



Green Hills Recreation Association

BASKETBALL LEAGUE GUIDELINES AND RULES

LEAGUE-WIDE GUIDELINES AND RULES

League Goals

- Create a recreational and competitively friendly environment in which children of varying skill levels have fun with basketball
- Teach basketball skills, rules and strategy to our players
- Model and teach competitiveness with an emphasis on good sportsmanship
- Promote increased self-esteem among our children
- Provide equal playing time for all participating players

Members and Eligibility

The GHRA basketball league consists of boys and girls teams from the communities of the Green Hills region of Missouri. Residents of Grundy County will be placed in a draft for teams. Children outside of Grundy County can request to be included in the draft.

Age Divisions

- PK – Must be 4 by January 1. (co-ed)
- Grades K and 1(co-ed)
- Grades 2 and 3
- Grades 4, 5 and 6

Players may “play up” with a higher level team but are not allowed to play on a lower level team. Players may NOT participate on more than one league team (i.e. a player in the 3rd grade may play up on the 4th-6th grade team but may NOT also play on the 2nd-3rd grade team).

Team Formation

It is a key goal of this league that the players within an age group be divided among teams with the objective of creating teams of equal strength. Doing so will help promote and ensure the maintenance of a competitive balance within the league.

- Players must submit a complete registration form with fee properly signed by a parent or guardian, prior to participation in program.
- Each team will be allowed two automatic player selections which may include the coach’s child.
- All divisions will draft players after the two automatic selections.
- Maximum number of player will not exceed 10 for all divisions.

Uniform and Equipment

- Required uniform consists of a tee shirt with a number on back furnished by the league. Players must be in uniform to participate in games.
- Gym shoes are to be worn. No street shoes allowed.
- Jewelry of all types is prohibited. Referees will ask players to remove any jewelry or unnecessary clothes (e.g. hats) before being allowed to play in a game.
- PK, K-1, 2-3 Girls divisions will play with a junior-sized 27.5-inch ball. Each player should supply his/her own ball for use in practice and pregame.
- 2-3 Boys and 4-6 divisions will use a 28.5-inch ball for both boys and girls. Each player should supply his/her own ball for use in practice and pregame.
- PK and K-1 divisions will have a 7-foot goal height. This will be achieved by lowering the goals or attaching a lower goal to the regulation goal when necessary.
- 2-3 divisions will have an 8.5-foot goal height. This will be achieved by lowering the goals or attaching a lower goal to the regulation goal when necessary.
- 4-6 divisions will use the regulation 10-foot goal height.

Coaches are encouraged to keep an envelope with a copy of each player's registration form with them at all times. Contact and medical information can be found on registration forms.

Sportsmanship

Coaches, players, parents, and fans are expected to create a team environment in which primary emphasis is placed upon the emotional and physical well-being and skill improvement of the players, rather than winning. Coaches, parents, and fans should lead by example and demonstrate the value of fair play and sportsmanship to all participants.

Coaches should:

- support the referees and refrain from making derogatory comments towards or about them.
- refrain from actions or words that undercut the self-esteem of players on other teams or their own team.
- not allow your players to make derogatory comments towards other players, coaches or referees.
- not allow "talking trash".
- support post-game "nice game" exchange between players and coaches.

Good sportsmanship includes avoidance of unnecessary rough and 'dirty' play. Players, coaches, and referees should all strive in this regard.

Good sportsmanship also includes not running up the score. A team that is ahead by 20 points or more must pull its defense back to the 3-point line and not run fast breaks.

Practices

Practices are an important part of youth recreation programs. Practices may begin following team formation.

Practice dates, times, frequency, and length will be up to each individual team's coach. Reserving gyms for practices is also up to each coach. Coaches may choose to work with other teams to share gym space and practice time.

GAME GUIDELINES AND RULES

Game Schedules

Game schedules will be viewable on the GHRA website (<http://www.greenhillsrec.com/>) at least two weeks prior to the first contest date. Coaches will be provided one schedule per player to be handed out during practice.

Home teams will be listed second on all schedules.

Game Times/Arriving On Time

The times listed on the league schedule are the game start times. Teams should arrive at the game site 20 minutes prior to the start of the game.

Each team shall be prepared to play at the scheduled start of the game. Teams are required to have four players to start a game. A grace period of 10 minutes is allowed, after which the delinquent team shall forfeit the game. The referee's time is official.

If forfeiture occurs and the other team has more than five players, the team with excess players is encouraged to "loan" players to the delinquent team so that the players may scrimmage and still get to play.

Game Equipment

Teams will need to bring their own practice balls, first aid kits, towels, and water bottles to each practice and game.

Game balls will be provided by Green Hills Recreation Association.

Timekeepers and Scorekeepers

Each team will be required to provide one per game. Both the timekeeper and scorekeeper should be an adult. The home team keeps official book at the designated location, and the visiting team operates the clock and scoreboard. GHRA will provide the official book for each court.

For each game, the following statistics should be maintained, as they have a bearing on the outcome of a game:

- individual fouls
- team fouls
- time outs
- running score

Referees

Referees will not be provided for the PK division. Coaches will work together to referee the PK games. One referee will be provided per game for the K-1 division. Two referees will be provided per game for the 2-3 and 4-6 divisions.

Inclement Weather/Game Cancellations

When inclement weather threatens the safety of travel in the league's region, the league will consider cancelling all games for that day. Any such league-wide cancellations will be posted on the league's website, and Facebook page. Also, in the case of league-wide cancellations, the league will contact the coordinator of league referees to alert him to the game cancellations.

In addition, because weather conditions can change rapidly and unpredictably, team coaches who determine that it is not safe for their team to travel to a game venue may also elect to cancel a game even if there has not been a league-wide cancellation. In such a case, coaches are asked to:

- make the determination as early as possible.
- contact the coordinator and coach for the opposing team – contact information will be provided to coaches.
- contact the coordinator of referees to cancel the referees for that game – contact information will be provided to coaches.

Games canceled due to inclement weather **will not be rescheduled**. The league, in its discretion, may decide to schedule make-up games in the event that there are an unusually large number of games cancelled due to inclement weather.

All practices will automatically be cancelled if there is a school cancellation due to weather. Coaches are responsible for any other practice cancellations.

GAME PLAYING RULES

Except where modified below, our games shall be conducted according to high school rules in effect at the time of a game. In all disputes, a referee's decision is final.

Game Length

PK and K-1 divisions will have a running clock except for time called at the discretion of the coaches and/or referee. 2-3 and 4-6 divisions will have a running clock except for the final two (2) minutes of the second half when the clock stops for all referee whistles.

The clock also stops for time-outs regardless of when they are called.

There will be one (1) minute between quarters, with a five (5) minute half-time for all divisions.

Quarter length will be as follows:

- PK and K-1 divisions will have four (4) quarters of seven (7) minutes each.
- 2-3 and 4-6 divisions will have four (4) quarters of ten (10) minutes each.

Time-Outs

Each team is allowed two (2) time-outs per half, with one (1) additional time out in the event of overtime. Time-outs cannot be transferred between halves and/or overtime.

Each charged time-out may not exceed one-minute. The timekeeper and/or referee are responsible for keeping time for all time-outs.

Overtime

Games that have a tied score at the end of regulation are treated as follows:

- For PK and K-1 divisions, the game is over and the result is a tie.
- For all other level games, one overtime period will be played. Overtimes are three (3) minutes in length, with a running clock for the first two (2) minutes and with the clock stopping for all referee whistles during the final minute of the overtime. If the score is tied at the end of one (1) overtime, the result will be recorded as a tie.

Player Line-Up

Prior to the start of each quarter at the direction of the officials, coaches will line up their five (5) starters near the scorer's table. At that time, coaches will assign players their individual responsibilities. Coaches should attempt to balance the ability of players on the court.

For PK and K-1 divisions wristbands will be worn to help match up skill level and/or position. The game may be stopped and wristbands switched to make the match up more even. Coaches must notify the referee of the request. The referee will call an official's timeout causing the time to stop.

Equal Playing Time

All players in uniform will play a minimum of one full quarter in each half of the game.

- The minimum playing requirement does not apply in case of injury; should a player be removed from the game due to injury, that partial quarter counts as a quarter toward fulfilling the player participation requirement.
 - It is the decision of the official(s) as to when a player removed from the game due to injury will be allowed to re-enter the game. Their decision will be determined by the seriousness of the injury.
- PK and K-1 - No player may enter the game in either half as a substitute unless there is an injury or foul trouble.
- 2-3 and 4-6 – Players may enter the game at any time as a substitute. Each player must play a minimum of one full quarter (10 minutes) in each half of the game, the time however can be split. Failing to play each player the minimum amount of time, may result in a forfeit or the ability to use substitutions.
- No player shall play four complete quarters except as may be necessary to field a team due to cases of illness, injury or foul-outs.
- The only exceptions to the minimum playing requirements and player substitution requirements are in cases of injury, players fouling out or late arrivals.
- Failure to obey these rules may result in forfeiture of the game.

For PK and K-1 divisions the point guard needs to be a different child every quarter; this is to encourage other children the opportunity to touch the ball, not the same 1 or 2 children every time.

These rules apply to all games, including close games. If a coach desires to have an exception to this rule (e.g. a player has not attended practice and should not receive equal playing time as a discipline), the coach should inform the child's parents, the referees and the other coach during a pregame coaching conference. Equal playing time is not to be varied by age or ability within players on a team. All players get equal playing time regardless of age, grade, or ability.

Ball Possession/Jump Balls

High school rules will be followed for jump balls in all divisions. With the following exception:

- For PK, K-1, and 2-3 divisions games will begin with the home team taking possession out of bounds at half court. Regardless of number of jump balls during the first two quarters the visiting team will start the second half with possession of the ball out of bounds at half court.
- Standard rules apply for the 4-6 divisions, including a tip off at the beginning of the game.

Fouls

Referees use common sense on violations. They should allow the kids to play. No advantage, no call.

- A player fouls out of a game upon receiving his/her 5th foul.
- All age divisions shoot 1 and 1 beginning with the 7th foul of a half, except PK and K-1. There is no double-bonus.

Shooting Fouls:

- There will be no free throws for the PK and K-1 divisions. The shooting team will be awarded possession of the ball.
- Foul shots for the 2-3 division are taken from 12 feet rather than 15 feet. The judgment of the referee determines the 12-foot distance.
- The 4-6 division foul shots are taken from the 15-foot foul line.

Offensive Fouls:

- Offensive fouls will result in a turnover for all age divisions.

Technical Fouls:

- PK and K-1 divisions will not shoot in the event of a technical foul. Two (2) points will be awarded to the other team along with ball possession.
- 2-3 and 4-6 divisions will shoot two free throws along with ball possession.
- Any player or coach who is assessed a technical foul is disqualified for the remainder of the game and for the team's next league game.

Defense/Pressing

All divisions require man-to-man defense.

PK, K-1, and 2-3 Divisions – Steals are allowed only on passes. (This allows the players to build skills dribbling and reduces jump ball turnovers.)

- Each player should guard the opposing player with his/her matching wrist band in PK and K-1.

- If an offensive player beats his/her defender, another defensive player can pick him/her up until the first player recovers. Double teaming, “helping out” when a player is driving toward the basket or switching off a pick is allowed.
- No full court press is allowed at any time during the game.

4-6 Division- Full court pressing is allowed during the final 2 minutes of the second half.

- If a team is ahead by ten (10) or more points they may not press.

Three Seconds in the Lane

In the PK, K-1, and 2-3 divisions, the three (3) second rule (violation for being in the lane too long) will be enforceable at the discretion of the referee. While it will be enforced differently according to the level of the players, it should be called if it appears that a player obtains a competitive advantage by remaining in the lane more than three (3) seconds.

The standard three (3) second rule will be applied in the 4-6 division.

Ten Seconds in the Backcourt

In the PK and K-1 divisions, a 10 second violation will only be called if, at the discretion of the referee, the referee believes that one team is gaining a competitive advantage by taking more than 10 seconds to cross half-court.

The standard rule will be applied in the 2-3 and 4-6 divisions.

Backcourt

In the PK and K-1 divisions a backcourt violation will only be called if, at the discretion of the referee, the referee believes that one team is gaining a competitive advantage by returning to the backcourt.

The standard rule will be applied in the 2-3 and 4-6 divisions.