

City of San Ramon
Parks and Community Services
Sports Division



YOUTH H  OPS
2012

Rulebook



**City of San Ramon
Parks and Community Services Department
Youth Basketball
Playing Rules & Philosophy**

Youth Hoops Mission:

It is the mission of the City of San Ramon's Youth Hoops Basketball Program to promote and teach the sport of basketball to youth, instilling the knowledge and understanding of the fundamental skills necessary to play and enjoy the sport of basketball, in a recreational league setting.

- Every player plays at least one half of every game
- Emphasis is placed on learning and having fun, not winning
- The concept of team play and team accomplishments are paramount
- Good sportsmanship from players, coaches, parents and spectators is essential

Standards for Youth Sports:

1. **Proper Sports Environment-** Parents must consider and carefully choose the proper sports environment for their child, including the appropriate age and development for participation, the type of sport, the rules of the sport, the age range of the participants and the proper level of physical and emotional stress.
2. **Programs Based On The Well Being Of Children-** Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well being of children.
3. **Drug, Tobacco & Alcohol Free Environment-** Parents must encourage a drug, tobacco and alcohol free environment for their children. **Drug, Tobacco & Alcohol Free Adults-** Parents must be drug, tobacco and alcohol free at youth league sporting events.
4. **Part Of A Child's Life-** Parents must recognize that youth sports are only part of a child's life.
5. **Training-** Parents must insist that coaches are trained and fingerprinted.
6. **Parents Taking An Active Role-** Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator/coach, league administrator and/or caring parent.
7. **Positive Role Models-** Parents must provide positive role models, exhibiting sportsmanlike behavior at games, practices and home, while also giving positive reinforcement to their child and support to their child's coaches.
8. **Safe Playing Situations-** Parents must insist on safe playing facilities, healthful playing situations and proper first aid applications, should the need arise.

It is mandatory that all players and coaches during the duration of the program adhere to the philosophy/mission and rules.

LEAGUE RULES:

1. **Players:**

- Each team will have approximately the same number of players.
- The Parks and Community Services Department will establish the teams to ensure balance and will have the authority to add players or move players to different teams to balance the league.
- A player may not participate until he/she is officially registered in the program and has completed the Player Profile.

2. **Uniforms:**

- Each player will be issued a uniform that is kept by the player at the conclusion of the season.
- Volunteer coaches will be responsible for handing out uniforms to their players beginning with the larger players and working down to the smaller players in order to assure the best fit possible.
- In order to keep with the spirit of the league, teams must wear the issued uniform during games.
- *When wearing the white side of your jersey please wear a white t-shirt underneath and when wearing the colored side of your jersey please wear a dark colored t-shirt underneath.*

3. **Shoes:** Players must wear tennis or basketball shoes in a game (preferably white-soled basketball shoes designed for indoor courts). No dress shoes, cleats or open-toes shoes will be allowed.

4. **Playing time and substitutions:**

- Parents, coaches and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.
- Playing time will never be less than half of each game. No players may play an entire game unless there are no substitutes.
- Substitutions shall be made at the halfway point of each quarter. The clock will stop for all substitutions and players checking in must line-up in front of the scorekeeper's table.
- The substitution period is **NOT** a timeout.
- No player shall sit out for more than one half of a quarter. All players are required to play at least half of each quarter in which they are present. If a player is late to a game or must leave early, this may affect his/her ability to play at least half of the game.

Exceptions:

- A player, who may be injured during a game, may be substituted at anytime for safety reasons. If the game must be stopped due to injury, the injured player must come out of the game; however, they are eligible to re-enter the game on the next dead ball.
- Players in the 7th-8th and 9th-10th grade divisions will be permitted to substitute on any dead ball situation in the last two (2) minutes of the 4th quarter. This may be done only if all players have played at least half of the game AND the score is within 12 points.

5. **Line-Up Cards:**

- **Grades 3-10 ONLY:** Prior to each game, a lineup must be submitted to the scorekeeper with the names and uniform numbers of the players – City staff will supply the coach with a lineup.

GAME RULES

1. **Game and Penalty:**

- Each team will be required to appear at the time that it is scheduled to play or suffer a forfeit of that game (which we would still make arrangements to play a game).
- Game time is forfeit time unless there is a delay due to a late start of the preceding game.
- A team must have four (4) players to start a game. During a game, no team is to play with less than four (4) players.
- In the event that a team has only four (4) players, the opposing team has the option of playing 4-on-4 or letting the other team borrow a player. This will not be counted as a forfeit.
- *If a team has less than four (4) players, please still show up for the game. The league officials will combine teams to allow the game to be played as scheduled.*
- All teams must play with the same number of players (i.e. 4-on-4 or 5-on-5).

2. **Game Length:**

- Each game will consist of four quarters. Each quarter will consist of two (2) periods for the purpose of substituting. Remember, the substitution period is NOT a timeout.
- **Grades 1-4:** Each quarter is **EIGHT (8)** minutes.
- **Grades 5-8 (GIRLS):** Each quarter is **EIGHT (8)** minutes.
- **Grades 5-10 (BOYS):** Each quarter is **TEN (10)** minutes.

3. **Clock:**

- The clock will be a “RUNNING” clock stopping only for the following situations:
 - Injury timeout - *If the game must be stopped due to injury, the injured player must come out of the game; however, they are eligible to re-enter the game on the next dead ball.*
 - Team timeout
 - Referee timeout
 - During the last **TWO (2)** minutes of the game if the score is within 12 points.

4. **Scorekeeper/Timing:**

- The timer/scorekeeper will keep track of the amount of time each player plays during the game and has the discretion to alert the referee or coach to a player who has not played at least half of the game.
- The timer/scorekeeper will keep the official book and score for the games. All questions should be directed to the officials or timer/scorekeeper.
- *As soon as a 20 point lead has been reached by a team, the scoreboards will be set to “0”. The scorekeeper will continue to keep score and if the score reaches a 12 point difference, then the scoreboards will be turned back on with the correct score displayed. **Note: Score will not be kept in the 1^s or 2nd grade divisions.***
- Quarter breaks will be one (1) minute.
- Half time will be approximately five (5) minutes.

5. **Jump Balls/Possession Arrows:**

- A jump ball will start each game.
- The team losing possession of the jump ball will be given the possession arrow.
- The possession arrow will alternate teams, changing with each jump ball situation.
- Each new quarter will begin with the team showing the possession arrow inbound the ball near half-court.
- The scorekeeper will keep track of possession.

6. **Timeouts:**

- Each team will have two (2) timeouts per half. *Timeouts cannot be accumulated.*
- Each timeout is 30 seconds in length.

7. **Fouls/Free Throws:**

- **Grades 1 & 2:**
 - Fouls will not be kept. Rather, the official will blow the whistle and speak with the child regarding what occurred and will use the situation as a learning experience.
 - A foul of any kind will result in an inbound pass near the point of infraction.
 - Free throws will not be shot.
- **Grades 3-4:**
 - When fouled while attempting a shot, the offensive team will automatically receive 1 point and shoot one (1) free throw. This is an effort to keep the game moving and maximize playing time.
 - The free throw line will be moved up approximately two (2) feet.
 - A player will “foul out” of the game after receiving his/her 5th foul.
- **Grades 5-10:**
 - Normal basketball foul/free throw rules apply.
 - A player will “foul out” of the game after receiving his/her 5th foul.
- *“One and One” free throws will not be shot, but will instead constitute an inbound pass near the point of infraction.*

8. **Defense:**

- Teams may play man-to-man or zone style defense. Coaches are encouraged to teach both defenses.
- **Grades 1-4:**
 - There will be a 3-point line defensive rule, so that after any basket or change of possession, the defensive team must set up inside the 3-point line.
 - The defense may come outside the 3-point line in an attempt to get a loose ball.
- **Grades 3-4:**
 - A team leading by 12 or more points must play a “Tight Zone” defense with all defensive players having one foot in the key. This is an effort to keep the games competitive and allow the offensive team to set up a play.
 - If the score is within 12 points during the last two (2) minutes of the game, both teams may play defense starting at ½ court. A team leading by 12 or more points cannot use a ½ court defense in the last two (2) minutes of the game. This is an attempt to prevent teams from “stalling” at the end of the game.

- **Grades 5-10:**
 - There will be a ½ court press rule so that after any basket or turnover, the defensive team must set up behind the mid court line.
 - A team leading by 12 or more points must set up inside the 3-point line. This is an effort to keep the games competitive and allow the offensive team to bring the ball down the court.
 - The ½ court press rule will be enforced until the last two (2) minutes of the game, when a full court press can be applied.
 - A team leading by 12 or more points cannot use a full court press when playing defense in the last two (2) minutes of the game.
- Once a team gains control of the ball, the opposing team must return directly to the side they are defending.

9. **Ball Sizes:**

- **Grades 1-2:** Junior Size → 27” or 27.5” depending on the brand
- **Boys**
 - **Grades 3-4:** Women’s Size → 28.5”
 - **Grades 5-10:** Regulation Size → 29.5”
- **Girls**
 - **Grades 3-8:** Women’s Size → 28.5”
- *If a player brings a ball to practice/game, please make sure the child’s name and phone number is written on the ball in permanent marker.*

10. **Hoop Heights:**

- **Grade 1:** 7.5 feet
 - *Note: If a ball is shot over or behind the lowered hoop, the ball will be out-of-bounds.*
- **Grade 2:** 8 feet
- **Boys:**
 - **Grade 3:** 8.5 feet
 - **Grades 4-10:** 10 feet
- **Girls:**
 - **Grades 3 and 4:** 8.5 feet
 - **Grades 5-8:** 10 feet

11. **Games/Practice Locations:**

- *Practice day, time and location will remain constant throughout the season, except as noted. This information is listed on the top of the team roster.*
- *Practice days and times are determined by the volunteer coaches’ availability.*
- **Grades 1-2:** All games and practices will be held at the Windemere Ranch Middle School Gym.
 - *Grades 1 and 2 only practice during the week leading up to the start of games. Once the games begin, the teams will only practice 30 minutes prior to their games on Saturday.*
 - *The time listed on the schedule is the time practice begins. Please do not show up prior to that time, as there is limited space in the gym.*
- **Grades 3-4 GIRLS and Grade 3 BOYS:** All games and practices will be held at the Pine Valley Gym.
- **Grades 5-8 GIRLS and Grade 4 BOYS:** All games will be held at the Pine Valley Gym, while

practices will either be at the Pine Valley Gym or Iron Horse Gym.

- **Grades 5-10 BOYS:** All games will be held at the Iron Horse Gym, while practices will either be at the Pine Valley Gym or Iron Horse Gym.
- *Players in Grades 3-10 should arrive approximately 10-15 minutes prior to their game.*

GENERAL INFORMATION:

1. *No food or drink allowed in the gym – **Including Gatorade and coffee!** Only water is allowed in the gym. Post-game snacks/drinks must be distributed outside or in the lobby.*
2. All rules and regulations not presented in the above information will be governed by High School playing rules. League rules may be amended at the discretion of the league commissioner.
3. No team or individual statistics will be kept.
4. Official League Standings are not kept.
5. There are NO protests of games in the San Ramon Youth Hoops program.

SAFETY REGULATIONS:

1. All players wearing glasses must have unbreakable lenses. It is recommended, but not required to wear a sports strap with glasses.
2. No climbing on gym bleachers or other equipment at games or practices by participants or spectators.
3. Officials and coaches must check for safety measures at all times.
4. **No wrist watches or jewelry (i.e. earrings, bracelets, necklaces) of any kind may be worn during practices or games.** Officials reserve the right to ask the participants to remove the jewelry. This includes newly pierced ears – Earrings must be removed during play.

Exception: Medical bracelets are allowed to be worn, as long as they are covered up by a wristband in order to prevent another player's fingers from becoming tangled.

SPORTSMANSHIP AND CONDUCT:

1. San Ramon Youth Hoops tradition calls for teams to shake hands (participants, coaches and officials) at the game's conclusion
2. Adverse spectator reaction to officials will not be tolerated.
3. All participants (players, coaches and spectators) will conduct themselves in a manner conducive to good sportsmanship and will observe the basketball rules in effect.
4. Any participant exhibiting unsportsmanlike conduct will be subject to removal- from the game at the discretion of the referee or City staff.
5. **PARTICIPANTS EJECTED FROM A GAME OR PRACTICE MUST MEET IN PERSON WITH THE SAN RAMON YOUTH HOOPS SUPERVISOR BEFORE PLAYING THEIR NEXT GAME.**
6. Any participant, coach or spectator who commits physical or verbal abuse of an official or San Ramon Youth Hoops personnel will be subject to disciplinary action up to prosecution by legal authorities.