

PULASKI COUNTY PARKS & RECREATION
YOUTH BASKETBALL LEAGUE
RULES AND REGULATIONS
(8-10 Boys & 8-11 Girls)

LEAGUE DIRECTORS:

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Website information: www.pulaskicounty.org , Recreation is listed under “Departments”

“All Coaches are to be positive Role Models”

VHSL RULES APPLY UNLESS OTHERWISE STATED

1. ELIGIBILITY

Age deadline is on or before January 31st of each year. Ages will determine team grouping. 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. Discovery of ineligible player will result in team forfeit of game(s) of participation of particular player(s).

2. LATE SIGNUPS:

Late signups will be taken on an as needed basis. The sports coordinators will decide if there is room on a team to complete a roster before placement. 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 with the approval of all coaches in the league.

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. EQUIPMENT

- Youth size ball. (28.5)
- A recreation department issued numbered t-shirt must be worn for a player to participate. Sponsorship of teams by private or public groups not affiliated with Pulaski County Recreation is allowable and all uniforms must be numbered and department approved.
- No jewelry is allowed except medical alert.
- No plaster or plastic cast is allowed. Soft cast or bandages must be approved by a league director.
- Tennis shoes are required

5. TIME:

- Quarters consist of (8) eight minutes, with continuous running clock. Clock will stop on time outs, technicals, injuries, and when the ball is handed to free throw shooter by official. Regulation clock is used for only the last two minutes of game and overtime(s). (2) Two minute overtime(s) until winner is decided.
- (3) three minute break for halftime. (2) Two minute break between quarters.
- (2) Two (30) thirty second time outs per team per half. (1) One time out for overtime(s). Time outs do not carry over from one half to the next.
- (5) Five seconds count for traditional three second lane violation.
- (10) Ten minutes before game time, teams should be ready to play, (5) five minutes before game time, coach should sign players up at score table.
 - GYM is opened 5 – 15 minutes before the first scheduled game time.

6. DEFENSE AND OFFENSE:

- No full court press allowed—team can pick up defense at half court. Half court press is allowed—but player with ball must pass the half court line before defense is applied.
- Full court press can be used last (2) Two MINUTES OF GAME AND ALL OF OVERTIME, unless up by 10 points. (Any team winning by 10 points may not press.)
- Fast breaks are allowed.
- Back court defense will be allowed to stop fast break exchanges only. If a player walks the ball up the court, then defensive team has to go down court. Official's judgment. Cannot be protested.
- Foul shots are taken from inside low key areas. (13) Thirteen feet
- (10) Ten seconds to shoot the foul shot, after the official hands the ball to the player.

7. START OF GAME:

- There is a (5) five minute grace period before each game. Games will be forfeited if any team is not ready for play after this grace period.
- A team may begin play with four players. If a team drops below four players and is behind ten points the game will be called. Other team may play (5) players.
- Late players may be added at the coach's discretion.

8. 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 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.

9. 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. We recognize not every athlete can be on the winning team, but every kid can be a winner. Emphasis is placed on fun and involvement and not winning and losing.

10. 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 674-0107 or 643-0112.