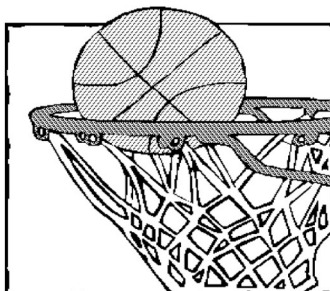


WINTER 2024
YOUTH BASKETBALL LEAGUE RULES
Revised JANUARY 9, 2024

Grades 4 through 8



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Major rule changes, syntax changes and points of emphasis are boxed and/or in bold text for your convenience.

National Federation Basketball Rules govern league play, except where modified by the *Rec & Ed rules of play*.

The goal of the Community Education & Recreation Youth Basketball Program is to provide an enjoyable, healthy leisure experience for program participants. Players should be taught new skills and how to improve throughout the season with the support of their coaches and parents. The main objective of the program is to provide each participant with an equal opportunity to learn the game and have fun.

Thank you for your support!

ADMINISTRATIVE RULES

1. ALL PLAYERS

- A. All players must be registered with Rec & Ed. Unregistered players are not permitted to play.
- B. A coach cannot add and/or switch players to his or her team's roster. Rec & Ed Staff assigns all players to teams.
- C. Any coach found playing an unregistered player and/or found switching players will face suspension and/or probation in accordance with the Team Sports Policy on Probation, Suspension, and Hearing Procedures.

2. CANCELLATIONS

- A. All game cancellations due to inclement weather are recorded on the Team Sports Weather Hotline (734-994-2300, ext. 53115) at least one hour prior to canceled game times.
- B. Will be posted on our website: aareced.com

3. CLASSIFICATION OF TEAMS

- A. The Specialist for Youth Sports classifies teams in the proper league by **skill and grade level**.
- B. Rec & Ed reserves the right to reclassify any team to a higher or lower grade level.
- C. If a team is reclassified, all games played by the reclassified team and its opponent(s) do not count toward the league standings. For both leagues that a reclassified team has played in, won-lost percentages will determine position play standings, division/league championships and Playoff berths.

4. PROTESTS

Rec & Ed does not recognize protests of league games, **except for player eligibility violations**.

5. REFUNDS

If you need to cancel your registration, your fee will be refunded according to the following policy:

- A. Please let us know as soon as possible if your child does not plan to participate in the Youth Basketball Program so we can allow someone else to register for the activity. You are entitled to a full credit on your Rec & Ed account if you request the credit in writing 24 hours before your child's first regularly scheduled game. No credits will be given after your child's first scheduled game.
- B. Under certain circumstances a full refund of a participant fee will be paid to the registrant. These include certain scheduling conflicts and approved documented medical matters. All refunds must be approved by the Coordinator of Team Sports or his/her designee.
- C. Requests for refunds must be made in writing and submitted to: Rec & Ed Refund Requests, 1515 South Seventh Street, Ann Arbor, MI, 48103, or by email to cancelteamsport@aaps.k12.mi.us.

6. SCORERS AND TIMERS

- A. Each team must provide one adult to serve as a scorer/timer. This person should introduce himself or herself to the site supervisor and referees prior to the start of the game.
- B. The game will not begin until both scorers/timers arrive.
- C. The site supervisor may replace a scorer/timer should s/he feel the job is not being handled appropriately.
Example: A scorer/timer may be replaced for showing dissent toward an official or a site supervisor.

7. SMOKING, FOOD AND DRINK

Smoking and food and drink are not allowed in any school building.

8. SPECTATORS

- A. Rec & Ed reserves the right to remove spectators from school facilities during Rec & Ed sponsored basketball games.
- B. The site supervisor may remove spectators for unsportsmanlike conduct or disparaging or profane language.
- C. The site supervisor may suspend play until removed spectators leave the facility.
- D. Any spectator who displays unsportsmanlike conduct before, during or at the conclusion of a game may face an automatic one game suspension if deemed appropriate by the Recreation Supervisor for Youth Sports.

PLAYING RULES

9. JUMP BALLS

In all leagues, the game and each overtime period will be started with a jump ball. In all other jump ball situations, the alternating possession rule is in effect.

10. MINIMUM NUMBER OF PLAYERS

- A. Four players must be present to start a game.
- B. **Game time is forfeit time in all leagues, unless the guaranteed five minute warm-up time has not ended. (In that case, the forfeit is declared at the end of the guaranteed warm-up time, if a team still does not have enough players.)**

11. WARM-UP TIME

- A. If games are running behind schedule, the referee may reduce warm-up time for on-coming teams to no less than five minutes.
- B. All teams are guaranteed a five minute warm-up time.
- C. Teams must supply their own basketballs during warmup and halftime.

12. DEFENSE

- A. **In 4th and 5th grades the only legal defense is one to one—commonly referred to as man to man. No zone defenses are allowed.**
- B. A zone defense is defined as a defense in which any player or group of players cover specific court areas rather than an opponent(s).
- C. **One to one** defense clarifications:
 - 1. **Helpside defense is allowed and not considered illegal. If his/her opponent beats the ball defender to the basket, then the help defender can step up and stop the dribble penetration to the basket.**
 - 2. A static one to one defense which results from an inactive offensive attack is not considered a zone.
 - 3. **It is legal for a second defensive player to switch over and help guard an offensive player who has the ball provided the first defensive player switches to guard another player. Double team traps at mid-court are not allowed!**
 - 4. It is illegal to double team any player who is not in possession of the ball.
 - 5. The defensive team may initially set up in a zonelike position to wait for the offense to cross half court. This alone does not constitute a zone defense. However, once the ball reaches half court, the defense must play one to one.

6. If in the official's judgment an offensive player (or players) is not participating in the offense in such a manner that requires their defender(s) to play one to one defense; then, the one to one defense rule is not in effect—**see the example below for legal defensive positioning when this occurs.**

Example: Team A employs an offensive strategy designed to create a one on one situation between A1 and their defender by positioning all other players outside the free throw lane. If this occurs, team B's defensive players are not required to follow their opponents out of the free throw lane.

Penalty: The first violation of the one to one defense rule will result in a **team warning**. All subsequent violations will result in a bench **technical foul**.

- D. **Box Zone for 4th-5th grade**, if out of necessity a team only has four players on the court (due to injury or players fouling out) they may use a box zone. If at any time that team has an eligible player on the bench, that player must come into the game and the team will go back to using one to one defense.

- E. **In 6th-8th grade leagues**, both **one to one and zone defenses are allowed** throughout the entire game. Double teaming is allowed when a player has possession of the ball. **However, it is illegal to double team any player who is not in possession of the ball.**

13. PRESS RULE

- A. **In 4th- 5th grade**, a one to one, full-court press is allowed during the **last minute** of the game and during the last minute of any extra periods. However, zone presses are not allowed.

Note 1: If the defense does not drop back to half court at times when pressing is illegal and the offense loses the ball, the officials will stop play, give the ball back to the offense, and give a verbal warning to the defensive coach.

Note 2: The second occurrence will result in a bench technical foul.

- B. **In 6th grade boys-coed**, a one to one, full-court press is allowed during the **last three minutes** of the game and during any extra periods. However, zone presses are not allowed.

Note 1: If the defense does not drop back to half court at times when pressing is illegal and the offense loses the ball, the officials will stop play, give the ball back to the offense, and give a verbal warning to the defensive coach.

Note 2: The second occurrence will result in a bench technical foul.

- C. **In 7th/8th grade boys-coed and 6th/7th/8th grade girls-coed**, all types of presses are legal the entire game.

- D. In all leagues, a team cannot use a full-court press if it is ahead by 15 points or more at any point in the second half. Violation of this section of the Press Rule will result in a team warning upon the first occurrence and a bench technical foul assessed to the coach thereafter.

Note: If the lead drops below 15 points, a full-court press is again legal.

14. FREE THROWS

- A. **4th Grade Leagues**: free throws may be shot from a step inside the free throw line. It is not a violation if the shooter passes over the plane of the free throw line before the ball touches the rim or backboard. However, it is a violation if the shooter crosses the plane of the free throw line before the ball touches the rim or backboard and gains a rebounding advantage.

Note: The violation is called when the shooter or the shooter's team gains a rebounding advantage, not when the shooter crosses the plane of the free throw line.

- B. **5th, 6th, 7th/8th grades teams**: free throws must be shot from the regulation free throw line.

- C. In accordance with the National Federation free throw rule, no player may enter the free throw lane or any other restricted area prior to the moment the ball is released by the free throw shooter.
- D. When multiple free throw personal fouls occur, substitutions may be made (under Rec & Ed's Free Substitution rule) only before the final attempt in the sequence and after the final attempt has been converted.

Exception: When a player is required by rule to be replaced (i.e. injury, bleeding) prior to a free throw(s) being administered, all other substitutes who have legally reported may also enter the game.

15. GAME PROCEDURES

RULES	4th Grade Leagues	5th Grade Leagues	6th Boys-Coed	7 th /8 th Boys-Coed 6th/7th/8th Girls-Coed
Quarters	6 minutes	6 minutes	6 minutes	8 minutes
Halftime	3 minutes	3 minutes	3 minutes	3 minutes
Time-Outs	2 per game	2 per game	2 per game	2 per game
Overtime	3 minutes	3 minutes	3 minutes	4 minutes
3 point shot	No	No	Yes	Yes
3 seconds	Yes	Yes	Yes	Yes
10 seconds	Yes	Yes	Yes	Yes
Free throws	Short line	Regulation	Regulation	Regulation
Defense	No zones	No zones	all types legal	all types legal
Pressing	legal last min. of the 4 th quarter	legal last min. of the 4 th quarter	legal last 3 min. of the 4 th quarter	legal entire game

16. PLAYING TIME REQUIREMENTS

- A. Each player must play at least one quarter and sit out at least one quarter of every game.

Example: A 5th grade player must play at least two blocks of three minutes in every game.

Exceptions: If a team has only six players, the sitting time requirement is waived for one player, unless that team is ahead by 10 points or more at the half-quarter mark of the third quarter. (In that case, the sixth player must sit out their half quarter.) When a team has just five players, sitting time requirements are removed for all five players.

Note: Rec & Ed strongly encourages coaches to handle playing time fairly—sitting out all players at least one quarter if possible and maximizing each individual player's playing time.

- B. Prior to free substitution, playing time and sitting time must occur in half-quarter blocks.
- C. The officials will designate the half-quarter break in each quarter, stopping the game as close to the half-quarter mark as possible without denying either team an immediate scoring opportunity.

Note: The half-quarter break is not a time out. All players must remain on the court until replaced by a substitute.

Please note: This does not require a team to sub at each half quarter block.

- D. Other exceptions to A—C:
 1. A player may be removed during a required playing time block if:
 - a. is injured, ill, or bleeding.

- b. commits three personal fouls during a single playing time block.
- c. demonstrates unsportsmanlike conduct and the coach determines their actions warrant removal from the game. In extreme cases, the coach may restrict a player from playing for the remainder of game. However, all such removals must be documented on the game report form by the site supervisor.
- d. fouls out of the game.

Note 1: For a., b. and c. above; the playing time requirement is still in effect (it is merely deferred until a later playing time block).

Note 2: In a. above, a player who is injured, ill or bleeding may be reentered during their playing time block as a substitute.

- 2. Players who arrive after the start of the third quarter may have their playing time reduced at the discretion of the coach. If this occurs, it must be noted on the game report form by the site supervisor.

E. Penalties:

- 1. If it is discovered that a player has not played their one quarter by the end of the third quarter, the player in question must be entered in the game or remain in the game to complete their playing time requirement. *When this occurs, a bench technical is issued to the head coach to start the fourth quarter.*
- 2. If it is discovered that a player has not sat out **one-half of a quarter by the end of the third quarter**, the player in question must leave the game and be substituted for. *When this occurs, a bench technical is issued to the head coach to start the fourth quarter.*

Note: The site supervisor will notify the Specialist for Youth Sports of any violations of the playing time rule.

- F. The referee and site supervisor are responsible for deciding all playing time questions and violations.
- G. It is not within the spirit of the rules to dissuade or prevent registered participants from showing up at league games because of their ability or because it could be more conducive to winning games or even because it could be more conducive to managing playing time. Coaches who utilize such methods may face suspension by Rec & Ed.

17. **FREE SUBSTITUTION**

- A. Starting at the half-quarter mark of the third quarter, both teams may begin to freely substitute players who have fulfilled their minimum playing time and sitting time requirements—**see rule 16 for playing and sitting time requirements.**

Note 1: Players who have not played a full quarter by the half-quarter mark of the third quarter must be entered in the playing lineup and cannot be substituted for until they have completed their required playing time.

Note 2: Players who have not sat out at least one-half of a quarter by the half-quarter mark of the third quarter cannot be in the playing lineup or used as substitutes until they have completed their required sitting time. **(See exception under rule 17.A.)**

- B. **Free substitution is not allowed prior to the half-quarter mark of the third quarter regardless of whether or not all players have completed their minimum playing and sitting time requirements.**
- C. The clock will not automatically stop at the half-quarter mark of the fourth quarter.

18. **GAME BALL**

All girls-coed leagues and the boys-coed 4th – 5th grades will use the 28.5 (29) inch basketball that is 18-20 ounces. The boys-coed 6th through 8th grades will use the 29.5 (30) inch basketball that is 20-22 ounces.

19. **RUNNING CLOCK**

- A. **Any time a team is ahead by 20 points or more during the second half of the game, the stop clock becomes a running clock.**

- B. The running clock is only stopped during time-outs and at the end of a quarter.
- C. The running clock reverts back to a stop clock any time the lead is cut to **20** points or less.

Note: The stop clock (19.C. reference) remains in effect until the lead becomes 25 points again.

20. **BENCH DECORUM AND PERSONNEL**

- A. Only the head coach or a designated substitute may stand in the coach's box. The unmarked coach's box begins at the end of the bench closest to the scorer's table and extends six feet down the bench and two feet in front of the bench (or to the sideline).
Note: The assistant coach is not permitted to stand in the coach's box, unless they are replacing or substituting for the head coach.
- B. If the head coach or designated substitute is assessed a technical foul for unsportsmanlike conduct, they shall lose the privilege to stand in the coach's box and must remain seated on the bench for the duration of the game.
- C. Only players on the team roster, a head coach, an assistant coach and a scorer will be allowed on the team's bench or surrounding area. Failure to comply will result in a bench technical foul and the removal of guilty individuals to the spectator area.

21. **TECHNICAL FOULS, EJECTIONS AND SUSPENSIONS**

- A. Any player who receives an unsportsmanlike technical foul or intentional foul will be assessed a two minute penalty equal to two minutes of game-clock time. The penalized player must report to their team bench and be seated in a sportsmanlike fashion.
Note 1: Penalty time served counts toward the one quarter playing time requirement.
Note 2: Unserved penalty time from the two minute penalty will not carry over to the next game.
- B. A substitute must replace the penalized player or the team must play short.
- C. The second unsportsmanlike technical foul or intentional foul charged to a player or directly to a coach is automatically considered *flagrant*.
- D. Technical fouls will not be assessed for changes in the designated starting line-up or additions to the team line-up which occur less than ten minutes before the start of the game.
- E. A technical foul penalty summary is outlined on page 73 of the National Federation rules.
- F. A second technical foul for unsportsmanlike conduct charged to a player or coach is considered *flagrant*.
Penalty: Any player or coach who commits a *flagrant* foul is ejected from the game. In addition, an automatic one game suspension will be assessed to any player or coach who commits a *flagrant* foul or is ejected

Note: A *flagrant* foul may be issued without a prior technical foul if in the official's judgment the personal or technical foul is of a "violent or savage nature"—any foul which seriously jeopardizes the safety or emotional well being of any Rec & Ed player, official or volunteer.

22. **AFTER THE GAME CONDUCT**

Any coach, player or spectator who displays unsportsmanlike conduct toward a **member of the opposing team**, an official or other Rec & Ed staff member after the conclusion of the game will receive a *flagrant* foul and an automatic one game suspension.

Note 1: The calling official or staff member is not required to notify the player, coach or spectator of the post-game flagrant foul(s) at the time of the incident.

Note 2: Automatic suspensions cannot be appealed.

23. **DUNKING**

- A. **Any player, coach, or manager who dunks or hangs from the basketball rim before, during or after the game will be charged with a flagrant technical foul.**
- B. The individual charged with the flagrant technical foul will be removed from that game and automatically suspended for at least one game. There are no appeals of automatic suspensions.
- C. These guidelines are also in effect when a game is forfeited. The flagrant technical foul can be waived only if the officials deem that the act of hanging from the rim was done as a safety measure to avoid injury.
- D. Note: There will not be a technical foul called on the coach when a player dunks or hangs from the rim. The player will be the only one assessed with a flagrant technical foul.

24. **UNIFORMS**

- A. Players must wear their team shirts during league games.
- B. **Players may wear a t-shirt under their team shirt provided it is either white in color or the same color as their team shirt.**
Example: If a player's team shirt is navy blue, they may wear either a white t-shirt or a navy blue t-shirt under their team shirt. However, players could not wear a yellow t-shirt under their team shirt. If the yellow t-shirt is discovered prior to the start of the game, players must remove it before playing. If it is discovered while the player is on the court, they should be directed to leave the game to remove the shirt and be substituted for with no further penalty.
- C. Any player who fails to wear the team shirt will be warned and must contact Seth Dodson at Rec & Ed to obtain a new team shirt.
- D. Mouth guards are strongly recommended.

25. **BLOOD AND BODILY FLUIDS**

- A. As soon as an official sees or has their attention called to a player who is bleeding, the official must stop the game.
- B. The injured player must leave the game and be substituted for.
- C. The injured player must have the wound cleaned and covered before re-entering the game.
Note: Any blood stained clothing must be removed as well.
- D. The injured player may reenter the game as a substitute.
- E. The building custodian on duty must be called to clean up the floor if necessary.

26. **JEWELRY AND PROHIBITED EQUIPMENT**

Most exposed jewelry is prohibited. Rings, watches, bracelets (friendship included), earrings, chains, or necklaces are prohibited with the following exceptions.

- A. Starter earrings or studs may be worn on newly pierced ears if they are covered with tape or a bandage to the satisfaction of the official.
- B. A religious medal may be worn if it is taped to the body and worn under the uniform.
- C. Medical alert bracelets or necklaces may be worn if they are taped to the body so the medical alert information still remains visible and accessible if needed.
- D. Body piercings not visible to the official are not of concern. If the piercing becomes visible, the official must order the player to remove it.

HAIR ACCESSORIES

Rubber, cloth or elastic bands may be used to control hair. Any hair accessory made of metal or hard plastic such as barrettes, hair clips or bobby pins are prohibited and may not be worn. However, a player may wear hair beads as long as the hair is safely secured to the satisfaction of the official.

HEADWEAR

Players may wear a headband. The headband must be worn on the forehead/crown and cannot exceed a maximum of 3".

Headbands are allowed. However, bandana style headbands with tails are not permitted during games. This is a safety issue. If a player is wearing a headband with tails, the official will ask that it be removed.

CASTS, SPLINTS, BRACES AND PROSTHESES

- A. In Rec & Ed basketball leagues casts, splints, and braces may be worn on the lower extremities as long as they are padded with at least ½" of closed-cell, slow-recovery rubber or other material of the same minimum thickness and having similar physical properties. No casts, splints or braces may be worn on the upper extremities.