



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

YOUTH BASKETBALL LEAGUES
K-3rd 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 fourteen 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. Players are allowed to play up one (1) division, but not down.
- III. PLAYING TIME & SUBSTITUTIONS
 - a. Games will be four (4) quarters, eight (8) minute running clock.
 - b. All individuals are required AN **EQUAL AMOUNT OF PLAYING TIME PER GAME.**
 - c. Teams will substitute at the midway point (4 minutes of each quarter) and at the end of each quarter. Clock will stop and players will match up at mid-court. **This is not a time out.** A substitution plan will be available to all coaches. Coaches may follow this plan, or substitute players at the designated times.

<u># of Players</u>	<u>Minimum Amount of Playing Time</u>	<u># of Players</u>	<u>Minimum Amount of Playing Time</u>
5	32 minutes	9	17 minutes
6	26 minutes	10	16 minutes
7	22 minutes	11	14 minutes
8	20 minutes	12	12 minutes

- d. A coach is not required to play a player an equal amount of playing time for the following reasons:
 - i. Player is sick, injured or coming off an injury
 - ii. Parents' request
- e. An adult must be present (in the team bench area) during every game.
- f. South Suburban staff reserves the right to ask for a letter documenting any limit of a player's playing time due to another coach's inquiry into falsely sitting out a weaker player to use a stronger player.
- g. 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 Ridgeway 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. Forfeits will be avoided as much as possible. Each team should have at least three eligible players to begin a game with the intention that the players that are present will play a game. Teams can finish with three (3) players. At the coaches' option, teams may provide players to the opposing team to create a more balanced game.
- 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. K-2nd – 27.5 (Junior size)
 - ii. 3rd – 28.5 (Intermediate size)
 - b. Basket Height
 - i. K-3rd – 8-foot baskets
 - c. Scoring
 - i. K-3rd – scores will be displayed.

1. 20 Point Differential Rule: If the score differential between teams reaches an amount of 20 points, the scorekeepers will remove both teams' scores from the scoreboard for the remainder of the game.
 - ii. NO STANDINGS WILL BE KEPT OR POSTED.
- d. Coaching Restrictions
 - i. K-1st – teams may have one coach on the court as long as he or she is out of the way of play. They also may have a coach on one or both end lines.
 - ii. 2nd – teams may have a coach on one or both end lines. They are prohibited from being on the court of play.
 - iii. 3rd – teams must have all coaches stationed in the bench area only.
- e. A coin flip will determine which team will start the game by taking the ball out from their opponent's baseline. The alternating possession rule will be in effect thereafter.
- f. Games will be four (4) eight (8) minute running quarters. There will be a one-minute break between quarters and a three (3) minute half time.
- g. Each team will be allowed two (2), one (1) minute time-outs per half. Time outs cannot be accumulated.
- h. Fouls
 - i. Each player is allowed a maximum of five (5) fouls. On the fifth foul the player will not be allowed to play for the remainder of the game.
- i. Stealing
 - i. K-2nd - no stealing off the dribble or if the offensive player has possession of the ball (i.e. holding the ball).
 - ii. 3rd– stealing is allowed
 - iii. Shot blocking is allowed in K-3.
- j. Free Throws
 - i. K-3rd – No free throws will be shot.
 1. For technical, intentional or flagrant fouls.
 - a. Penalty: Ball will be awarded to the other team.
 - b. 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.
- k. 3rd Grade - Lane violation is a five (5) second count.
- l. Illegal Offense: An isolation offense is prohibited. Teams must involve all of their players in the offensive patterns. An isolation offense refers to an offensive strategy where only one or two players are involved in the offense or an offensive team clears the floor to one side for a one-on-one or two-on-two offense.
- m. Over and Back Violation: Once the offensive team crosses the original half court line, the front court is then extended to the volleyball line – before the half court violation will be called.
- n. Grades K-2 – **NO OFFENSIVE SCREENS** Allowed
- o. Full Court Press:
 - i. NO FULL COURT PRESS IS ALLOWED. Once a team gains possession of the ball, the defensive team must immediately drop back behind the half court line. The defense may not guard any member of the offensive team or intercept any pass until the ball and player crosses half court.
 - ii. PENALTY: Violation will result in stoppage of play with offensive team retaining possession. Play shall resume at the point of the violation (no inbounds will occur).
- p. Defense
 - i. Teams must play man-to-man defense. Zone defense is illegal.
 1. **Defensive player MUST make every effort to "pick up their player"** although they are permitted to double-team the ball handler in the **key only**.

2. **PENALTY:** Offensive team retains possession and will receive the ball for a throw in. After two warnings, the official can assess a technical foul every time thereafter.
3. Any one defensive player may pick-up any uncovered offensive player.
- ii. Wristbands: Wristbands are merely a guide; there is no penalty for players covering a different color wristband than the one they are wearing.
 1. Kindergarten through 3rd grade teams will wear colored wristbands to assist them in matching up with their player for man-to-man defense.
 2. 3rd grade is only mandatory for the first four (4) games. During the second half of the season, if one team still wants to wear wristbands, then both teams need to wear them.
- q. 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 fouls 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.