
- *Backcourt Pressure:* When the other team secures the ball, the defense must retreat over the mid-court line and allow the offense to bring the ball into the front court. If infraction occurs, the official will instruct the opposing team to retreat or stop and allow the offensive team to throw the ball in.
- When a team has a lead of ten points or more, they cannot play defense outside of the three-point line.

### **Offense:**

- No offensive player may stay in the lane for longer than five seconds. If this occurs, a lane violation will be called and the offensive team will lose possession of the ball.

***Players are required to play a minimum of 6 consecutive minutes.***

## **10U DIVISION PLAYING RULES**

**Quarters:** 6 minutes

**Goal Height:** Standard

**Free Throws:** 12 feet from the face of the backboard (modified free throw line)

**Game Basketball Size:** 28.5-inch circumference (official women's basketball)

**Defense:**

- Defense in the backcourt is not allowed on any inbounds play except for the last two minutes of regulation play and any overtime period(s). Backcourt is marked by the ten second line (halfcourt line). (1<sup>st</sup> Offense: Warning, 2<sup>nd</sup> Offense: Team Technical Foul)
- *Backcourt Pressure:* When the other team secures the ball, the defense must retreat over the mid-court line and allow the offense to bring the ball into the front court. If infraction occurs, the official will instruct the opposing team to retreat or stop and allow the offensive team to throw the ball in.

***Players are required to play a minimum of six consecutive minutes.***

**12U DIVISION PLAYING RULES**

**Quarters:** 6 minutes

**Goal Height:** Standard

**Free Throws:** Standard NFHS Guidelines

**Game Basketball Size:** 29.5-inch circumference (official men's basketball)

**Defense:** Defense in the backcourt is not allowed on any inbounds play except for the last two minutes of regulation play and any overtime period(s). Backcourt is marked by the ten second line (halfcourt line).  
(1<sup>st</sup> Offense: Warning, 2<sup>nd</sup> Offense: Team Technical Foul)

***Players are required to play a minimum of six consecutive minutes.***

**14U DIVISION PLAYING RULES**

**Quarters:** 7 minutes

**Goal Height:** Standard

**Free Throws:** Standard NFHS Guidelines

**Game Basketball Size:** Male- 29.5-inch circumference (official men's basketball), Female- 28.5-inch circumference (official women's basketball)

**Defense:** Standard NFHS rules apply. *See rule for all age divisions related to 20-point lead.*

***Players are required to play a minimum of seven consecutive minutes.***

**18U DIVISION PLAYING RULES**

**Quarters:** 8 minutes

**Goal Height:** Standard

**Free Throws:** Standard NFHS Guidelines

**Game Basketball Size:** Male- 29.5-inch circumference (official men's basketball), Female- 28.5-inch circumference (official women's basketball)

**Defense:** Standard NFHS rules apply. *See rule for all age divisions related to 20-point lead.*

***Players are required to play a minimum of eight consecutive minutes.***