

NEWTOWN RECREATION

Youth Basketball League Rules

Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Basketball League will be those of the Georgia State High School Association.

I. LEAGUE PHILOSOPHY

The Newtown Recreation Youth Basketball League exists to fully develop the physical and social attributes of individual players in a positive athletic environment. Newtown Recreation believes that all players should have fun, develop skills, and learn to appreciate the game.

Newtown Recreation endorses and promotes positive coaching that offers praise and encouragement towards players. We believe that playing the game is the most important reason for the contest and not who wins or loses.

To further promote sportsmanship amongst our players, coaches, and parents, Newtown Recreation has adopted a "Code of Sportsmanship" that all players and coaches will recite before each game:

"I will: Keep the Rules. Keep faith with my teammates. Keep my temper. Keep a strong heart in defeat. Keep my pride under in victory. Keep a sound soul, a clean mind, and a healthy body."

II. TEAM ORGANIZATION

1. All participants of the Youth Basketball League must be registered through Newtown Recreation. A registration form must be on file for each participant.
2. Age divisions for the Youth Basketball League will be as follows:
 - 7 & 8 yr. Boys
 - 7 & 8 yr. Girls
 - 9 & 10 yr. Boys
 - 9 -11 yr. Girls
 - 11&12 yr. Boys

NOTE: All ages will be determined as of September 1st.
Newtown Recreation reserves the right to alter the age divisions as deemed necessary.
3. Once a team is established, each player will remain on that team. Brothers or sisters who are in the same age division may be placed on the same team for family convenience. Player additions or deletions can only be made through Newtown Recreation.

III. UNIFORMS AND PLAYING REQUIREMENTS

1. Each player will be issued a jersey top uniform. During each game, all participants must wear this jersey.
2. All players must wear shoes with non-marking rubber soles.
3. Each player who is eligible must participate in each game according to the following rules:
 - **Each player must play at least half of each game.**
 - **At the end of each period, all players who did not play the previous period shall enter the game.**
 - **No player will sit out two periods until all other teammates have sat out at least one period. No player will sit out three periods until all other teammates have sat out at least two periods.**
 - **No player shall sit out consecutive periods.**

IV. PLAYER/TEAM CONDUCT

1. GSHSA rules state that all coaches and players must remain seated on the bench or chair at all times while the clock is running or stopped.
Exceptions:
 - Confer with bench personnel and players.
 - Signal players to request a time-out.
 - Confer with scorekeeper at scorekeeper's table.
 - Attend to an injured player.
2. All coaches, players, and parents should treat the game officials with respect and not argue call or offer negative comments from the sideline.
3. A manager or coach ejected from a game must leave the gym for the remainder of the game. A player ejected must leave the playing floor and remain on the bench for the remainder of that game. Being allowed to remain on the bench is at the discretion of the referee.
4. Any player, coach or spectator ejected from a game because of unsportsmanlike conduct will be suspended for the next game that his/her team plays. Newtown Recreation reserves the right to review all cases individually.
5. Any participant, coach or spectator acting in a discourteous way towards another participant will be subject to possible suspension by the Newtown Recreation Disciplinary Committee.
6. Profanity of any kind can result in ejection from the game, regardless of where or whom it is directed to. This rule applies to players, assistant coaches, coaches, and parents.
7. Any player, coach, or parent displaying behavior that is detrimental to the league and its participants will be asked to leave a game by a game or league official.

V. OTHER

1. It is required that all players remove all jewelry (rings, necklaces, earrings, etc.) before participating in any game. Referees have the authority to require that such jewelry be removed before a player can participate.
2. Hard cast and splints will not be permitted. Any player with a cast or splint will not be allowed to play.
3. Please do not litter. If there are no trash cans, or if they are full, please take your trash with you.
4. Newtown Recreation Youth Basketball will be governed by the National Federation of State High School Association "Blood Rule", details of which are as follows:
 - A. If a player is bleeding, the referee will call an official's time-out. A substitute must replace the affected player.
 - B. The bleeding must be stopped and the wound covered before the player is allowed to return to the field.
 - C. If any part of the player's uniform is saturated with blood, that uniform part must be changed before the player can return to the game.
 - D. Referee's discretion will determine if a "bleeding situation" has been sufficiently managed to allow a player's return to the court.
5. Newtown Recreation reserves the right to edit, remove and/or change any of the aforementioned rules.

NEWTOWN RECREATION YOUTH BASKETBALL

7 & 8 YR. BOYS LEAGUE 7 & 8 YR. GIRLS LEAGUE



THE INTENT AND PURPOSE OF THE RULES – The restrictions which the rules place upon the players are intended to create a balance of play; to provide equal opportunity between the offense and defense; to provide equal opportunity between the small player and tall player; to provide reasonable safety protection; to create an atmosphere of sportsmanship and fair play; and to emphasize cleverness and skill without unduly limiting freedom of action of individual or team play on either offense or defense. Therefore, it is important to know the intent and purpose of a rule so that it may be intelligently applied in each situation. A player or a team should not be permitted an advantage which is not intended by a rule. Neither should play be permitted to develop which may lead to placing a player at a disadvantage not intended by a rule.

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Basketball League will be those of the Georgia State High School Association.
- Games will consist of 8-minute quarters (Eight four-minute periods). When the clock stops for mandatory substitutions, the team that has possession of the ball will maintain possession to start the second half of the quarter.
- Each game will start with a jump ball. Possessions will alternate with every jump ball and the beginning of each quarter.
- Running clock. Clock will only stop for substitutions, injuries, or official's discretion.
- Five-minute half time and one minute between quarters
- A Junior-sized basketball will be used during games.
- Goal height will be 8 ½ feet.
- When shooting free-throws, the shooter must start with his/her feet behind the free-throw line. The shooter is allowed to jump over the line when shooting. (ADJ: Players can be 5ft inside the free throw line – 1/8/11)
- Five-second lane violation will be in effect.
- No time outs will be allowed.
- Backcourt violations will NOT be called.
- No overtime. Games can end in a tie.

SPECIAL RULES

- All defensive players must have at least one foot inside the “defensive zone”. The ball can only be stolen by a player who has at least one foot inside the zone (referee's discretion). **Defensive players can only leave the “defensive zone” to rebound or recover a loose ball.**
- No fast breaks. Once the ball is rebounded by the opposing team, the defensive team will be allowed to set up inside the “defensive zone”.
- Mandatory ZONE defense. Man-to-man defense will not be allowed.
- Players cannot foul out of the game. Note: The referee may ask a player to sit out if the player is causing several fouls.
- Free throws will be taken on shooting fouls only. The free-throw shooter is allowed to jump over the free-throw line when shooting. Players may enter the lane upon the shot hitting the backboard or rim.
- No 3-pointers in this league.
- League standings are not kept.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Mandatory substitutions will be made at the beginning of each period (halfway through each quarter). This is NOT a time-out! Each team has 30 seconds to make their substitutions.
- Each player must play at least half of each game.
- At the end of each period, all players who did not play the previous period shall enter the game.
- No player will sit out two periods until all other teammates have sat out at least one period. No player will sit out three periods until all other teammates have sat out at least two periods...etc.
- No player shall sit out consecutive periods.

COACHES

- GSHSA rules state that all coaches and players must remain seated on the bench or chair at all times while the clock is running or stopped.

Exceptions:

- Confer with bench personnel and players.
- Signal players to request a time-out.
- Confer with scorekeeper at scorekeeper's table.
- Attend to an injured player.

NEWTOWN RECREATION YOUTH BASKETBALL



9 - 10 YR. BOYS LEAGUE

9 - 10 YR. GIRLS LEAGUE

THE INTENT AND PURPOSE OF THE RULES – The restrictions which the rules place upon the players are intended to create a balance of play; to provide equal opportunity between the offense and defense; to provide equal opportunity between the small player and tall player; to provide reasonable safety protection; to create an atmosphere of sportsmanship and fair play; and to emphasize cleverness and skill without unduly limiting freedom of action of individual or team play on either offense or defense.

Therefore, it is important to know the intent and purpose of a rule so that it may be intelligently applied in each situation. A player or a team should not be permitted an advantage which is not intended by a rule. Neither should play be permitted to develop which may lead to placing a player at a disadvantage not intended by a rule.

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Basketball League will be those of the Georgia State High School Association.
- Games will consist of 10-minute quarters.
- Each game will start with a jump ball. Possessions will alternate with every jump ball and the beginning of each quarter.
- Running clock. The last two minutes of the game, the clock will stop in accordance with GSHSA rules. *Note: Clock will not stop if one team leads by 15 or more points.*
- Five-minute halftime and one minute between quarters
- **9-10 yr. league** shall use an intermediate-sized basketball (28.5”).
- **9-10 yr. Boys & 9-10 yr. Girls** - Goal height will be 10 feet.
- Three-second lane violation will be in effect.
- **9-10 yr. league** - When shooting free-throws, the shooter must start with his/her feet behind the free-throw line. The shooter is allowed to jump over the line when shooting.
- Each team will have three one-minute time-outs per game. Time-outs will carry over from half to half.
- No overtime. Games will end in a tie.

SPECIAL RULES

- The defense may only full court press the last 5 minutes of each half. Otherwise, defense can apply defensive pressure once the offense crosses the mid-court line. If one team is up by more than 10 points- then that team may not full court press.
- **9-10 yr. league** – Defense will start inside the 3-point line until the ball crosses half court. Once the ball crosses half court, the defense will be allowed to extend outside the 3-point line.
- Bonus free throws (1 and 1) will be taken on the opposing team’s 7th team foul of each half. Double bonus free throws (2 shots) will be taken on the opposing team’s 10th team foul of each half.
- On free throws, players cannot enter the lane until the shot has hit the backboard or rim.
- League standings are not kept.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Each player must play, at least, half of each game.

COACHES

- GSHSA rules state that all coaches and players must remain seated on the bench or chair at all times while the clock is running or stopped.

- Exceptions:**
- Confer with bench personnel and players.
 - Signal players to request a time-out.
 - Confer with scorekeeper at scorekeeper’s table.
 - Attend to an injured player.

NEWTOWN RECREATION YOUTH BASKETBALL



11-12 YR. BOYS LEAGUE 11-12 YR. GIRLS LEAGUE

THE INTENT AND PURPOSE OF THE RULES – The restrictions which the rules place upon the players are intended to create a balance of play; to provide equal opportunity between the offense and defense; to provide equal opportunity between the small player and tall player; to provide reasonable safety protection; to create an atmosphere of sportsmanship and fair play; and to emphasize cleverness and skill without unduly limiting freedom of action of individual or team play on either offense or defense. Therefore, it is important to know the intent and purpose of a rule so that it may be intelligently applied in each situation. A player or a team should not be permitted an advantage which is not intended by a rule. Neither should play be permitted to develop which may lead to placing a player at a disadvantage not intended by a rule.

THE GAME

- Except for the regulations covered in these rules, all rules of the North Georgia Recreation Youth Basketball League will be those of the Georgia State High School Association.
- Games will consist of 10-minute quarters.
- Each game will start with a jump ball. Possessions will alternate with every jump ball and the beginning of each quarter.
- Running clock. The last two minutes of the game, the clock will stop in accordance with GSHSA rules. *Note: Clock will not stop if one team leads by 15 or more points.*
- Five-minute halftime and one minute between quarters
- **11-12 yr. league girls** shall use an intermediate-sized basketball (28.5”).
- **11-12 yr. league boys** shall use an official-sized basketball (29.5”).
- **11-12 yr. Boys & 11-12 yr. Girls** - Goal height will be 10 feet.
- Three-second lane violation will be in effect.
- **11-12 yr. league** - When shooting free-throws, the shooter must start with his/her feet behind the free-throw line. The shooter is allowed to jump over the line when shooting.
- Each team will have three one-minute time-outs per game. Time-outs will carry over from half to half.
- No overtime. Games will end in a tie.

SPECIAL RULES

- Full-court pressing will be allowed in Boys and Girls 11/12 age divisions if the defending team's lead is less than 10 points. The penalty for violating this rule will be a warning on the first offense and a technical foul on each succeeding offense. (Referees can use judgment on whether or not the coach initiated press or if child forgets to retreat.)

NOTE: For the purpose of this rule, full-court defense will be defined as any defense that is assumed beyond the mid-court line. When a team is leading by 10 or more points, and the offensive team gains possession of the ball, the defensive team must allow the offensive players to cross mid-court before playing defense.

- Fast breaks will be allowed in at any time during the game. Teams cannot fast break if the ball is recovered inside the three point line. Teams can fast break if the ball is recovered outside the three point line. The penalty for illegal fast breaks is to bring the ball to the mid court line where the offensive team will put the ball in play.
- Half Court Defense: The defense may pick up at mid-court.
- Bonus free throws (1 and 1) will be taken on the opposing team's 7th team foul of each half. Double bonus free throws (2 shots) will be taken on the opposing team's 10th team foul of each half.
- On free throws, players cannot enter the lane until the shot has hit the backboard or rim.
- In ARPD Youth Basketball, there will be one 2 minute overtime period during the regular season (the clock will run the same as the last 2 minutes of the game). If the game remains tied after the OT the game will end in a tie. In the playoffs there will be a two minute overtime period. If the games remain tied, there will be additional two minute OT periods until the game ends without a tie.
- In the overtime there will be one timeout for each team per overtime period.
- Timeouts will not carry over from regulation play or from previous overtime periods into overtime.
- League standings are not kept.

AGE SPECIFIC

11/12 yr Boys

- Ball Size - Men's regulation (29.5")
- Goal Height – 10 feet
- 10-minute quarters
- Full-court defense is allowed when lead is less than 10 points
- Fast breaks allowed at any time
- 3-point shots are allowed
- 3 timeouts per game

11/12 yr Girls

- Ball Size - Women's (28.5")
- Goal Height - 10 feet
- 10-minute quarters
- Full-court defense is allowed when lead is less than 10 points
- Fast breaks allowed at any time
- 3-point shots are allowed
- 3 timeouts per game

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Each player must play, at least, half of each game.

COACHES

- GSHSA rules state that all coaches and players must remain seated on the bench or chair at all times while the clock is running or stopped.

- Exceptions:**
- Confer with bench personnel and players.
 - Signal players to request a time-out.
 - Confer with scorekeeper at scorekeeper's table.
 - Attend to an injured player.