

Burlington Recreation Youth Basketball Rules

Revised 1/3/2024

I. MISCELLANEOUS INFORMATION

- A. Jewelry Policy:** For safety reasons no player will be allowed to participate with any form of jewelry.
- B.** An intermediate size basketball will be used for all league games.
- C. NO POP, JUICES, OR FOOD IN ANY OF THE GYMS! WATER BOTTLES WILL BE ALLOWED FOR PARTICIPANTS AS LONG AS TRASH IS BEING PICKED UP IMMEDIATELY FOLLOWING EACH GAME.**
- D. No grace period.** A team may start if they have at least four (4) players. (Failure results in forfeiture.) If at any time players are disqualified/or injured so that a team has less than four (4) players, the game is forfeited to the opposing team.
- E.** Coaches are asked to print team name, both the first and last name of each player, and uniform number on score sheet. Players are to be listed in numerical order (i.e. 1 - 10).
- F.** For game cancellation information due to severe weather conditions, call (620) 364-8484. For weekday practices, if school is closed or canceled due to inclement weather, practices shall be canceled.

II. LENGTH OF GAME

- A.** Games will consist of two (2) 14-minute halves with a 5-minute half time. The clock will not stop until the last minute of each half. During this time the clock will stop on each whistle.
- B. Time Outs:** 3 full timeouts per game. These can be taken at any time.
- C. Overtime** – One, two (2) minute overtime period will be played with each team receiving one additional timeout. If teams are still tied at the conclusion of this overtime, a (2) minute sudden death overtime will occur. The first team to score in this second overtime period will be declared the winner. If neither team scores the game shall result in a tie.

III. PARTICIPATION GUIDELINES

- A.** As this is a Recreational basketball league any community that has enough participation to divide into two teams must divide those teams equally and you cannot have a so called “A” team and “B” team. Teams must be comprised of both 3rd & 4th graders if participating in our minor divisions, and 5th & 6th graders if playing in our major divisions. This league is not designed to be about winning and losing. Skill development and participation should be stressed.
- B.** Every eligible player must participate in half of each game. Players may be sat down for one half for disciplinary reasons or for not attending practices. In these circumstances those players must participate in at least ¼ of said game.

VI. GAME INFORMATION

- A. Alternating Possession:** After the initial jump ball, possession will alternate on each tie-up and at halftime throughout the remainder of the game. Example: Team A wins 1st half tip. Team B would get possession on next jump-ball situation or start of next half, etc.

B. Goal Height

- 1. **Minors:** 9’
- 2. **Majors:** 10’

C. Free Throws:

- 1. **Minors:** The free throw line will be at 12 feet. Only 2 players from each team may be lined up on the lane because of the shorter free throw line. However, we will allow one extra player for the defense to lineup in order to box out the shooter. This person can be in the top box.
- 2. **Majors:** Will shoot free throws at the existing 15-foot line.
- 3. If a missed free throw does not touch the rim, it is a dead ball and the opposing team’s ball out of bounds.
- 4. Line violations on the shooter will not be called unless an obvious attempt is made to get in position for a rebound. Players lined up on the lane can enter the lane when the ball leaves the shooters hands.

- D.** The three-point shot **will not** be allowed in the **minor division**. Baskets made from this distance will be awarded 2 points.

- E.** During the first four personal fouls on a team, the ball will be taken out of bounds nearest the infraction. The fifth team foul and proceeding fouls will be awarded two free throw attempts. All fouls committed in act of shooting will be awarded 2 or 3 free throws depending on where the foul occurred. If the shot was made, the shooter will receive one (1) free throw with basket counting. Intentional or flagrant fouls will be an automatic two (2) points for opposing team, and they will receive the ball out of bounds at the spot of the foul.

F. Defense:

1. Minors:

- a. Backcourt defense is **not** permitted. Officials will verbally notify defenders in the backcourt of the no backcourt rule. If a turnover occurs, play will stop and the offensive team takes ball out-of-bounds at point nearest the infraction. Offensive teams who choose to push the ball up the floor with a pass beyond the defensive players do so with the risk of having their passes stolen.
- b. The defensive team may start pressuring the ball as soon as both feet of the offensive player and the ball crosses the half court line, however no trapping or double teaming defense will be permitted at any time. Any turnovers that occur as a result of a trapping or double teaming defense will be ruled a violation with the offensive team taking possession of the ball out-of-bounds at the nearest point of the infraction.
- c. Players in possession of the ball must make an attempt to score or pass the ball within a reasonable time if being closely guarded. The rule for being closely guarded should be called after an extended 5 seconds count. An offensive player is considered to be closely guarded if the defensive player remains within 6 feet of them for the entire length of the count.

2. **Majors:** Regulation defensive rules are allowed, however backcourt defense is not permitted until the last two (2) minutes of each half and/or overtime. A team may not play backcourt defense if leading by ten (10) points or more.

G. Violations

1. **Minors:** Traveling, Double Dribbling, and other ball handling related violations will be called at the discretion of the officials. The rule of thumb for this age group is: If they are outside of the three point arch, violations will not be called unless, it is drastic. If they are inside the three point arch, and the player is gaining an advantage to shoot for a score or pass to a teammate for a score, then the violation should be called. If the officials do not believe that the violation will lead to a basket, the violation will not be called. These rules are set up to encourage team and individual instruction. As the season progresses the officials will be instructed to start calling more and more of these violations.

2. **Majors:** All violations will be called.

3. Lane Violations

A. **Majors:** The 3 second rule will be enforced.

B. **Minors:** The 3 second rule will be extended to five (5) seconds.

H. **Technical Fouls** - All technical fouls are two (2) points and the ball out of bounds at half court to the opposing team.

I. When ahead by twenty (20) or more points, the team with the lead must use one or more of the following:

This will allow your team as well as your opponents to improve their basketball skills.

1. Rotate players so that those that do not normally play as much as others get more playing time.
2. Rotate player's positions so that different players get a chance to handle the ball.
3. Have your team make three (3) passes before they can shoot the ball.
4. Only allow those that do not do most of the scoring to shoot the ball.

VII. CONDUCT

A. Do not yell or "ride" the officials. Remember that coaches set the tone for players, parents and spectators.

B. **Casual Profanity:** Casual profanity pertains to expletives and verbal unsportsmanlike language not necessarily directed at officials or opposing players, but is uttered by a player out of frustration. This type of behavior is penalized by a technical foul against the offending player.

Any profanity, inappropriate name-calling, or unsportsmanlike language directed to an official, player, coach or spectator may result in a technical foul and automatic ejection from the game.

C. A player/coach/spectator who is ejected will be suspended a minimum of one (1) additional game.

B. Players/Coaches/Spectators ejected from the game will leave the gym immediately or automatically forfeit the game and face possible expulsion from the league.

E. Two (2) technical fouls in one game, on a player/coach, shall result in an automatic ejection and minimum one game suspension.