

YOUTH BASKETBALL LEAGUE BYLAWS

The goals for youth basketball shall be...

- ✓ To provide a wholesome and enjoyable recreational activity for the participants.
- ✓ To develop character, skill, sportsmanship, and promote goodwill among the teams and individuals participating in this league.
- ✓ To provide experiences that will develop a desire to continue participating in youth sports.
- ✓ To provide experiences that will teach principles and attitudes that will benefit youth later in life (Teamwork, Good Sportsmanship, Respect, Responsibility, Fair Play, Discipline, and Goal Setting).
- ✓ **HAVE FUN!!!!!!!**

GENERAL INFORMATION

SCHEDULING OF GAMES

1. Games will be played in accordance with the schedule developed by the Department with sites/times distributed equitably.
2. There will be no postponement of league games to permit teams to prepare for or play in tournaments.
3. If all games for a certain day are cancelled due to inclement weather, they may be made up if time allows.
4. If a game is postponed due to power failure or other conditions beyond our control, the Department will set a makeup date and will notify the coaches of the teams concerned of the date, time and location. Whenever possible, coaches will receive at least 48 hours' notice.
5. The Department reserves the right to arrange postponed games at its convenience and/or cancel games, if necessary, due to conditions beyond our control.
6. Forfeits
 - a. A team will forfeit if there are insufficient players (3 or less) to field a team or to finish a game.
 - b. Any coach finding it impossible to play a scheduled game must notify the Department as soon as possible so that necessary arrangements can be made. This constitutes a forfeit, and the team not at fault will receive credit for a win.

INCLEMENT WEATHER

1. In the event of cancellations due to inclement weather please check your email, the Parks and Recreation website, and/or the Facebook page. These will be updated by 4:00p.m. Monday through Friday or 8:00a.m on Saturday morning.
2. If weather conditions are questionable and you do not see a cancelled message or hear from your coach, you should report for your practice/game unless you feel it is personally unsafe to do so.
3. The Department will contact the coaches, if possible, when cancellations occur, and the coaches may contact participants.
4. The Department of Parks and Recreation reserves the right to arrange postponed games at their convenience in order to catch up with the schedule. The Department also reserves the right to cancel games if necessary due to conditions beyond our control.

STANDARD GAME PROCEDURE

1. Starting time of games:
 - a. Regular season games will begin as scheduled.
 - b. Tournament games will begin as scheduled.
 - c. All players must be at their sites at least 10 minutes before scheduled game time. The game may start early if both teams are ready.
 - d. Teams must have at least 4 players present to start and finish a game.
 - e. If a game is forfeited, participants scheduled to play may use the court to practice for 30 minutes.
 - f. Any deviation of the above is at the discretion of the Department of Parks and Recreation.

2. **Only the players and coaches listed on the official Parks and Recreation team roster may occupy the bench.** Coaches are responsible for keeping spectators and non-roster individuals off their team benches.
3. Teams will warm up/shoot at the basket farthest from its bench during the first half. Teams will change baskets for the second half.
4. Players on teams scheduled for the next game should stay in the stands and may not detract in any way from the game in progress. For the pleasure and safety of spectators and fairness to the teams playing, coaches must see that this is enforced.
5. After the completion of the game, both teams and coaches shall form two lines to congratulate each other and show good sportsmanship.

SUPPLIES AND UNIFORMS

1. The Parks and Recreation Department will provide basketballs, uniforms, and other accessories deemed necessary.
2. Numbers on team shirts should still be visible when shirts are tucked in and/or sleeves are rolled up. Do not cut your team shirt. Game shirts should be tucked in.
3. **No jewelry** may be worn by players on the court. Hard objects in the hair, necklaces, watches, bracelets, rings, or other jewelry are prohibited items. New ear piercings may be covered. This is a safety issue and will be strictly enforced. Medical alert jewelry must be taped to the body.
4. Players who wear external hearing aids should have them fastened securely, with tape if necessary, so that they cannot be jarred loose.
5. NO ONE is allowed on the playing floor in street shoes.
6. Hard casts or hard splint of any material are considered illegal equipment.
7. Participants who wear glasses must secure them with eyeglass strap.

PLAYER PARTICIPATION

1. **Fair and equitable playing time to the best of the coaches ability is required for all participants.** (No child may play the entire game unless you have 5 or 4 players.)
2. If a player cannot attend practice, the player should notify the coach.
3. Coaches are required to play the players in the following manner:
 - a. 6-7 Instructional League and 8-9 COED League
 - i. Teams must substitute at the 4-minute mark in the 1st, 2nd, 3rd and 4th quarters.
 - b. 10-11 & 12-15 Boys and Girls Leagues
 - i. The coach may freely substitute.
 - c. If a team has 7 or more players at a game, no player can play more than 2 consecutive quarters in FULL.
 - d. If a team has at least 1 player on the bench, no player can play the entirety of the game in FULL.

PLAYING RULES – GENERAL

1. The Parks and Recreation Department assumes the following responsibilities:
 - a. Game site facilities and game equipment
 - b. Payment of officials
 - c. Custody of team rosters
 - d. Authority to rule on player eligibility, rules and regulations
 - e. Awards for participation and division champions
2. Timing:
 - a. Running clock for all age groups, except for the last 2 minutes of the 1st and 2nd half. Otherwise, the clock will only stop for team and official time-outs, mandatory substitutions, and all foul shots. After a time out, the clock starts when the ball touches a player on the court.
 - b. During the last 2 minutes of the 1st and 2nd half, the clock will operate under the VHSL rules.
 - c. Warmup: Minimum of 3 minutes.
 - d. Halftime: 5 minutes maximum.
 - e. Overtime: 3 minutes with clock stopping at 1 minute mark on all violations and foul shots.
 - i. There is no overtime for the 6-7 Instructional League.
 - f. Teams will be allowed 4 “time outs” per game with 1 additional for overtime. Timeouts will be 1 minute in length.
3. Possession
 - a. Teams will alternate possession after each quarter.

- b. Team with possession during a substitution will retain possession.
- 4. All Substitutions must be made at the scorers' table before entering the game.
- 5. Teams will reach the bonus (2 free throws) when the opposing team commits 5 fouls in a quarter and team fouls will reset at the end of each quarter. *Exception* 6-7 Instructional League*
- 6. No dunking will be allowed. The penalty for dunking is a technical foul, resulting in ejection from the game and the next game.
- 7. The score book is official, and referee decisions are final.

FACILITY USE

- 1. **No smoking on school property.**
- 2. Participants and spectators must stay in areas designated by the gym supervisor and are asked to help check their bleachers and bench areas for trash once games are finished. If a player is found in unauthorized places in the school, that player may be suspended for a minimum of one game.
- 3. No food or drink allowed in the gyms. Post-game snacks are to be distributed in the hallway or outside.
- 4. Children should remain seated on bleachers and are not allowed to play or shoot on goals if it is not a scheduled practice or game.
- 5. Do not sit on mats.
- 6. No pets allowed.

INSURANCE

- 1. Players participating in the league should have accident insurance coverage. This is the player's (parent's) responsibility. The Department does not provide insurance in case of injuries for the players, coaches, or spectators.
- 2. It is to be understood that the Parks and Recreation Department will not be held liable for injuries sustained by any person or group participating in our programs while they are playing, practicing or traveling to and from games and practices.

PLAYING RULES

TOT SHOTS (Ages 3-5)

- 1. Tot Shots is a 45-minute introductory basketball clinic focused on basic skill development, activity, and having fun. It is designed as an introduction to basketball before players enter the instructional age group, where more formal rules and game structure will be introduced.
- 2. Sessions will generally consist of approximately 30 minutes of drills and skill development, followed by approximately 15 minutes of informal scrimmaging. Coaches may adjust the timing as needed to ensure the next group begins on time.
- 3. The clinic will focus on introducing players to:
 - a. Dribbling and ball handling.
 - b. Passing and catching.
 - c. Shooting.
 - d. Basic movement and spacing.
 - e. An understanding of the court.
 - f. Familiarity with basketball rules.
- 4. The scrimmage portion is intended to give players an opportunity to experience playing basketball in a fun and active setting.
- 5. Official basketball rules will not be enforced.
 - a. Rules such as traveling and double dribbling will not be called.
 - b. Coaches may establish simple rules or guidelines as needed to keep the scrimmage organized and maximize player participation.
 - c. Coaches should make an effort to keep all players involved, including giving different players opportunities to start with the ball and make plays.
 - d. Coaches may use modified defensive rules, positioning, or other guidelines as needed based on the age and ability of the group.
- 6. Each team will use half of the court and will be provided multiple colored basketballs (size 25.5) and cones.

6-7 COED INSTRUCTIONAL LEAGUE

7. No score or scorebook will be recorded as this is a developmental league. If a player has to be warned about multiple fouls there is the potential the player will have to sit out part of the game at the referees discretion.
8. Four 8-minute quarters, broken down into two 4-minute periods.
 - a. Teams must substitute at the 4-minute mark in the 1st, 2nd, 3rd and 4th quarters.
 - b. Team with possession at end of 4-minute mandatory substitution will retain possession.
 - c. If the clock has stopped for a mandatory substitution during a free throw, all players except the shooter must be taken off the court.
9. Basket height will be 8 feet, ball size will be 27.5
10. Foul shot line will be 10 ft.
11. **No backcourt pressure at any time.**
 - a. If pressure is applied a warning is given to that team. A technical foul may be called if this rule is not adhered to. Dribbler has 10 seconds to advance ball into front court.
 - b. A team cannot apply pressure until the dribbler gets both feet across the taped line. The defensive player can pick up a loose ball in any area of the court.
12. 4-second lane violation rule can be called after warnings by referee.
13. No double teaming unless the ball is thrown into the lane. If the ball is thrown back out of the lane, the player must return to his opponent that he/she was guarding.
 - a. If double teaming is applied a warning is given to that team.
 - b. A technical foul may be called if this rule is not adhered to.
14. Teams may use multiple defenses as long as Rule 7 above is adhered to.

8-9 COED LEAGUE

1. Four 8-minute quarters, broken down into two 4-minute periods.
 - a. Teams must substitute at the 4-minute mark in the 1st, 2nd, 3rd and 4th quarters.
 - b. Team with possession at end of 4-minute mandatory substitution will retain possession.
 - c. If the clock has stopped for a mandatory substitution during a free throw, all players except the shooter must be taken off the court.
2. Basket height will be 9 feet, ball size will be 28.5
3. Foul shot line will be 12 feet. Players are allowed 5 fouls. After the fifth, they must sit out the remainder of the game.
4. **No back court pressure at any time.**
 - a. If pressure is applied a warning is given to that team. A technical foul may be called if this rule is not adhered to.
 - b. A team cannot apply pressure until the dribbler gets both feet across the center line. The defense can pick up a loose ball in any area on the court.
 - c. Teams should not play defense outside of the three-point circle if up by 20 or more points.

10-11 BOYS AND GIRLS LEAGUE

1. Four 8-minute quarters.
 - a. The coach may freely substitute at any point within the game.
2. Basket height will be regulation 10 ft., ball size will be 28.5
3. Foul shot line will be regulation 15 ft.
4. No back court pressure will be allowed **EXCEPT** in the last two minutes of each half as long as a team is not up by 10 or more points.
 - a. If pressure is applied a warning is given to that team. A technical foul may be called if this rule is not adhered to.
 - b. A team cannot apply pressure until the dribbler gets both feet across the center line. The defense can pick up a loose ball in any area on the court.
 - c. Teams should not play defense outside of the three-point circle if up by 20 or more points.
 - d. Teams may press with 1 minute left in overtime play as long as they are not up by 10 or more points.
5. For league table purposes, winning margins are capped at 20 points. Any score above a 20-point differential will not be counted.

12-15 BOYS AND GIRLS LEAGUE

1. Four 8-minute quarters.
 - a. The coach may freely substitute at any point within the game.
2. Basket height will be regulation 10 ft.
3. Ball size for 12-15 girls will be 28.5; 12-15 boys will use regulation 29.5
4. Fouls shot line will be regulation 15 ft.
5. A full court press may be used at any time as long as a team is not up by 10 or more points.
6. Teams should not play defense outside of the three-point circle if up by 20 or more points.
7. For league table purposes, winning margins are capped at 20 points. Any score above a 20-point differential will not be counted.

DRAFT PROCESS

PLACEMENT OF PLAYERS AND AGE GROUPS

1. Only players who have a parent as a head/assistant coach will automatically be placed on a team. Siblings in the same age division will be placed on the same team unless requested not to. All other players will be placed into a "Players Pool" with consideration towards even distribution of ages, sex, and skill levels.
 - a. Skill levels are determined by the coaches at the end of each season.
2. Players in the "Players Pool" will be selected for teams during a Draft by the head coaches.
3. Age Groups (player's "league age" is his/her age on **January 1st of League Year**)
 - a. Tot Shots Boys and Girls Ages 3-5
 - b. Instructional Boys and Girls Ages 6-7
 - c. Youth Basketball Boys and Girls Ages 8-9
 - d. Youth Basketball Boys Ages 10-11
 - e. Youth Basketball Girls Ages 10-11
 - f. Youth Basketball Boys Ages 12-15
 - g. Youth Basketball Girls Ages 12-15
4. A child is permitted to play in the age division in which they fall under by the given deadline. A child may Play Up an age division but must submit a liability waiver and be approved by the Recreation Department.
5. A child can only play for one team during the season.

COACHES

REQUIREMENTS FOR AND PLACEMENT OF COACHES

1. Any adult (age 18 and over) recognized by the Department of Parks and Recreation as a prospective coach is required to submit the Background Check Consent Form to the Department of Parks and Recreation.
2. Any adult (age 18 and over) recognized by the Department of Parks and Recreation as a prospective head coach is required to submit the following documents to the Department of Parks and Recreation:
 - a. Concussion Training Certification (see the King William County Parks and Recreation Concussion SOP)
3. Head coaches and Assistant coaches may have their children placed on their team. Head coaches may request their assistant coach prior to the Draft. Otherwise, the head coach must draft an assistant coach's child to have the assistant coach assigned to the team.
4. Each team may have a maximum of 12 players and 2 coaches.
5. The Department of Parks and Recreation has the right to dismiss or terminate the services of a coach that violates any and all conduct as specified in these bylaws or does not represent the Department's ideas and philosophies.

COACH'S DUTIES

1. Maintain proper conduct among team members (coaches, players and spectators) at all times.
2. Notify all team members of:
 - * Rules, regulations and bylaws established by the league.

- * Scheduled games and practices.
- * Cancellations and/or make-up games as indicated by the Department of Parks and Recreation.
- 3. Abide by all rules, regulations and bylaws set forth by the Department.
- 4. Comply with the King William Department of Parks and Recreation Concussion SOP.
- 5. Encourage maximum participation by letting participants experience a variety of positions and involving them in making decisions.
- 6. Demonstrate sportsmanship and not allow excessive score domination.
- 7. Notify the Department when a player quits.
- 8. A coach should be sure his/her behavior sets a good example for the players on his/her team. He/she shall always remember to:
 - * Not criticize players in front of spectators, but reserve constructive criticism for private, or in the presence of the team so all may benefit.
 - * Accept decisions of officials as being fair and called to the best ability of the officials.
 - * Not criticize the opposing team, its coaches or fans, by word or gesture, or encourage fans to do so.
 - * Not allow a player to re-enter any game if injured.
- 9. Abide by the doctor's decision in all matters of a player's health and injuries.
 - a. If a player is injured in a game or practices, they must give their coach a doctor's note before playing or practicing again.
 - b. Coaches must report any injuries to the Parks and Recreation Department immediately upon his or her awareness of the injury.
- 10. Individual Playing Time - All players must participate in all games unless they are injured or sick
 - * Please remember your game plan during the last minutes of the game regardless of the score.
 - * Your game plan should always involve PARTICIPATION.
- 11. If a player misses practices or games without notifying the coach, or is being disciplined by coach because of behavioral problems, playing time can be limited.
- 12. A head coach or assistant coach is required to be at each practice and game.

PLAYER / PARENT / COACH / SPECTATOR CONDUCT

CONDUCT

1. The officials will be paid by the Parks and Recreation Department. No team has the right to refuse any official assigned. The official is in charge and may make game decisions at his discretion.
2. Basketball Supervisors are appointed by the Department of Parks and Recreation. Coaches are expected to cooperate with the supervisors in every way possible.
3. Unsportsmanlike conduct by players, coaches, or spectators towards opposing teams, officials or staff will not be tolerated.
4. The Director of Parks and Recreation, Program Supervisors, and the Game Officials have the right to eject a player, coach or spectator from the premises for UNSPORTSMANLIKE conduct. If a coach is ejected from a game, he/she must leave the facility. If a player is ejected from a game, he/she must remain on the bench, under the strict supervision of the coach or assistant coach.
5. Any player, coach or spectator ejected from a game by an official or Department staff for unsportsmanlike conduct will automatically be suspended from the next game to be played by his/her team **and will not be permitted at the facility during his/her suspension**. No notice of this suspension shall be necessary. In the event a player or coach deviates from this ruling, it will constitute a forfeit and the team not at fault will receive credit for a win. The player or coach will still serve his/her suspension.
6. Any player, coach and spectator ejected from a game by an official for fighting will automatically be suspended from the next two games to be played by his/her team **and will not be permitted at the facility during his/her suspension**. No notice of this suspension shall be necessary. In the event a player, coach or spectator deviates from this ruling, it will constitute a forfeit and the team not at fault will receive credit for a win. The player or coach will still serve his/her suspension.
7. Any player, coach or spectator who is guilty of striking an official in any manner during or after a game shall automatically be suspended indefinitely from participation in all leagues sponsored by the King William County Department of Parks and Recreation.
8. The use of alcohol, tobacco or other illegal substances by coaches, players or spectators will not be tolerated at games or practices. The Program Supervisor will eject anyone under the influence of alcohol or illegal substances from the premises.
9. All coaches must remain off the playing field/court area during games. Designated coaching areas should be observed.
10. Teams are responsible for the conduct of their fans and supporters at games.

PLAYER DISCIPLINE

Player discipline is an unpleasant but a necessary part of youth sports. The following steps are recommended for behavior problems:

1. Verbal explanation of the offense
2. Non exertive activity
3. Exertive drill imitating the sport specific skill
4. Decreased playing time. The Recreation Department, Parents, and opposing coach should be notified at least 24 hours in advance.

PROTESTS

The only protest accepted by this office is player eligibility. A violation against the player/coach eligibility requirement may be cause of dismissal and/or forfeit. All other disputes must be settled on the court.

NOTES

- ✓ Coaches will advise parents and players of the bylaws. Ignorance of any rule will not be tolerated.
- ✓ The Director of the Department of Parks and Recreation has the authority to make final decisions on all bylaws, interpretations and any matters concerning all youth sports, and will impose penalties and suspensions upon teams, coaches, and players as necessary to ensure the orderly conduct of the league.