

YOUTH BASKETBALL LEAGUE

Sponsored by the City of Gladstone and the NKC Schools

SECTION 1: PHILOSOPHY

As part of the North Kansas City Schools and the City of Gladstone's Parks & Recreation Department, this basketball league has been designed with the best interest of the participants in mind. The purpose of this program is to give each participant the opportunity to have fun, learn the fundamentals of basketball and team play. Also, develop their athletic skills, and enhance their emotional, physical, social, and educational well-being. Coaches, parents and fans are urged to show good sportsmanship at all times, helping to maintain the positive attitude of the program for the benefit of the players.

SECTION 2: ADMINISTRATION

All aspects of this program are subject to the supervision and approval of the City of Gladstone Parks & Recreation Department and the North Kansas City Schools.

SECTION 3: SCHOOL/GYM RULES

1. We are guests of the schools and the principals reserve the right to deny us use of the facility when rules are not adhered to.
2. Smoking, fighting and profanity will not be tolerated.
3. All participants must be adequately supervised at all times by a responsible adult. All coaches must instruct the participants not to arrive at the gym until 10 minutes before any practice and 15 minutes before games. Coaches must also verify that all participants have a way home from practice and games. No one is permitted to run through the hallways, bounce balls in the hallways or handle plants, pictures, etc. that are located in the schools.
4. Gym shoes must be worn by all participants at games and practices.
5. Participants should bring their own basketballs to practices, but only coaches should bring balls to the games.
6. No food or drink is allowed in any of the gymnasiums. Participants **only** may bring water in non-breakable containers. If you are distributing treats following games please do this only in the hallways or lobby areas of the schools.
7. Practices will be canceled if school is not scheduled to be held or is not in session due to a holiday, emergency closing (snow, ice or too cold of temperatures).

SECTION 4: CONDUCT (coach/spectator/parents/participants)

1. Any player, who in the judgment of the referee endangers the safety of another player may be removed from a game.

2. Coaches, spectators or participants may be removed from a game for: injury, cursing, throwing or kicking objects in anger, or berating or harassing a referee or any team member.
3. Spectators are responsible for sportsmanlike conduct. If spectators display unsportsmanlike conduct during a practice or game, the referee or gym supervisor shall: first occurrence - warn the spectator; second occurrence - cause their child's team to receive a technical foul; third occurrence - asked to leave the gym for the remainder of the game. (Weekly reoccurrence can result in spectator's suspension from the league).
4. Team personnel(Coaches) guilty of unsportsmanlike conduct, during a game, or while in the school facilities, shall be subject to penalty as follows: First offense - warning; second offense - technical foul; and third offense - suspension from game being played and the next schedule league game.
5. Coaches who receive more than one technical foul (for un-sportsman like conduct) will be suspended for their next league game. If a coach receives more than one technical foul in multiple games (for un-sportsman like conduct) he or she will then be released from their coaching duties and responsibilities for the remainder of the season.

SECTION 5: GAME RULES

The basic rules will be those governing Missouri State High Schools with the following few variations that have been added to meet the philosophy of this program.

1. **Uniform:** Team shirts will be provided by the league and retained by the participant. Athletic shorts and gym/tennis shoes shall be worn by all participants at all practices and games. **No jewelry is to be worn by the players. Please warn any boys or girls about getting ears pierced during the season. We will not let a boy or girl play with jewelry in ears or taped ears if ears were pierced in season. This is a rule for MSHSAA, and we getting them prepared for that.**
2. **Basketballs:** 1st through 4th grades girls & 1st & 2nd grade boys will use the junior size ball (27 or 27.5). 5th through 8th grade girls & 3rd - 6th grade boys will use the women's regulation size ball (28.5). 7th/8th grade boys will use the men's regulation size ball. Two balls will be checked out to each coach and must be returned at the end of the season.
3. **Player/Game Requirements:** Teams must have five players and a coach to start the game. There is a 5 minute grace period given to those with fewer than five players.
4. **Participation Requirements:** The purpose of the participation rule is to provide each player equal chance for growth and development according to the league philosophy.
 - A) Every player must play at least 2 quarters unless he/she fouls out or is injured.
 - B) All players (if a team has seven or more present) must play as close to equal playing time as possible. **See attached sheet for playing guidelines.**
 - C) Every player must start at least 2 games during the season.
 - D) Any player removed from a game due to injury or illness must sit out of the game for the duration of that quarter. If, in the judgment of the official, the injury is of a serious nature, the player will be required to sit out of the game for the duration of that quarter and the next full quarter before returning to play.

5. Defense: 1st and 2nd grade must play man-to-man defense. 3rd/4th grade may play zone defense in 1 quarter per game. You may quietly let an official know you plan on playing zone before the specific quarter begins. (Playing zone is optional). They must play man-to-man in the quarters not playing zone. (For 1st – 4th grade, the defense must be at the 3pt line before defending ball handler. This is only when the offense brings the ball up the court, not on a fast break. Defense may then defend anywhere in half-court after picking up at 3pt line.) The offensive team will have 5 seconds to initiate a play once crossing half court. They can't just cross half court and dribble out the clock.

1st – 4th Grades - After a rebound, the defensive team must fall back to their defending half-court. **Intentional** double team defense will **not** be allowed. Defensive help is allowed inside the free-throw lane.

Repeated intentional (in the official's opinion) illegal defense will be warned then penalized with technical fouls.

5th through 8th grade may play any defense. **All 5th/6th grade boys & 5th – 8th grade girls** players must fall back to half court (no pressing or stealing in backcourt). You can double team and trap on your defensive side of half court; **7th and 8th grade boys** players may play a full court defense. **Exception:** If a team is ahead by 10 or more points, they may **not** full court press.

6. Substitution: Can only be made due to injury, illness, or sportsmanship. **Note:** The coach or the referee has the right to remove a player from the game, if in their opinion the player is injured, ill, or not showing good sportsmanship.

7. Line-up: Each coach must provide the official scorekeeper with a written lineup before each game. Each player must check in with the official scorekeeper prior to entering the game.

8. Score & Time Keeping: The two teams must supply one scorekeeper for the book, and another to run the scoreboard. Decision to which responsibility will be done at the table before game begins. Both of these duties are performed by parent/guardian (no kids) volunteers chosen by their respective coaches.

SECTION 6: TIMING REGULATIONS

1. Each team is permitted five minutes or possibly more on-court warm up prior to the start of the game. (Subject to the referees discretion due to game time).
2. Games consist of four 8 minute periods for all grade divisions.
3. All quarters will be played with a running clock. The clock will only stop for official's or team time outs. The last minute of the game, the clock will be stopped for every stop in play. **Exception:** If a team is ahead by 10 or more points, the clock will run continuously.
4. Each team is allowed two 1 minute time outs per half.
5. A three minute half time break will be taken.
6. Time outs can be called by the coach and/or a player.

SECTION 7: OVERTIME REGULATIONS

1. A jump ball will be used to start the overtime period. The overtime is **two minutes** in duration with a running clock. The clock will only stop for an officials time out, and free throws. If game remains tied after the two minutes, than the game will go to a free throw shootout (**all grade divisions**).
 - A. A free-throw shootout will be played to determine a game that is tied after first overtime. A coin toss will be done to determine who shoots first (winner of coin toss decides to shoot first or second).
 - **Teams will choose a different shooter each round. 5 rounds will determine winner. More rounds are possible if both teams are tied after 5 rounds.**
 - **Teams will alternate shots until it is determined who will make the most shots. (Example – A team makes their first 3 shots, and the other team has missed all their shots. The team who has made all 3 will be winners due to other team not being able to catch up with only 2 rounds left.)**
2. There will be no team time outs in overtime play.
3. The bonus situation does carry over to overtime.

SECTION 8: GAME REGULATIONS

Jump ball: A jump ball will be used to start the game and the alternating possession rule will be used thereafter.

Goal height and free throw line: 1st through 4th graders will shoot at an 8 ½ foot goal and will shoot free throws from a 12 foot line. 5th through 8th graders will shoot at a 10 foot goal and will shoot free throws from a 15 foot line.

Three Point shots will be allowed in all grade levels of play.

Violations:

Lane violations	Grades 1 & 2	No lane violation
	Grades 3 & 4	5 second rule
	Grades 5 & 6	3 second rule
	Grades 7 & 8	3 second rule

Five second in-bounds rule and 10 second half court rule will be enforced for 3rd through 8th grades.

Free throw bonus situation: Begins on the 7th team foul of each half. **Double Bonus** will start on the 10th team foul of each half. Shooting fouls will be 2 shots unless the attempt was a 3-pointer, then 3 free throws will be awarded.

Free throw regulation:

1. The shooter has 10 seconds to shoot the free throw.
2. The shooter must stay behind the free throw shooting line until the ball hits the rim or backboard.
3. If the ball does not touch the rim, then it is a violation with the ball taken out on the sidelines.
4. Players on the free throw lane can enter the lane once the ball makes contact with the rim or backboard.

Intentional foul: If in the official's judgment, the defensive team intentionally fouls the offense while not making any attempt for the ball, an intentional foul will be called. The penalty will be 2 free throws and the ball out of bounds at half court.

If the intentional foul is flagrant, the player committing the foul will be ejected from the game.

Players must leave the game when they receive 5 personal fouls.