

Rocky Hill Parks & Recreation Youth Basketball League Rules & Procedures

PROGRAM GOALS

1. To promote appreciation of basketball, to develop skills necessary for team play, to provide equal opportunity for the development of individual players, and to accommodate every youth who wants to play regardless of ability level.
2. To stress physical fitness and development of fundamental skills, with equal emphasis placed on building lasting friendships, good sportsmanship, and the fun of participation.
3. To recognize the ongoing problem in youth sports concerning the emphasis on winning brought about by some coaches, parents, and spectators. While the value of winning is understood in terms of developing a healthy competitive attitude and team spirit, it is less important than the overall objectives of having each child participate and develop to his/her own capabilities.
4. To encourage the coaches to equalize playing times for each game among all team members.
5. Sportsmanship is a very strong recreation tradition. Decisions of referees are to be accepted by players, coaches, parents, and spectators.

DIVISIONS:

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| ▪ Dunkers 1 st Grade Clinic | 1 st grade – Co-ed |
| ▪ Dunkers 2 nd Grade Clinic | 2 nd grade – Co-ed |
| ▪ Junior Girls League | 3 rd -5 th grade |
| ▪ Junior Boys League | 3 rd -4 th grade |
| ▪ Intermediate Boys League | 5 th -6 th grade |
| ▪ Senior Boys League | 7 th -8 th grade |
| ▪ Senior Girls | 6 th -8 th grade |
| ▪ High School Boys League | 9 th -12 th grade |

ELIGIBILITY

1. Youths must reside in the Town of Rocky Hill or attend Rocky Hill schools, and play at their current grade level. Children repeating a grade may play for their current grade or the grade they should be in. Certain non-resident exceptions may be made at discretion of the Recreation Supervisor.
2. Only youths who have registered at the Parks and Recreation Department and been assigned to a team may participate in league play. No travel level players may participate in the recreational league.

ROCKY HILL PARKS AND RECREATION DEPARTMENT'S YOUTH SPORTS PHILOSOPHY

The Youth Sports Programs offered by the Rocky Hill Parks and Recreation Department are designed to provide a positive sports experience. The primary purpose is to offer each participant the opportunity to pursue, through recreational sports, the physical and emotional benefits of the program. We strive to maintain our sport programs so that all players will have the opportunity to gain new skills, make new friends, and have fun.

The emphasis is on good sportsmanship, proper conduct, and following the rules and polices of the Parks and Recreation Department. Although competition is a natural part of sport activities, winning is not the primary goal. We not only want our participants, but also the coaches and fans to play fairly and respect others. Cheer for ones triumphs and not for their shortcomings. Win with grace and lose with dignity. Encourage others to always do their best and try their hardest. The Code of Conduct applies to all players, coaches, officials, parents, and spectators.

Code of Conduct for Players

1. Play by the rules.
2. Value safety and fair play above personal gain.
3. Accept the authority and respect the decision of all game officials.
4. Never use abusive or foul language.
5. Be a good sport. Applaud all good play.
6. Treat all participants as you would like to be treated.
7. Always cooperate with your coach and team mates.
8. Always participate for your own enjoyment and benefit.

Code of Conduct for Parents/Spectators

The role of parents and spectators is critical to the experience the player has in the youth sports program. Please follow these guidelines:

1. Support your child and the team in a positive manner. Cheer for your child and team, not against the opposing team.
2. Show respect for all players, coaches, game officials and other spectators. Set a positive example with your behavior.
3. Respect the decision of the officials and encourage others to do so.
4. Recognize that the children are participating in the sport for fun and their own enjoyment.
5. Abide by all regulations set forth by the schools and Recreation Dept. for facility usage.

Code of Conduct for Coaches

1. Set a positive example for the players and spectators to follow.
2. Play by the rules. Respect the decision of the officials and encourage others to do so.
3. Promote good sportsmanship and coach in a positive manner.
4. Treat opposing coaches, participants and spectators with respect.
5. Congratulate all players on the performance.
6. Provide a safe and healthy environment.

The Rocky Hill Parks and Recreation Department reserves the right to remove anyone from the program or facility for failure to follow the Code of Conduct.

LEAGUE INFORMATION

1. Evaluations will be conducted for each player. During the team building process the emphasis will be on creating teams that are as balanced and equal as possible. All players registered by the deadline will be placed on a team. Coaches do not have the authority to commit a child to their team.

2. Coaches are responsible for contacting their players with their team assignment and practice schedule after the coaches meeting.
3. A clinic for all grade levels will be held between Saturday, December 3rd and Sunday, December 4th, depending on grade level. A scrimmage will be held on Saturday, December 17th to start out the season, before games are played.
4. Games will be held Saturdays, January 7th through March 4th. No games will be held on December 24th, December 31st, and February 18th. Game schedules will be available on our web site at the end of November.
5. Parents/guardians should walk their child to their coach for all practices and games. It is recommended that one parent/guardian be present at each game. After every practice and game, the player should be picked up on time. Coaches are responsible for players until picked up.
6. Players must be supervised by a parent or coach at all times. Do not leave any child unattended in the gym.
7. No child may take part in a practice or game without registering with the Parks and Recreation Department.

PLEASE REMEMBER:

- These are kids
- This is a game
- Spectators should cheer for everyone
 - The referees are human
- You and your child do not play for a professional sport team

VOLUNTEER COACHES INFORMATION

All coaches are required to participate in a national background check, review the coach's job description, and sign the Code of Conduct. Any adult that is assisting with practices and games is considered a coach and must be pre-approved by the Parks and Recreation Dept. and submit to a background check. Coaches are viewed as role models and must act appropriately at all times. Coaching is more than knowing the game. The ability to teach age appropriate athletic skills is equally as important as being aware of the needs of children while participating in sports.

1. All coaches will hold one practice per week throughout the season.
2. All coaches should conduct a mandatory parents meeting prior to their first game. Not all parents are familiar with our program or the game of basketball. They may have different expectations than you. Some topics to cover: review our Youth Sports Philosophy, CDC policy on concussions, what players should wear, drop off/pick up times, facility rules, playing time, and role of the parent on the sidelines.
3. All head coaches will receive a team binder containing:
 - Coach Code of Conduct, which must be read and signed
 - List of coaches with contact information
 - Team Roster
 - Practice Schedule
 - League Rules and Procedures

- Report of Incident/Accident
- Player and Spectator Code of Conduct forms

4. Coaches (or the Supervisor when present) must document all injuries, and submit the Report of Incident/Accident form to Rocky Hill Parks & Recreation Dept. **within 24 hours** so that proper follow-up measures may be taken. Evaluate all injuries to the best of your ability and within the limits of your training. If a player has a suspected head or neck injury (such as a concussion) do not return them to the game. No game or practice is important enough to risk the health of a child. Always notify the parent of an injury.

5. Each team will receive the following equipment (and are responsible for its return at the end of the season):

- Basketballs
- Pinnies
- First aid kit
- Ball pump
- Coaching binder
- Team shirts –one for every player and coach

6. Players must be supervised at all times. The players on your team are your responsibility. Never leave a child unattended after a practice or game.

7. All league policies and procedures will be reviewed at the mandatory pre-season coaches meeting.

PLAYING RULES

1. Regular basketball rules will apply. Our league rules will be discussed and explained at the pre-season coaches meeting in November. See current league rules below.
2. Basketball or gym sneakers are the only permitted footwear. Players should carry in their practice/game sneakers.
3. All players must wear their team uniform t-shirt. Shorts must be of an appropriate length and come to at least mid thigh.
4. No jewelry allowed at practices and games.
5. Protective eyewear and mouth guards are strongly suggested.
6. If a player hits their head in any way, they will be taken out of the game immediately and will not be allowed to return to the game. A parent must be notified.

GAME INFORMATION

1. The emphasis is on skill development, character building, and team work. Every player on the team should have the opportunity to develop these attributes. Winning and/or losing is not the goal of this program. It is for enjoyment, healthy competition, skill development, and good sportsmanship.
2. Coaches and players are to remain within the area of their assigned benches throughout the game, unless requested to leave by the referee. In all divisions, coaches **MUST** stay on their half of the court

3. There is a maximum of 2 coaches per team, and each should wear a team shirt. During a game, 1 coach may remain standing. Other coaches must remain seated.
4. All coaches, players, and spectators are expected to conduct themselves in a civilized, appropriate manner and show respect for the decision of the officials. All players and coaches will shake hands after the game.
5. Referees and supervisors are responsible for enforcing league rules and gym regulations. The supervisor present will have the final decision and judgment call on any issues that are not addressed in these rules and procedures.
6. During time outs, half time, and in between games, only players and coaches are allowed on the court. Spectators are not allowed to use the basketball court on game day. This is a safety issue and will be enforced by the supervisors and officials.
7. Smoking, drug, and alcohol use is prohibited on all Town property.
8. Kids first, winning second. Focus on fun and improving basketball skills.

WEATHER CANCELLATIONS:

1. If school is canceled for the day or dismissed early due to inclement weather, all practices are cancelled. Practices can be made up at the discretion of the coach, who must make a reservation with the Recreation Supervisor.
2. All Saturday cancellations will be made by 9:00am.
3. Coaches and players should check our web site at www.rockyhillct.gov/parkrec for updated cancellation information. When possible, an email will be sent out.

COMPLAINTS AND GRIEVANCES

1. Protests will not be recognized by the League. All complaints shall be handled in the gym in a respectful manner between coaches and referees. The referees and supervisor have the final decision in all such matters.
2. Complaints concerning the personal conduct of coaches or players shall be referred to the Recreation Supervisor.

ROCKY HILL YOUTH BASKETBALL LEAGUE RULES
2022-23
Updated 9/19/2022



Reminders from our athletes...

I am here to have **FUN**
 My coach is a **VOLUNTEER**
 Officials want to keep me **SAFE**
 Help me **LEARN** the game
 Be a **ROLE MODEL** from the stands
 Always **LEAD** by example
 Remember this is just a **GAME**
 Lets make great **MEMORIES!**

I. BASKET HEIGHT AND BALL SIZE:

Juniors (3rd-4th grade boys and 3rd-5th grade girls)-will use a small ball (27.5") and 9' hoop

Intermediates (5th-6th grade boys)-will use intermediate ball (28.5") and regulation 10' hoop

Seniors (7th-8th grade boys and 6th-8th grade girls)-

Boys will use regulation ball (30") and regulation 10' hoop.

Girls will use intermediate ball (28.5") and regulation 10' hoop.

II. TIME: 10 minute quarters, stop time in the last minute of second and fourth quarters

A. Overtime

Juniors, Intermediates and Seniors - 1 five minute period, with stoppage at 2:30 for subs

B. Time-outs

Juniors - 2 time outs per game, in addition to stop play at each 5 minute mark, including last quarter.

Intermediates – 3 one minute time outs per game, in addition to stop play at each 5 minute mark, including last quarter.

Seniors – same as Intermediates

One extra time out allowed in overtime

III. SUBSTITUTION:

All divisions – Substitutions are to be made at the 5 minute mark

Every player will play in every quarter and play a minimum of half of every game. No player can sit out 2 consecutive periods. No player may play more than 2 consecutive half quarters.

11 players or more each player must play an equal share

10 players 5 play ½ game; 5 play ½ game

9 players 2 play ¾ game; 7 play ½ game

8 players 4 play ¾ game; 4 play ½ game

7 players 6 play ¾ game; 1 plays ½ game

6 players 4 play full game; 2 play ½ game

5 players all must play full game

4 players team forfeits game

Prior to start of the second half, team line-ups can be changed, but must follow the same pattern of substitutions as noted above. Failure to abide by the substitution rule will result in a bench technical foul.

Missed practices will result in benched playing time. If a player misses 3 unexcused practices then the player will sit out half of the next game. Notify the supervisor on game day.

VI. FORFEIT:

Any team unable to produce 5 players at the beginning of the game will automatically forfeit the game. A 10-minute grace period will be given.

V. VIOLATIONS:

Juniors - Double-teaming allowed inside the paint. If an offensive pick is set, a defensive player may switch the player they are guarding. The stress here is for good man-to-man defense. When a foul is called the referee signals the clock to stop. The clock will start when players are lined up, and the referee hands the player the ball.

Intermediates – Double-teaming will be allowed anywhere on the court.

Seniors - Double-teaming will be allowed anywhere on the court.

A. Isolations

There will be no isolation of players during the course of the game. All players must be in a normal position on the court. One man and two man isolations will be called. Coaches should not put players into the corner of the court and allow the better players to constantly run offense. This will be a judgment call by the official.

B. Defense

Juniors (3rd-4th grade boys and 3rd-5th grade girls) – Half court man to man defense only. When a defensive player clearly has possession of a rebound or loose ball, they immediately become an offensive player. Double teaming allowed inside the paint. Double team outside the paint is not allowed and is considered a violation. All players must be in arms reach of another player once the ball crosses half court.

Intermediates (5th-6th grade boys) – Half court man to man or half court zone defense will be played in the first half. Full court defense is allowed in the second half only. When a defensive player clearly has possession of a rebound or loose ball, they immediately become an offensive player. No full court press if team is ahead by 10 or more points.

Seniors (7th-8th grade boys and 6th-8th grade girls) – Half court man to man or half court zone defense will be played in the first half. Full court defense is allowed in the second half only. When a defensive player clearly has possession of a rebound or loose ball, they immediately become an offensive player. No full court press if team is ahead by 10 or more points.

C. Penalties for Violations

Each team is allowed 2 violations per half. Every violation after 2 becomes a technical foul (1 shot technical).

D. Free Throw Shooting

When shooter releases the ball, players can step into the lane. Early entry into the lane will result in a lane violation.

E. Game Score

If a team is up by 20 or more points or at the supervisor's discretion, the score will not be put on the scoreboard. The score will always be kept in the scorebook. There will be no 3 point baskets for the junior division (3rd-4th boys and 3rd-5th girls).

VI. JUMP BALLS:

Jump balls will be given only at the beginning of the game and beginning of overtime. Alternating jump balls will be in effect during the game.

VII. FLAGRANT, INTENTIONAL, AND TECHNICAL FOULS:

Any foul committed in the game that the referees feels was flagrant will result in 2 foul shots and possession of the ball. All technical fouls, except for violation technicals, are 2 shots and possession of the ball. At the supervisor's discretion, the player can be ejected from the game. A double technical will result in 4 shots and possession of the ball. If a player receives 2 technical fouls, he/she will be ejected from the game and must sit out the first half of the next game.

Any problems with the scoring table should be discussed with the supervisor at a time out. No discussions with the scorekeepers will be allowed during the game. No one should question a referee's call. Coaches may ask for a clarification of the rules at a time out. If a supervisor feels it is warranted, a bench technical foul will be given for any inappropriate behavior by anyone in the gym.

VII. SPORTSMANSHIP:

Player conduct: If a coach, supervisor, or referee feels a player is displaying unsportsmanlike conduct then the player will sit out 5 minutes of the game. If a player fouls out, they will sit out 5 minutes of their next game. Additional time may be added if coach, supervisor, or referees feels it is warranted. Any players caught fighting will be ejected from the game and will serve a one game suspension.

Coach and spectator conduct: Any coach or spectator using inappropriate language or unsportsmanlike behavior will be served a technical foul and/or ejection from the game and facility. It is the coach's responsibility to control their fans. If a spectator acts improperly during the game, the referee has the authority to serve a team a technical foul for the behavior of the spectator. Any player questioning a referee's call will be given a warning for the first offense and a technical for the second offense.

If a coach is served a technical foul or exhibits inappropriate behavior, it will be the discretion of the Recreation Supervisor to suspend the coach for one game. A one game suspension means the coach must get coverage for their next game, and will not be allowed in the facility. If a coach receives 2 technical fouls during the season, they may be removed from coaching the remainder of the season. This will be at the discretion of the Recreation Supervisor.

These rules will be discussed, explained, and, if necessary, revised at the pre-season coaches meeting. No changes will be made after that meeting. The supervisor present will have the final decision and judgment call on any issues that are not addressed in these league rules.