

**Haywood County Recreation and Parks Department  
2016-17 Recreation Basketball League 11/12 Rules**

**Objective:**

- To teach young girls and boys good sportsmanship, teamwork, respect for others, as well as the fundamental skills of basketball: dribbling, passing, shooting, defense, and rules.

**Fair Play Rules:**

In order to create a relaxed and stress-free learning environment for the players, the following rules will be enforced:

- All teams will follow and enforce the Haywood County Recreation & Parks basketball rules.
- All teams will behave in an appropriate manner.
- All teams will respect the coaches and players of the opposing team.

All parents, volunteers, and team leaders must keep in mind that these are still instructional games and to always keep a positive attitude toward mistakes in the game.

**AT NO TIME WILL A PARENT, SPECTATOR, OR COACH BE ALLOWED TO VERBALLY ABUSE A PLAYER, COACH, OFFICIAL, OR HCRP STAFF MEMBER OR THEY WILL BE ASKED TO LEAVE THE GYM!**

**Players**

**A. Playing Time**

Each player must start in at least 4 games and participate a minimum of two full quarters each game, with the following exceptions:

- If a player arrives at half-time, he/she is required to play only one quarter, depending on total number of players present.
- If all ten players are not present for a game, "extra" quarters should be given out equally. *Additional playing time should not be a reward for more advanced players.*
- At the conclusion of the season, all players should have nearly equal amounts of playing time, based on individual attendance.

**B. Substitutions**

- Substitutions can be made at any dead ball.
- **Exception:** No substitutions in last 30 sec of game unless made with a timeout or serious injury.

**C. Attendance**

- All players are expected to attend practices as well as games. No child will be disciplined for missing a practice. He/She is still entitled to play a minimum of 2 full quarters each game, unless as specified in Section A.

**D. Positions**

- To promote learning the game of basketball, all players should have the opportunity to play all positions by the end of the season.

**Equipment**

**A. Uniform**

- Court shoe with a rubber sole (preferably not black soles).
- Team jersey & preferably solid black shorts (no pants).
- No long sleeves permitted under or over jersey while playing games.
- NO earrings, necklaces, watches or other hard objects that may endanger other players on the court are allowed.

**B. Goal Height:** 10 ft. goals

**C. Ball Size:** Official men's ball

- Practice and game balls will be provided by Haywood County Recreation & Parks.

**Game Specifics**

**A. Length**

- **Quarters:** 7 minutes  
The timekeeper will only stop the clock for timeouts, free throws or injury.  
*Exception: in the last minute of play all fouls will stop the play clock.*
- **Timeouts:** Coaches are allowed (1) 30-second timeout per half.  
There will be a 1-minute break between quarters, and a 3-minute break between halves.
- **Tie:** There will be a 2-minute overtime with the clock running. Each team will receive (1) 30-second timeout during the overtime period. If the game is tied after the overtime, the game will be considered a tie.

## B. Jump Balls

- Jump ball at the beginning of each game.
- Teams will alternate possession out of bounds for all tie-ups.

## C. Offensive Regulations

- Screens/picks are allowed. Keep in mind the nature of these and what makes them illegal, i.e. moving screens.
- Traveling, double dribbling, carrying, backcourt, and 5 seconds in the paint violations will be called from the onset of the season.
- Players have 5 seconds to shoot a free throw.
- Fast breaks are allowed.
- The 3-point line will be in effect.

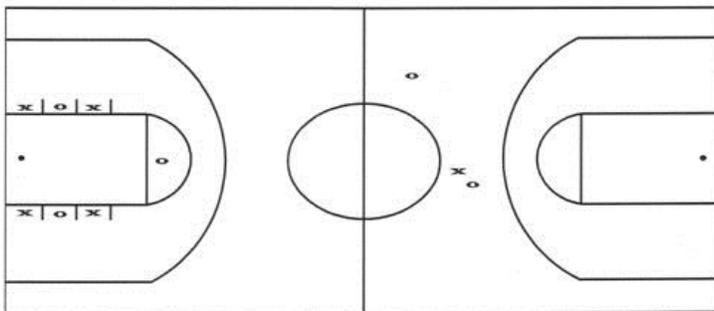
## D. Defensive Regulations

### • Fouls

- Each player is allowed 5 fouls.
  - The one and one will be in effect on the 7th team foul in a half.
  - On and after the 10th team foul, all fouls are 2 shots.
  - A player receiving a **technical foul** must go to the bench. The technical foul counts as a player foul. *The player may return after the League Director or Gym Supervisor feels the player is prepared to play again.* If the technical foul is flagrant, the player could miss up to two games, as decided by the League Director.
  - Two free throws and the ball are awarded to the opposing team per technical foul. Anyone on the opposing team who was on the floor while the technical foul was called may shoot the free throws.
- Backcourt pressure will be allowed from the start of the game.
    - 15 points rule – if a team is up by 15 or more points they are no longer allowed to run a press offense.
  - Any defensive setup may be used. For example: man-to-man, zone, box and 1, full court trap, etc.

## E. Free Throw Line

- Players lined on each side of the free throw line may move into a rebounding position as soon as the ball is shot. The shooter and players outside the 3 point line must not move until the ball hits the rim.



direction of the free throw



x = defence

o = offence

- Closest to the shooter in between the free throw line ticks, players line-up on each side to include defense (x), offense (o), defense (x). The last defender will be in between the last tick mark and the painted box.

## Other

- Only one coach is allowed to stand on the sideline at a time.
- All teams must have at least 4 players to start.
- Unless otherwise noted, all regular basketball rules apply.
- Haywood County Recreation & Parks Department will provide referees for all games.
- **No food or drinks allowed in gym (includes water).**
- No practices or games are allowed to be scheduled outside Haywood County Recreation & Parks assigned schedule.

These Rules and Regulations may be amended at any time by Haywood County Recreation & Parks League Director to make the Recreation Basketball League a fairer and safer environment. Coaches will be notified of adjustments.