

City of Raleigh Parks, Recreation  
and Cultural Resources  
Athletics Division

**2019-20**

**Youth Basketball**

**Rules and Regulations**



Where sportsmanship redefines competition!

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## 2019-20      Parks, Recreation and Cultural Resources Points of Emphasis

- 1.1 **Leggings:** Any leggings worn during games must be one solid color. (They do not need to match the primary color of the uniform).
- 2.1 **Tattoos:** All tattoos must be completely covered per NCHSAA rules.
- 3.1 **Deflected Frontcourt Passes:** A player shall not be the first to touch the ball after it has been in team control in the frontcourt, if he/she or a teammate last touched or was touched by the ball in the frontcourt before it went to the backcourt. EXCEPTION: Any player located in the backcourt may recover a ball deflected from the frontcourt by the defense. (i.e. Red player #1 tries to pass the ball to a teammate but the ball is deflected by Gold #5. If the ball touches the floor in the frontcourt and then goes into the backcourt and touches the floor, anyone can get the ball. If the ball is deflected by the defense from a frontcourt control situation into the air into the backcourt then a player from the Red team, in this example, who has NOT established his/her position in the frontcourt yet, can catch the ball in the air without there being a violation. Previously this would have been a violation; that is no longer the case).
- 4.1 **No Dunking Rule:** Dunking is not allowed in any youth basketball league. Any player that dunks or attempts to dunk in a game will be issued a technical foul (*2-foul shots and possession for the opposing team*). Any made dunk attempt will not count toward the official score. If the player repeats the action, then that player or players will be subject to game disqualification or suspension.
- 5.1 **Headbands and Hair Control Devices (2019-20 NCHSAA Rule):** These items are thought to be interchangeable and they are not. *Coaches and players need to be aware of the differences, so players are not found in violation.*

A headband is defined as any item that goes around the entire head; it must be circular in design without extensions. The headband must be unadorned, nonabrasive and be no wider than 3". Headbands have color restrictions as well. The restriction is Black, White, Beige or the predominate color of the school jersey and must be the same color as any sleeves or tights that are worn.

A hair control device is defined as any item that goes around the hair such as rubber, cloth, or elastic bands. Hair control devices have no color restriction.

- 6.1 **Medical Bracelets (2019-20 NCHSAA Rule):** By rule a medic alert bracelet or medal can be worn but must be taped to the person securely with the medical information visible. Regardless of the bracelet material, it must be taped to the arm/body securely with the medical information visible.

It shall be the officials' position to monitor the players, uniforms, and equipment but coaches are required by rule to NOT allow a player to participate while wearing an illegal uniform, illegal equipment, illegal apparel, etc.

- 7.1 **Throw-In Violations (2019-20 NCHSAA Rule):** The Throw-In and the throw-in count begin when the ball is placed at the disposal of a player of the team entitled to it.

The Throw-In ends when:

- A. The passed ball touches or is touched by another player in bounds.
- B. The passed ball touches or is touched by another player out of bounds.
- C. The Throw-In team commits a violation

The designated throw-in spot is 3-feet wide with no depth limitation and is established and signaled by the official prior to putting the ball at the thrower's disposal.

Possible Violations Include:

- A. To leave the designed throw-in spot prior to releasing the ball
- B. To not pass the ball directly into the court so it touches or is touched by another player on the court before going out of bounds untouched.
- C. To pass the ball in and it goes directly out of bounds prior to touching another player
- D. To not release the ball on a pass directly into the court before five seconds have elapsed.

After ruling and signaling a violation, team control foul, player control foul, held ball or time out, it is vital that the ruling official, at the site of the ruling, indicates the designated throw-in spot.

# General Information

## **1. MISSION STATEMENT**

The Youth Athletics Program provides to all youth, ages 5-17, the opportunity to participate in quality organized athletics through leagues, special events, camps and clinics. We strive to teach fundamental skills and rules, teamwork and sportsmanship in a fun atmosphere with the leadership of well-trained volunteers and staff.

## **2. PURPOSE**

The Purpose of Raleigh Parks, Recreation and Cultural Resources Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

## **3. YOUTH SPORT PHILOSOPHY**

- 3.1 Every child is given the opportunity to participate in a safe and fun environment in a sport they choose.
- 3.2 It is the charge to provide as many diversified athletic offerings as possible throughout the year.
- 3.3 It is encouraged that all participants are given the maximum opportunity to succeed in competition without regard to level of experience or ability.
- 3.4 All coaches, participants, and spectators are expected to display good sportsmanship at all times.
- 3.5 The well-being of the participant must always come first. NO exceptions!

## **4. LEAGUE MANAGEMENT**

- 4.1 Operation of the leagues shall be under the direction of the Raleigh Parks, Recreation and Cultural Resources Department Staff.
- 4.2 The governing authority shall be vested in the City of Raleigh Parks, Recreation and Cultural Resources Department, Athletic Division.
- 4.3 Teams will play a predetermined number of games according to league standards.
- 4.4 Basic Equipment will be provided by the Raleigh Parks, Recreation and Cultural Resources Department according to department standards.
- 4.5 Parent meetings will be conducted by Raleigh Parks, Recreation and Cultural Resources Staff. Meeting handouts will be provided by the Department.
- 4.6 Players may participate on only one team in the Raleigh Parks, Recreation and Cultural Resources Youth Program. That team will be within the geographic boundaries of residence established by the Raleigh Parks, Recreation and Cultural Resources Department, unless otherwise approved by the athletic division staff. Players found participating on two teams may be removed from the program and the game or games in question may be forfeited.
- 4.7 Awards will be given to the league winner in the Mitey Mite through Senior Leagues. All PeeWee participants will receive Certificates of Participation. All Mini Mite participants will receive participation medals. Additional awards will be given by the Parks, Recreation and Cultural Resources Department when deemed appropriate.

## 5. TEAM PRACTICE REQUIREMENTS

- 5.1 **Pee Wee and Mini-Mite (non-competitive):** Teams may schedule a minimum six (6) preseason practices prior to games starting. Additional preseason practices will be based on facility availability. Teams will only be able to practice a maximum of three (3) times per week. Once games begin, teams are guaranteed a 15-minute practice at the start of each game.
- 5.2 **Mitey-Mite and Older (competitive):** Teams may schedule a minimum six (6) preseason practices prior to games starting. Teams may practice a minimum of one (1) time per week or a maximum of three (3) times per week. Once games begin, teams may not participate in league contact activity (practice and/or game) more than three times per week.

## 6. IMPORTANT PHONE NUMBERS AND WEBSITES

Athletic Office 919-996-6836

Weather Line 919-996-6575

Website: [www.raleighnc.gov](http://www.raleighnc.gov)

Athletic Program Information: search “athletic programs”

RecLink Website: search “reclink”

RecLink offers online access to game schedules and other information. The information can be found by selecting the “Activities” tab on the main RecLink page. Next, select the “Sports Report” for a list of active leagues. Select the league for your child to view the information.

MyRaleigh Subscription

MyRaleigh Subscriptions is a free, subscription-based service provided by the City. The City will be able to provide citizens with better service and access to relevant information by proactively delivering new information through email and wireless alerts.

Look for "MyRaleigh Subscriptions" to sign up. Sign up opportunities are available across many of our web pages. Sign up using one of the following methods:

- email address
- wireless number for text messages
- Facebook account
- Google account
- Yahoo account

## 7. CODE OF CONDUCT

The Raleigh Parks, Recreation and Cultural Resources Department expects good sportsmanship from its coaches, participants and spectators as outlined below in the guidelines for code of conduct.

- 1) No Individual shall refuse to abide by any League Official's decision.
- 2) No Individual shall be guilty of objectionable demonstrations of dissent at any League Official, participant or spectator decision.
- 3) No Individual other than the Coach/Captain shall discuss with any League Official in any manner the decisions reached by any League Officials.
- 4) No Individual shall be guilty of personal verbal abuse upon any League Official, participant or spectator for any real or imaginary wrong decision or judgment.
- 5) No Individual shall at any time lay a hand on, push, shove, strike or threaten to strike ANY League Official, participant or spectator.
- 6) No Individual shall be guilty of using unnecessary rough tactics in the play of the game.
- 7) No individual shall be guilty of physical attack as an aggressor upon any other Individual or League Official.

Penalty (Suspension Rules): For rules 1 through 7, Individuals ejected from the game by any league official for any of the above unsportsmanlike acts shall immediately leave City property and will be suspended until after the team's next scheduled game. Participants without transportation shall remain on their team bench until a parent or guardian can arrive to pick them up. If the individual continues to be disruptive while at the facility, he or she will be subject to further disciplinary action.

Individuals that have been suspended will not be permitted to attend any athletic activities, including practices and games, for that team during the suspension period and will also be suspended from all other Parks, Recreation and Cultural Resources property as noted below until said suspension has been successfully served.

If a coach is removed from a game, the assistant coach will take over the head coaching responsibilities. If there is not an assistant coach available, a parent will temporarily become the coach for that team. The Athletic Director should be made aware of any of these situations.

Penalty: For violations 5 through 7, individuals will be suspended for the remainder of the season. All Suspension Rules and penalties still apply.

### Code of Conduct Definitions

Property – All facilities and parklands used by City of Raleigh Parks, Recreation and Cultural Resources Department programs.

League Official – Includes any scorekeeper, game official, and Parks, Recreation and Cultural Resources Department Staff

Individual – All Coaches, players, spectators, and staff

Suspension Rules – Any violation of rules that warrant a suspension, regardless of broken rule and penalty, to include suspension from all property (defined above).

## **FOUR LEVEL SUSPENSION POLICY (All penalties noted in code of conduct also apply.)**

**After an evaluation of each offense by staff, the following penalties will be imposed:**

Level 1: The offending individual will receive a verbal warning and a note on their record.

Level 2: The offending individual will receive a written warning and a note on their record.

Level 3: The offending individual will be required to meet with an Athletics Department representative and a League Official at an agreed upon time where the individual will receive a 2<sup>nd</sup> written warning and an extensive discussion of the events that took place. Expectations for the immediate future will be discussed and additional penalties, including suspension, may be imposed. The result of any future disciplinary action will be discussed.

Level 4: The offending individual may receive an indefinite expulsion from all City of Raleigh Parks, Recreation and Cultural Resources Department athletic activities.

**Note:** Depending on the severity of a situation that occurs, an individual may be called in by staff at any time to discuss the incident and the potential for immediate disciplinary action.

**Note:** An individual may receive any level at any time depending on the severity of the situation

**Note:** The suspension policy is cumulative, and may be carried over from sport to sport over an unspecified period of time.

## **RULES FOR GOOD SPORTSMANSHIP FOR PLAYERS, COACHES AND FANS**

6.1 Never boo a player or an official – recognize good play by all teams and participants

6.2 Always keep control of your temper

6.3 Remember “The Golden Rule”

6.4 Play to win, play fair, play with integrity

6.5 Remain quiet when free throws are being taken

6.6 Treat all players and fans of the opposing teams with courtesy

6.7 Accept the outcome of the game graciously and in a sportsmanlike way

6.8 Do not make abusive or irritating remarks from the sidelines

6.9 Accept the decisions of the officials as final

## **8. SPORTSMANSHIP**

8.1 Sportsmanship is a foundation to encourage skill development in a fun, safe and competitive environment.

8.2 Provide a positive atmosphere for all involved.

8.3 Coaches, players and fans are held accountable through the City of Raleigh Code of Conduct policy.

## 9. PARENTS ASSOCIATION FOR YOUTH SPORTS (PAYS)

### 9.1 What are youth sports about?

- Learning about teamwork and perseverance
- Adopting a healthy, active lifestyle
- Making Friends
- And Most Importantly– **HAVING FUN**

### 9.2 Reasons Why Youth Quit Organized Sports:

- It was no longer fun
- Too much emphasis on winning
- Too much pressure from parents
- Lost interest
- Friends stopped playing

### 9.3 Take the Sports Parent Pledge

*I pledge to promote positivity in youth sports and act as a role model to my child, as well as other participants and sports parents I meet. I will serve as an advocate for good sportsmanship and to keep fun and learning at the center of the youth sports experience. I will try to improve upon my youth sports knowledge so that I can be an informative leader in the youth sports community.*

To take the pledge, visit <http://www.nays.org/sportsParentPledge/>

## 10. COACHES AND ASSISTANT COACHES

- 10.1 Head coach appointments are to be made by the Raleigh Parks, Recreation and Cultural Resources Department staff for a season. All coaches will be evaluated each season. This evaluation will be used to determine whether or not he/she will be invited back to represent a team in our program in the future.
- 10.2 All coaches are required to submit a formal application and clear a CCBI to be approved. All head coaches must complete the National Alliance for Youth Sports (NAYS) training to become certified.
- 10.3 Assistant coaches may be selected by the head coach, pending approval of the Raleigh Parks, Recreation and Cultural Resources Department. Assistants must submit a formal application and clear a CCBI.
- 10.4 All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Raleigh Parks, Recreation and Cultural Resources Department. Coaches should always keep in mind that they are setting examples in sportsmanship and fair play and should conduct themselves accordingly at all times. Any coach not carrying out these duties and responsibilities will be penalized based on the Code of Conduct Policy.
- 10.5 Only the head coach and an assistant coach (total of two coaches) will be allowed to sit on the bench with the team during the playing of an official game. No other adults or children are to be on the bench. Only one coach is to be off the bench except during time outs. If a Coach's Box is not defined on the floor the coach is expected to remain in the vicinity of their bench.
- 10.6 All coaches are required to wear the official Coach's Badge provided by Raleigh Parks, Recreation and Cultural Resources Department staff. The badge should be visible throughout practices and games.
- 10.7 No Head Coach or Assistant Coach may leave the bench for the purpose of discussion with an official. Head Coaches and Assistant Coaches should also refrain from talking with scorekeepers during play.
- 10.8 No coach shall recruit Raleigh Parks, Recreation and Cultural Resources Department players to play on teams outside of the Raleigh Parks, Recreation and Cultural Resources Department leagues that directly affect attendance in the Raleigh Parks, Recreation and Cultural Resources Department program. Violation of this rule can result in expulsion from the program.

## 11. TEAM COMPOSITION

- 11.1 Each team shall consist of approximately ten (10) eligible players for basketball, depending on the number of the candidates available at a particular location.
- 11.2 Team composition will be determined by the number of registrants in each age group.
  - 10.2.1. The Raleigh Parks, Recreation and Cultural Resources Department staff will determine the number of registrants the program can accommodate.
  - 10.2.2. The Raleigh Parks, Recreation and Cultural Resources Department staff must develop the player selection to accommodate the needs of all teams, including possible modifications of draft order depending on returning players and other factors.
- 10.3 Registration forms of all players will be kept by the Raleigh Parks, Recreation and Cultural Resources Department office. A player cannot participate in player selection, practices or games until a registration form has been turned in. Only players with registration forms on file in the league administrator's office are legal participants in the program.
- 10.4 League age as of date: The child's age as of August 31 of the current school year. All Raleigh Parks, Recreation and Cultural Resources players must compete within his/her age group.
- 10.5 Players may be replaced for the following reasons:
  - 10.5.1. Sickness and/or injury that will prevent a player from resuming play before the conclusion of the season.
  - 10.5.2. Parental consent to participate may be withdrawn at any time during the season. However, participants will not be allowed to participate on another basketball team within the youth program for the present season.
- 10.6 The Raleigh Parks, Recreation and Cultural Resources Department staff may replace players upon confirmation of withdrawal with players from the waitlist.
- 10.7 No coach shall recruit Raleigh Parks, Recreation and Cultural Resources Department players to play on teams outside of the Raleigh Parks, Recreation and Cultural Resources Department leagues that directly affect attendance in the Raleigh Parks, Recreation and Cultural Resources Department program. Violation of this rule can result in expulsion from the program.

## 12. ROSTERS/AVOIDING FORFEITS

- 12.1 Rosters will be frozen after player selection has been completed. Players may be added during the season only by the Parks, Recreation and Cultural Resources Department staff.
- 12.2 Only players on the official roster are eligible to play or sit on the bench.
- 12.3 In order to avoid a forfeit, teams must have at least four (4) eligible players ready to play either:
  - 11.3.1. At the scheduled game time
  - 11.3.2. Ten (10) minutes after scheduled game time for the first game of the day.
  - 11.3.3. If consecutive games are scheduled on any particular date, there will be no grace period after the first game. Teams are expected to be ready at the scheduled time.

### 13. UNIFORMS

- 13.1 Jerseys or t-shirts will be provided by the Raleigh Parks, Recreation and Cultural Resources Department. Parents will be required to purchase shorts. It is mandatory that the jersey or t-shirts provided by Raleigh Parks, Recreation and Cultural Resources Department be worn at all games.
- 13.2 Undershirts, if worn, must be the same color as the jersey -THERE WILL BE NO CONTRAST IN COLORS. Any arm sleeves worn must follow the guidelines set forth for undershirts; they must be either black or white. Leggings must be one solid color but do not need to be black or white.
- 13.3 Players shall NOT alter or enhance the uniforms that are distributed in any manner.
- 13.4 No warm ups, team shirts, team bags, etc shall be purchased or donated for any team. It is the goal that all participants receive the same opportunities, experiences, and benefits from the league.
- 13.5 Jerseys or t-shirts must remain tucked in during the game and pants must be worn at the waist level.
- 13.6 No Jewelry shall be worn by any player, except for medical identification.

### 14. EQUIPMENT

- 14.1 No equipment should be purchased or used of a quality less than that supplied by the City.
- 14.2 The Recreation Department will provide practice balls and game balls per league specifications.
  - Pee Wee and Mini Mite: 27.5 junior ball
  - Mitey Mite: 28.5 size ball
  - Little League Boys, Junior Boys, Senior Boys Leagues: official size ball
  - All girls' leagues: 28.5 size ball
  - No personal balls will be permitted in the gym during practices and games. It is the responsibility of the facility to provide five (5) regulation balls for each team for practice and two (2) for warm-ups.

### 15. COMMUNICABLE DISEASE PROCEDURES.

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing potential for transmission of these infectious agents should include, but not be limited to, the following:

- 16.1 The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
- 16.2 Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- 16.3 Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands with soap and water or non-water hand sanitizer. Wash hands immediately after removing gloves.
- 16.4 Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
- 16.5 Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
- 16.6 Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- 16.7 Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
- 16.8 Contaminated towels should be properly disposed.
- 16.9 Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

## 16. BEHAVIOR MANAGEMENT

### 16.1 Reinforce positive behavior

15.1.1. Use praise and privileges, such as being the first to start a shooting line, to encourage good behavior

15.1.2. Learn to talk to participants at eye level. For example, get down on your knees to talk to a small child.

### 15.2 Unacceptable Discipline Techniques

15.2.1. Administering corporal punishment, such as push-ups, wall sits, excessive running laps, hitting, etc., is not permissible under any circumstances. Do not use any form of discipline that might be considered physical, cruel or degrading.

15.2.2. Verbal abuse of participants is not permitted. Always remain calm and refrain from making comments designed to humiliate.

15.2.3. Never take away a participants' privilege of eating, using the restroom, or getting water.

15.2.4. Threatening a participant is prohibited. Do not say or do something negative to the participant and forbid the participant from mentioning your behavior.

15.2.5. Failure to abide by these policies will result in disciplinary actions in accordance with the Code of Conduct and possible child abuse/neglect charges

### 15.3 Acceptable discipline techniques (listed below are some general techniques for managing behavior)

15.3.1. Discuss behavior problem with the participant. This should be done quietly and away from other participants.

15.3.2. Use "time out" technique if inappropriate behavior continues. One minute out per activity per year of age might be a rule of thumb for initial problems. Time out should be done in close proximity to a staff member.

15.4 If the situation does not improve, contact the league administrator for assistance.

15.5 Warning for Coach/Team Conduct- A warning to a coach/team for misconduct is an administrative procedure by an official, which is recorded in the scorebook by the scorer and reported to the Head Coach:

15.5.1. For conduct, such as that described in the "code of conduct" policy, the official may warn the head coach unless the offense is judged to be major, in which case a technical foul shall be assessed. Note: A warning is not required prior to calling a technical foul.

# League Specific Playing Rules Information

**Raleigh Parks, Recreation and Cultural Resources Department  
Youth Basketball 2018-19  
Quick Reference Chart**

LEAGUE/ LEAGUE AGE	# of GAMES	BALL SIZE (In Inches)	GOAL HEIGHT (In Feet)	MINS (Per Quarter)	LANE VIOLATIONS (In Seconds)	# of FOULS	FREE THROW LINE <sup>1</sup> (In Feet)	BACKCOURT DEFENSE ALLOWED	TIME OUTS (per game)	3 PT. FIELD GOAL	OVERTIME
Pee-Wee 5-6yrs	8	27.5"	8	6 min <sup>2</sup>	N/A	N/A	10'	No	0	N/A	N/A
Mini Mite 7-8 yrs	8	27.5"	9	6 min <sup>2</sup>	N/A	N/A	12'	No	0	N/A	N/A
Mitey Mite 9-10 yrs	10	28.5"	10	7 min <sup>3</sup>	5	6	12'	Last minute of 4 <sup>th</sup> quarter, overtime	3	Yes	2 min
Little Boys & Girls 11-12 yrs	10	Girls: 28.5" Boys: Official	10	7 min <sup>3</sup>	3	5	15'	4 <sup>th</sup> quarter, overtime	3	Yes	2 min
Junior Girls 13-16 yrs	12	28.5"	10	8 min <sup>4</sup>	3	5	15'	All game	3	Yes	2 min
Junior Boys 13-14 yrs	12	Official	10	8 min <sup>4</sup>	3	5	15'	All game	3	Yes	2 min
Senior Boys 15-17 yrs	12	Official	10	8 min	3	5	15'	All game	3	Yes	2 min

1. Free throw line shall have its farthest edge the designated league distance from the plane of the face of the backboard (not measured from the end line).
2. Pee Wee and Mini Mite leagues practice approximately 15 minutes with their team's prior to game play. The 15 minutes is included in the time scheduled for the game.
3. Mitey Mite and Little Leagues: The third quarter will be split with 3:30 min put up for each half of the quarter.
4. Junior: The third quarter will be split with 4 min put up for each half of the quarter.

## Raleigh Parks, Recreation and Cultural Resources Department Youth Basketball 2019-20 Pee Wee Basketball General Guidelines

**Purpose:** The Purpose of Raleigh Parks, Recreation and Cultural Resources Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 5 and 6 years olds (Coed). All Raleigh Parks, Recreation and Cultural Resources players must compete within his/her age group.

**Ball Size:** 27.5 inch diameter basketball.

### **Goal Specifications:**

1. Goal height is set to 8 Feet
2. Teams shoot at the same goal throughout the entire game. Teams should shoot at the goal opposite their team bench.

**Free Throws:** Free throw line is at 10 feet. Free throws are awarded only for shooting fouls. The clock stops during free throws.

### **Playing Time:**

1. The league will play four (4), six minute quarters. There will be one (1) minute between quarters and five (5) minutes between halves.
2. There shall be “fast clock” the entire game: stopping only for shooting free throws and official time outs. There will be no team time outs or overtime.

**Practice:** Practices of 1 hour in length will be held prior to the season. During the season, players will practice 15 minutes with their teams prior to the start of the game. There will not be additional practice times after games begin.

**Number of Games:** 8

### **Playing Rules:**

1. **Lane violations** – There will be no lane violations called for Pee Wee.
2. **Fouls** – Fouls will be called, but no personal or team fouls will be recorded.
3. **Defense** – No defense will be allowed in the backcourt. Teams may play zone defense inside of the lane. Teams may not play a trap defense. If illegal defense is applied, the team with the ball will return the ball out of bounds in the front court.
4. No **stealing** off the dribble or held ball will be allowed. Players **may** steal off of the pass.
5. Coaches are **NOT** allowed on the court during play. One coach may assist during deadball situations to help participants set up for the opening jump ball and free throws.

**Mandatory Playing Rules:** Players must play a minimum of one quarter in each half. This is 50% of the game.

**Winning & Losing:** The Basketball league is instructional with emphasis placed on participation, learning and fun. No scores will be kept during the games. No win/loss record will be kept. There will be no end of season Tournaments.

### **Notes**

No food or drink allowed in the gym for spectators. Players are able to have plastic water bottles with closed lids in the bench area. No drinks or snacks in the gym after the games.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 919-996-6575 or <http://www.raleighnc.gov>.

## Raleigh Parks, Recreation and Cultural Resources Department Youth Basketball 2019-20 Mini Mite Basketball General Guidelines

**Purpose:** The Purpose of Raleigh Parks, Recreation and Cultural Resources Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 7 and 8 years olds (Coed). All Raleigh Parks, Recreation and Cultural Resources players must compete within his/her age group.

**Ball Size:** 27.5 inch diameter basketball.

**Basket Height:** 9 Feet

**Free Throws:** Free throw line is at 12 feet. Free throws are awarded only for shooting fouls. The clock stops during free throws.

### **Playing Time:**

1. The league will play four (4), six minute quarters. There will be one (1) minute between quarters and five (5) minutes between halves.
2. There shall be “fast clock” the entire game: stopping only for shooting free throws and official time outs. There will be no team time outs or overtime.

**Practice:** Practices of 1 hour in length will be held prior to the season. During the season, players will practice 15 minute with their teams the first part of the hour then play a game. There will not be additional practices after games begin.

**Number of Games:** 8

### **Playing Rules:**

1. **Lane violations** – There will be no lane violations called for Mini Mite.
2. **Fouls** – Fouls will be called, but no personal or team fouls will be recorded for Mini Mite.
3. **Defense** – No defense will be allowed in the backcourt or outside of the three-point arc for the duration of the game. Teams may not play a “trap” defense. If illegal defense is applied, the team with the ball will return the ball out of bounds in the front court.
4. No **stealing** off the dribble or held ball will be allowed. Players **may** steal off of the pass.

**Mandatory Playing Rules:** Each participant must play a minimum of one quarter in each half. This is 50% of the game.

**Winning & Losing:** The Basketball league is instructional with emphasis placed on participation, learning and fun. No scores will be kept during the games. No win/loss record will be kept. There will be no end of season Tournaments.

### **Notes**

No food or drink allowed in the gym for spectators. Players are able to have plastic water bottles with closed lids in the bench area. No drinks or snacks in the gym after the games.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 919-996-6575 or <http://www.raleighnc.gov>.

**Raleigh Parks, Recreation and Cultural Resources Department Youth Basketball 2019-20**  
**Mitey Mite Basketball General Guidelines**

**Purpose:** The Purpose of Raleigh Parks, Recreation and Cultural Resources Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 9 and 10 years olds (boys and girls leagues). All Raleigh Parks, Recreation and Cultural Resources players must compete within his/her age group.

**Ball Size:** 28.5 inch in diameter basketball.

**Basket Height:** 10 Feet

**Practice:** Each district will try and schedule two practices per week prior to the season, once league play starts, one practice per week will be scheduled. All practices will be one hour.

**Number of games:** 10

**Free Throws:** Free throw line is at 12 feet. The bonus (one and one) will be in effect on the 7th team foul of each half. Double bonus will be in effect on the 10<sup>th</sup> team foul.

**Playing Time:**

1. The league will play four (4), seven (7) minute quarters. There will be one (1) minute between quarters and five (5) minutes between halves. The 3<sup>rd</sup> Quarter will be divided into two (2) 3:30 minute periods to accommodate the mandatory playing rule, with the possession arrow determining possession to start the second half of the 3<sup>rd</sup> period.
2. Each overtime period shall be two (2) minutes in length with a one (1) minute break between the end of regulation, and each overtime period. There will be a “regulation” clock during all overtime periods.
3. Coaches will have 15 seconds to replace or remove a disqualified/injured player, or player directed to leave the game. The warning horn will sound with approximately 15 seconds remaining in the replacement time.
4. Each team is allowed three (3), one (1) minute time outs per game. Time outs **do** carry over from the first half to the second half. One additional time out will be allowed for each overtime period. Time outs do carry over from the second half to overtime.
5. There will be a “**fast clock**” until the **last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 2<sup>nd</sup> half of the 3rd quarter and until the last **60 seconds** of the 4<sup>th</sup> quarter. The clock will stop only for the time outs, shooting fouls, and official timeouts during the “fast clock” portion of the game.
6. There will be a “**regulation clock**” during the **Last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarter and during the last **60 seconds** of the 4<sup>th</sup> quarter. There will be a “regulation clock” during all overtime periods. The clock will stop for all fouls, violations, and time outs. Backcourt defense will be allowed in overtime periods.

**Playing Rules:**

1. Youth League basketball games will be governed by the official rules of the National Federation of State High School Associations (not college or professional rules) except that full size courts should be used, unless the facility is not equipped.
2. **Fouls** – 6 Fouls, including personals, intentional, and technical fouls.
3. **Defense** –there will be no defense allowed in the back court until there is one (1) minute remaining in the fourth quarter and all overtime periods. When a team gains possession of the ball in the back-court, the other team must retreat to the front court and allow the offensive player into the front court before defending him. This includes all throw-ins.

**Penalty:** One (1) free-throw and possession of the ball at mid-court.

**Note:** The front court will be established:

1. When the ball crosses the mid-court line if the ball is not in possession of an offensive player.
2. When the ball and both feet of the offensive player have crossed the mid-court line if the player is dribbling the ball.

**Note:** Inadvertent contact by a defensive player playing in the backcourt is not a violation and will result in the offensive team receiving the ball out of bounds.

4. **Jump balls will be used only** at the start of the game and all overtime periods. The alternating possession rule will be used for all held balls and to begin the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> quarters.

### **Mandatory Playing Rules:**

1. All players who are dressed out and who are ready to play prior to start of the second (2<sup>nd</sup>) quarter must play a minimum of one (1) full quarter in the first half, and ½ of the 3<sup>rd</sup> quarter (there is no subbing permitted in the first ½ of the 3<sup>rd</sup> quarter). **Exceptions: injury, sickness, blood rule, a player fouling out in the first half and replacing a player who has been ejected from the game.**  
**Note:** At the end of the first part of the 3<sup>rd</sup> quarter when the clock runs to 0.00, the alternating possession rule will be in effect and the ball will be taken out of bounds at the half-court line to start the 2<sup>nd</sup> segment of the quarter.
2. Players who are dressed out and who are ready to play prior to the start of the third (3<sup>rd</sup>) quarter on a roster with 10 players or less are required to play half (½) of the 3<sup>rd</sup> quarter in order to meet the minimum playing rule. A player arriving after the 3<sup>rd</sup> quarter has started is not required to play, however can enter the game and play during the quarter. It is the coach's decision to use the player if he arrives after the 3<sup>rd</sup> quarter has started.
3. If there are fewer than 10 players, the coach may choose which of his starting players will continue to play in the second (2<sup>nd</sup>) quarter. Players who have not had their playing time shall start the second (2<sup>nd</sup>) quarter and shall not be substituted. **Players who have met their playing requirements in the first (1<sup>st</sup>) quarter may be substituted for at any time in the second (2<sup>nd</sup>) quarter. All players must still play ½ of the third (3<sup>rd</sup>) quarter.**
4. If there are ten (10) players, the starting five players shall play the entire first (1<sup>st</sup>) quarter without being substituted for unless there is an injury. The remaining five (5) players shall play the entire second (2<sup>nd</sup>) quarter without substitution. All players must play a half of the third (3<sup>rd</sup>) quarter.
5. Any player removed from the game due to injury must be allowed to fulfill their required playing time at the earliest opportunity.
6. If there are more than 10 players, all players who did not play during the first (1<sup>st</sup>) half shall start the third (3<sup>rd</sup>) quarter and shall not be substituted for until they have played one (1) full quarter. Players who did not play a ½ of the 3<sup>rd</sup> quarter, must play ½ of the 4<sup>th</sup> quarter.

### **25-Point Rule:**

1. When a team reaches a 25 point lead:
  - 1.1 The coach of the team with fewer points may choose to have the score removed from the scoreboard, but it is still kept in the scorebook.
  - 1.2 The team ahead is not permitted to play full court defense.  
**Penalty:** One (1) free-throw and possession of the ball at mid-court.
2. Once the team's lead is 15 points or less, the 25-Point Rule will no longer be in effect.

### **Notes**

No food or drink allowed in the gym for spectators. Players are able to have plastic water bottles with closed lids in the bench area. No drinks or snacks in the gym after the games.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 919-996-6575 or <http://www.raleighnc.gov>.

**Raleigh Parks, Recreation and Cultural Resources Department Youth Basketball 2019-20**  
**Little League Basketball General Guidelines**

**Purpose:** The Purpose of Raleigh Parks, Recreation and Cultural Resources Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 11 and 12 years olds; boys and girls

**Ball:** Boys- official men's regulation size basketball  
Girls- 28.5 inch diameter basketball

**Basket Height:** 10 Feet

**Practice:** Each district will try and schedule two practices per week prior to the season, once league play starts, one practice per week will be scheduled. All practices will be one hour.

**Number of Games:** 10

**Free Throws:** Free throw line is at 15 feet. The bonus (one and one) will be in effect on the 7<sup>th</sup> team foul of each half. Double bonus will take effect after the 10<sup>th</sup> team foul of each half.

**Playing Time:**

1. All leagues will play four (4), seven (7) minute quarters. The 3<sup>rd</sup> Quarter will be divided into two (2) 3:30 minute periods to accommodate the mandatory playing rule, with the possession arrow determining possession to start the second half of the 3<sup>rd</sup> quarter. This will be a substitution pause and not a time out. There will be one (1) minute between quarters and five (5) minutes between halves.
2. Each overtime period shall be two (2) minutes in length with a one (1) minute break between the end of regulation, and each overtime period. There will be a regulation clock during all overtime periods.
3. Coaches will have 15 seconds to replace or remove a disqualified/injured player, or player directed to leave the game. The warning horn will sound with approximately 15 seconds remaining in the replacement time.
4. Each team is allowed three (3), 1 minute time outs per game. Time outs **do** carry over from the first half to the second half. One additional time out will be allowed for each overtime period. Time outs do carry over from the second half to overtime.
5. There will be a "**fast clock**" until the **last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and the 2<sup>nd</sup> half of the 3<sup>rd</sup> quarter and until the last **60 seconds** of the 4<sup>th</sup> quarter. The clock will stop only for the time outs, shooting fouls, and official timeouts during the "fast clock" portion of the game.
6. There will be a "**regulation clock**" during the **Last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarter and during the last **60 seconds** of the 4<sup>th</sup> quarter. There will be a "regulation clock" during all overtime periods. Backcourt defense will be allowed overtime periods. The clock will stop for all fouls, violations, and time outs. Note: If a player fouls out any time during the game the officials will stop the clock for 30 second for the coach to enter a sub.

**Playing Rules:**

1. Youth League basketball games will be governed by the official rules of the National Federation of State High School Associations (not college or professional rules) except that full size courts should be used, unless the facility is not equipped.
2. **Fouls** – 5 Fouls, including personal, technical or intentional.
3. **Defense** –there will be no defense allowed in the back court until the 4<sup>th</sup> quarter and all overtime periods. When a team gains possession of the ball in the back-court, the other team must retreat to the front court and allow the offensive player into the front court before defending him. This includes all throw-ins.

**Penalty:** One (1) free-throw and possession of the ball at mid-court.

**Note:** The front court will be established:

1. When the ball crosses the mid-court line if the ball is not in possession of an offensive player
2. When the ball and both feet of the offensive player have crossed the mid-court line if the player is dribbling the ball.

**Note:** Inadvertent contact by a defensive player playing in the backcourt is not a violation and will result in the offensive team receiving the ball out of bounds.

4. **Jump balls-** will be used only at the start of the game and all overtime periods. The alternating possession rule will be used for all held balls and to begin the 2<sup>nd</sup>, 3<sup>rd</sup>, 2<sup>nd</sup> half of 3<sup>rd</sup>, and 4<sup>th</sup> periods.

### **Mandatory Playing Rules:**

1. All players who are dressed out and who are ready to play prior to start of the second (2<sup>nd</sup>) quarter must play a minimum of one (1) full quarter in the first half, and a ½ of the 3<sup>rd</sup> quarter (there is no subbing permitted in the first ½ of the 3<sup>rd</sup> quarter). **Exceptions: injury, sickness, blood rule, a player fouling out in the first half and replacing a player who has been ejected from the game.**  
**Note:** At the end of the first part of the 3<sup>rd</sup> quarter when the clock runs to 0.00, the alternating possession rule will be in effect and the ball will be taken out of bounds at the half-court line to start the 2<sup>nd</sup> segment of the quarter.
2. Players who are dressed out and who are ready to play prior to the start of the third (3<sup>rd</sup>) quarter on a roster with 10 players or less are required to play half (½) of the 3<sup>rd</sup> quarter in order to meet the minimum playing rule. A player arriving after the 3<sup>rd</sup> quarter has started is not required to play, however can enter the game and play during the quarter. It is the coach's decision to use the player if he arrives after the 3<sup>rd</sup> quarter has started.
3. If there are fewer than 10 players, the coach may choose which of his starting players will continue to play in the second (2<sup>nd</sup>) quarter. Players who have not had their playing time shall start the second (2<sup>nd</sup>) quarter and shall not be substituted. **Players who have met their playing requirements in the first (1<sup>st</sup>) quarter may be substituted for at any time in the second (2<sup>nd</sup>) quarter. All players must still play ½ of the third (3<sup>rd</sup>) quarter.**
4. If there are ten (10) players, the starting five players shall play the entire first (1<sup>st</sup>) quarter without being substituted for unless there is an injury. The remaining five (5) players shall play the entire second (2<sup>nd</sup>) quarter without substitution. All players must play a half of the third (3<sup>rd</sup>) quarter.
5. Any player removed from the game due to injury must be allowed to fulfill their required playing time at the earliest opportunity.
6. If there are more than 10 players, all players who did not play during the first (1<sup>st</sup>) half shall start the third (3<sup>rd</sup>) quarter and shall not be substituted for until they have played one (1) full quarter. Players, who did not play a ½ of the 3<sup>rd</sup> quarter, must play ½ of the 4<sup>th</sup> quarter.

### **25-Point Rule:**

1. When a team reaches a 26 point lead:
  - 1.1 The coach of the team with fewer points may choose to have the score removed from the scoreboard, but it is still kept in the scorebook.
  - 1.2 The team ahead is not permitted to play full-court defense.  
**Penalty:** One (1) free-throw and possession of the ball at mid-court.
2. Once the team's lead is 15 points or less, the 25-Point Rule will no longer be in effect.

### **Tournament Information:**

Each District will have a season-ending single elimination tournament in the Little League to Senior League. Regular season rules will apply during this tournament. In the event Districts have more than one league in a particular age division, all teams from both leagues will compete for the district championship.

City Tournament: Each District will send teams to the City-wide tournament in Little League, Junior League, and Senior League. Winners of the District tournaments will participate in the City tournament.

**Note:** Regular season champions from each district including little to super leagues will also participate in the City tournament. If a district has more than one league in a particular age group, a regular season champion from each division will be invited to the tournament. If teams are tied for the regular season title, head to head play should be the first determining factor in a tie-breaker. If the teams split during the regular season, both will be invited to the City Tournament. If more than 2 teams are tied, head to head play will again be used as a tie-breaker. In the case both the district tournament champion and regular season champion are the same team, the runner up in the District Tournament will also represent the district in the City Tournament.

### **Notes**

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 919- 996-6575 or <http://www.raleighnc.gov>.

Where sportsmanship redefines competition!

## Raleigh Parks, Recreation and Cultural Resources Department Youth Basketball 2019-20 Junior League Basketball General Guidelines

**Purpose:** The Purpose of Raleigh Parks, Recreation and Cultural Resources Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** Boy's League: 13 and 14 year olds;  
Girl's league: 13-16 year olds;

**Ball Size:** Boys: An official diameter basketball.  
Girls: A 28.5-inch diameter basketball.

**Basket Height:** 10 Feet

**Practice:** Each district will try and schedule two practices per week prior to the season, once league play starts, one practice per week will be scheduled. All practices will be one hour.

**Number of Games:** 12

**Free Throws:** Free throw line is at 15 feet. The bonus (one and one) will be in effect on the 7th team foul of each half. Double bonus will take effect on the 10<sup>th</sup> team foul of each half.

### Playing Time:

1. The league will play four (4), eight (8) minute quarters. The 3<sup>rd</sup> Quarter will be divided into two (2) 4:00 minute periods to accommodate the mandatory playing rule, with the possession arrow determining possession to start the second half of the 3<sup>rd</sup> quarter. This will be a substitution pause and not a time out. There will be one (1) minute between quarters and five (5) minutes between halves.
2. Each overtime period shall be two (2) minutes in length with a one (1) minute break between the end of regulation, and each overtime period. There will be a "regulation clock" during all overtime periods.
3. Coaches will have 15 seconds to replace or remove a disqualified/injured player, or player directed to leave the game. The warning horn will sound with approximately 15 seconds remaining in the replacement time.
4. Each team is allowed three (3), 1 minute time outs per game. Time outs **do** carry over from the first half to the second half. One additional time out will be allowed for each overtime period. Time outs do carry over from the second half to overtime.
5. There will be a "**fast clock**" until the **last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and the 2<sup>nd</sup> half of the 3<sup>rd</sup> quarter and until the last **60 seconds** of the 4<sup>th</sup> quarter. The clock will stop only for the time outs, shooting fouls, and official timeouts during the "fast clock" portion of the game.
6. There will be a "**regulation clock**" during the **Last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarter and during the last **60 seconds** of the 4<sup>th</sup> quarter. There will be a "regulation clock" during all overtime periods. The clock will stop for all fouls, violations, and time outs.

### Playing Rules:

1. Youth League basketball games will be governed by the official rules of the National Federation of State High School Associations (not college or professional rules) except that full size courts should be used, unless the facility is not equipped.
2. Fouls – 5 Fouls, including personal, technical or intentional.
3. Jump balls will be used only at the start of the game and all overtime periods. The alternating possession rule will be used for all held balls and to begin the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> periods.

## **Mandatory Playing Rules:**

1. All players who are dressed out and who are ready to play prior to start of the second (2<sup>nd</sup>) quarter must play a minimum of one (1) full quarter in the first half, and a ½ of the 3<sup>rd</sup> quarter (the 3<sup>rd</sup> Quarter will be divided in to two (2) separate 3:30 minute periods to accommodate the mandatory playing rule).  
**Exceptions: injury, sickness, blood rule, a player fouling out in the first half and replacing a player who has been ejected from the game.**  
**Note:** At the end of the first part of the 3<sup>rd</sup> quarter when the clock runs to 0.00, the alternating possession rule will be in effect and the ball will be taken out of bounds at the half-court line to start the 2<sup>nd</sup> segment of the quarter.
2. Players who are dressed out and who are ready to play prior to the start of the third (3<sup>rd</sup>) quarter on a roster with 10 players or less are required to play half (½) of the 3<sup>rd</sup> quarter in order to meet the minimum playing rule. A player arriving after the 3<sup>rd</sup> quarter has started is not required to play, however can enter the game and play during the quarter. It is the coach's decision to use the player if he arrives after the 3<sup>rd</sup> quarter has started.
3. If there are fewer than 10 players, the coach may choose which of his starting players will continue to play in the second (2<sup>nd</sup>) quarter. Players who have not had their playing time shall start the second (2<sup>nd</sup>) quarter and shall not be substituted. **Players who have met their playing requirements in the first (1<sup>st</sup>) quarter may be substituted for at any time in the second (2<sup>nd</sup>) quarter. All players must still play ½ of the third (3<sup>rd</sup>) quarter.**
4. If there are ten (10) players, the starting five players shall play the entire first (1<sup>st</sup>) quarter without being substituted for unless there is an injury. The remaining five (5) players shall play the entire second (2<sup>nd</sup>) quarter without substitution. All players must play a half of the third (3<sup>rd</sup>) quarter.
5. Any player removed from the game due to injury must be allowed to fulfill their required playing time at the earliest opportunity.
6. If there are more than 10 players, all players who did not play during the first (1<sup>st</sup>) half shall start the third (3<sup>rd</sup>) quarter and shall not be substituted for until they have played one (1) full quarter. Players who did not play a ½ of the 3<sup>rd</sup> quarter, must play ½ of the 4<sup>th</sup> quarter.

## **25-Point Rule:**

1. When a team reaches a 25 point lead:
  - 1.1 The coach of the team with fewer points may choose to have the score removed from the scoreboard, but it is still kept in the scorebook.
  - 1.2 The team ahead is not permitted to play full-court defense.  
**Penalty:** One (1) free-throw and possession of the ball at mid-court.
2. Once the team's lead is 15 points or less, the 25-Point Rule will no longer be in effect.

## **Tournament Information:**

Each District will have a season-ending single elimination tournament in the Little League to Senior League. Regular season rules will apply during this tournament. In the event Districts have more than one league in a particular age division, all teams from both leagues will compete for the district championship.

City Tournament: Each District will send teams to the City-wide tournament in Little League, Junior League, and Senior League. Winners of the District tournaments will participate in the City tournament.

**Note:** Regular season champions from each district including little to senior leagues will also participate in the City tournament. If a district has more than one league in a particular age group, a regular season champion from each division will be invited to the tournament. If teams are tied for the regular season title, head to head play should be the first determining factor in a tie-breaker. If the teams split during the regular season, both will be invited to the City Tournament. If more than 2 teams are tied, head to head play will again be used as a tie-breaker. In the case both the district tournament champion and regular season champion are the same team, the runner up in the District Tournament will also represent the district in the City Tournament.

## **Notes**

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 919-996-6575 or <http://www.raleighnc.gov>.

# Raleigh Parks, Recreation and Cultural Resources Department Youth Basketball 2019-20

## Senior League Basketball General Guidelines

### Purpose:

The Purpose of Raleigh Parks, Recreation and Cultural Resources Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 15-17 years olds;

**Ball:** An official diameter basketball.

**Basket Height:** 10 Feet

### Practice:

Each district will try and schedule two practices per week prior to the season, once league play starts, one practice per week will be scheduled. All practices will be one hour.

**Number of Games:** 12

**Free Throws:** Free throw line is at 15 feet. The bonus (one and one) will be in effect on the 7th team foul of each half. Double bonus will take effect after the 10<sup>th</sup> foul.

### Playing Time:

1. The league will play four (4), eight (8) minute quarters. There will be one (1) minute between quarters and five (5) minutes between halves.
2. Each **overtime** period shall be two (2) minutes in length with a one (1) minute break between the end of regulation, and each overtime period.
3. Coaches will have 15 seconds to replace or remove a disqualified/injured player, or player directed to leave the game. The warning horn will sound with approximately 15 seconds remaining in the replacement time.
4. Each team is allowed three (3), 1 minute time outs per game. Time outs **do** carry over from the first half to the second half. One additional time out will be allowed for each overtime period. Time outs do carry over from the second half to overtime.
5. There will be a “**fast clock**” until the **last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarter and until the last **60 seconds** of the 4<sup>th</sup> quarter. The clock will stop only for the time outs, shooting fouls, and official timeouts during the “fast clock” portion of the game.
6. There will be a “**regulation clock**” during the **Last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarter and during the last **60 seconds** of the 4<sup>th</sup> quarter. There will be a “regulation clock” during all overtime periods. The clock will stop for all fouls, violations, and time outs.

### Playing Rules:

1. Youth League basketball games will be governed by the official rules of the National Federation of State High School Associations (not college or professional rules) except that full size courts should be used, unless the facility is not equipped.
2. Fouls – 5 Fouls, including personal, technical, and intentional.
3. Jump balls will be used only at the start of the game and all overtime periods. The alternating possession rule will be used for all held balls and to begin the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> periods.

### **Mandatory Playing Rules:**

1. All players who are dressed out and who are ready to play prior to start of the second (2<sup>nd</sup>) quarter must play a minimum of one (1) full quarter in the first half. **Exceptions: injury, sickness, blood rule, a player fouling out in the first half and replacing a player who has been ejected from the game.** It is the coach's decision to use the player if he arrives after the 3<sup>rd</sup> quarter has started.
2. Each player shall make a minimum of one appearance in the 2<sup>nd</sup> half.
3. If there are fewer than 10 players, the coach may choose which of his starting players will continue to play in the second (2<sup>nd</sup>) quarter. Players who have not had their playing time shall start the second (2<sup>nd</sup>) quarter and shall not be substituted. **Players who have met their playing requirements in the first (1<sup>st</sup>) quarter may be substituted for at any time in the second (2<sup>nd</sup>) quarter.**
4. If there are ten (10) players, the starting five players shall play the entire first (1<sup>st</sup>) quarter without being substituted for unless there is an injury. The remaining five (5) players shall play the entire second (2<sup>nd</sup>) quarter without substitution.
5. Any player removed from the game due to injury must be allowed to fulfill their required playing time at the earliest opportunity.
6. If there are more than 10 players, all players who did not play during the first (1<sup>st</sup>) half shall start the third (3<sup>rd</sup>) quarter and shall not be substituted for until they have played one (1) full quarter.

### **25-Point Rule:**

1. When a team reaches a 25 point lead:
  - 1.1 The coach of the team with fewer points may choose to have the score removed from the scoreboard, but it is still kept in the scorebook.
  - 1.2 The team ahead is not permitted to play full-court defense.  
**Penalty:** One (1) free-throw and possession of the ball at mid-court.
2. Once the team's lead is 15 points or less, the 25-Point Rule is removed from play.

### **Tournament Information:**

The Senior League will have a season-ending single elimination tournament. Regular season rules will apply during this tournament. In the event Districts have more than one league in a particular age division, all teams from both leagues will compete for the district championship.

### **Notes**

No food or drink allowed in the gym for spectators. Players are able to have plastic water bottles with closed lids in the bench area. No drinks or snacks in the gym after the games.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 919-996-6575 or <http://www.raleighnc.gov>.