

## CITY OF MILTON WINTER RECREATION BASKETBALL LEAGUE

# RULES

### K/1<sup>ST</sup> Grade

- ❖ Games will consist of two (2) – 20-minute running clock halves
- ❖ Clock stop for substitutions, and the team with the ball will maintain possession
- ❖ Games start with a Jump Ball. Possessions will alternate with every jump ball and beginning of each quarter
- ❖ **Running Clock!** Clock will stop for substitutions; injuries are at the official's discretion (**Coaches have 20 seconds to make substitutions, then the clock begins**)
- ❖ 27.5 size basketballs - 8' x 5" basketball goal height
- ❖ When shooting free throws, shooter must start behind the free throw line, but can jump over the line while shooting the free throw
- ❖ 2 Time Outs per game (can be used at any time during the game)
- ❖ **Back court violations will be called**
- ❖ Only one (1) head coach can stand; Parents/Coaches **Are Not Allowed** on baselines. Warning then technical foul assessed to team violating this rule!
- ❖ 2 minutes half time

### Defense

- ❖ All defensive players must have both feet inside the three-point line. Cannot defend outside the three-point line. **NO PRESSING AT ALL DURING THE GAME.**
- ❖ **Players can defend at half court with 1 Minute left in regulation and OT.**
- ❖ The ball can only be stolen by a player who has both feet inside the three-point line
- ❖ If team is fast breaking, ball can be stolen at any time beyond the half court line.
- ❖ Teams can play man to man or zone defenses
- ❖ Players cannot "foul" out of a game, but referee may ask a player to sit out if the player(s) is causing several fouls.
- ❖ There is 10 second back court violation
- ❖ Bonus Free Throws (1 and 1) will take place on the opposing teams 7<sup>th</sup> foul of each half.
- ❖ Double Bonus (2 shots) will take place on the opposing teams 10<sup>th</sup> foul of the half.

### Offense

- ❖ **Fast Breaks are allowed!**
- ❖ Free throws will be taken on shooting fouls only! Players may enter the lane upon the shooter releasing the basketball.
- ❖ Overtime – One minute running clock (Stop on Ft's); 2<sup>nd</sup> - One minute running clock (Stop on FT's); 3<sup>rd</sup> OT 1<sup>st</sup> team to SCORE!

### Substitutions

- ❖ **Mandatory substitutions will be made every 4 minutes.** This is not a time out. Each team has 20 seconds to make substitutions
- ❖ At the end of each half, all players who did not play the previous quarter shall enter the game
- ❖ **EACH PLAYER MUST PLAY EQUAL COURT TIME**
- ❖ NO PLAYER(S) shall sit out two consecutive substitutions

Only Head Coach can approach the scorer's table. If **parent approaches table, a technical foul will be assessed to the team.** If Coach receives technical foul, he/she must sit remainder of the game. If coach receives two technical fouls, coach must leave property immediately or law enforcement will be called. Only one (1) coach can stand during the game.

# CITY OF MILTON WINTER RECREATION BASKETBALL LEAGUE

## RULES

### 2<sup>nd</sup>/3<sup>rd</sup> Grade

- ❖ Games will consist of two (2) – 20-minute running clock halves
- ❖ Clock will stop for substitutions, and the team with the ball will maintain possession
- ❖ Games start with a Jump Ball. Possessions will alternate with every jump ball and beginning of each quarter
- ❖ **Running Clock**, except for the last 1 minute of the game (only). Clock **will** stop for substitutions. (Coaches have 20 seconds to make substitutions, then the clock begins)
- ❖ 28.5 size basketballs - 8' x 5" basketball goal height
- ❖ When shooting free throws, shooter must start behind the free throw line, but **can jump over** the line while shooting the free throw
- ❖ 2 Time Outs per game (can be used at any time during the game)
- ❖ **10 second back court violations will be called**
- ❖ Only one (1) head coach can stand; Parents/Coaches **Are Not Allowed** on baselines. Warning then technical foul assessed to team violating this rule!
- ❖ 2 minutes half time

#### Defense

- ❖ **Defense must remain inside the 3-point line (defensive area) until ball handler dribbles or passes across the half court line. No double teams!!!**
- ❖ **Players can defend at half court with 1 Minute left in regulation and OT.**
- ❖ Teams can play man to man or zone defenses
- ❖ Foul Out – 7 fouls
- ❖ Players **can** “foul” out of a game, but referee may ask a player to sit out if the player(s) is causing several fouls prior to his/her 7<sup>th</sup> foul. Players can not re-enter the game after 7<sup>th</sup> foul.
- ❖ **No pressing** - There is 10 second back court violation
- ❖ Bonus Free Throws (1 and 1) will take place on the opposing teams 7<sup>th</sup> foul of each half. Double Bonus (2 shots) will take place on the opposing teams 10<sup>th</sup> foul of the half.

#### Offense

- ❖ Fast breaks are allowed
- ❖ Free throws will be taken on shooting fouls. Players may enter the lane upon the shooter releasing the basketball.
- ❖ Overtime – One minute running clock; 2<sup>nd</sup> One minute running clock; 3<sup>rd</sup> OT 1<sup>st</sup> team to SCORE!  
**No Ties!**

#### Substitutions

- ❖ **Mandatory substitutions will be made every 4-5 minutes.** This is not a time out. Each team has 20 seconds to make substitutions
- ❖ At the end of each half, all players who did not play the previous quarter shall enter the game
- ❖ **EACH PLAYER MUST PLAY EQUAL COURT TIME**
- ❖ NO PLAYER(S) shall sit out two consecutive substitutions

**Only Head Coach can approach the scorer's table. If parents approach table, a technical foul will be assessed to the team. If Coach receives technical foul, he/she must sit remainder of the game. If coach receives two technical fouls, coach must leave property immediately or law enforcement will be called. Only one (1) coach can stand during the game.**

## CITY OF MILTON WINTER RECREATION BASKETBALL LEAGUE

### RULES

#### 4<sup>th</sup> and Up

- ❖ Games will consist of two (2) – 20-minute running clock halves
- ❖ Clock **will** stop for substitutions, and the team with the ball will maintain possession
- ❖ Games start with a Jump Ball. Possessions will alternate with every jump ball and beginning of each quarter
- ❖ **Running Clock, except for the last 1 minute of the game** (only). Clock **will** stop for substitutions; injuries are official's discretion (Coaches have 20 seconds to make substitutions, then the clock begins)
- ❖ 2-minute half time
- ❖ **28.5** size basketballs for 4<sup>th</sup>/5<sup>th</sup>; 6<sup>th</sup>/7<sup>th</sup> grades/8<sup>th</sup> and up grades **29.5** size basketballs
- ❖ 10' basketball goal height
- ❖ When shooting free throws, shooter must start behind the free throw line, **and cannot jump over the line while shooting the free throw**
- ❖ 2 Time Outs per game (can be used at any time during the game)
- ❖ 10-seconds Back court violations will be called

#### Defense

- ❖ Defense must remain inside the **halfcourt** line until ball handler dribbles or passes across the half court line. No double teams!!!
- ❖ Teams can play man to man or zone defenses
- ❖ Players can "foul" out of a game, but referee may ask a player to sit out if the player(s) is causing several fouls. **Foul Out – 6 fouls**
- ❖ 10 second back court violations
- ❖ **Defense may only Full Court Press the last 2 minutes of each half. If a team is up by more than 15 points, they cannot PRESS until deficit goes to 10 or less.**
- ❖ Bonus Free Throws (1 and 1) will take place on the opposing teams 7<sup>th</sup> foul of each half.
- ❖ Double Bonus (2 shots) will take place on the opposing teams 10<sup>th</sup> foul of the half. Clock continues to run except for the last minute of the game.

#### Offense

- ❖ Fast breaks **are** allowed
- ❖ Free throws will be taken on shooting fouls. Players may enter the lane upon the shooter releasing the basketball.
- ❖ Overtime – (1-minute running clock). 2<sup>nd</sup> Overtime – 1 minute running clock; 3<sup>rd</sup> OT – 1<sup>st</sup> team to score! **NO TIES!**

#### Substitutions

- ❖ Mandatory substitutions will be made every 4-5 minutes. This is not a time out.
- ❖ At the end of each quarter, all players who did not play the previous quarter shall enter the game. **EACH PLAYER MUST PLAY EQUAL COURT TIME**
- ❖ NO PLAYER(S) shall sit out two consecutive substitutions  
**Only Head Coach can approach the scorer's table. If parents approach table, a technical foul will be assessed to the team. If Coach receives technical foul, he/she must sit the remainder of the game. If coach receives two technical fouls, coach must leave property immediately or law enforcement will be called. Only 1 coach can stand!**



## **ZERO TOLERANCE POLICY**

### **BEHAVIOR EXPECTATIONS**

**Halftime Sports** has agreed to set certain behavior requirements for everyone in attendance at our games. Please alert all parents, fans, coaches and athletes of these expectations:

**1. Fans: Support your team!**

- No derogatory remarks to opposing players, coaches or teams.
- No personal or derogatory remarks directed at Officials, no loud or continuous harassment of Officials.
- Absolutely **zero tolerance** for confronting Officials, opposing coaches, staff, players or parents – any physical contact with the aforementioned will involve law enforcement.
- **Parents are not to approach the scorers table at any time.** A technical foul will be assessed to the team, and parents will be removed from the property or law enforcement will be contacted. And team will receive a technical foul to start the next game.

**2. Coaches:** Halftime Sports expects our adult coaches to “**set the example**” for good behavior, sportsmanship and professional courtesy.

- You may disagree with an Official’s call, do not make your comments personal, angry or derogatory, and once you have made them, drop it!
- Insist that your players and fans demonstrate good sportsmanship toward opposing coaches, players and Officials.
- Insist that all your players shake hands after the game and demonstrate grace in winning and dignity in losing.
- Do not teach, tolerate, or allow taunting of other teams, “trash talking,” or foul language at any point.
- Lead by example: compliment good plays by opposing players, shake hands with opposing coaches before and after the game, and do not get confrontational with Officials.



3. **Athletes:** Show respect toward Officials, other players and other coaches.
- Do not engage in any form of derogatory comments, “trash talking,” foul language, or taunting, regardless of the score.
  - Do not engage in “fighting,” as this could cause your ejection for one or more games.
  - Do not leave your bench and encourage all other players to stay on the bench if any disruption occurs.
  - Shake hands with opposing coach before the game and with opposing players and coaches after the game, demonstrating grace in winning and dignity in losing.

4. **Penalties:**

- **Coaches:**

A coach ejected from one game will automatically be suspended from the next game; a second ejection will result in an automatic suspension from any Halftime Sports events, programs, league and will be reported to other ATOA, City of Milton, AAU, YBOA, US Amateur and other youth sports activities, subject to the coach’s right to an Appeal; serious misconduct could result in additional discipline.

- **Athletes:**

An ejection for “fighting” or for two technical fouls will result in an automatic suspension of an athlete from his or her next game, and possible further discipline. A second ejection for “fighting” or two technical fouls during any Halftime Sports event will result in a suspension from any Halftime Sports events, programs, leagues and will be reported to City of Milton, ATOA, US Amateur, AAU, YBOA and other youth governing activities, subject to the athlete’s right to an appeal.

- **Fans:**

Ejection from a game for misbehavior will result in your suspension from attending any other games in that League. Any physical contact with a game Officials, coaches, league director or staffer, or opposing players or parents will cause law enforcement to be brought in for possible criminal prosecution, and you may be permanently banned from attending games and other Halftime Sports/City of Milton activities.



**Bench Rules:** Only eligible players plus a maximum of three coaches (this includes statistician, ball boys, etc.) may be on the team's bench. Violation of this rule will result in (only) one warning. The team will then have 1 minute to clear the bench of anyone not listed on the official roster. If a team fails to comply, the violator(s) will be ejected. **Only one coach can stand during the game.**

**Eligibility:**

All players must be registered within the City of Milton/Halftime Sports Winter Recreation Basketball League to participate in games or practices. A player is deemed ineligible if not registered within our Halftime Sports system and/or program, thus causing a forfeit of game by that team.

## 5. LEAGUE PHILOSOPHY

City of Milton/Halftime Sports Winter Recreation Youth Basketball League exists to fully develop the physical and social attributes of individual players in a positive athletic environment. City of Milton/Halftime Sports Winter Recreation believes that all players should have fun, develop skills, and learn to appreciate the game.

City of Milton/Halftime Sports Winter Recreation endorses and promotes positive coaching that offers praise and encouragement towards players. We believe that playing the game is the most important reason for the contest and not who wins or loses.

## 6. TEAM ORGANIZATION

- a. All participants of the Youth Basketball League must be registered through Halftime Sports ([www.halftimesports.net](http://www.halftimesports.net)). A registration form must be on file for each participant.
- b. Age divisions for the Youth Basketball League will be as follows:  
K-1<sup>st</sup> Grade, 2<sup>nd</sup>/3<sup>rd</sup> Grades, 4<sup>th</sup>/5<sup>th</sup> Grades, 6<sup>th</sup>/7<sup>th</sup> Grades, 8<sup>th</sup>/9<sup>th</sup> Grades, H S

**NOTE: All ages will be determined as of September 1st.**

**City of Milton/Halftime Sports Winter Recreation reserves the right to alter the age divisions as deemed necessary.**

- c. Once a team is established, each player will remain on that team. Brothers or sisters who are in the same age division may be placed on the same team for family convenience. Player additions or deletions can only be made through City of Milton/Halftime Sports Winter Recreation.

## 7. UNIFORMS AND PLAYING REQUIREMENTS

- a. Each player will be issued a jersey top uniform. During each game, all participants must wear this jersey.
- b. All players must wear shoes with non-marking rubber soles.
- c. Each player who is eligible must participate in each game according to the following rules:

 **All players must play equal amount of game time!**

- **At the end of each period, all players who did not play the previous period shall enter the game.**
- **No player will sit out for two periods until all other teammates have sat out at least one period.**

 **No player will sit out three periods until all other teammates have sat out at least two periods.**

 **No player shall sit out for consecutive periods.**

 **If players do not play equal game/court time, then that particular team will forfeit the game, and Coach will be suspended for at least one game. All players play equal court time!**

## 8. PLAYER/TEAM CONDUCT

GSHSA rules state that all coaches and players must always remain seated on the bench or chair while the clock is running or stopped.

### Exceptions:

- Confer with bench personnel and players.
- Signal players to request a time-out.
- Confer with scorekeeper at scorekeeper's table.
- Attend to an injured player.

- ☞ All coaches, players, and parents should treat the game officials with respect and not argue, call or offer negative comments from the sideline.
- ☞ A manager or coach ejected from a game must leave the gym for the remainder of the game. A player who is ejected must leave the playing floor and gymnasium immediately.
- ☞ Any player, coach or spectator ejected from a game because of unsportsmanlike conduct will be suspended for the next game that his/her team plays. City of Milton/Halftime Sports Winter Recreation reserves the right to review all cases individually.
- ☞ Any participant, coach or spectator acting in a discourteous way towards another participant will be subject to possible suspension by the City of Milton/Halftime Sports Winter Recreation Disciplinary Committee. League discretion.
- ☞ Profanity of any kind can result in ejection from the game, regardless of where or whom it is directed to. This rule applies to players, assistant coaches, coaches, and parents.
- ☞ Any player, coach, or parent displaying behavior that is detrimental to the league and its participants will be asked to leave by a Site Director or league official.

## 9. OTHER

- a. It is required that all players remove all jewelry (rings, necklaces, earrings, etc.) before participating in any game. Referees have the authority to require that such jewelry be removed before a player can participate.
- b. Hard cast and splints will not be permitted. Any player with a cast or splint will not be allowed to play.
- c. Please do not litter. If there are no trash cans, or if they are full, please take your trash with you.
- d. City of Milton/Halftime Sports Winter Recreation Youth Basketball will be governed by the National Federation of State High School Association “Blood Rule”, details of which are as follows:
  - e. If a player is bleeding, the referee will call an official’s time-out. A substitutes must replace the affected player.
  - f. The bleeding must be stopped, and the wound covered before the player is allowed to return to the field.
  - g. If any part of the player’s uniform is saturated with blood, that uniform part must be changed before the player can return to the game.
  - h. Referee’s discretion will determine if a “bleeding situation” has been sufficiently managed to allow a player’s return to the court.
  - i. City of Milton/Halftime Sports Winter Recreation reserves the right to edit, remove and/or change any of the rules.

