

## HADDAM-KILLINGWORTH RECREATION DEPARTMENT YOUTH BASKETBALL RULES

Regular Federation BASKETBALL RULES will be observed except for the special rules listed below.

### *VARSIITY DIVISION (BOYS AND GIRLS)*

1. No spectators allowed on the court during pre-game warm-ups and half time.
2. **Each player must play at least one half of each game.** If a player has not attended at least 50% of their team's last 4 practices or if a player is not present prior to the start of their game, then that player must play at least 1/4 of each game. (**Note:** coaches must notify the scorekeeper as to which players are not present and those players who have missed 50% of their last 4 practices).
3. A player must play complete half quarters and **may not** be subbed for unless they are injured or fouled out. However, the player who comes in as a sub **must** still play two complete quarters in the game.

**Summary - You may sub only between periods and at the substitute break half-way through a quarter.** Free substitution in overtime.

4. **No one player can play the whole game unless their team has only 5 players. Each player must sit out at least 4 minutes.**
5. A team may not full court press in the 4th quarter if they lead by 10 or more points.
6. Periods will be 8 minutes. If teams have 10 or more players present, 9 minute periods.

**NOTE:** If we play towns with our Boys and/or Girls Varsity Division, rules may be adapted per agreement of coaches! All HK players must still play half a game.

### *JUNIOR VARSITY DIVISION (BOYS & GIRLS)*

1. No spectators allowed on the court during pre-game warm-ups and half time.
2. No back court guarding, **except in the 4th quarter.** **Note:** Offensive player must have both feet in the forecourt before he may be guarded.
3. **Each player must play at least one half of each game.** If a player has not attended at least 50% of their team's last 4 practices or if a player is not present prior to the start of their game, then each player must play at least 1/4 of each game. (**Note:** coaches must notify the scorekeeper as to which players are not present and those players who have missed 50% of their last 4 practices).
4. A player must play complete half quarters and **may not** be subbed for unless they are injured or fouled out. However, the player who comes in as a sub **must** still play two complete quarters later in the game.

**Summary - You may sub only between periods and at the substitute break half-way through a quarter.** Free substitution in overtime.

5. **No one player can play the whole game unless their team has only 5 players. Each player must sit out at least 4 minutes.**
6. Jr. size ball will be used in J.V. Division.
7. A team may not full court press in the 4th quarter if they lead by 10 or more points.
8. Periods will be 8 minutes. If a team has 10 or more players present, 9 minute periods.

***TRAINING DIVISION (BOYS & GIRLS)***

1. No spectators allowed on the court during pre-game warm-ups and half time.
2. **The score shall not be kept. No scoreboard or scorebooks (to be reviewed half-way through the season).**
  - a) A special 3 ring binder will be at the timers table to record
    - 1) personal fouls
    - 2) team fouls
    - 3) quarters played in
    - 4) time outs
    - 5) double teaming, zone defense and back court guarding violations.
  - b) Players are limited to 5 personal fouls.
  - c) No score is kept; thus no overtimes.
3. No back court guarding unless the ball has already come into the forecourt and is brought to the backcourt. **Note:** Offensive player must have both feet in the forecourt before he may be guarded. **Exception:** Last 10 seconds of game, a team may guard full-court.
4. No double teaming, even in the key. Players may switch.
5. No zone defenses, man-to-man only.
6. There is a 10 second rule for bringing the ball into the forecourt and there is no backcourt (due to the limited size of the gyms). Once the ball comes into the forecourt, it may go back to the back court, but defense may cover.
7. **Each player must play at least one half of each game.** If a player has not attended at least 50% of their team's last 4 practices or if a player is not present prior to the start of their game, then that player must play at least 1/4 of each game. (**Note:** coaches must notify the scorekeeper as to which players are not present and those players who have missed 50% of their last 4 practices).
8. A player must play complete half quarters and **may not** be subbed for unless they are injured or fouled out. However, the player who comes in as a sub, **must** still play 2 complete quarters in the game.

**Summary - You may sub only between periods and at the substitute break half-way through a quarter.** Free substitution in overtime.

9. No one player can play the whole game unless their team has only five (5) players. Each player must sit out at least 4 minutes.
10. 9' basket and Jr. size ball.
11. Periods will be 8 minutes.

### **SPECIAL RULES**

1. Each team will be allowed **2 violations** per half before technical fouls will be called for backcourt guarding, double teaming, etc. **Technical fouls will be shot on third violation. Training and J. V. Divisions only.**
2. A defensive player who rebounds the ball is considered in possession of the ball if he/she comes down with the ball in both hands, and is not juggling the ball. If, at this time, a player from the opposing team reaches in to tie up the rebounder, a backcourt guarding violation will be called and not a jump ball. If offensive and defensive player come down together, a jump ball will be called. **Training and J. V. Divisions only.**
3. Coaches are to stay in the area of their respective benches during games.
4. Coaches are not allowed to criticize or yell at players from the opposing team.
5. Coaches are not allowed to yell at officials. If you question a call, call a time out and **calmly** discuss it with the official. There are no protests.
6. Coaches should not yell at or publicly ridicule their players. This program is for teaching basketball. If you have constructive criticism, please do it in a calm manner.
7. Please remind your players' parents, only players should be dropped off for practices, not brothers and sister.
8. Remind parents that they are responsible for the behavior of these other children. Any children not supervised will be removed from the building.
9. Each team is responsible for their fans. If a referee is being harassed by parents of your team, the referee may call a 2 shot technical foul against your team. Poor sportsmanship by parents will not be tolerated! Our referees are **volunteering** their time, and should not be ridiculed by parents who refuse to volunteer, but instead harass referees.
10. No jump balls except at start of game and start of each overtime period. We will have alternating possession.
11. There will be **no** 3 point field goals in the Training and Jr. Varsity Divisions. There **will be** 3 point field goals in the Varsity Division.

### **TIMING REGULATIONS:**

- A. A game shall consist of four (4) periods of eight (8) minute duration in all divisions. The clock is stopped whenever the referee blows the whistle and started when the ball is legally put into play (i.e., when play resumes and ball is touched by a player on the court).
- B. The clock will be stopped half-way through each quarter so teams may substitute. There is **no time-out**, only quick substitutions. The subs shall enter at the 1st whistle **after** 4 minutes of each quarter have been played.
- C. If score is tied at the end of regulation, one (1) three (3) minute overtime period shall be played. If the score is still tied at the end of the overtime period, the game will end in a tie.

### **TIME-OUTS:**

- A. Each team may take four (4) time-outs per game. Each team gets one (1) additional time-out in the overtime period. Time-outs may be accumulated.

### **FOULS:**

- A. A player is ejected from the game when he/she gets their 5th foul.
- B. On the 7th team foul in each half, the opposing team shoots 1 and 1. On the 10<sup>th</sup> team foul in each half, the opposing team shoots 2 shots.

## **1) SUBSTITUTION**

\*A player must play complete half quarters and **may not** be subbed for unless they are injured or fouled out. However, the player who come in as a sub **must** still play two complete quarters later in the game.

**\*Summary - You may sub only between periods and at the substitution break half-way through a quarter.** Free substitution in overtime.

## **2) SPECIAL RULES**

**\*A. Training Division (3rd & 4th grade): (1) No back court guarding; (2) No double teaming; (3) No Zone Defenses.**

B. Junior Varsity Division (5th & 6th grade): No back court guarding except in the 4th quarter.

C. 3 point field goals only in the Varsity Division.

\*If the referee calls one of these special violations, make a notation on the top of the page for the team in violation. On the **3rd violation in a half**, the **offended** team shoots **one technical foul shot**, and then gets possession of the ball at mid-court. In the Training Division, it can be any combination of violations that equal 3 which results in the technical foul. Each team starts fresh again in the 2nd half.