



## ATHLETIC CENTER YOUTH BASKETBALL LEAGUE RULES & REGULATIONS

Revised 4.11.18

T&C Athletic Center reserves the right to change or modify the rules at any time for safety or management of the sport. Kentucky High School Associations rules apply to all play except those listed below:

- No food or beverages are to be brought onto the premises
- Loitering is prohibited on the premises
- Fighting will not be tolerated (includes verbal abuse/taunting) and will cause for suspension and/or ejection
- Verbal and/or physical abuse of the game officials is prohibited
- Gum chewing, spitting, and tobacco products are prohibited on all playing surfaces
- All youth teams must be accompanied by a coach or a responsible adult on the bench
- Please note, T&C reserves the right to play games on different days if necessary

**START TIME:** Each team should do their part to make sure games are started on time. There will be a 5-minute grace period from the scheduled start of the game.

**ROSTERS:** Teams must submit their roster by their 2<sup>nd</sup> game. Changes must be submitted by the 4<sup>th</sup> game. Any game played with a player not on the roster will be a forfeit. Max roster size is 12 players. Failure to submit your roster may be subject to forfeiture.

**UNIFORMS & EQUIPMENT:** IT IS THE COACH'S RESPONSIBILITY THAT THEIR PLAYERS ARE PROPERLY EQUIPPED

- All players must wear a numbered uniform; gym shorts, socks, and basketball/gym shoes
- All teams must have an alternate jersey (pinnies are acceptable) in case of color conflicts
- The home team is responsible to change their jersey in a conflict
- All casts must be padded and approved by the referee
- Teams must provide their own warm-up and game balls

**GAME BALL:** (28.5) for 3<sup>rd</sup>-6<sup>th</sup> grade and 7-8<sup>th</sup> grade girls | (29.5) for 7-8<sup>th</sup> grade boys

**RIM HEIGHT:** 10'

**DEFENSIVE PRESSURE\*:**

- 3<sup>rd</sup>/4<sup>th</sup> Grade:
  - Man-to-man only, not to extend beyond half-court line
  - NO ZONE, however, double-teaming the person with the ball is allowed
  - Help-defense is allowed in the paint
  - NO FULL COURT PRESSURE
- 5<sup>th</sup>/6<sup>th</sup> Grade:
  - Man-to-Man or Zone
  - Full court pressure allowed in 2nd half UNLESS team is up 15+ points
- 7<sup>th</sup>/8<sup>th</sup> Grade:
  - Any defense allowed
  - Full court pressure allowed UNLESS team is ahead by 15+ points

**\*The Athletic Center asks that coaches use proper judgment when playing lesser skilled teams**

**LENGTH OF TIME:** Games consist of (4) 8-minute quarters. The clock will run continuously except during the last minute of the 2<sup>nd</sup> and 4<sup>th</sup> quarter. \*\*If shooting foul occurs before clock expires, foul shot(s) must be attempted before period is over. If a team is up by 15+ points in the last minute of 2<sup>nd</sup> or 4<sup>th</sup> quarter, the clock will run.

**START OF GAME:** Each game starts with a center jump, then Alternating Possession rule applies. 5 and 10 second violations will cause the ball to go over to the defense.

**OVERTIME:** A 1-minute overtime will be given, and each team will be allowed (1) 30-second timeout. If OT ends in a tie, it will go to Sudden Death (max time of 1-minute). If Sudden Death ends in a tie (no baskets made), the game will be marked a TIE.

**TIME-OUTS:** Each team receives (3) 60-second timeouts

**MERCY RULE:** A team winning by 15+ points at any time is not permitted to double team or full court press

#### **PLAYER CONDUCT AND EJECTIONS:**

- Any player who receives (2) unsportsmanlike technical fouls will be ejected from the game
  - If the foul is flagrant, a player will be ejected on the first technical
- Any player ejected from any game will automatically sit out a (1) game suspension (the next scheduled game), with additional discipline to be determined by the nature of the incident
- Any coach ejected from any game, for any reason, will automatically be suspended two games
- Dunking *during* a game is allowed, but is not permitted before the game and will result in a technical foul
  - The player may not hang on the rim unless for safety of players below
- Fighting will NOT be tolerated – You will be asked to leave and will not be permitted to return

**COACH & SPECTATOR CONDUCT:** Only (1) Coach/per team may stand to direct their team at a time. All other coaches must remain seated. The ACYB League holds the Coach directly responsible for the conduct of his/her team's players, assistant coaches and its spectators. If a coach cannot control their fans, the coach may be given a technical foul. In extreme cases, the official does have the authority to forfeit a game to the opposing team if the conduct of the spectators cannot be controlled by the coach.

**FOULS:** (enter lane upon release of free throw/ shooter and players outside the 3pt line must wait until ball hits cylinder)

- *Intentional Foul:*
  - Results in (2) free throws for opposing team
  - Opposing team gets the ball back for a throw-in at the nearest spot of foul
  - The player who committed the foul must sit out until the next dead ball
  - Any player who commits 2 intentional fouls in a game may be ejected; player ejection is a mandatory 1 game suspension
- *Personal Fouls in the act of shooting:*
  - (2) free throws if shot was not made; (3 if a three-point attempt); 1 if shot was made
- *Common fouls:*
  - The ball is awarded out of bounds
  - After (7) team fouls per half the offended player will shoot 1 + 1
  - After (10) team fouls per half the offended player will shoot two free throws
- *Player Control Fouls:*
  - No free throws awarded, but this is added to the total team fouls
- *Technical Fouls:*
  - Results in (2) free throws for the opposing team
  - Any player who received (2) technical fouls in a game will automatically be ejected
  - A player will be ejected on the first technical, if flagrant
  - The team's (3<sup>rd</sup>) technical foul will result in a forfeit
  - Any player/coach ejected from a game will be ineligible to participate in the team's next game
  - A second ejection of a player/coach during a session will result in that player/coach being disqualified from the league for the rest of the season.
- If a player enters the game without reporting to the score's table it will be treated as a technical foul
- A player must leave the game after receiving (5) personal fouls (Technical fouls are included as personal fouls)
- Offensive players may not stay longer than (3) seconds in the paint or the defense will take possession

#### **FREE THROWS**

- 3<sup>rd</sup>-4<sup>th</sup> Grade foul line 12' or at referee's best judgement
- 5<sup>th</sup>-8<sup>th</sup> Grade foul line 15'

**FOUR PLAYERS PRESENT:** (4) players must be present to play. Less than (4) will result in a forfeit. A team may play with less than (4) players if they foul out during the game. A team may add a 5<sup>th</sup> player at any time provided they are on the roster.

**REMAINING ON THE BENCH:** Players must remain on the bench unless checking in at the scorer's table. Coaches must remain inside the coach's box (scorer's table, half court, to end of bench).

**BLOOD RULE:** A player with an open wound must have the wound covered and all blood cleaned off the player. Clothing with blood must be removed and changed before the player is permitted to re-enter the game.

**REFEREE'S AUTHORITY:** The referee's authority begins when he/she enters the court. The referee is there to promote and enforce the following:

- The rules and regulations of the game
- Suspending any games for blatant and obvious infringement of rules
- Suspending any games for unruly spectators
- Stopping play for serious injuries
- The referee will make mistakes; continuous dissent will be cause for ejection

#### **PROTEST PROCEDURE**

- Written protests may be submitted to the League Coordinator in instances of rule misinterpretation and player eligibility
- Protests will *not* be accepted if they are based on a judgment call made by officials in the game
- Written protest must be submitted to League Coordinator within 24 hours of the game

#### **SCHEDULING CONFLICTS and FORFEIT POLICY**

- T&C will not entertain any requests to deviate from the schedule once posted
- If your team cannot play a scheduled game, it will be declared a forfeit (score will be marked 0-15)
- **The forfeiting team must pay the referee fees for both teams if forfeit is declared within 3 days of scheduled game time**
- Please notify the League Coordinator of a conflict as soon as possible so we can call the other team and officials
- Teams will be allowed a (5) minute grace period from the scheduled game time; if teams arrive after the grace period, the game Official will determine if time will allow for the game to be played
- A team shall forfeit any game in which an ineligible player participated

#### **CANCELLATIONS**

T&C Management will do its best to reschedule cancelled games. If it can't be rescheduled, it will be marked as a 0-0 tie.

#### **LEAGUE CHAMPS:**

The league champion is the team with the best overall record. However, this is based on the following criteria:

1. All league fees are paid in full
2. A completed roster was turned in by the team's second game

#### **LEAGUE CHAMPS TIE BREAKER:**

1. Head-to-head
2. Maximum points for
3. Minimum points against
4. Coin flip

#### **USE OF T&C ATHLETIC CENTER**

Players, coaches, spectators, etc. are only to use the basketball court during their scheduled game time and do not receive access to other courts within the facility.

**T&C ATHLETIC CENTER WANTS TO REMIND EVERYONE TO PLAY SMART, WORK HARD AND HAVE FUN.  
PLEASE ENJOY ALL THAT OUR FACILITY HAS TO OFFER.**

**Team Name:** \_\_\_\_\_ **Session (i.e. Spring)** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Coach/Team Manager Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**GENERAL LIABILITY RELEASE, ASSUMPTION OF RISK, AND WAIVER OF CLAIMS**

In consideration of being permitted to participate in exercise, athletic endeavors, or other activities (collectively "athletic endeavors") at Town & Country Sports Complex and/or Athletic Center (T&C), the participant(s) do each agree that T&C, its heirs, assigns, and agents, and any and all other persons or entities involved in its athletic endeavors, together with all subcontractors, employees or volunteers, SHALL NOT BE LIABLE for injury or death to the undersigned participant(s), their heirs, assigns and agents, or for any loss due to theft of or damage to their property or for any other consequential incidental damages caused in any manner whatsoever where any such liability is attributable to the absence of ordinary or even slight care by T&C, in the conduct of athletic endeavors.

Furthermore each of the participants DOES HEREBY WAIVE any and all claims or causes of action against T&C which he or she may have by reason thereof AND DOES HEREBY RELEASE AND HOLD HARMLESS T&C from any and all claims or causes of action that he or she may have from the beginning of time, now, and in the future. Each of the participants further agrees not to bring or cause to be brought any suit or any such claim or cause of action and acknowledges that the releases and waivers referred to herein shall apply regardless of whether liability is asserted on the basis of contract, strict liability, ordinary negligence or gross negligence.

I also affirm that I am voluntarily participating in athletic endeavors and using the facilities, and further acknowledge that I know, understand, and appreciate the inherent risks of such participation and use (ranging from minor injuries such as sprains, to major injuries such as heart attacks, ankle and knee injuries, to catastrophic injuries such as death or paralysis). I assume full responsibility for any and all injuries or damages from participating in athletic endeavors and facility use, which may occur to me as a result of such participation. Each of the participants further acknowledge that the execution of this Release, Assumption of Risk, and Waiver is continuing in nature, that it is his or her free and voluntary act, that he or she does not intend to participate in athletic endeavors at T&C until or unless he or she has had full opportunity to inspect its exercise and athletic facilities and sites and to receive all information from T&C that might bear on his or her decision to participate, and that he or she is under no duress or undue influence.

This Release, Assumption of Risk, and Waiver shall be construed under the laws of the Commonwealth of Kentucky.

Town & Country reserves the right to take photos/videos of activities held at Town & Country Sports Complex and/or Athletic Center. Family Sports & lifestyle LLC, DBA "Town & Country Sports Complex" is not responsible for any player on the field/court not on your roster. All coaches/managers are responsible for having your subs sign your roster.

**Print Clearly.**

<b>Jersey #</b>	<b>Player Name</b>	<b>DOB</b>	<b>Parent Signature</b>	<b>Phone Number</b>

**Roster must be submitted by 2<sup>nd</sup> scheduled game. Changes must be made by 4<sup>th</sup> game.**