



Youth Basketball Rules and Regulations

The purpose of youth recreational athletic leagues is to provide an enjoyable organized experience under capable adult supervision for youth in Pittsylvania County. The program is organized to promote sportsmanship, cooperation, and fair play at all times while

developing knowledge and skills of the game.

The Pittsylvania County Youth Basketball Leagues are governed by the **“High School Federation”** rules and will apply except as modified herein.

Age Classification: Playing age is that age attained by a player prior on or before September 30th of the current basketball season (2023).

League	Ages	Ball Size	Length of Game
8U	6 - 8	27.5	Four (4) – six (6) minute quarters
10U	9 - 10	28.5	Four (4) – six (6) minute quarters
12U	11 - 12	28.5 (Girls), 29.5 (Boys)	Four (4) – six (6) minute quarters
14U	13 - 14	28.5 (Girls), 29.5 (Boys)	Four (4) – six (6) minute quarters

Note: 9th graders are not eligible for 14U

I. Player Eligibility

- A. Players must be a Pittsylvania County resident or attend a Pittsylvania County Public School to be eligible to participate. If a player moves out of the county, they may continue to participate in the program until the season is over.
- B. A child must play for the recreation club that represents the high school district in which they live or Pittsylvania County Public School they attend.
- C. An extenuating circumstance may be presented in writing to the Parks and Recreation Department for review.
- D. Players wishing to play when their designated club is not fielding a team may choose to play for the next nearest club that is fielding a team in that league.
- E. All players must have an Athletic Registration Form which includes the medical release and liability release completed, signed by parent or guardian and on file with the recreation club before he or she is allowed to practice or play in a game.
- F. It is recommended but not required that all players have a current physical within the last 12 months.

II. Team Rosters

- A. Rosters are limited to a minimum of ten (10) and a maximum of sixteen (16) players per team. Recreation clubs are strongly encouraged to split teams at 16.
- B. A player cannot have participated in another school sponsored basketball program i.e. JV, Varsity, Private and Christian schools) during the same season. A player transferring in from another county or state must have permission from the Executive Board to practice or play. This consideration only applies to private, Christian and homeschoolers.
- C. Any booster club fielding more than one team per age group must place players on teams using the county drafting procedures. There will be NO CUTS for players that registered and paid on-time. No exceptions.
- D. **Players that are playing on middle school or JV school basketball teams cannot participate in the recreation league.**
- E. For new players, a copy of their birth certificate must accompany the team roster. No roster additions will be accepted after the team’s first game. Exception: the player moves into the county after the roster deadline. Player must provide proof of residency and school starting date.

- F. Team rosters must be completed on a League Roster form and submitted with payment of team registration fees to the Secretary or Director before the County-wide coaches meeting.
- G. Transfer of players during the season is prohibited.
- H. An existing recreation club must sponsor all teams. Each club will be responsible for providing player registration, team and/or draft coordination, safe playing equipment, uniforms, practice basketballs and securing coaches.
- I. The Parks and Recreation Department will provide officials, staff, custodial fees, site scorebook and first aid kits for each game site.
- J. Coaches must consent to a background screening and be cleared to coach before he or she is allowed to coach a team during a practice or game.
- K. Any coach found to be using an ineligible player may be suspended from coaching for a period of one year. The suspension is applicable to any and all sports from the date formal action was taken.

III. Player Uniforms

- A. Shirts and short's strings must be tucked in at all times.
- B. It is recommended that the shirt under the jersey be a team color or white.
- C. Long-sleeve compression shirts and shorts are permitted only if they are the same color as the uniform. Any long-sleeve shirt must be a compression shirt.
- D. Headbands and wristbands shall be white, black, beige or a single solid school color and shall be the same color for each item and all participants. Wristbands must be worn below the elbow. Headband cannot exceed two (2) inches in width. 'Do-rags' are not permitted.
- E. Rubber, cloth or elastic bands may be used to control hair. Hard items including but not limited to, beads, barrettes and bobby pins are prohibited.
- F. Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and made visible.

IV. Secondary Insurance

Secondary insurance provided by the league is mandatory for all participants. The league pays the premiums from the registration fees charged to each participant. Currently, insurance cost is \$15 per child. No participant will be allowed to play in a game before this fee is paid.

V. League Rules

- A. Head coaches must submit their entire lineup in chronological order to the official scorekeeper at the beginning of the game. Failure to do so will result in a technical foul assessed to the head coach and ball out of bounds.
- B. No one can head coach more than one team without approval of the parks and recreation department.
- C. Practice may begin the Monday after the registration period ends (usually the first or second Monday in November).
- D. Before games begin, a maximum of two (2) practice sessions per week (M-Sat), at no more than one and ½ hours per session.
- E. After games begin, a maximum of three (3) events per week (M-Sat), at no more than one and ½ hours per session. An event can be a practice or game. Note: if a team has 3 games in a week (M-Sat), they are allowed one practice in addition to games.
- F. Two officials and two scorekeepers will be assigned per game for all ages. No team shall have the right to refuse an official or scorekeeper.
- G. Each team must be supervised by a coach of at least 18 years of age at all times while in gym for practice or games. Without parental supervision the only children allowed in gyms for practices are the players on the team. Parents CANNOT leave player siblings at gyms unsupervised.
- H. A maximum of three (3) coaches are allowed on the team bench during games.
- I. The head coach or his designee is the only coach permitted to stand. Assistant coaches should remain seated at all times. Per VHSL rule, a head coach receiving a technical foul must remain seated the remainder of the game.

- J. The Parks and Recreation Department will handle all cancellations and makeup games will be determined and announced as needed. Games will only be rescheduled for school functions or inclement weather.
- K. When schools are closed or close early due to inclement weather, all games and practices will be cancelled. School closings or cancellations on Friday does not necessarily mean that gyms are closed on Saturdays.
- L. Game cancellations will be made by 3pm on weekdays and 7:30am on weekends.

VI. All Play Rule

- A. All players will play in the first two quarters. This will be accomplished by the following:
 - 1. **TEAM WITH 9 PLAYERS OR LESS** –
 - a. **First Quarter Players** - Starting five (5) players must play entire first quarter unless injured.
 - b. **Second Quarter Players** - In the second quarter the opposing head coach can only pick one player that CANNOT play in that quarter (the scoretable is to assist in this). Players that did not play in the first quarter must play the entire second quarter unless injured; the first quarter players can be subbed freely amongst themselves in the second quarter. Essentially, every player must play at least one quarter.
 - 2. **TEAM WITH 10 PLAYERS OR MORE** – A player that has already played three (3) consecutive minutes can be subbed for another player that has also played three (3) consecutive minutes IN THAT QUARTER ONLY.
 - 3. The coach will present a list of his first and second quarter players, including subs to play in each quarter, to the official scorekeeper at the scorer’s table.
 - 4. The first quarter players cannot play in the second quarter and vice-versa UNLESS the team has less than 10 players (see #1 above).
 - 5. The clock operator will sound the horn at the halfway mark of each quarter to allow coaches to make their substitutions. This timeout will not be charged to the coaches.
 - 6. In the event a player is injured and can’t complete his required playing time in the first half, a replacement player may enter if the player has already played three (3) consecutive minutes or will be playing in that quarter. If no eligible players are available, the opposing coach may select the replacement.
 - 7. Failure to meet this All-Play Rule will result in a technical foul charged to the head coach at the beginning of the second half AND discipline by the league.

VII. Kids Playing Up

Any recreation club wishing to move a player up into an older age division must start with the oldest players in the younger league. No child is required to play up if asked. Any child playing up must be cleared through the Parks and Recreation Department.

VIII. Game Play

- A. Games shall consist of four (4) quarters with a halftime between the second and third quarters. Halftime duration depends on how games are progressing that day.
- B. Length of Quarters:
 - 1. ALL LEAGUES - Four (4) - six minute quarters.
- C. Foul shots will be awarded as a one and one on the team’s seventh (7th) and as two shots on the team’s tenth (10th).
- D. Each team will be allowed three timeouts per half. Each team will be given one extra timeout in the event overtime occurs. Timeouts do not carry over from one half to the next or in overtime. Injury timeouts will be charged to the game official.
- E. In the case of a tie at the end of regulation play, extra overtime sessions will be played with a maximum of two (2) overtimes. All overtime sessions will be three (3) minutes. There are no limits on overtime sessions in the playoffs.

- F. Closely guarded, a defensive player must be within six (6) feet of the offensive player. This rule pertains to the distance within which a defensive player must be from the offensive player with the ball in order for the official to begin his five (5) second count.
- G. Intentional fouls will be monitored closely.
- H. Foul Shots – Players cannot enter the lane until the ball hits the rim.
- I. Game Rules for 8U & 10UG:
 - 1. Free throw line shall be the tape line in front of the standard foul line.
 - 2. All Field Goals Two Points - Any shot attempted outside the three point line and made in will only count as two points.
 - 3. Defensive Rebounds - Once the defensive team rebounds the ball, the opposing team must immediately run down court to defend their goal. This rule applies for the entire game.
 - 4. Fast Break – Is only allowed IF the ball is intercepted at or above the foul line, that team can fast-break to their goal at any time during the game.
 - 5. Mercy Rule - A mercy rule will take affect when a team reaches a 20 or more point lead during the second half. At that point the game will be stopped and the scorer's table staff will remove key players from team ahead and insert reserve players. Key players cannot reenter and clock will run continuous until lead is 15 points or less. Clock will only stop on free throws, injuries and time outs.
- J. Half-Court Defense & Pressing Rules for 8U & 10U Girls:
 - 1. No full-court press until the last 30 seconds of the game.
 - 2. Half-Court Defense - Line of defense is behind the three-point line. Once the ball crosses half-court, game officials will begin a five (5) second count. If the ball does not break the plane of the three-point line within those five (5) seconds, the defending team can come outside the three-point line to play defense. If the ball goes out-of-bounds after the five seconds, this rule no longer applies.
 - 3. Once ball is crossed into three-point area, the defense may then play the entire half court.
 - 4. This rule applies for the entire game except the last two (2) minutes (see Half-Court Press below).
 - 5. Half-Court Press – From the two (2) minute mark in the game until 30 seconds remain, each team can press from four to five feet inside the half-court line. This allows the offensive player to proceed into the front court. The center circle at half-court will be used as a pickup point; otherwise, the pickup point will be determined at the discretion of the officials. Full-court press is allowed for the last 30 seconds of the game.
- K. Game Rules for 10U Boys, 12U Girls and 14U Girls:
 - 1. Defensive Rebounds - Once the defensive team rebounds the ball, the opposing team must immediately run down court to defend their goal. This rule applies for the entire game with the exception of the last two (2) minutes of the game at which team each team can full-court press (see Full-Court Press below in K-2).
 - 2. **Fast break is allowed after a missed basket and defense can play transitional defense on those fast breaks which could include defense in the backcourt.**
 - 3. Mercy Rule - A mercy rule will take affect when a team reaches a 20 or more point lead during the second half. There is also no full-court press. At that point the game will be stopped and the scorer's table staff will remove key players from team ahead and insert reserve players. Key players cannot reenter and clock will run continuous until lead is 15 points or less. Clock will only stop on free throws, injuries and time outs.
- L. Half-Court Defense & Pressing Rules for 10U Boys, 12U Girls and 14U Girls:
 - 1. Half-Court Press - Each team can press from four to five feet inside the half-court line. This allows the offensive player to proceed into the front court. The center circle at half-court will be used as a pickup point; otherwise, the pickup point will be determined at the discretion of the officials.
 - 2. Full-Court Press - May full court press the last two (2) minutes of the game unless Mercy Rule is in effect.
- M. Pressing Rules for 12U Boys & 14U Boys:

1. Mercy Rule - A mercy rule will take affect when a team reaches a 20 or more point lead during the second half. There is also no full-court pressing by team that is ahead. At that point the game will be stopped and the scorer's table staff will remove key players from team ahead and insert reserve players. Key players cannot reenter and clock will run continuous until lead is 15 points or less. Clock will only stop on free throws, injuries and time outs.

IX. Overtime

Maximum of two – 3 minute overtimes. Regular season games CAN end in a tie. NOTE: Maximum overtime rule does not apply to tournament games.

X. Tiebreaker Policy

Overall win/loss record will determine league champion. In the event of a tie, the following tiebreakers will determine the division champion:

1. Head to head.
2. Point differential.
3. Points allowed for the season.

XI. Postseason Play

A single elimination tournament will be played immediately following the end of the regular season. All teams in the league will participate. All tournament games will abide by these bylaws.

XII. Protest

The basketball league will adhere to the VHSL rule regarding protests which states that there shall be no game protests with the exception of ineligible players.

XIII. Player Suspension from School

Any player or cheerleader suspended from school will not be permitted to practice or play/cheer once the child has been notified of the suspension and cannot return until the day he/she returns to school.

- A. The player is responsible for notifying the head coach. Failing to notify the head coach OR the head coach choosing to play the suspended player despite the suspension will result in a player and/or coach suspension determined by the league.
- B. This is applicable for all practice and game sites on and off school property.

XIV. Disciplinary Actions of A Player

Head coaches may discipline a player that repeatedly misses practices. The procedure is as follows:

1. Prior to the game (preferably several days before) in which the player is disciplined, the head coach must inform the parent/guardian of the reasons for the discipline.
2. Prior to the start of the game the head coach must inform the game officials, opposing head coach and the official scorekeeper of the disciplinary actions.
3. The disciplined player may dress-out but must sit behind the team on a separate bench.

XV. Player Discipline

Participants are expected to maintain a high standard of conduct and sportsmanship. The Recreation Department must be informed of any incident regarding a participant.

1. First Technical Foul will result in a warning.
2. Second Technical Foul will result in an automatic ejection.
3. A Flagrant Technical is an automatic ejection.
4. Discipline will be on a case-by-case basis and may include quarter, half or game suspensions or expulsion from the league.