

Orange County Department of Environment, Agriculture, Parks, and Recreation

Youth Basketball League Rules and Regulations

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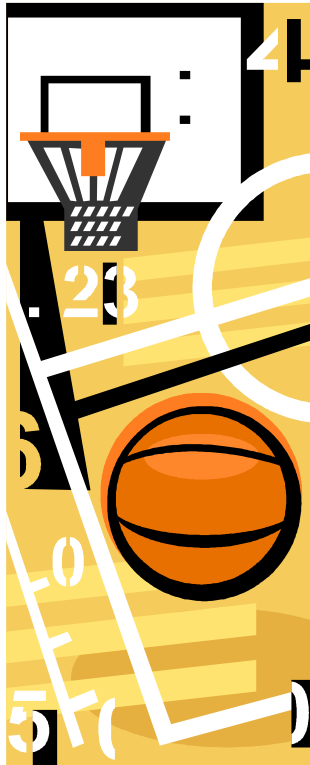


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GENERAL INFORMATION:

Administration: Orange County DEAPR – Recreation Division
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League Staff:

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Facilities: Central Recreation Center (CRC)
302 West Tryon Street
Hillsborough, NC

I. LEAGUE OBJECTIVE:

The Orange County Youth Basketball League is a recreational youth basketball league that encourages good sportsmanship, teamwork, physical fitness, discipline as well as enhancing the basic fundamentals of the sport. We are dedicated to providing a fun and safe environment that will ensure a positive and educational experience for everyone.

II. LEAGUE MANAGEMENT:

The governing body shall be vested in the Department of Environment, Agriculture, Parks and Recreation – Recreation Division.

III. DIVISIONS/ELIGIBILITY REQUIREMENTS:

Registration

Each player must be registered with Orange County DEAPR – Recreation Division and approved by the league coordinator as to all qualifications prior to he/she will be eligible for the ratings/draft.

Divisions

The League will be comprised of several age and gender divisions. Age must be as of November 1 of the playing year for the winter season and June 1 for the summer season.

A. Five-six-years-old. (Winter/Summer)

The 5-6-year-old division is an instructional league where participants will concentrate on the basic skills of basketball. No standings will be kept. No scoring will be kept. Coaches will serve as referees.

B. Seven-eight-years-old. (Winter/Summer)

The 7-8-year-old division is a developmental league teaching participants the basic skills of basketball in a fun environment. Scoring will be kept.

C. Seven-ten-years-old girls. (Fall/Spring)

The 7-10-year-old girls division is a developmental league teaching participants the basic skills of basketball in a fun environment. Scoring will be kept.

D. Nine-ten-years-old. (Winter/Summer)

The 9-10-year-old division is a youth developmental league teaching participants the basic skills of basketball. Scoring will be kept.

- E. Eleven-twelve-years-old. (Fall/Spring)
The 11-12-year-olds division is a youth developmental league teaching participants the basic skills of basketball. Scoring will be kept.
- F. 13-14-year-olds – Thirteen-fourteen-years-old. (Fall/Spring)
The 13-15-year-olds division is a youth developmental league teaching participants the basic skills of basketball. Scoring will be kept.
- G. 15-17-year-olds – Fifteen-seventeen-years old. (Fall/Spring)
The 13-15-year-olds division is a youth developmental league teaching participants the basic skills of basketball. Scoring will be kept.

IV. DUTY OF THE COACH:

Coach Eligibility

All volunteers requesting to participate as a head coach/assistant coach are required to complete the following process through the Orange County DEAPR – Recreation Division.

- Complete an Orange County Recreation Volunteer Application.
- Complete a background check through Orange County Recreation.
- Attend a mandatory coach's meeting/clinic.
- Attend a mandatory ratings/draft for the division (head coaches only)

Ensure Player Eligibility

It is the duty of each coach to ensure all participants on his/her team have registered for the league and are eligible to participate in practices/games.

Instruction

The coach shall be responsible to instruct each of his/her players during games/practices based on each individual's skill and playing ability. Less skilled players may at times need more instruction and explanation than more skilled players.

Schedules/Communication

The coach shall be responsible to contact all players notifying them of scheduled practices and games, and when practices or games are cancelled by Orange County Department of Environment, Agriculture, Parks and Recreation – Recreation Division. All coaches will receive game and practice schedules that are to be distributed to all players.

Coaches are not permitted to alter or change game/practice times without approval of the Orange County Department of Environment, Agriculture, Parks and Recreation – Recreation Division.

Maintain Control

The coach is responsible for controlling his/her players during all practices/games to ensure that a player's behavior adheres to all rules and regulations and objectives of the league.

V. CONDUCT AND DISCIPLINARY ACTIONS:

(IN ACCORDANCE WITH ALL OTHER DEAPR-RECREATION PROGRAMS)

All participants, coaches, officials and spectators are expected to conduct themselves in a manner in line with the goals and objectives of the Youth Basketball League. Any individual found to be in violation of any rule and regulation shall be sanctioned according to the below explained chart for Penalties and Sanctions.

In addition to the rules explained in the Penalties and Sanctions, any participant, coach, or spectator that is ejected by an official is automatically suspended for the remainder of the current day's games, and subsequent game in addition to ejection from the facility.

All penalties and sanctions levied by an official or Orange County Department of Environment, Agriculture, Parks, and Recreation staff are determined on a case-by-case basis and are final. **No protest will be permitted.**

**DEAPR – RECREATION DIVISION PENALTIES AND SANCTIONS
FOR COACHES AND LEAGUE OFFICIALS**

INFRACTION	DIRECTED TOWARDS	PENALTY/SANCTION(S)
Use of alcohol or drugs	During game, practice or other league or team event where players are present	1 st offense-Suspension for the remainder of the season.
Knowingly requiring or allowing a player to play while having a serious injury creating unsafe playing conditions. (Failure to notify staff at occurrence of injury.)	During game, practice or other league or team event where players are present.	1 st offense-Two game suspensions and a meeting with league staff. 2 nd offense-Suspension for the remainder of the season.
Foul or abusive language.	A player, coach, official or spectator	1 st offense-Ejection from current game and one game suspension. 2 nd offense-Two-game suspension and meeting with league staff.
Threatening/derogatory gesture or language.	A player, coach, official or spectator	1 st offense-Ejection from current game and two-game suspension. 2 nd offense-Suspension for remainder of season.
Knowingly permitting a player to participate in a game without having registered for the program.	League and league administrators	Ejection for the remainder of the league/activity season.
Striking or bodily assault resulting in contact and /or injury to	A player, coach, official or spectator	Lifetime suspension for all Orange County Recreation and Parks youth sports.

**DEAPR – RECREATION DIVISION PENALTIES AND/OR SANCTIONS
FOR PARTICIPANTS, PARENTS, LEGAL GUARDIANS AND SPECTATORS**

INFRACTIONS	DIRECTED TOWARDS	PENALTY/SANCTION(S)
Use of Alcohol or drugs	Within any County facility during the game, practice or other league or team event where players are present	1 st offense-Ejection from facility 2 nd offense-Two-week suspension 3 rd offense-Suspension for the remainder of the season.
Interference with the conduct of the game	Resulting in stoppage of play	1 st offense-Ejection from facility 2 nd offense-Two-week suspension 3 rd offense-Suspension for the remainder of the season.
Foul or abusive language	A player, coach, official or spectator	Ejection from facility park and a mandatory meeting with league administrators.
Threatening/Derogatory gesture and/or language	A player, coach, official or spectator	Ejection from the facility or park, a one-week suspension from DEAPR facilities and parks and mandatory meeting with league administrators.
Striking in any threatening fashion	A player, coach, official or spectator	1 st offense-Ejection from the facility or park, a one-year suspension (from the date of occurrence). 2 nd offense- Lifetime suspension from all OCRPD Youth Sports

Additional Conduct Rules

Communicating with Officials

Coaches are not allowed to communicate to officials on any matter while the game is in play. Coaches must take an official time-out to discuss any matter with an official in a quiet professional manner.

If you feel a call by the referee contradicts rules of Orange County Recreation Youth Basketball, you may call a time-out to discuss the rule discrepancy with the official and Recreation staff. If the call is indeed found to be in error, your team will not be charged a timeout. If the call was effectively correct the timeout will stand.

Coaches must control any discussion or comments to officials, from their bench or players, at all times.

Violations will draw a warning from the officials. Subsequent violations will warrant a technical foul and/or expulsion from the gym.

Standing in Bench Area

Only one coach at a time per team can be standing during the course of a game. Exceptions are permitted in the cases of time-outs, injuries, and stoppages between quarters.

Failure to adhere to the rule will result in one warning, followed by subsequent technical fouls.

The first technical foul charged directly to a coach for unsportsmanlike behavior results in loss of coaching-box privileges for that coach. That coach must remain seated for the remainder of the game. The assistant coach is permitted to stand provided they have not lost coaching-box privileges due to unsportsmanlike behavior.

Mandatory Cordial Handshake

Opposing players and coaches will exchange a cordial mandatory, congratulatory handshake after each game.

VI. PLAYER DRAFT & ASSESSMENTS

All eligible players (age 7 & above) will be assigned to teams through a coach assessment and draft process. The draft process is as follows:

Objective

The objective of Orange County Department of Environment, Agriculture, Parks and Recreation – Recreation Division assessment/draft procedure for athletic leagues is to ensure that each parent, participant, and coach are given the opportunity to participate in a fun, enjoyable, and fair athletic league.

Attendance

All participants must register prior to the assessment to participate in the league. It is mandatory that all coaches and participants attend their designated assessment day and time. Players that do not attend an assessment will be assigned to teams based on numerical order. A coach (or team representative) who does not attend the assessments/draft will be assigned a team by Orange County Department of Environment, Agriculture, Parks and Recreation (DEAPR) Personnel.

Participant Responsibilities

1. To attend the mandatory scheduled assessment for your division or age group.
2. To participate in the assessment. (Participants should be dressed in the appropriate attire to athletically participate, i.e. sneakers, shorts, or sweats and shirts.)
3. Following a participant's assessment he/she is permitted to leave. A call from your selected coach or DEAPR personnel shall be made no later than two days prior to the start of practices. (At that time, the coaches will notify parents/participants of practice times and locations.)

Coach Responsibilities

1. To attend the mandatory scheduled assessment and draft for the division(s) or age group that you have volunteered to coach.
2. To fairly assess each participant in your coaching age group/division attending the assessment using the DEAPR draft/ratings sheet.
3. Select each player to your roster using the DEAPR draft procedure.
4. Contact each player you have selected for your team made no later than two days prior to the start of practices to notify them of your practice schedule and location.

Open draft

The purpose of the open draft is to permit all volunteer coaches to select members of their team based on their coaching philosophy. This system is in place to best fairly distribute each player on a team. However, this does not guarantee each team will complete the season with identical records. Team records are impacted by many factors, including player attendance at practices and games.

Assessment Process

1. All players must attend their scheduled assessment time.
2. Participants that arrive early must wait until their scheduled assessment time.
3. Coaches will be directed to one of four stations by DEAPR staff and given a roster of all registered players in the age division being assessed.
4. Participants will be assigned numbers by DEAPR staff. These numbers mirror the roster given to the coaches and should be visible to coaches/staff throughout the duration of the assessment. Each participant will also be directed to a predetermined station to begin assessments.
5. Coaches will be at each station for 10-15 minutes. After which they will rotate in a clockwise fashion to the next station and group of participants.
6. During the time with each group of participants, coaches are free to conduct drills that will allow them to properly assess and prepare for the draft.
7. After the third rotation participants are free to go and will be contacted by the coach that drafts them no later than two days prior to the start of practices.

While this is the standard assessment process, the format is subject to change based on attendance.

Draft Order

Youth Basketball Leagues will employ a snake draft method. Each coach will pick out of a hat a number designated one for each team in the division (for example: a 6 team division will have numbers 1, 2, 3, 4, 5 and 6). The corresponding selected number will be the coach drafting order. The first round (and all odd numbered rounds) will begin with coaches drafting in sequential order, with the coach drawing “1” taking the first pick, coach drawing “2” taking the second pick, and so on. The round continues until all coaches have made a selection. The second round (and all even numbered rounds) will begin with the coaches drafting in reverse sequential order, with the coach drawing the highest number taking the first pick and continuing downward until all coaches have made a selection.

Example using a 6-team league with 60 players:

Team 1	Team 2	Team 3	Team 4	Team 5	Team 6
1	2	3	4	5	6
12	11	10	9	8	7
13	14	15	16	17	18
24	23	22	21	20	19
25	26	27	28	29	30
36	35	34	33	32	31
37	38	39	40	41	42
48	47	46	45	44	43
49	50	51	52	53	54
60	59	58	57	56	55

Exception: If a coach does not have a child in the age division they automatically receive the first pick of the draft. If this rule applies to more than one coach, the affected coaches will draw numbers to determine their order.

Draft Rounds

Our Youth Basketball League allows for coaches to freely draft players that attend assessments based on ratings and observations of their own. After the order is established the draft process is as follows:

- a. Coaches are allowed to freely draft players who attended the assessment session
- b. Rounds 3 and 6 are reserved for coaches to draft their child and the assistant coach's child (if applicable). If neither the head coach nor the assistant has a child in the draft they may continue to freely draft players that attended the assessment.
- c. Once all players that attended the assessment are drafted, the remaining players will be distributed following the draft order starting with the next coach's pick
- d. Siblings must be drafted to the same team, any requests (i.e. carpooling, friends, preference) may be honored at the discretion of the coach but does not guarantee fulfillment.

Team Size

Teams shall be made up of no more than 10 players. Any increase to team numbers will be made at the discretion of the Recreation Division.

Gender

In co-ed divisions, each team shall include on its roster a comparable number of girls and boys with each other team in the division.

Rosters

Rosters are set as of the first team practice.

A player must play on the team that he/she is assigned to through the draft process and may only switch teams at the discretion of the Recreation Division.

Teams that have players drop may request a replacement player, if available. The DEAPR staff and not the head and/or assistant coach from the team will select replacement players.

Knowingly permitting a player to participate in a game without having registered for the program shall result in ejection for the remainder of the league/activity season.

VII. LEAGUE RULES:

The National Federation of High School Basketball Rules and Regulations shall govern all rules and regulations within the Orange County Youth Basketball League unless otherwise stated.

A. Equipment

Required Dress

All players are required to wear the official team jersey provided by DEAPR - Recreation during league games. In addition, all players are required to wear shorts or sweatpants and sneakers. Any players playing with pocketed shorts or sweatpants will be asked to turn such clothing inside out before being permitted to play.

Coaches are expected to be in their league-issued coaches' shirts during league games. Coaches not in their shirts may be asked by the scorer's table to verify their identity.

Restricted Dress

The officials shall not permit any team member to wear equipment or apparel which in his/her judgment is dangerous, confusing to other players, or inappropriate. Examples of such clothing include but are not limited to:

- Jewelry such as watches, bracelets, and earrings.
- Belts.
- Head caps.

B. Game Ball/Rim Height

Ball Sizes/Rim Heights

The standards for all divisions shall be as follows:

<u>Division</u>	<u>Basketball Size</u>	<u>Rim Height</u>
5-6-year-olds	27.0	8 feet
7-8-year-olds	27.0	9 feet
7-10-year-old girls	27.0	9 feet
9-10-year-olds	28.5	10 feet
11-12-year-olds	Official Size	10 feet
13-14-year-olds	Official Size	10 feet
15-17-year-olds	Official Size	10 feet

DEAPR – Recreation will furnish basketballs for all games and practices. Coaches may bring their own balls provided they are used for practice purposes only. Coaches should inform all team members not to bring their own balls to any game or practice.

DEAPR – Recreation will adjust rims based on game or practice scheduled. Coaches, players, or parents are not permitted to adjust rim heights.

C. Playing Rules (7-8-year-olds Divisions and above)

Local league rules as follows will take precedence over any National Federation of High School Basketball Rule.

Length of Game

- **Warm-up** – A minimum pre-game warm warm-up period of 3 minutes will be permitted prior to each game. The clock will commence 3 minutes prior to the start of each game if time allows, or immediately following the previous game if necessary.
- **Halves** – All games shall consist of two halves, each 16 minutes in length. One minute will be allowed between the first and second half.
- **Halftime** – Halftime will be 1 minute in length. The clock operator will signal a horn when 15 seconds are left in the halftime period. At this time, coaches should complete their final preparation for the second half and be ready to come onto the court after the time expires.

Playing Time

- **Number of Players** – A minimum number of four players is required for an official/referee to begin any game. In the event that four players have not arrived for a game by the scheduled start time, that team shall forfeit the game. A fifth player can enter the game upon arrival by checking in with the scorekeeper and through the next dead ball situation.

Due to safety for all participants, no game will be permitted to continue without four players on the court for each team at all times. If a team drops below four players, the game will be declared a forfeit.

In the event of a forfeit, no make-up game will be permitted.

- **Mandatory Playing Time** – The mandatory playing time is as follows based on the number of players each team has in attendance and in uniform to play:

11 or more players:

Minimum: each player must play at least 8 minutes (2 sub-halves). This must be met by the end of the 8 minute mark of the second half.

Maximum: each player must sit out 12 minutes (3 sub-halves). This must be met by the 8 minute mark of the second half.

10 players:

Minimum: each player must play at least 12 minutes (3 sub-halves). This must be met by the end of the 8 minute mark of the second half.

Maximum: each player must sit out 12 minutes (3 sub-halves). This must be met by the 8 minute mark of the second half.

8-9 players:

Minimum: each player must play at least 12 minutes (3 sub-halves). This must be met by the end of the 8 minute mark of the second half.

Maximum: each player must sit out 8 minutes (2 sub-halves). This must be met by the end of the 8 minute mark of the second half.

7 or fewer players:

Minimum: each player must play at least 12 minutes (3 sub-halves). This must be met by the end of the 8 minute mark of the second half.

Maximum: each player must sit out 4 minutes (1 sub-half). This must be met by the 8 minute mark of the second half.

For the **first 24 minutes of the game**, any player on the bench to start a sub half must enter the game at the sub-quarter break. *If a player is unable to enter the game due to 6 or more being on the bench, those unable to enter must start the subsequent sub-half (i.e. no player may sit more than two consecutive sub-halves).*

Any team found to be in violation of the playing time rule will be subject to a bench technical, with two foul shots and the ball awarded to the opposing team. Any players in violation must immediately be subject to the appropriate corrective action, either removed from the game (for too much playing time) or entered into the game (for not enough playing time).

Any team found in repeated violation of playing time rules may be subject to further disciplinary action.

Substitutions

- **First 24 minutes** – The horn will sound every 4 minutes for mandatory substitutions. The horn will sound on a dead ball, made basket, or defensive rebound, whichever comes first.
- **Last 8 minutes** – Free substitutions will be permitted the last 8 minutes of the game. The clock will not stop on free substitutions.
- Players will be required to check in at the scorer's table prior to entering into the game. This includes all mandatory substitutions, time-outs and between periods along with during actual play.
- **Exceptions** – Exceptions to the mandatory playing rule will be made in the case of the following:
 - A player becomes ill or injured.
 - A player is removed for conduct (including fouling out).
 - A player arrives for a game after the completion of one quarter.
- **Discipline** – If a coach requests to discipline a player for the length of or any duration during a game the coach must submit a letter in writing to Orange County DEAPR – Recreation explaining the reason for the disciplinary action and subsequent suspension.

- **Violations** – Failure to adhere to any portion of the playing time rule will result in a mandatory one-game suspension for a coach to be served during his/her team’s next scheduled game.

Stoppage of Clock

- **First 24 minutes** – The clock will stop only for time-outs, shooting fouls, and mandatory substitutions only. Otherwise, it is a running clock.
- **Last 8 minutes** – During the first 7 minutes, the clock will stop only for timeouts and shooting fouls. The clock will not stop on free substitutions. During the last minute only, the clock will stop on all dead ball situations.

*If at the 8 minute mark OR at any point during that time, the game differential is twenty (20) points or above, the game will be played with a running clock. The clock will stop only for time-outs. If a team calls a time-out before a free-throw, the clock will start when the referee hands the ball to the free-throw shooter. Once this exception goes into effect, it is in effect for the remainder of the game.

Free Throws

- **Distance** – The distance for the free throw line shall be as follows as measured from the backboard:
 - 7-8-year-olds – 9 feet 10 inches (First gray line)
 - 7-10-year-old girls – 9 feet 10 inches (First gray line)
 - 9-10-year-olds – 11 feet 4 inches (Second gray line)
 - 11-12-year-olds – 15 feet (Regulation)
 - 13-14-year-olds – 15 feet (Regulation)
 - 15-17-year-olds – 15 feet (Regulation)

Any division that uses a free throw distance less than regulation (7-8-year-olds, 7-10-year-old girls, 9-10-year-olds) will line up using the lower block. Divisions which use the regulation free throw distance (11-12-year-olds, 13-14 year-olds, & 15-17-year-olds) will line up in accordance with NFHS rules.

- **Time limit** – A team will be given a maximum of 20 seconds to line-up for a free throw. Failure for the offensive team will result in a loss of possession. Failure of the defensive team will result in the counting of two automatic points for the offensive team.
- **Lane violations** – A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter. The basketball must make contact with the rim, prior to the shooter crossing the free throw line and any movement from any players stationed outside the three point line area. Offensive violations result in a loss of possession. Defensive violations result in a retaking of the foul shot.

Offensive Lane Violations

The length of the lane shall include from the baseline to the regulation (15 feet) free throw line and width from the free throw positioning lines. The count for a violation shall be as follows:

- 7-8-year-olds – 5 seconds
- 7-10-year-old girls – 5 seconds
- 9-10-year-olds – 5 seconds
- 11-12-year-olds – 5 seconds
- 13-14-year-olds – 3 seconds
- 15-17-year-olds – 3 seconds

Defense

The defensive rules for each division are as follows:

- **7-8-year-olds and 7-10-year-old girls** – No full court press permitted.

In an offensive set (not in a fast-break situation), defensive players must remain behind half-court. Defensive players may only engage when offensive players have fully established position in the front court (both feet and the ball).

Defensive schemes must be all man-to-man or all zone (i.e. no box-and-one or triangle-and-two defenses).

Violations of the defensive rules will result in two warnings per team. Any and all subsequent violations will result in the defensive team receiving one technical foul awarded to the bench.

- **9-10-year-olds** – Full court press is permitted only in the last 8 minutes and overtime when not leading by 10 or more points. All other times, no full court press is permitted.

In such cases when full court press is not permitted, during an offensive set (not in a fast break situation), defensive players must remain behind half-court. Defensive players may only engage when offensive players have fully established position in the front court (both feet and the ball).

Defensive schemes must be all man-to-man or all zone (i.e. no box-and-one or triangle-and-two defenses).

- **11-12-year-olds** – Full court press is permitted the entire game when not leading by 20 or more points.
- **13-14-year-olds** – Full court press is permitted the entire game when not leading by 20 or more points.
- **15-17-year-olds** – Full court press is permitted the entire game when not leading by 20 or more points.

- **Defensive Violations** – Differential under 10 (9-10-year-olds): Violations of the defensive rules while the score differential remains under 10 points, will result in two warnings per team, per game. Any and all subsequent violations will result in the defensive team receiving one technical foul awarded to the bench.

Differential 10 (9-10-year-olds) / 20 (11-12-year-olds, 13-14 year-olds, & 15-17-year-olds) points or more: Violations of the defensive rules while the score differential is 10/20 points or more will result in a bench technical foul issued against the defensive team, which will entitle the opposing team to two free throws and possession. There are no warnings.

- **All divisions** – No clear outs. The offensive team in the frontcourt is not permitted to isolate four offensive players on one side of the basket and have the fifth player drive to the basket creating a clear out. Penalty will result in loss of possession.

Three-Point Field Goal

The three-point field goal is allowed for 9-10-year-olds, 11-12-year-olds, 13-14-year-olds, and 15-17-year-olds. The 7-8-year-olds and 7-10-year-old girls divisions will not have a three-point basket awarded for any successful shot made from beyond the designated “three-point line”. Any goal made beyond this line will have a two-point value.

Time-Outs

- **Regulation** – Each team will receive three time-outs per game. Time-outs will be 30 seconds in duration. Time-outs are awarded by the referee; the table does not grant or award time-outs.

Fouls

- **Personal Fouls** – The maximum personal fouls is five for all divisions 7-8-year-olds and above. A technical foul levied against a player is also considered an additional personal foul.
- **Technical Fouls** – Players and coaches receiving two technical fouls (due to behavior) will be immediately ejected from the game and the gymnasium and be suspended for the following game. The offending player will not be permitted to sit on the bench during the present game and subsequent game.
- **Bonus** – There is no one and one bonus. The double bonus will be in effect when a team reaches their tenth common foul of the half.

D. Playing Rules (5-6-year-olds)

Local league rules as follows will take precedence over any National Federation of High School Basketball Rule. Unless specified below, 5-6-year-olds will follow the same rules as divisions 7-8-year-olds and above.

Length of Court

- 5-6-year-olds will play **full court**.

Length of Game

- Forty-five minutes of gym time will be divided into a 5-minute run-through and a 24-minute organized scrimmage after practice. Scrimmage will be divided into two 12-minute halves with a 3-minute halftime stoppage. Thirteen (13) minutes will be allowed for transitioning from practice to game and clock stoppages for substitutions.
- **Quarters/Halftime** – All games shall consist of two 12-minute halves running clock. There will be a 3-minute halftime.

Playing Time

- **Number of Players** – Teams will play 5 on 5.
- **Mandatory Playing Time** – All players must play an approximately equal proportion of the game. Players shall be rotated off the bench at regular 4-minute intervals per the substitution rules below.

Substitutions

The horn will sound every four minutes for mandatory substations. The horn will sound on a dead ball, made basket, or defensive rebound, whichever comes first.

- All eligible players on the bench must rotate in to play. Players will be required to check in at the scorer's table prior to entering into the game.
- **Exceptions** – Exceptions to the mandatory playing rule will be made in the case of the following:
 - A player becomes ill or injured.
 - A player is removed for conduct (including fouling out).
 - A player arrives for a game after the completion of one quarter.
- **Discipline** – If a coach requests to discipline a player for the length of or any duration during a game the coach must submit a letter in writing to Orange County DEAPR – Recreation explaining the reason for the disciplinary action and subsequent suspension.
- **Violations** – Failure to adhere to any portion of the playing time rule will result in a mandatory one-game suspension for a coach to be served during his/her team's next scheduled game.

Stoppage of Clock

- The clock will not stop except for mandatory substitutions every four minutes.

Free Throws

- None in 5-6-year-olds division.

Defense

- No full court press permitted.

In an offensive set (not in a fast-break situation), defensive players must remain behind half-court.

Defensive schemes must be all 2-3/3-2 zone. (i.e. no man to man, box-and-one or triangle-and-two defenses). No double teaming is permitted. For the first four games of the season, throw-down spots must be used for defensive training purposes. Beginning with game five, coaches may choose to play without throw-down spots.

Defensive players are permitted to steal on the pass only. **Defensive players attempting to steal on the dribble of an offensive player is not permitted.** This action will result in the offensive team retaining possession of the basketball.

Time Outs

- None in 5-6-year-olds division.

Fouls

- Fouls will not be counted in the 5-6-year-olds division. However, fouls may be called with a brief explanation to the offending player.

E. Officials and Staff

All officials/supervisors/scorekeepers will be assigned by Orange County DEAPR – Recreation.

Prior to each game an Orange County DEAPR – Recreation Staff Representative, the game official and each head coach will meet at Center Court to discuss the simplified rules for the division game being played at that time.

Officials by Division:

- 5-6-year-olds = Coaches and Recreation Staff
- 7-8-year-olds = One Official
- 7-10-year-old girls = One Official
- 9-10-year-olds = Two Officials
- 11-12-year-olds = Two Officials
- 13-14-year-olds = Two Officials
- 15-17-year-olds = Two Officials

*All game officials will be responsible for rules enforcement on the court during all games. Orange County DEAPR – Recreation staff shall be responsible for overseeing all activity within the facility.

VIII. LEAGUE STANDING AND TOURNAMENT

A single-elimination tournament will be played at the end of the season for divisions 9-10-year-olds and above. 7-8 Division will compete in one final paired game. Pairs are made based upon regular-season finish (#1 v. #2; #3 v. #4; and so on). Tournament and Paired games will be played under the same rules as regular league play with the following exception: There will be no ties at the end of the game regulation in the tournament or paired games. (*Post-season format subject to change to better suit season-specific enrollment numbers*)

For the purpose of tournament seeding, league standings will be determined as follows:

- 1) Division record
- 2) Head-to-head record
- 3) Total points scored
- 4) Coin-toss

Tournament Overtime Rules

- **Length of Overtime** – In case of a tie game at the completion of regulation there will be a 2 minute overtime period. Overtime will be replayed until a winner can be determined.
- **Clock Stoppage** – During the last minute only, the clock will stop on all dead ball situations. Otherwise, it is a running clock, played under regulation rules pertaining to the first through third quarters.
- **Timeouts** – Each team will be awarded one timeout per overtime period. Remaining time-outs from regulation play do not carry over to the overtime period. Remaining time-outs from an overtime period do not carry over to subsequent overtime periods.
- **Defense** – Defenses are regulated by the same rules as apply to the fourth quarter of regulation.
- **Substitutions** - Free substitutions will be permitted in the overtime period. The clock will not stop on free substitutions (except during the last minute as per clock stoppage rule).

IX. WEATHER POLICY AND RESCHEDULING

- All coaches/parents should call the weather hotline for cancellation information 919.245.2669.
- Cancellations for games or practices that occur on weekdays will be posted at 4:00 p.m.
- Cancellations for games or practices that occur on weekends will be posted at 6:30 a.m.
- In the event of cancellation coaches will receive an e-mail notice by 4:00 p.m. on weekdays and 6:30 a.m. on weekends. For coaches that do not have an e-mail address, a cell phone can be substituted.
- The Orange County Department of Environment, Agriculture, Parks and Recreation – Recreation Division will attempt to reschedule if there is availability. Cancelled practices will not be rescheduled.