

City of San Ramon
Parks and Community
Services
Sports Division



K-2

YOUTH HOOPS

2022

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 each quarter for which they are present
- 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 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.

2. **Uniforms:**

- This league will be using team t-shirts during the games.
- Each player will be issued a team t-shirt which they will keep at the end of the season.
- Volunteer coaches will be responsible for handing out team t-shirts and returning any extra t-shirts to the Sports Staff on-site.

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:**

- No player shall sit out for more than one half of a quarter they are present for.
- No players may play an entire game unless there are no substitutes.
- Substitutions shall be made at the halfway point of each quarter.
- Parents, coaches and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.
- The substitution period is **NOT** a timeout.

Exceptions:

- A player, who may be injured during a game, may be substituted at any time 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.

GAME RULES

1. **Game and Penalty:**

- Each team will be required to appear at the time that it is scheduled to play.
- Game time is as scheduled unless there is a delay due to a late start of the preceding game.
- If there are not enough players for a 5 on 5 game, arrangements will be made to play a game.
- 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.
- *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.
- Each quarter is **EIGHT (8)** minutes for Grades 1-2 and **Six (6)** minutes for Kindergarten.
- Quarter breaks will be **ONE (1)** minute.

- Half time will be approximately **FIVE (5)** 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
 - Team substitutions at FOUR (4) minutes Grades 1-2 and THREE (3) minutes Kindergarten.
4. **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 period will begin with the team showing the possession arrow bringing the ball in at half-court.
5. **Timeouts:**
- Each team will have two (2) timeouts per half.
 - Each timeout is 30 seconds in length.
6. **Fouls:**
- Fouls will not be kept. Rather, the official will blow the whistle and speak with the player regarding what occurred and will use the situation as a learning point.
 - A foul of any kind will result in an inbound pass near the point of infraction.
 - Free throws will not be shot.
7. **Defense:**
- Teams play man-to-man and will be matched up according to their color wristband.
 - *Exception: opposing team is up by 12 or more the losing team may play zone defense until they are able to pull within 12 points.*
 - 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.
 - Once a team gains control of the ball, the opposing team must return directly to the side they are defending and set up within the 3-point line.
 - Stealing off the dribble is not allowed in **Kindergarten**.
 - Stealing off the dribble is not allowed in **1st Grade Boys or 1-2 Grade Girls** until 5th Game.
 - Stealing off the dribble is permitted in the **2nd Grade Boys Division**.
 - Interceptions and blocked shots are permitted in all grades within the 3-point line.
8. **Ball Size:**
- All divisions will use a 27” or 27.5” size basketball (depending on brand).
9. **Hoop Height:**
- The **Kindergarten division** will play on a 6’6” hoop.
 - **1st Grade Boys Division** and **1st – 2nd Grade Girls Division** will play on an 8’ hoop.
 - **2nd Grade Boys Division** will play on an 8’6”

GENERAL INFORMATION:

1. *No food or drink allowed in the gym – **Including Gatorade and coffee!** Only water is allowed on the gym floor. Post-game snacks/drinks should 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 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.
7. All players, coaches, parents and spectators must follow the Parks & Community Services Code of Conduct. Failure to abide by the Code of Conduct may result to disciplinary action.

