



**YOUTH BASKETBALL BYLAWS  
2022-2023 SEASON**

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 good will among the teams and individuals participating in this league.
- ✓ To provide experience 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 (Team Work, Good Sportsmanship, Respect, Responsibility, Fair Play, Discipline, and Goal Setting).
- ✓ **HAVE FUN!!!!!!!!!!**

**PLACEMENT OF PLAYERS AND AGE GROUPS**

1. Only players who have a parent as head 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 team sizes, ages, and skill levels.
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 1, 2022**)
 

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.

**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 services of a coach that violates the Player/ Team Conduct as specified in these bylaws or does not represent the Department's ideas and philosophy.

**KING WILLIAM DEPARTMENT OF PARKS AND RECREATION**  
**(804) 769-4981**

**COACH'S DUTIES**

1. Maintain proper conduct among team members (coaches, players and spectators) at all times.
2. Have a minimum of one team/parent's meeting to explain rules, philosophies, bylaws and parental expectations.
3. 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.
4. Abide by all rules, regulations and bylaws set forth by the Department.
5. Comply with the King William Department of Parks and Recreation Concussion SOP.
6. Encourage maximum participation by letting participants experience a variety of positions and involving them in making decisions.
7. Demonstrate sportsmanship and not allow excessive score domination.
8. Notify the Department when a player quits.
9. A coach shall be sure his/her behavior set 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 decision 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.
10. 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.
11. Individual Playing Time - All players must participate in all games unless injured or sick
  - \* Please remember your game plan during the last minutes of the game regardless of the score.
  - \* Your game plan should be FUN and focus on PARTICIPATION.
12. 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.
13. A head coach or assistant coach is required to be at each practice and game.

**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 will 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 conditions beyond our control.
6. Forfeits
  - a. A team will forfeit if there are insufficient players to field a team or to finish a game.

**KING WILLIAM DEPARTMENT OF PARKS AND RECREATION**  
**(804) 769-4981**

- 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.

**STANDARD GAME PROCEDURE**

1. Starting time of games:
  - a. Regular season games will begin as scheduled. A 10 minute grace period will allowed for the first game of the day only.
  - b. Tournament games will begin as scheduled. A 10 minute grace period will be allowed for the first game only.
  - c. All players must be at their sites 15 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. The end of the 10 minute grace period as specified above is forfeit time.
  - 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.

**PLAYER PARTICIPATION**

1. **Equal playing time for all participants is required.** (No child may play the entire game unless you only have 4 or 5 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. Instructional League teams and 8-9 age division teams must substitute at the 4 minute mark in the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> quarters.
  - b. No player can play more than 4 consecutive 4-minute periods in FULL, unless a team has less than 2 players on the bench.
  - c. If a team has more than 7 players at a game, no player can play more than 2 consecutive periods.
  - d. In the 10-11 & 12-15 boys and 10-11 & 12-15 girls' age divisions, the coach may freely substitute, however all players must have equal playing time.

**KING WILLIAM DEPARTMENT OF PARKS AND RECREATION**  
**(804) 769-4981**

**PLAYING RULES – GENERAL**

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS) rules will be followed **except** for the changes listed in these bylaws governing play.

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 to division champions
2. Timing:
  - a. Running clock for all age groups, except for the last 2 minutes of the 1<sup>st</sup> and 2<sup>nd</sup> half. With a running clock the clock stops only for team and official time-outs and mandatory substitutions, not for foul shots or violations. After a time out, the clock starts when the ball touches a player on the court. **Exception\* Clock will stop on all fouls shots in the 6&7 Instructional Division.**
  - b. During the last 2 minutes of the 1<sup>st</sup> and 2<sup>nd</sup> half, the clock will operate under the VHSL rules.
  - c. Warmup: Minimum of 3 minutes, maximum of 5 minutes.
  - d. Halftime: 5 minutes maximum.
  - e. Overtime: 3 minutes with clock stopping at 1 minute mark on all violations and foul shots.
  - f. Teams will be allowed 4 time outs per game (only 2 per half) with 1 additional for overtime. Timeouts will be 1 minute in length. Coaches are given an additional "courtesy time-out" **which can be used only** to substitute a player who arrives in the 4<sup>th</sup> quarter or overtime. Time outs not used in regulation will be carried over to overtime.
3. Teams will alternate possession after each quarter.
4. Team with possession at end of 4 minute mandatory substitution will retain possession.
5. If the clock has stopped for mandatory substitution during a free throw, all players except the shooter must be taken off the court.
6. All Substitutions must be made at the scorers' table before entering the game.
7. Bonus free throws (1 and 1) begin on the 7<sup>th</sup> team foul of each half. 2 free throws are awarded on the 10<sup>th</sup> and any additional foul of each half.
8. No dunking will be allowed. The penalty for dunking is a technical foul, resulting in ejection from the game and the next game.
9. Score book is official and referee decision is final.
10. Teams should not play defense outside of the three point circle if up by 20 or more points.

**PLAYING RULES – INSTRUCTIONAL LEAGUE**

1. No score or scorebook will be recorded as this is a developmental league.
2. Four 8-minute quarters, broken down into two 4-minute periods
3. Basket height will be 8 feet, ball size will be 27.5
4. Foul shot line will be 10 ft.
5. **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 dribbler gets both feet across center line. The defensive player can pick up a loose ball in any area of the court.

**KING WILLIAM DEPARTMENT OF PARKS AND RECREATION**  
**(804) 769-4981**

6. 4-second lane violation rule can be called after warnings by referee.
7. No double teaming unless the ball is thrown into the lane. If the ball is thrown back out of the lane, player must return to his opponent that he/she was guarding.
  - a. \*Example of double teaming – If player A is closely guarded by player B and then decides to dribble the ball in the vicinity of player B's teammate, this will not be considered double teaming because player A's teammate in that vicinity also. But if player A's teammate moves to another area on the court, player B's teammate must follow.
  - b. If double teaming is applied a warning is given to that team.
  - c. A technical foul may be called if this rule is not adhered to.
8. Teams may use multiple defenses as long as Rule 7 above is adhered to.

**PLAYING RULES – YOUTH BASKETBALL AGES 8-9 COED**

1. Four 8-minute quarters, broken down into two 4-minute periods
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.

**PLAYING RULES – YOUTH BASKETBALL AGES 10-11 BOYS AND GIRLS**

1. Four 8-minute quarters, broken down into two 4-minute periods
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** last two minutes of each half.
  - 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 may press with 1 minute left in overtime play as long as they are not up by 10 or more points.

**PLAYING RULES – YOUTH BASKETBALL AGES 12-15 BOYS AND GIRLS**

1. Four 8-minute quarters, broken down into two 4-minute periods
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.
  - a. Teams should not play defense outside of the three point circle if up by 20 or more points.

**KING WILLIAM DEPARTMENT OF PARKS AND RECREATION**  
**(804) 769-4981**

**PLAYER/ TEAM 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 or coach ejected from a game by an official 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 or coach 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 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.
7. Any player or coach 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 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. Recreation Department, Parents, and opposing coach should be notified at least 24 hours in advance.

Written policies should be discussed during parent meeting.

**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.

**KING WILLIAM DEPARTMENT OF PARKS AND RECREATION**  
**(804) 769-4981**

**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 must 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. No tape-ups or cover-ups – these items must be removed to play. This is a safety issue and will be strictly enforced. Medic 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.

**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.

**INCLEMENT WEATHER**

1. In the event of cancellations due to inclement weather please call the Activity Hot line at 804-769-3011 Ext. 4281. Hot line will be updated by 8:00a.m on Saturday morning and by 4:00p.m. Monday thru Friday. Teams playing away should contact the activity hot line of the home site.

**KING WILLIAM DEPARTMENT OF PARKS AND RECREATION  
(804) 769-4981**

2. If weather conditions are questionable and you do not hear the cancelled message or get a call from your coach you should report for your game.
3. Supervisors will contact the coaches, if possible, when cancellations occur and the coaches will call participants.
4. The Department of Parks and Recreation reserves the right to arrange postponed games at its 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.

**ACTIVITY HOTLINE 804-769-3011 Ext. 4281**

**NOTES**

- ✓ Coaches will advise parents and players of the bylaws. Ignorance of any rule will not be tolerated.
- ✓ The Manager 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 insure the orderly conduct of the league.