



ATHLETICS ADMINISTRATION
 4810 E. County Line Rd.
 303-483-7035
 Centennial, CO 80126

YOUTH BASKETBALL LEAGUES
4th – 8th GRADES
RULES AND REGULATIONS

- I. TEAM ROSTER:
 - a. A complete team roster is required for all teams. All players must fill out an Athletics League Registration Form signed by the parent(s) in order to participate in the program.
 - b. Team rosters are limited to a minimum of eight players and a maximum of twelve players. South Suburban reserves the right to add players to the rosters to reach the minimum.
- II. ELIGIBILITY RULES
 - a. Separate boys and girls divisions are offered. A minimum of four teams per grade is required; otherwise divisions may be combined.
 - b. An individual or team must play at their current grade level only. The only exception to this is that players can play up one (1) division.
- III. PLAYING TIME & SUBSTITUTIONS
 - a. Games will consist of two 20-minute halves, running clock.
 - i. Stopped clock timing will be used during the last two minutes of the second half when the score differential is less than 10 points.
 - b. **EACH PLAYER MUST PLAY A MINIMUM OF 15 MINUTES PER GAME. Two 20-minute halves = 40 minutes.**

<u># of Players</u>	<u>Minimum Amount of Playing Time</u>	<u># of Players</u>	<u>Minimum Amount of Playing Time</u>
5	40 minutes	9	22 minutes
6	33 minutes	10	20 minutes
7	28 minutes	11	18 minutes
8	25 minutes	12	16 minutes

- c. A coach is not required to play a player the minimum playing time for the following reasons:
 - i. Player is sick, injured or coming off an injury
 - ii. Parents' request
 - iii. Player does not attend regularly scheduled practices
 - d. An adult must be present (in the team bench area) during every game.
 - e. The coach must notify and inform the scorekeeper prior to the game when a player will not be playing their minimum time
- IV. PRACTICES:

- a. South Suburban provides a maximum of three (3) hours of combined practice and game time during a week. Organized practices are defined as having a coach or someone assuming a coaching role and four (4) or more players getting together.
- b. Teams will be guaranteed at least eight (8) practices throughout the season.

V. UNIFORMS:

- a. All players must be in a South Suburban jersey to participate in league games. Jerseys may not be altered in any way. Altering the jersey may require the purchase of a new one from the South Suburban Athletics Department. All jerseys must be tucked in prior to tip off. **NO JEWELRY OF ANY KIND WILL BE PERMITTED (INCLUDING EARRINGS).**
- b. No casts of any kind will be permitted (soft cast, covered hard cast or otherwise).

VI. GAME LOCATIONS:

- a. Games may be played at the following locations:
 - i. Goodson Recreation Center, 6315 South University Boulevard, 80121
 - ii. Sheridan Recreation Center, 3325 West Oxford Avenue, 80236
 - iii. Buck Recreation Center, 2004 W. Powers Avenue, 80120
 - iv. Lone Tree Recreation Center, 10249 Ridgegate Circle, 80124
 - v. South Suburban Sports Complex, 4810 E. County Line Rd. 80126

VII. USE OF FACILITIES

- a. Practice Facilities
 - i. South Suburban is given the privilege of using gyms provided by local elementary and middle schools. These facilities are very important to the success of the league and special care must be taken in how coaches, players and their parent/fans utilize the gyms
 - 1. A door monitor should be provided at each practice if necessary. The doors at the schools should NOT be propped open.
 - 2. Participants and their families should remain in the gym. Aside from the baskets, equipment belonging to the school is not to be moved or utilized.
 - a. South Suburban recommends leaving siblings at home during practices.
- b. Game Locations
 - i. Coaches are ultimately responsible for players and fan conduct at game facilities.
 - 1. Basketballs are not to be bounced outside of the gym.
 - 2. Participants and families attending games do not need to pay to enter the recreation centers. The entrance fee for the recreation center IS required to use the facilities.
 - 3. Reminder: All parents sign the Code of Conduct when registering their child.

VIII. FORFEIT TIME:

- a. Game time is forfeit time for all games, although teams may play a "scrimmage" game. Officials will officiate these games. Each team must have at least three eligible players to begin a game. At the coaches' option, teams may provide players to the opposing team to create a more balanced game. Teams may finish with three players.

IX. WEATHER HOTLINE: FOR GAMES ONLY! **303.219.1150 ext. 9**

- a. In case of inclement weather, or crisis situations, no decision will be made on the status of the games until at least one (1) hour before the first game. There may be days when a decision may not be made until game time due to late breaking situations.

- b. South Suburban has a weather hotline for all gyms. GAMES ONLY!! If there is no mention of basketball on the weather line, games will be played as scheduled.

X. RULES:

High School rules for the current season will be in effect with the following clarifications and exceptions:

- a. Basketball size
 - i. All girls' teams – 28.5 (Intermediate size)
 - ii. 4th-5th boys – 28.5 (Intermediate size)
 - iii. 6th-8th grade boys – 29.5 (Official size)
- b. Games will be two-twenty minute halves. The clock will run continuously.
 - i. Exception: Stopped clock timing will be used during the last two minutes of the second half when the score differential is 10 or less points.
- c. Teams trailing by ten points or more will receive all jump ball possessions.
- d. Each team will be allowed two (2) one-minute time-outs per half. Time-outs are not cumulative.
- e. Half time will be three minutes.
- f. No overtime will be played.
- g. Free Throws
 - i. The bonus rule on free throws will be in effect. Teams reach the bonus when the opponent commits five (5) fouls. Two (2) free throws are awarded once in the bonus. Team fouls reset at the end of each 10 minutes of gameplay.
 - ii. **Automatic Awarded Points**: *Technical fouls/Flagrant fouls/Intentional fouls - automatic two points and the ball out of bounds. Technical fouls count as a team and personal foul. Flagrant fouls can result in ejection.*
 - 1. If a player receives a technical foul, that player will be required to sit out of the game for a minimum of three (3) minutes. At the official's discretion, the penalty time may be increased due to the severity of the technical foul. Penalty time IS counted towards a player's equal or minimum playing time requirement. If no substitute is available, the team will play shorthanded.
- h. **20 Point Differential Rule**: If the score differential between teams reaches an amount of 20 points, the scorekeepers will remove both team's scores from the scoreboard.
- i. Full Court Press: A full court press may be used during the game. Exception: If a team is ahead by 10 points or more at any time, the full court press cannot be utilized.
- j. A player who is bleeding, has an open wound, or has an excessive amount of blood on their uniform must leave the game and may not re-enter prior to the first opportunity to re-enter, provided that the blood has been removed, bleeding is stopped, open wound has been covered or another shirt has been put on.

XI. CONDUCT RULES

- a. Taunting and baiting by players will result in a technical foul without warning. Examples of taunting and baiting include demonstrations made when fouls and violations are called by officials, demonstrations towards officials or opponents, ridiculing motions such as pointing fingers and gesturing, aggressive body language, hollering or chesting up.
- b. Coaches are responsible for parent behavior towards officials, coaches, players, or other spectators (coaches may be asked to control their fans or a technical foul may result).
- c. A coach charged with a direct or indirect technical foul loses the ability to stand and must remain seated for the remainder of the game.
- d. Only two coaches are allowed on the bench at a time.

- e. Refer to the Code of Conduct.

ELASTIC POWER:

The South Suburban Athletics staff reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

COMMENTS ON THE RULES:

These rules are intended to create a balance of play; to create an atmosphere of sportsmanship and fair play; and to emphasize cleverness and skill without limiting freedom of individuals or team play. It is important to know the intent and purpose of a rule so that it may be intelligently applied in each play situation. A player or team should not be permitted an advantage which is not intended by a rule. Play will not be permitted to develop which may lead to placing a player at a disadvantage not intended by a rule.

NOTE: Alcohol, smoking and chewing tobacco products in all school and park district buildings are prohibited.