

City of Scottsdale Parks and Recreation Youth Sports 5 on 5 Basketball League Rules

LEAGUE CLASSIFICATION:

Junior Varsity: 4th & 5th Grade League

Varsity: 6th Grade League

7th and 8th Grade League

- Game time is forfeit time. Site Supervisor may grant a grace period at their discretion
- Line-ups from both teams, with players' first and last names and numbers, must be entered on the official scoresheet 5 minutes before game time.
- Each team will occupy a bench on the same sideline as the scorekeeper. Teams will warm up and shoot at the basket opposite their bench to start the game. The "flip score" will reflect the team points based on team bench. In addition, the score will only be displayed at halftime and the last 2 minutes of the game for Junior Varsity and Varsity but will be displayed the entire game for 7th and 8th Grade League.

TIMING REGULATIONS

1. Time: 18 minute running halves, regulation clock the last 2 minutes of the game and all overtime periods. Clock will stop for all time-outs, technical fouls, flagrant fouls, intentional fouls, officials' timeouts, and unsportsmanlike fouls throughout the game. During the last 2 minutes of the game and all overtime periods, the clock shall stop for fouls, held ball, out of bounds, violations, injuries, disqualifications and substitutions.
2. There will be 3 minutes between halves.
3. The first overtime period shall be 3 minutes with regulation clock. If the game is still tied, a SUDDEN DEATH overtime period will be played. There will be NO clock kept during the sudden death period. The winner will be the first team to score.

PLAYING TIME REQUIREMENTS:

11-12 Players:

- Starting 5 play from 18:00-12:00 mins. (clock time)
- Next 5 play from 12:00-6:00 mins. (clock time)
- Last 2 or 1 play from 6:00-0 mins. (clock time) with remaining 3-2 players' at Coach's discretion

8-9 Players:

- Starting 5 play from 18:00-12:00 mins. (clock time)
- Remaining 3-4 play from 12:00-6:00 mins. (clock time) with remaining 2-1 players' at Coach's discretion
- 6:00-0 mins. (clock time) Coach's discretion.

6-7 Players:

- Starting 5 play from 18:00-12:00 mins (clock time)
- Remaining 2-1 play from 12:00-6:00 mins. (clock time) with remaining 4-3 players' at Coach's discretion
- Coach discretion applies 6:00-0 mins. (clock time)

Any overtime periods will be free substitution (coach's discretion).

******Each child must play 6 minutes per half. ******

No player will be permitted to play the entire game.

*****If violation occurs, a technical foul *may* be issued to the team. *****

NO FREE SUBSTITUTES UNTIL THE LAST 6 MINTUES OF EACH HALF

PLAYERS

1. A game can be started and finished with 4 players.
2. If foul-out situation occurs, Official discretion will apply.

SUBSTITUTES

1. Substitutions occur only on a dead ball
2. Substitutes must report to the scorers table and wait for the official to blow their whistle, stop the play and signal the player(s) in.
3. During free substitution period, substitutes can be entered thru use of time-out.
4. If injury, official time-out will be called and substitution can occur.

EQUIPMENT

For the purpose of play, the following equipment shall be deemed illegal:

- A. Casts of any kind.
- B. Tape or any slippery/sticky foreign substance on any equipment or the body
- C. Players shall not wear jewelry (rings, bracelets, medals, watches, earrings, necklaces, etc.).
- D. No pants or shorts with belt loops or pockets.

The following types of equipment are legal and encouraged:

- A. Basketball/tennis shoes are required. Only shoes with “non-marking” or “non-scuffing” soles may be worn when playing in the gyms.
- B. **ALL PLAYERS MUST WEAR SOME TYPE OF ATHLETIC SHOE. NO SANDALS OR OPEN TOE SHOES.**
- C. Gym shorts, bermuda shorts or long pants (no belt loops or pockets are allowed).
- D. A Youth Sports jersey is required and must be tucked in. The Youth Sports jersey must be intact (no cut-off sleeves or half tops).
- E. An official women’s size basketball will be used for Junior-Varsity, Varsity and Girls 7th/8th Grade League. An Official Men’s Size Basketball will be used for the Boys 7th/8th Grade League.

TIMEOUTS

Each team is allowed 2 one-minute time-outs per half and 1 one-minute time-out per overtime period.

Time-outs may not be accumulated.

Time-outs shall be granted only when:

- A. the ball is in control or at the disposal of a player on your team
- B. the ball is dead, except when the throw-in starts for the opponent
- C. on a jump ball, before the tossed ball leaves the officials’ hand
- D. on a free throw, before the ball is placed at the disposal of the free throw shooter
- E. After a basket, before the ball is in the possession of the scored-upon team.

After time has been out, the clock shall be started when the official signals time-in. If play is started by a jump, the clock starts when the ball is tapped. If a free throw is not successful and

the ball is to remain alive, the clock starts when the ball is touched by a player on the court. If play is resumed by a throw-in, the clock starts when the ball is touched by a player on the court.

JUMP BALLS AND ALTERNATING POSSESSION

1. To start the game and each extra period, the ball shall be put in play at the center circle by a jump between any two opponents. Each jumper must have 1 or both feet entirely inside the restraining circle. To start the 2nd half, a throw-in will be made from out-of-bounds at half court opposite the scorekeeper.
2. Teammates may not occupy adjacent positions around the restraining circle if an opponent indicates his or her desire for one of these positions before the official is ready to toss the ball.
3. Until the ball is tapped, non-jumpers shall not have either foot break the plane of the restraining circle or take a position in any occupied space.
4. If the ball touches the court without being tapped by at least 1 of the jumpers, the official shall toss it again.
5. Neither jumper may:
 - a. tap the tossed ball before it reaches its highest point.
 - b. leave the jumping circle until the ball has been tapped.
 - c. catch the jump ball.
 - d. touch the ball more than twice.
6. In the following jump ball situations, the teams will alternate taking the ball out-of-bounds for a throw-in nearest the occurrence. Jump ball situations arise when:
 - a. a held ball occurs.
 - b. when the ball goes out of bounds and it's not clear who last touched the ball or if the referees disagree.
 - c. double violations and fouls.
 - d. ball lodges on the basket.
7. Alternating possession will be administered for all jump ball situations. A violation (travel/line) on an alternating possession throw-in is the only way a team loses its alternating possession throw-in opportunity. A foul by either team during an alternating possession throw-in does not cause a team to lose the arrow.

THROW-INS

1. A player must be given a 3-foot restraining area on a throw-in. The throw-in starts when the ball is at the disposal of a player or team entitled to the throw-in. Once the ball is handed by an official, the player shall have five seconds to release the ball. The thrower shall not leave the designated throw-in spot.
2. After a goal, the team scored upon shall make the throw-in from the end line where the goal was made and from any point outside the end boundary.
3. On violations and common fouls, the throw-in is made from the spot nearest the occurrence.
4. After a technical, flagrant or unsportsmanlike foul, the ball is thrown in at the division line opposite the scorer's table.
5. On a free throw violation by a teammate, the opponent makes the throw-in from the end line, outside the lane line.
6. When the throw-in spot is behind the backboard, the throw-in is made from the end line, outside the lane line.

FREE THROWS AND FOULS

1. Junior Varsity players will shoot free throws from the front part of the circle surrounding the free throw line. Varsity & Middle School players will shoot from the free throw line.
2. Shooters may not step on or over the line until the ball hits the rim. Non-shooters must also wait until the ball hits the rim.

3. The free throw must be attempted within 10 seconds after receiving the ball.
4. The free throw shall be attempted in such a way that the ball enters the basket or touches the rim before the throw ends.
5. If there is a violation by the free thrower or a teammate only, the ball becomes dead when the violation occurs and no point can be scored on that attempt. The ball is awarded to the opponent for a throw-in from the end line, outside the lane line. The throw-in does not apply if the free throw is to be followed by another free throw attempt.
6. If there is a violation by the free thrower's opponent only, the following occurs:
 - a. if the try is successful, the point counts and the violation is disregarded.
 - b. if the try is unsuccessful, the ball becomes dead when the free throw ends and another free throw is attempted by the same shooter under the same conditions.
7. If there is a violation by each team, no point will be scored and play shall be resumed by the team entitled to the alternating possession throw-in from the end line, outside the lane line.

FREE THROW PENALTIES DEFINED

1. Fouled in the act of shooting = 2 shots.
2. Technical foul = 2 shots and the opponent is awarded the ball for a throw-in. A technical foul may be called when 1 or more of the following occur:
 - a. 6 players on the court.
 - b. illegal substitution.
 - c. players' name and number not recorded on game roster.
 In the event of a technical foul, any roster player may attempt the free throws and must remain in the game for one possession.
3. Flagrant fouls are intentional and unnecessary foul.
A flagrant foul always carries a penalty of 2 free throws, automatic disqualification and the opponent is awarded the ball for a throw-in at the division line opposite the scorer's table.
4. Intentional fouls are those fouls which are observed as being designed or pre-meditated. Lightly holding or pushing an opponent in full view of an official with hope of gaining control of the ball, or pushing a player in the back to prevent a score is equally intentional. An intentional foul always carries a penalty of 2 free throws and the opponent is awarded the ball for a throw-in nearest where the foul occurred.
5. Unsportsmanlike fouls are those in which a player acts in a manner unbecoming a fair, ethical and honorable individual. Examples may include: accepting a foul which should be charged to a teammate, faking being fouled, knowingly shooting a free throw for another, indicating disrespect, such as making critical remarks about or to an official or opponent, engaging in acts of vulgarity or using profanity. The penalty for unsportsmanlike conduct is a technical foul, 2 free throws and the opponent is awarded the ball for a throw-in. In addition, if the foul is considered flagrant, the offender is automatically disqualified. Other examples of unsportsmanlike conduct include:
 - a. disruptive or distracting behavior by bench personnel, yelling "air ball," clapping or laughing at an opponents' free throw, etc.
 - b. yelling to distract the opponent when a player is out of position.
6. Players are disqualified on their 5th foul. Technical fouls are counted as personal fouls and count towards disqualification.
7. On the 7th team foul in the first or second half (except player control or team control fouls), teams will shoot the one-plus-one bonus.
8. On the 10th team foul in the first or second half (except player control or team control fouls), teams will shoot 2 free throws.

OTHER VIOLATIONS

1. Traveling
2. Double dribble
3. Backcourt violation

4. JV League: Full-court defense (Warning issued first then a technical foul)
5. 3 seconds in the lane (key): also applies to a player who has only 1 foot touching the lane boundary.
6. Kicking the ball, striking it with the fist or causing the ball to enter and pass through the basket from below. Accidentally striking the ball with the foot or leg (while playing defense) is not a violation. This must be a deliberate attempt to be deemed a kick.
7. Team who has continuous control of a ball in the backcourt for more than 10 seconds.
8. A player, while closely guarded anywhere in his/her frontcourt, holds or dribbles the ball for 5 seconds.

PENALTY FOR ANY OF THE ABOVE VIOLATIONS: THE BALL BECOMES DEAD OR REMAINS DEAD WHEN THE VIOLATION OCCURS, EXCEPT WHEN JV LEAGUE VIOLATES FULL-COURT DEFENSE AFTER WARNING A TECHNICAL FOUL MIGHT BE ISSUED. THE BALL IS AWARDED TO A NEARBY OPPONENT FOR A THROW-IN AT THE OUT-OF-BOUNDS SPOT NEAREST THE VIOLATION.

PRESSING

1. Varsity and Middle School teams may press full court or half court. Teams may half-court press with a lead of 10 or more points but not full-court. Teams may not press (full or half) with a lead of 15 or more points. Penalty: A warning to the team on the first offense and a team technical foul for all further offenses. There will only be one warning per team per game.
2. Junior Varsity team may only press half court. No pressing while the offense is in possession of the ball in the backcourt. Teams may not press with a lead of 10 or more points. Defense must allow offense to move the ball across the plane of the mid-court line. Penalty: Same as #1 above.

THREE-POINT FIELD GOAL

There will be a 3 point line implemented for the 7th/8th Grade League only.

COACH, PLAYER, PARENT CONDUCT

Coaches are responsible for controlling their actions, as well as players, parents and fans conduct both on and off the court. The coach is the only person who can confer with the officials and scorekeepers. PENALTY: First violation = team warning; second violation = technical foul charged to the coach; third violation = forfeit of game. Coaches will be responsible to inform all players and fans of the league rules and guidelines.

Coach should designate two co-captains. Questions regarding rule interpretation may only be addressed by the co-captains or the coach.

Coaches, bench players and spectators may not enter the court during live play or during any time the ball is being made ready for play. Substitutes must report to the scorekeeper and wait until they are waved onto the court by the officials. PENALTY: first violation = team warning, second violation = technical foul charged to the coach. Only one warning per team per game.

A coach, official or site supervisor may tend to an injured player on the court at an appropriate time so as not to interfere with play. The coach should bring any injury to the attention of an official or the scorekeeper before entering the court. The officials, scorekeeper or the site supervisor may stop play any time they feel is appropriate once they recognize an injury on the court. A substitute will replace the injured player. The injured player may not re-enter the game until the next substitution opportunity.

**If Parents are ruly on your sideline, you are responsible for handling the situation.
Site Supervisor will assist if needed.**

Coaches will be responsible for removing all team equipment and trash at the end of the games to provide a safe and clean area for the teams that follow.

No food, drinks, water bottles or lawn chairs will be allowed in the gyms.

The site supervisor shall be responsible for all gymnasium, court, lobby and restroom activities.
They have the authority to make any decisions, which are necessary to maintain order and continuity within the league.

The official rule book shall be the current NATIONAL FEDERATION (High School) BASKETBALL RULES except where they have been modified for this program.

THE LEAGUE COORDINATOR SHALL HAVE THE AUTHORITY TO INSTITUTE NEW RULES OR CHANGE OLD RULES TO MAINTAIN CONTINUITY OF THE OVERALL YOUTH ACTIVITIES PROGRAM. HIS/HER INTERPRETATION OF THE RULES SHALL BE FINAL.