



## ONslow COUNTY PARKS AND RECREATION DEPARTMENT

### Youth Basketball Playing Rules

**PLAYING RULES:** The current National Federation of State High School Association rules will govern play in all districts, except as superseded by County rules. The playing rules governing youth basketball districts are supplements to the official playing rules of the National High School Federation. All players above the age of 8 are encouraged to wear mouthpieces during practices and games.

**REGULATIONS:** Apply to all age divisions, unless otherwise noted

**ACCEPTANCE:** Participation and play, including district officers, coaches, volunteers, and players, in any Onslow County Parks and Recreation Department athletic program implies full acceptance of all rules governing play, including the Playing Rules, By-Laws, Policies and Procedures, and "Code of Conduct."

**TEAM UNIT:** Maximum of 12 players per roster. (Teams may play with 4 players, if only 4 are available.) Registration for all districts must be completed before the start of the first scheduled practice. **Exception:** If, after the completion of registration, a team is at risk of folding and/or forfeiting games due to having only the minimum number (4) of players required to play a game, the team will be allowed to add up to 3 players from the waiting list to their roster. A candidate cannot begin practice with a team until he/she has registered, participated in the skills assessment and been placed on a team by the Parks and Recreation Department. No coach shall allow any player to practice with his or her team who is not listed on the team roster. All practices must be held at the sites and times assigned by the Parks & Recreation Department. No other sites or times may be used. A coaching staff cannot exceed three (3) coaches; one (1) head coach and two (2) assistant coaches.

**PHYSICAL HEALTH VERIFICATION:** It is the parent's responsibility to see that their child is in sound physical condition. It is recommended that a player have a thorough physical examination prior to participating in the program.

**PLAYING TIME:** During the regular season games, all players must fulfil playing time requirement (see below) for each game. Once the playing time requirement for each player is fulfilled, playing time for the participants is at the discretion of the Head Coach. See Playing Rule #15 for the complete rule.

- 8U – 6 minutes
- 10U – 6 minutes
- 12U – 6 minutes
- 14U -- 7 minutes
- 18U – 8 minutes

**\*\*\*There is no required playing time rule during the county tournament.**

**CONDUCT:** Unsportsmanlike conduct will not be tolerated. Officials will be in complete charge of the game and will use their judgement as to what constitutes unsportsmanlike conduct. Ejected coaches and/or players must leave the premises (school property). In addition, those ejected players and/or coaches will be suspended from the next played game. Anyone ejected from two games in one season is automatically suspended from the league for the remainder of the season.

Four technical fouls on the same team in one game will result in that team forfeiting the game.



**EQUIPMENT:** Game balls and mini-goals will be furnished by Onslow County Parks and Recreation. The head coach is responsible for ensuring all team members wear their assigned jersey, shorts and mouth guard for all games. Players/teams shall not alter the jersey in any way, this includes cutting, printing, and writing.

**PROTESTS:** Protests on judgment calls will not be considered. Protest procedure - refer to the by-laws.

### **COUNTY SPECIFIC RULES:**

1. Alcohol and drugs are prohibited at Parks and Recreation facilities and events.
2. Players listed on a high school varsity roster anytime during the school year may participate during the regular season and County Tournament; and are eligible for SWAC.
3. Any outside basketballs are not permitted in the gym at any time. This includes all basketballs brought from home.
4. Each team must start the game with at least 4 eligible players.
5. A 10-minute grace period (from scheduled game time) will be allowed before forfeit is ruled.
6. Teams will be allowed a 5-minute warm-up period prior to the game. At halftime of games where cheerleaders are present, both teams must vacate the floor immediately, and must remain off the court until the cheerleaders have completed their routines. PENALTY: Technical foul.
7. All players' names and numbers should be included in the game book roster prior to the start of the game. One technical foul will be given to a team that needs to add any players once the game has begun.
8. Only those persons listed on the team's roster shall be allowed in the team's designated bench area.
9. The clock will run continuously, (including overtime periods) **except for timeouts, fouls shots, and all official stoppages of play. The clock will not run continuously in the last 2 minutes.** There will be a 5-minute break between halves.
10. Each team will be allowed two (2) timeouts of 1 minute per half. Unused timeouts do not carry over between halves or to overtime periods. Each team will be given one time out per overtime period.
11. Only the Head coach is permitted to stand during the game.
12. Bonus free-throws begin on the 7<sup>th</sup> team foul of each half and double bonus on the 10<sup>th</sup> team foul. Personal fouls and Team fouls will be tracked; a player may foul out of any game after their 5<sup>th</sup> Personal foul.

If a player or coach receives a technical foul, they will remain on the bench for the remainder of the half. If they receive a second technical it will result in ejection from the game.



13. If a game is tied at the end of regulation, a 2-minute overtime will be played. If the game remains tied after two such overtime periods, then a sudden death period will be played with the first team to score declared the winner.
14. All ties in the final regular season standings will be broken by comparing the head-to-head results of the tied teams during the regular season. If 1<sup>st</sup> place head-to-head results are still tied, the tie may be broken by playing a playoff game. If 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup>, etc. place head-to-head results are ties, the tie will be broken by the toss of a coin.
15. All players must play one-quarter of a half before players are able to play multiple quarters in a row of each game.

Participants who have played the first quarter of the half may sub for each other during the second quarter of the half. Other substitutions before all participants have played their required quarter of a half may only be made for a player who is sick, injured, charged with a third foul, or is removed by the game official.

Once all players have fulfilled their mandatory playing time requirement, playing time for participants shall be at the discretion of the Head Coach.

It will be at the coach's discretion as to whether and how much a player will play if the player has not attended 50% of the prior week's practices (this excludes missing practice for school functions or medically excused absence) or if a player arrives later than the first half. Practice violations must be noted in the official scorebook before the start of the game. If practice violations are not noted, the player must play their required time. Note: Attendance records should be maintained by the coaches at all scheduled practice sessions.

If a coach plans on not playing a player for any reason other than for practice violations (i.e., illness, injury, etc.), it must be noted in the official scorebook and the opposing coach should be notified before the game begins.

If a player becomes ill or injured before completing the 1st full quarter of participation, the coach should immediately notify the official scorekeeper and opposing coach that the player will not be used for the rest of the game.

Any team found not playing their players for the designated time each game without proper documentation will result in the following penalties:

PENALTY 1<sup>st</sup> Offense Head coach is suspended for the next game  
2<sup>nd</sup> Offense Game forfeited; head coach is suspended the remainder of the season

*Note: Documentation must be made within 24 hours of the offense to the District's President. It is the district's responsibility to enforce this rule. If the team's next game is a traveling game, the District President is responsible for contacting the District President of the other district involved.*

16. Playing ineligible players will result in forfeiture of all games in which the player participated.  
PENALTY All Offenses Forfeiture of the game  
1<sup>st</sup> Offense Head coach is suspended for next game  
2<sup>nd</sup> Offense Head coach is suspended for the remainder of the season



17. In all age groups, if there is a 20 point lead in a game, the team ahead will not be allowed to play defense in the backcourt.

12 & Under: Defense in the backcourt is not allowed on any inbounds play except for the last two minutes of regulation play and any overtime period(s). Defense may begin after the 10 second line.

Penalty for Backcourt Defense Violations: First violation shall result in a warning. A technical foul shall be called on each subsequent violation. The technical foul shall be awarded to the bench, not the player committing the violation.

18. The Recreation Department reserves the right to reschedule games. The schedule may not be changed otherwise.

## **ETHICS**

- A. The coach is responsible for their team's and spectators' actions. Spectators will be excluded if they are unable to conduct themselves in a manner displaying good sportsmanship.
- B. Any player who leaves their team bench or area of play out of frustration, disappointment, or disagreement with teammates, opposing team, or officials will not be allowed to re-enter the game.
- C. Profanity will not be tolerated. Individuals, including coaches and players using profanity, will be removed from the game and possibly the league.
- D. Coaches are not permitted (at any time) to physically jerk a player by the body/jersey; even if said player is the son/daughter of the said coach.
- E. Coaches found to be using profanity, drinking alcohol, using drugs other than under doctor's orders, or engaging in any immoral practice during league season shall be subject to suspension or termination after a review by the Parks and Recreation Department.
- F. Players found to be using profanity, drinking alcohol, using drugs other than under doctor's orders, displaying immoral behavior, displaying poor sportsmanship, or in any way adversely affecting the team and the program shall be subject to suspension after a review by the Parks and Recreation Department. The head coach must notify the Athletic Coordinator and League President before restricting playing time for discipline.

**The Onslow County Parks and Recreation Department has authority in  
Interpreting the foregoing rules and regulations.**



## Playing Rules for Youth Basketball Age Divisions

### AGE GROUPS

Participants shall be qualified by age according to the following:

- 6 to 8 - Must not turn 9 prior to the cut-off date
- 10 & Under - Must not turn 11 prior to the cut-off date
- 12 & Under - Must not turn 13 prior to cut-off date
- 14 & Under - Must not turn 15 prior to cut-off date
- 18 & 15 - Must not turn 19 prior to cut-off date

Cut-off date: January 1<sup>st</sup>

### **8U DIVISION PLAYING RULES (MALE AND FEMALE)**

1. Each game will consist of 4 quarters of 6 minutes per quarter.
2. Free throw line will be 12 feet from the face of the backboard (standard free throw line due to goal attachment covering difference in distance).
3. Height of goals will be 8 feet for all regular season and County Tournament games. Mini-Goals will be issued to each District.
4. The game ball will have a circumference of 27.5 inches. This is the size of an official youth ball.
5. **Players are required to play a minimum of 6 consecutive minutes.**
6. Defense in the backcourt is NOT allowed at any point in the game, including the last two minutes (this is different for other age groups). The defense may begin after the 10-second line.  
*Backcourt pressure:* When the other team secures the ball, the defense must retreat over the mid-court line and allow the offense to bring the ball into the front court. If this infraction occurs, the officials waive the defense back, or stop and allow the offensive team to throw the ball in.  
*Penalty:* First violation shall result in a warning. A technical foul shall be called on each subsequent violation. The technical foul shall be awarded to the bench – not the player committing the violation.
7. Overtime will be 2 minutes.

### **10U DIVISION PLAYING RULES (MALE AND FEMALE)**

1. Each game will consist of 4 quarters of 6 minutes per quarter.
2. Free throw line will be 12 feet from the face of the backboard.
3. The game ball will have a circumference of 28.5 inches. This is the size of an official women's ball.
4. **Players are required to play a minimum of 6 consecutive minutes.**
5. Defense in the backcourt is not allowed on any inbounds play except for the last two minutes of regulation play and any overtime period(s). The defense may begin after the 10-second line.  
*Penalty:* First violation shall result in a warning. A technical foul shall be called on each subsequent violation. The technical foul shall be awarded to the bench – not the player committing the violation.
6. Overtime will be 2 minutes.



### **12U DIVISION PLAYING RULES (MALE AND FEMALE)**

1. Each game will consist of 4 quarters of 6 minutes per quarter.
2. Overtime will be 2 minutes
3. The game ball for the boys' team will have a circumference 29.5 inches. This is the size of an official men's ball. The game ball for the girls' team will have a circumference of 28.5 inches. This is the size of an official women's ball.
4. **Players are required to play a minimum of 6 consecutive minutes.**
5. Defense in the backcourt is not allowed on any inbounds play except for the last 2 minutes of regulation play and any overtime period(s). The defense may begin after the 10-second line.  
*Penalty:* First violation shall result in a warning. A technical foul shall be called on each subsequent violation. The technical foul shall be awarded to the bench – not the player committing the violation.
6. Playing rules are the same as high school federation rules.

### **14U DIVISION PLAYING RULES (MALE AND FEMALE)**

1. Each game will consist of 4 quarters of 7 minutes per quarter.
2. **Players are required to play a minimum of 7 consecutive minutes.**
3. The game ball for the boys league will have a circumference 29.5 inches. This is the size of an official men's ball. The game ball for the girls league will have a circumference of 28.5 inches. This is the size of an official women's ball.
4. Overtime will be 2 minutes.
5. Playing rules are the same as high school federation rules.

### **18U DIVISION PLAYING RULES (MALE AND FEMALE)**

1. Each game will consist of 4 quarters of 8 minutes per quarter.
2. **Players are required to play a minimum of 8 consecutive minutes.**
3. The game ball for the boys' team will have a circumference 29.5 inches. This is the size of an official male's ball. The game ball for the girls' team will have a circumference of 28.5 inches. This is the size of an official women's ball.
4. Overtime will be 2 minutes.
5. Playing rules are the same as high school federation rules.

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