

UPRD Hoopsters Basketball  
Rules and Regulations  
Updated: 8/2020

**I. Philosophy of Youth Basketball**

The philosophy of youth basketball is to offer the participants a recreational program that will teach basic fundamentals and the offensive/defensive philosophy of the game. Learning good sportsmanship and teaching all participants to respect their coaches, officials, fellow players, and the rules is also an important part of youth basketball. The rules of the National Federation of state high school associations shall apply to this league. The following rules shall apply to all grades within the UPRD youth basketball program, unless otherwise noted.

***At any given time, rules and procedures will change as we have to be flexible with this program with how many participants we receive. There are new Covid guidelines in place as well. This could change as well at any given moment. So please bear with us as we work through this season. We just want to provide a place for our youth to play basketball and be active in the winter time.***

**A. Grade 2-3**

1. Boys and Girls Divisions.
2. Kids will learn the fundamentals of basketball, teamwork, and sportsmanship.
3. The 6-week program will consist of practice one night a week and games played on Saturday mornings at Union Auditorium.
4. The teams will consist of up 6-10 players on a team with 5 players on a court.
5. **Free throw line: 12 feet      Ball Size: Junior      Hoop Height: 9 feet**
6. **Defense:** Zone or Man to Man. Coaches choice. Defensive players can't pick up ball until ball crosses over red volleyball line after the half court line.
7. **Five second violation:** An offensive player may not be in the paint for more than five seconds or more, this will be a violation against offending team.
8. **Free throw shooting line:** shooter must start behind the line but may jump over the line on free throw attempts.

**B. Grade 4-6**

1. Boys and Girls Divisions
2. Kids will continue to learn fundamentals of basketball, teamwork and sportsmanship.
3. The 6-week program will consist of practice one night a week and games played on Saturday mornings at Union Auditorium.
4. The teams will consist of up to 6-10 players with 5 players on a court.
5. **Free Throw line: 15 feet      Ball size 27.5      Hoop Height 10 feet**
6. **Defense:** Zone or Man to Man. Coaches choice. Defensive players can't pick up ball until ball crosses over red volleyball line after the half court line.
7. **Five second violation:** An offensive player may not be in the paint for more than five seconds or more, this will be a violation against offending team.
8. **Free throw shooting line:** shooter must start behind the line and not jump over the line on free throw attempts

**II. General Rules**

1. All players, coaches, spectators will respect each other and recognize that this is a recreational sport.
2. Each team will be provided with team shirt with numbers 2-15.
3. Only soft-soled non-marking shoes are allowed.
4. No jewelry, hoop earrings, nose piercings, or bracelets are allowed to be worn during practice or games.
5. No food in the gyms.
6. No chewing gum.
7. Anyone with braces must wear a mouthpiece that covers braces for protection.
8. At the end of every practice or game, the last two teams must be responsible for cleaning the gyms.
9. Coaches are responsible for keeping practice balls and collect them at the end of every practice.

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**III. Covid Restrictions**

1. No spectators at this time are allowed in the gym for game or practices.
2. Players and coaches must bring in their own water bottles and not share with other players or coaches.
3. City will provide game balls and wipe down the basketball every timeout, every half and before every game.
4. Players and coaches that are sick or feeling slightly sick should not come to game. Even if it is just a small cough, or allergies please don't bring player/coach to the game.
5. City has hand sanitizers placed on table before entering gym, please use this or wash hands in restroom before and after games.
6. Teams that are waiting for their game to start will not be allowed in gym until the recreation coordinator says it is ok and the prior teams that were playing have exited the building.
7. No handshakes or line ups at games this season. When game is done, please leave as quickly as you so other teams may enter.

**IV. Practices**

1. Practice slots will be picked from coaches. We only have one gym space to share with all teams. Some teams will have to share half court space.
2. Practices will be one hour and at the end of the hour you must leave as quickly as you can. Other teams will be waiting to start their practice. Teams have to exit the building in order for another team to enter for their practice. No more than two teams inside the building at the same time.
3. Depending on how many teams sign up, the city may only be able to provide two basketballs per practice and 5 pennies.
4. The last team must turn off all lights before leaving for the night and must insure doors are locked.
5. Please use middle doors only to enter into lobby and into the gym.
6. Players must provide own water bottles and not share with others.

**V. Game Rules**

- A. All players must be accompanied by either their guardian or coach at all times. Children who are not in the program must be accompanied by their guardian at all times.
- B. **Start of the Game**
  1. To begin a game, two players, one from each team, stand at center court and jump for the ball which is thrown in the air by an official in an attempt to tip it to their teammates to gain possession.
- C. **Free Throw/Fouls**
  1. A bonus shot will be awarded on team's seventh foul. (Seven personal fouls per half)
  2. A double bonus will be awarded on a team's tenth foul. (Ten personal fouls per half)
- D. **Mercy Rule:** Mercy score that will take affect when one team is up by 15 points or more. Once a team is up by 15 points, we will stop adding additional points on the scoreboard. The score will still be kept in the official scorebook. If one team is up by more than 15 points and the team losing score, points will be added on the scoreboard to both teams to maintain the 15 point differential (if official score is still 15 point differential or greater). For example, official score is 22-4. The scoreboard will show 19-4. If losing team scores two points to make it officially 22-6, then the scoreboard will be updated to 21-6. If score gets within 15 points, official score will be reflected.
- E. **Inbounds**
  1. A five second rule for putting the ball into play will be enforced.
  2. The player bring the ball inbounds must be given a three-foot neutral radius zone.
- F. **Jump Balls**
  1. Game started off jump ball and start of overtime periods.
  2. After, the jump ball (tip off) teams will alternate possession of the ball if a tie-up occurs.
- G. **Lane Rule**
  1. There will be a five second count, whistle will be blown and ball goes to opposing team.
- H. **Height of Goal**
  1. Games played on a 9 or 10 feet baskets.

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I. **Officials**

1. Interpretation of the rules will be left to the judgment of the officials. Their duties are to enforce laws, decide disputes, and make judgment calls pertaining to all aspects of play. The official's decision is FINAL.
2. No disputes or judgement rulings by officials shall be accepted or considered.
3. It is the official's responsibility to report all situations, misconduct, or any other form of information that is required by UPRD.

J. There will be one official provided.

K. **End of Game**

1. Last teams in gym, are responsible for clean-up. Chairs need to be put up against the stage and score clock on the stage. An employee with the city will be there to help assist with clean up.

**VI. Timing of Game**

A. Game will consist of 4 seven-minute quarters.

B. A running clock shall be maintained throughout the entire game and will be stopped only during:

1. Official time-outs
2. Team time-outs
3. Last 2 minutes of fourth quarter if score is within 8 points.

C. **Overtime Period**

1. If at the end regulation time, a basketball game ends in a tie, a sudden death period lasting a maximum of two minutes will be played with first team scoring wins the game.
2. If game is still tied after sudden death period, the game will end in a tie.
3. There will be a one-minute period between overtime periods.

D. **Time-Outs**

1. Each team will receive one time-out per half, one minute per time out; timeouts cannot be accumulated and will be forfeited if unused.
2. Each team will receive one time-out during overtime period.
3. Minimum of three-minute warm-up period shall precede each game.
4. There will be one-minute period between quarters.
5. There will be a two-minute period between halves.

**VII. Participation and Substitutions.**

A. Each player must play a minimum of the equivalency of two complete quarters per game.

B. If a player is physically unable to finish a game or fouls out, she/he qualifies for having played the required time.

C. The official scorer and opposing coaches must be informed at the time a player is removed from a game due to illness, injury or disciplinary reasons.

D. The official scorer and opposing coaches must be notified before start of the game of any payers who cannot play due to illness injury or disciplinary reasons.

E. Any team not adhering to the participation rule stated above may be penalized as follows:

1. If they are the winning team, they will forfeit the game.
2. If they are the losing team, they will be assessed an additional loss.
3. Coach may be asked to step down as coach.

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**VIII. Weather Delays and Cancellations**

- A. Decisions for calling games will not occur until 60 minutes prior to the scheduled game time. Please call Park office at 636-583-8471 for this information.
- B. Previous to 15 minutes before official start time, UPRD will have the responsibility and authority to cancel any regular schedule game due to severe weather conditions.
- C. Coaches are responsible for informing parents and players of cancelled practices and games due to weather related issues in a timely manner.

**VIII. Coaches Conduct and Responsibilities**

- A. Coaches are responsible for the conduct of their players and team fans. Coaches, players, and fans are expected to conduct themselves in a sportsmanlike manner at all times.
- B. Violations of the code of conduct (last page of this handout) will result in bench technical foul and two free throws by the opposing team. Such fouls will count against any player, coach, or team totals.
  - 1. Any and all direct or indirect vocal remarks by coaches and players or fans misled at the other coach or referee working the game in which such remark are vocalized will constitute a bench technical foul.
  - 2. He/she will be suspended for the next scheduled game. This includes coaches, parents, and players.
- C. **Coaches Responsibilities**
  - 1. Each head coach must be familiar with rules of the game.
  - 2. **This year for 2020/21 season UPRD will be responsible for clock, and official score of game**
  - 3. **Home team coaches are responsible for acquiring an official score for the game.**
    - a.) A quick training will be given to anyone not familiar with how to keep score in the game book.
    - b.) Both coaches need to sign off on score sheets at completion of the game.
  - 4. **Away team coaches are responsible for acquiring an official clock operator.**
    - a) A quick training will be given to anyone not familiar with how to operate the clock.
  - 5. Make sure all players are dressed in team shirts and shorts.
  - 6. Inform parents and players of cancelled practices and games due to weather related issues in a timely manner.

**The Union Parks and Recreation Department will not be held responsible or liable for any injuries to basketball participants, coaches, referees, or fans. At any time, Union Parks and Recreation Department has the right to add to, delete from, and amend the rules as deemed necessary for the betterment of the program.**

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## Coaches' Code of Conduct

- A. Youth sports programs play an important role in promoting the physical, social, and emotional development of children. Therefore, it is essential for parents, coaches, spectators, and officials to encourage youth athletes to embrace the values of good sportsmanship. Furthermore, parents, coaches, spectators and officials involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.
1. I will not engage in unsportsmanlike conduct with any other coach, parent, player, participant, official, or any other attendee.
  2. I will not encourage my team, or any other person, to engage in unsportsmanlike conduct with any other coach, parent player participant, official or any other attendee.
  3. I will not engage in any behavior which would endanger the health, safety, or well-being of any other coach, parent, participant, official or any other attendee.
  4. I will not encourage my team or any other person to engage in any behavior which would endanger the health, safety, or well-being of any other coach, parent, participant, official or any other attendee.
  5. I will not use drugs, alcohol, or tobacco products while at youth sports event and will not attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
  6. I will not permit my team or encourage any other person to use drugs, alcohol, or tobacco products while at youth sports event and will not attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
  7. I will not engage in the use of profanity or any other offensive language
  8. I will not encourage my team or any other person to engage in the use of profanity or any other offensive language.
  9. I will and will encourage my team to treat any other coach, parent, player, participant, official, or any other attendee with respect
  10. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
  11. I will not encourage my team, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
  12. I will not initiate a fight or scuffle, or retaliate with any other coach, parent, player, participant, official or any other attendee.
  13. I will not encourage my team, or any other person to initiate a fight, scuffle, or retaliates with any other coach, parent, player, participant, official or any other attendee.
- B. Anyone who fails to conform their conduct to the preceding code of conduct while attending, coaching, officiating or participating in a youth sports event will be subject to disciplinary action, including but not limited to the following in any order or combination:
1. Verbal warning issued by referee.
  2. Technical issued by referee.
  3. Suspension or immediate ejection from youth sports event issued by the league or organization or by someone who is authorized to issue such suspension or ejection y league or organization.
  4. Suspension from multiple youth sports events by the league or organization or by the appropriate official authorized to issue such suspension by the league or organization.
  5. Season suspension or multiple season suspension issued by the board of UPRD.
  6. A suspension by one organization may be carried over to another organization. The most severe consequence may occur after the first infraction and shall be in the unrestricted discretion of responsible official.

Signature \_\_\_\_\_ Date \_\_\_\_\_