

**PULASKI COUNTY PARKS & RECREATION**  
**YOUTH BASKETBALL LEAGUE**  
**RULES AND REGULATIONS**  
**Age Group: 5 & 6, 7 & 8 Coed**

**LEAGUE DIRECTORS:**

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- John Myers: 674-0107 or [jmyers@pulaskicounty.org](mailto:jmyers@pulaskicounty.org)
- Website information: [www.pulaskicounty.org](http://www.pulaskicounty.org) Recreation is listed under “Departments”

*\*No score is kept in these two age groups\**

*“All Coaches are to be positive Role Models”*

**VHSL RULES APPLY UNLESS OTHERWISE STATED**

**1. ELIGIBILITY**

Age deadline for this age group is on or before January 31<sup>st</sup> of each year. A player may play up an age group but cannot play in two leagues. Coaches and sports coordinators are responsible for double checking birth dates.

**2. LATE SIGNUPS:**

Late signups will not be taken unless the coordinators decide they are needed to complete rosters. Late signups may not request a particular team. Coaches may not add a player to his/her roster. Additions are only made by the coordinators as well as approval from league coaches.

**3. FEE & PARTICIPATION FORM**

Participation fee is \$20 per player. Participation form must be completed and signed by a parent or guardian. Players failing to complete form will be ineligible to participate.

**4. TIME:**

- (8) minute quarters with a continuous clock. Clock will stop on free throws, injuries, and time outs. Regulation clock will be used last two minutes of game.
- (2) minutes between quarters and a (4)minutes break for half time.
- (2) thirty (30) second time outs per half. Time outs do not carry over.
- (10) Seconds to get the ball past half court. (5) Second count is used instead of traditional (3) second lane violation.
- Teams arrive at the gym (10) minutes prior to game time.

## 5. DEFENSE AND OFFENSE:

- Only man to man defense is allowed, no zone.
- No double teaming is allowed.
- A defensive player may drop off to stop a player that breaks open. After two warnings, the guilty team will be charged a technical foul. If a player continues to break this rule, he/she will have to leave the game for five minutes.
- Only one man picks allowed.
- While man to man defense is mandatory, an offensive team must not isolate a one on one or two on two, etc, situation. All players must be making an attempt to be involved in the offensive flow. PENALTY: Change of possession.
- After a rebound, there will be no full court press; defense will be picked up **15 feet past half court line**.
- No fast breaks allowed.
- In this age group, violations will not be called as tightly as the older age groups. However, flagrant violations will be called. Officials will become stricter as the season progresses.

## 6. FOULS AND FOUL SHOTS:

- Foul shots will be taken from the low key area.
- Five fouls removes a player from the game.
- One and one shot on seven team fouls.
- Ten seconds to shoot the foul shot.

## 7. EQUIPMENT:

- Eight foot goals.
- Youth size basketball. (28.5)
- Team jersey or T-shirt with number required. Sponsorship of teams by private or public groups is allowable as long as all uniforms are numbered and department approved.
- No plaster or plastic cast allowed.
- No jewelry allowed, except medical alert.

## 8. START OF GAME

- There is a five minute grace period before each game. The game will be forfeited if a team is not able to participate after this grace period.
- A team may begin play with four players. If a team drops below four players during the game, the game will be called at that point.
- Center jump ball only at the start of the game. Alternating jump ball rule is then in effect.
- Players arriving late may be added at the coach's discretion

## **9. PARTICIPATION RULE:**

- All eligible players at the start of a game must play in each half. Players must start one of the four quarters. Late arriving players or players missing excessive practices will play at the coach's discretion.
- Officials and opposing coach must be informed if a player sitting on the bench is too sick or becomes too sick to participate.
- Coaches not complying with participation rules will be suspended from his/her duties.

## **10. Coaches on Court:**

In the 5-6 age group, one coach can be on the court. Coaches are not allowed in the lane area of the court. Coaches need to stay away from the action, don't get in the way. Coaches are allowed on court to help direct their players, tie shoes and help with flow of the game.

## **11. CONDUCT**

It is the policy of Pulaski County Recreation that any type of violence, profanity, verbal abuse, or unbecoming actions by anyone in any Pulaski County Recreation program will not be tolerated. In the event any of these happen the player or coach will be suspended for a mandatory one game suspension. If the case is severe, suspension can range from a one game suspension, to the rest of the season, to one year, to a life suspension. If a suspension is given to a coach or a player, he/she cannot participate in any sponsored sports program by Pulaski County Recreation.

Any coach or player who is charged with two technical fouls in game will be suspended from that game. Three technical fouls per coach per season will result in coach being dismissed for the remainder of the season.

Players at no time should argue an officials call. Coaches may calmly and respectfully approach an official during a time out to question a call. Regardless if a coach feels the officiating was poor or disagreeable, coaches are to never complain or blame officials in the presence of his/her team members. If a coach feels a complaint is justified on an official, he/she should do so in private with a representative of the recreation department.

The Pulaski County Recreation Department reserves to right to ban any parent or fan for violence, profanity, or verbal abuse.

Our objective for Pulaski County Youth Sports is to help young athletes become better players as well as build upon positive character traits. The league was founded on the principles of involvement, learning skills, and having fun as the most important aspects of the program.....not winning. Emphasis is placed on fun and involvement and not winning and losing.

## **12. INCLEMENT WEATHER POLICY.**

When school is closed or is dismissed early, games or practices will be cancelled for that night. To inquire about cancellations on weekends call the 674-0107 or 643-0112.