



# **EXCELSIOR SPRINGS** *Recreation*

## **Excelsior Springs Recreation Department 2022-2023 Basketball Rules**

**Divisions U6-U8  
Divisions U10-U12**

### **Court Size:**

Half Court  
Full Court

**U6 Division  
U8 Division  
U10-U12 Divisions**

### **Ball Size:**

Rookie Ball (25.5)  
Junior Ball (27.5)  
Intermediate Ball (28.5)

**ALL Divisions**

### **Time Limit:**

4 quarters of 9 minutes  
(See Playing Time for more details)

**U6 Division  
U8 Division  
U10-U12 Divisions**

### **Goal Height:**

6 ft  
8 ft  
10 ft

## **ADMINISTRATION:**

The Youth Recreation Basketball League is supervised by the Excelsior Springs Recreation Department. Decisions rendered by the Parks and Recreation Department are final. Official Basketball rules that are established by the National Federation of State High School Association, apply except where superseded by the following Youth Basketball League Rules.

## **TEAMS:**

1. Each coach will be allowed (3) three automatic picks which may include the Coach's child if he/she is playing. Should a coach have two or more children playing in the same league those children will automatically be placed on his/her team if the family so desires. These picks should be submitted when registering to coach.
2. Players must submit a player contract or registration form with fee, properly signed by a parent or guardian, prior to participation in program.

## **UNIFORMS & EQUIPMENT:**

1. Required uniform consists of a jersey with number on back furnished by the league. Uniforms on a team shall be of the same color. Players must be in uniform to participate.
2. Wristbands will be given to U6/U8 Division
3. Gym shoes are to be worn. No street shoes allowed.
3. Jewelry of all types is prohibited. The only exception to this rule is pierced earrings which cannot be removed. If worn, the earrings must have tape over them.
4. Game balls will be supplied by the league.

## **GAME TIME:**

1. Games will start promptly as scheduled. A team must have five uniformed players to start a game and must have four uniformed players to complete a game. A five-minute grace period is allowed from scheduled starting time.
2. The referee's watch is official.
3. Teams will play down to the amount of players a team can field. If there are not enough players to make a team, that team may borrow players from the opposing team. DO NOT BORROW PLAYERS FROM THE STANDS OR OLDER DIVISIONS.

## **DETERMINATION OF PLAYER LINE-UPS:**

In the U6 and U8 divisions only: prior to the start of each quarter at the direction of the officials, coaches will line up their five starters near the scorer's table. At that time, coaches will direct their players as to their individual player responsibilities and match up wristbands with the appropriate players. Coaches should attempt to balance the ability of players on the court. In the U6 division, if there is a mismatch in skill level, the game may be stopped and wristbands switched to make the match up more even.

## **PLAYING TIME:**

1. A continuous clock will stop the last minute of each half. There will be intermissions of 1 minute after the 1<sup>st</sup> and 3<sup>rd</sup> quarters and 5 minutes between halves.
2. U6-U8 divisions- no overtime
3. U10 division: 2-minute running clock overtime; if the score remains tied after overtime then the game is over
4. U12 division: 2-minute running clock overtime; 2-minute sudden death double overtime; if the score is still tied after the double overtime period, the game is over
5. If a team is 20 or more points ahead the clock will run the whole fourth quarter.

## **TIME-OUTS:**

1. Each team is entitled to 2 charged time-outs per half during a regulation game. During each extra period, each team is entitled to one time-out. Time-outs cannot be carried over from half to half or 2nd half to overtime.
2. A single charged time-out shall not exceed 1 minute.

## **TEAM RESPONSIBILITIES:**

1. Home team will be listed first on the game schedule.
2. Home team shall provide the official timekeeper. The visiting team shall provide the official bookkeeper. The Recreation Department shall provide a gym supervisor who will have the official score books, keep games running, keep non-participating children off the gym floor, handling confrontations etc.
3. Score book and time clock will be provided by the department.

## **PLAYING REQUIREMENTS AND SUBSTITUTION:**

1. **All players in uniform will play a minimum of one full quarter in each half of the game.** The minimum playing requirement does not apply in case of injury -should a player be removed from the game due to injury, that partial quarter counts as a quarter toward fulfilling the player participation requirement.
2. It is the decision of the official(s) as to when a player removed from the game due to injury will be allowed to re-enter the game. Their decision will be determined by the seriousness of the injury.
3. **Every player must play the minimum of 8 minutes per half.** No player shall play four complete quarters except as may be necessary to field a team due to cases of illness, injury or foul-outs. EXCEPT for the U12 division, no player shall be allowed to play the entire 4 quarters - they must come out of the game at some point during a dead ball situation.
4. At the 4-minute mark of each quarter in U6/U8 games, a mandatory timeout will be call by the referee.
5. The only exceptions to the minimum playing requirements and player substitution requirements are in cases of injury, players fouling out or late arrivals.
6. Failure to obey these rules may result in forfeiture of the game.

## **PRACTICE ATTENDANCE:**

**Practices are an important part of youth recreation programs**, but cannot be made mandatory. It is usually not the child's fault when they miss practices and the child shouldn't be punished by not playing. If a player on your team is consistently absent from practice without an excuse, try to talk to the parents and see why the child hasn't been at practice. If it continues to be a problem, make sure the program coordinator is aware of it.

## **SPORTSMANSHIP:**

**Team members, coaches and spectators shall exhibit appropriate behavior towards other players, officials and spectators.** Unsportsmanlike conduct from team members and/or associates, including spectators, will result in one or more of the following:

- 1) Player, coach or spectator ejection from the game.
- 2) Player, coach or spectator ejection from the league.
- 3) Player, coach or spectator suspension.
- 4) Forfeiture of game.

During the game, the officials have the authority to eject players, coaches or spectators. Anyone that is ejected from a game will be suspended a minimum of one game. The Recreation Department has the final authority on determining the duration of the suspension or other penalty. Any player, coach or spectator ejected from a game must leave the gymnasium. Failure to do so may result in the forfeit of game.

## **PROTESTS:**

**Officials' decisions in all matters are final.** There shall be no protests except in cases of violation of the minimum playing requirements. Intent to protest must be so noted in the score book by an official at the request of the coach within the conclusion of the game. The protest must then be reported to the Recreation Department by the protesting coach the next working day. Report may be made in person or by phone.

## **AWARDS:**

All players in the U6 Youth Basketball Program shall receive a participation award. All divisions U8-U12 will be awarded 1<sup>st</sup> or 2<sup>nd</sup> place medals.

## **PLAYING RULES:**

1. There shall be no three- point field goals, except for the U10-U12 grade divisions.
2. In U6 no zone defense is allowed - man-to-man defense only. Violation of this rule may result in a technical foul being assessed to the bench. Wristbands will be provided and required in this division, and players will guard the opposing player with matching color wristband.
3. Boys & Girls U8-U12 grade Leagues will be allowed to play High School Basketball Rules (i.e. trap, double team, man-to-man, zone, etc.) The league recommends, especially to the younger divisions, they attempt playing man to man for player development purposes.
4. **Full court press allowed as follows:**  
U6-U8 - No full court press allowed. U10-U12 Divisions – Full Court press allowed the last two minutes

of the second and fourth quarters only.

U10-U12: During full court press players can play regulation High School Rules (trap, double team, man-to-man, zone, etc.). If a team is ahead by 10 points or more, that team may not press. Violations of the full court press rule may result in a technical foul being assessed to the bench.

5. In U6 and U8, if an offensive player beats his/her defender, another defensive player can pick him/her up until the first player recovers.

6. The free throw line for the U6, U8, and U10 League's will be moved in three feet closer to the basket. A line will be marked on each end of the court.

7. Once the ball has been brought 5 ft over the half court line, (either by pass or dribble) the defense may now pick up their offensive player (man on man defense only).

8. In U6 through U10 divisions the point guard needs to be a different child every quarter; this is to encourage other children the opportunity to touch the ball, not the same 1 or 2 children every time.

### **GYM RULES:**

1. THERE SHALL BE NO FOOD OR DRINK ALLOWED IN ANY GYMNASIUM DURING PRACTICES OR GAMES. THE ONLY EXCEPTION ALLOWED IS WATER BOTTLES. PARENTS & CHILDREN THAT ARE NOT PARTICIPATING IN THE GAMES MUST REMAIN IN THE BLEACHERS. CHILDREN WILL NOT BE ALLOWED TO RUN AROUND THE GYM! WHEN ENTERING THE GYM, PLEASE STAY AGAINST THE WALL AND WALK AROUND THE COURT.
2. NO SMOKING OR ALCOHOL PERMITTED ON SCHOOL GROUNDS.

### **COACH'S RULES:**

1. Only coaches registered with the Recreation Dept. will be allowed on the bench. Please register all volunteer coaches with the Recreation Department.
2. **Only ONE COACH (who is designated at the pre-game meeting) will be allowed to talk to the officials.**
3. **U6-ONLY ONE COACH** will be allowed on the field during the game, but must coach/teach by verbal direction. Coaches should not physically move players to positions.
4. Coaches are allowed to coach from the bench by verbal communication only. Mechanical or visual aids are forbidden. Coaches (excluding U6 coaches) cannot coach from the base line. Coaches and players will be on one side of the court and spectators, parents, grandparents, etc. will be on the perpendicular side of the court. Fans should stay at least 5 feet back from the side lines. In addition to the instances allowed in the High School Rule Book, a coach will be allowed to come up off the bench to provide instruction to players in a constructive manner. The Head Coach will be required to sit next to the score table so that the officials know who to refer to as Head Coach. Coaches are not allowed to come up off the bench to argue a call or in any manner harass the official(s).
5. Unless the gym is closed for school functions, practices are cancelled at the coaches' discretion.
6. In case of inclement weather on game days, coaches will be notified then contacting their team. FACEBOOK page will be updated as well.

\*Any questions contact Corey Greim, Recreation Coordinator\*

coreygreim@es-prcc.com

ESPR Office Number: 816. 630. 1040

Work Cell Phone: 816. 550. 1524