

YOUTH 5th-8th GRADE WINTER BASKETBALL

RULES & REGULATIONS

The Tualatin Hills Park & Recreation District's Middle School Basketball league will abide by all current National Federation of State High School basketball rules and/or the following regulations:

PLAYERS

- A. A team roster must have a minimum of 8 and a maximum of 12 players (determined by program coordinator).

EQUIPMENT / CLOTHING

- A. Game Ball: THPRD Program Aide will provide the game ball. The 5th & 6th grade boys will use the 28.5 size ball. The 7th & 8th grade boys will use the official size ball. If in the event there is no game ball available, a basketball from one of the teams may be used, unless the official deems that ball illegal.
- B. Basketball shoes must be worn on the court at all times (basketball shoes are recommended, no black soled running shoes).
- C. The uniforms provided by THPRD must be worn during all league games.
- G. Basketball shorts should be worn (pockets are OK on basketball style shorts). **No jewelry (earrings, bracelets, etc).** **Shorts with belt loops, snaps or zippers may NOT be worn during practices and games.**

SCORE KEEPING / TIME KEEPING

- A. **The visiting team will be responsible for providing an adult to keep the official score clock.**
- B. The official score book will be kept by an adult from the home team.
- C. **Scoring: If a team is behind by 30 or more points at the beginning or anytime during the fourth quarter, the visual score will be turned off and the running score will be kept in the scorebook. If the margin changes to 29 or less the visual score will be turned back on and remain on for the remainder of the game.**
- D. **Timing: If a team is behind by 30 or more points at the beginning or anytime during the fourth quarter the clock will be running time with no stops except for time outs. Even if the margin changes to 29 or less, the game will remain running clock for the duration of the game. We may ask coaches that were involved in a game that ended with a point spread of 30 or more points to fill out a game evaluation form. This form will provide us feedback on what the coaches did to keep good sportsmanship and winning in perspective. Your feedback and comments will be very helpful to us.**

THE GAME

- A. Each player must play a minimum of twelve (12) minutes per game. Each player must play in each half. Each player must sit out a minimum of eight (8) minutes. Coaches violating the 12 minute playing and/or the 8 minute sit out rule will be **required** to keep a playing time chart and submit the chart to the Program Coordinator after each game. Intentional misuse of this rule may result in a game suspension for the coach, probation or removal from the program. **Exceptions:** If a player is unable to complete the required playing time due to illness, injury, fouling out or disciplinary reasons, the opposing coach, parent and officials must be notified **prior** to game time (except in the instance of fouling out or in game disciplinary reasons).
- B. **Length of game:** Four quarters of eight (8) minutes each with regulation clock, with one minute between quarters and five minutes between halves. **Exception for running clock:** Refer to Score Keeping / Time Keeping section.
- C. **Time-Outs:** Each team will get three (3) timeouts per game. All timeouts will be full 60-second timeouts. A team may call no more than two (2) timeouts in any half.
- D. **Warm up time:** Maximum of 5 minutes warm up time will be allowed prior to beginning of game; if time permits.
- E. **Coaches:** Only the **ONE** coach per team may stand during the game and must stay in the coaches' box area (6-foot coaching box beginning at the scorers' table and going towards the team bench.) Exception: Calling a time out. If any coaching staff receives a warning/technical they must remain seated for the remainder of the game.

- F. **Overtime:** One extra period consisting of two (2) minutes will be played if the game is tied. If the game remains tied at the end of this period, the contest will officially be recorded as a tie (**exception:** tournament/bracket play **ONLY:** additional two (2) minute periods will be played until a winner is declared). For scheduling reasons, **NO additional timeouts will be awarded after the first overtime in bracket play. Regulation timeouts will not carry over into the overtime periods.**
- G. If an official calls time due to an injury the injured player must be substituted for and may not reenter the game until the next stopped clock.

DEFENSE OVERVIEW

- **5TH-6TH Grade Divisions:** Zone and Back Court defense are **NOT** allowed.
- **7TH-8TH Grade Divisions:** Zone and Back Court defense are allowed, with the **following exception:**

BACK COURT DEFENSE: Full court press (man to man) may be played for **7th and 8th grade ONLY**. However, a team that is ahead by 15 or more points cannot press until the point spread is within 14 points. The team that is behind may press during this time.

If the point spread is 15 points or more the following rules will apply for the team that is ahead:

- A. Defensive position on any player may not be established in the back court until the person with the ball has both feet and the ball over the half court line in front court.
- B. Once an opposing player gets control of the ball in the back court (i.e. after a turnover, steal, basket, etc.) defending players cannot play defense until the ball and player cross over the center court line.
- C. Any ball being passed from backcourt to frontcourt may not be intercepted until the ball crosses the center line.
- D. **Penalty for violation:** Penalties for violation, flagrant or persistent violation of any section of this rule will result in a two shot technical foul and award of the ball out of bounds to the opposing team.

COMMUNICATION WITH OFFICIALS

Only the team captain on the playing floor may carry on discussion with officials.

UNSPORTSMANLIKE TECHNICAL FOULS NOTE:

It is highly recommended that all THPRD coaches read Rule 10, Sections 1 through 5 (Fouls & Penalties) in the NFHS Rule Book. THPRD will strictly adhere to the National Federation of State High School Associations Rule Book governing technical and unsportsmanlike technical fouls. In addition, the following THPRD policies will be administered. We sincerely hope that none of the below steps have to be taken because of unsportsmanlike behavior on the part of players, coaches, parents or spectators. Above all, this program strives to make the display of good sportsmanship a priority.

- A. All unsportsmanlike technical fouls will be reported to the Program Coordinator.
- B. Ejection of a player, coach and/or spectator will be brought to the attention of the Program Coordinator and Program Sports Assistant. Additional penalties may be assessed and will be handled on an individual basis.
- C. All technical fouls (unsportsmanlike) are accumulative. Once a team has accumulated six (6) technical fouls, the team will be dropped from the league and forfeit all fees.
- D. Any participant (includes coaches, parents, players, scorekeepers, spectators) who receives (2) two technical fouls during the season will need to serve a one game suspension and cannot participate or attend the next entire game. If the participant receives a third technical foul, that participant will be ejected from further league/end of season play and forfeit all fees.
- E. A player who receives a technical foul for unsportsmanlike conduct during a game must sit out three game minutes immediately following the infraction. It is the responsibility of the coach to enforce this rule.
- F. Any profanity by a player will result in a technical foul. Officials will make it a point to enforce the National Federation basketball trash talking rule.
- G. Two unsportsmanlike technical fouls on any player will result in ejection for the remainder of the game PLUS the player must sit out the entire next game. If the player receives any additional unsportsmanlike technical fouls in any game, thereafter, they will be removed from the league and placed on probation for one year. Refunds WILL NOT be issued for any expulsion due to unsportsmanlike behavior.

- H. If a team receives three technical fouls in a single game, the game will be stopped immediately and the offending team will forfeit. This applies to **unsportsmanlike technical fouls only**.
- I. Any participant ejected from a game will be suspended for one league game and automatically placed on probation for the remainder of the season. Disqualification from two games for any unsportsmanlike conduct shall cause a participant to be ejected from further league play and forfeit all fees.
- J. Any unsportsmanlike technical fouls given to the parents or spectators will charged to the coach and will result in the person(s) being asked to leave the facility for the remainder of the game. If the same person(s) receives another technical foul in future games that parent/spectator will be banned from further games. Coaches are responsible for the behavior of their parents/spectator.
- K. Any individual coach/player/parent/spectator found by the official or THPRD staff and/or representative to be acting in a disruptive manner to include: abusive language or gesturing in such a manner as to indicate resentment (i.e. flipping the finger, etc.) either on the court, in the bleachers, or on the bench will result in being removed from the facility. If coach/parent/spectator refuses to leave the premises, the game will be forfeited to the opposing team and the game will be terminated. In addition, coach/parent/spectator may not attend the next 2 games.
- L. Teams that forfeit 2 league games will be dropped from the league and will forfeit all league fees.
- M. Refunds WILL NOT be issued for any expulsion due to unsportsmanlike behavior.

PROCEDURES

If, in the opinion of the THPRD Sports Department and the Officials Association any participant or team registered in the program who displays conduct of such a nature as to put the safety of the participants, employees, spectators and officials in jeopardy, or continually abuses the purpose and guidelines of the program, that person or team shall be placed on probation. The procedure for such probation is as follows:

1. The coach and the team or participant will be notified to meet the Program Coordinator and a representative of the officials association to review the events leading to the probation. If either the team coach and/or participant(s) refuse or fail to appear for the meeting, the team/participant shall be ejected from further involvement in league play, forfeit any fees paid and put on probation for the next season.
2. At the meeting, the guidelines for further participation in the league of team/participant(s) shall be set forth.
3. If the team/participant(s) fail to comply with the conditions of participation, the team/participant(s) shall be removed from the league and forfeit any fees paid. All team players shall automatically be placed on probation for the next season of basketball.

FORFEITURES

Any team arriving ten (10) minutes late to a league game must forfeit the game, however a practice game should be played as long as the playing time does not exceed that allotted for the game. Officials will not call a forfeited game.

JEWELRY AND FINGERNAILS

For safety purposes, No Jewelry shall be worn. Players must remove ALL jewelry (including cloth or plastic bracelets) prior to the game. Rubber bands and soft ponytail holders may be worn in the hair. Fingernails must be kept short.



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