

Livingston Youth Basketball League RULES (updated 9-29-21)

I. LEAGUES

A. LOWER DIVISION

Lil Dribblers
Kinder Clinic
Sharp Shooters
3rd Grade
4th Grade



B. UPPER DIVISION Boys and Girls

5th Grade
6th Grade
7th Grade
8th Grade

II. TEAMS

A. All team rosters will consist of not less than six (6) nor more than ten (10) players. 8 is preferred. More than 8 players may be addressed at coaches meeting for the upcoming season.

B. A player shall be permitted to play only after the player has submitted a completed Registration form and payment to the Recreation Department. No player shall be permitted to play on more than one league team.

C. Any team losing a player for any reason after the initial drafting of players and before the start of the 3rd game of the season, must notify the Recreation Office who will assign a player from the waiting list. If a team falls below 5 remaining players, and there are no comparable players to select from on the waiting list, the Recreation Department, in his/her sole discretion, shall determine an equitable solution. So long as a team has 5 remaining players, there will be no replacement players added to a team once the 3rd game has started.

D. Each team must have an adult head coach, a team parent and should have an assistant coach. **The only individuals allowed on the player's bench are the head coach, one assistant coach and the teams currently playing.** (This Means no toddlers, babies, parents, siblings etc) There will be no exceptions to this rule and a forfeit for the team shall be called after a first warning for this infraction. All head coaches and assistant head coaches must be approved by the Recreation Department

and be screened according to the department's policy. The Recreation Department League Coordinator or Recreation Superintendent have the discretion to remove any coach and to remove or not approve an Assistant Coach. An adult shall be present on the bench in the event an acting coach is under the age of eighteen.

E. **Coaches are required to have a mandatory meeting with parents of team members before league practices begin to cover rules, the Recreation Code of Conduct, and encourage parent participation.** It is required that every adult and child participating in the league will abide by the Recreation Code of Conduct. At least one parent (or parents agent/representative) must, at registration, sign the Code of Conduct on behalf of the player's entire family.

G. In accordance with the State mandate, each coach, assistant coach, Board Member and referee must complete and sign a Disclosure Statement and be fingerprinted.

III. LEAGUE PLAY

A. The basketball skills of each boy and girl will be rated for purposes of team balance when and if time permits. Players will sign up and teams will then be selected by school grade. Beginning players must be placed in the division of the grade they are in as September 1st, prior to the start of the season. Players may be asked to present a report card of the prior year at the time of registration.

B. Play

1. League play shall start at the discretion of the Recreation Department. Teams may play practice games prior to the start of league play.

2. No team will be allowed to play more than three games per week. **2 PRACTICES IS RECOMMENDED BY THE DEPARTMENT.**

3. Game starting time will be as indicated on the league schedule distributed by the Recreation Department League Coordinator. Any deviation of the originally scheduled times and/or location can only be made by the Recreation Department.

4. Failure to field a team of at least four (4) players at the scheduled starting time shall result in an automatic forfeit.

5. Officially postponed games will be played at a later date **if scheduling permits.** The date will be decided by the Recreation Department. No games will be rescheduled without department approval.

6. All players will receive a trophy of participation.

8. **Only 1 coach at a time per team can be standing during the course of a game.** Exceptions: time-outs, injuries, between quarters and at half time. The standing coach may roam only in the area between the end of the scorer's table closest to his/her team's bench and the far end/last chair of his/her team's bench. The first violation for a

team for the game will result in a warning to the head coach; the head coach will be charged with a technical foul for a 2nd violation; the head coach will receive a 2nd technical for a further violation, resulting in ejection from the game and an automatic suspension for the next game. A technical called pursuant to this rule will not be charged to the team for purposes of forfeiting the game. After a coach receives one technical as a result of coach's conduct, the coach receiving the technical must sit for the balance of the game.

9. **Coaches are not allowed to communicate (yell, complain, etc.) to officials on any matter while the game is in play.** Coaches must take an official "time-out" to discuss any matter (play, call, ruling, etc.) with an official in a quiet, professional manner. (Official time-outs and game breaks are also permissible time for such discussion.) Coaches must control any discussion or comments to officials, from their bench and fans (player's parents etc..) at all times. No one is permitted to discuss any game matters with the officials during time-outs other than coaches. Violations will draw a warning from the officials. Subsequent violations will warrant technical fouls and/or expulsion from the gym. The Recreation Site Supervisor shall be fully empowered to enforce this paragraph as if he/she were an acting official on the court floor. **Anyone ejected from a game will automatically be suspended from the next game.**

10. Opposing players and coaches will exchange a cordial, mandatory, congratulatory, handshake after each game. **Teams not exchanging handshakes will forfeit the next scheduled game and will meet with the discipline board.**

11. Any coach or player who is ejected from a game for any reason shall be Automatically suspended for a minimum of one game. A coach or player who has been ejected or suspended shall not be in the gym after the ejection or during the suspension period. The Recreation Superintendent and the Discipline Board shall, as needed, review the circumstances of any ejection/suspension, and within their discretion may impose further penalty on an offender. The official City of Livingston Conduct Policy as attached will be implemented.

12. Technical or flagrant fouls assessed on players or coaches (including assistant coaches) will be cumulative during the course of the season (including playoffs). Third cumulative technical or flagrant is automatic next 2 games suspension. Fourth cumulative technical or flagrant is loss of coaching privileges or playing privileges for balance of season (including playoffs).

UNIFORMS

Players will not be allowed to play in an official game without team uniform. **NO jewelry** is allowed to be worn during games. Any one with long hair must have it in a pony tail. Shirts are to be tucked in. Girls must wear a t-shirt under their jersey. No street shoes only tennis shoes may be worn. If shoes make black marks at the high school court the player will not be allowed to participate in the game until non marking shoes are worn.

IV. LEAGUE STANDINGS

A. All teams will play a minimum of 6 games for the season. All though score is kept to determine the game winner no standings will be kept . Every player receives a participation award.

No Score will be kept for Sharp Shooters.

V. OFFICIALS

A. The Recreation Department shall arrange for the assignment of game officials.

B. Officials will be provided for all games. No game will be delayed because of the absence or lateness of one official. A game MAY be played with ONE official on the floor in the upper divisions and coach may officiate in lower division if no official is available.

C. All game officials during the winter season must be dressed in a striped black and white official's shirt, black shorts (or black pants) and athletic shoes. No hats. To be eligible to officiate, officials (referees and scorekeepers) must be at least 14 years of age and must have exhibited good character and knowledge of the game and attend an official training workshop and pass the official test put on by the league.

D. If no officials appear for the game, the game will be re-scheduled.

E. At the end of a game, coaches are encouraged to advise the Recreation Department in writing of exemplary or unacceptable referee performance. The Recreation Department shall notify the Head Referee of applicable matters.

F. Officials are not permitted to play or shoot during the course of the game (including time-outs and quarter breaks). The timekeeper must hold the game ball during all time-outs and rest intervals (breaks in play, quarters, halves etc.). Officials should keep courts clear of all spectators and non-participants.

G. In the 5th grade division and above, match-ups are allowed only prior to the start of the game and the second half. For the 3rd and 4th grade division, coaches can request a match-up at the beginning of a quarter. The clock will be stopped during match-ups.

VI. GAME RULES

A. Rules: The rules regulating play will be the Official Scholastic Basketball Rules with the modifications that follow.

*B. Rests: Rest interval between halves is five (5) minutes; between quarter one (1) minute.

C. Time Keeping: Time will be kept by a timekeeper on the official time clock or watch. The timekeeper must be an ADULT or a game official, at the official's discretion. The Official Score Sheet must be kept at mid-court at the scorer's table. Both coaches shall sign the Official Score Sheet after the game. A coach may not protest a game if he fails to sign the Official Score Sheet.

.D. Time Periods: All games will have four (4) ten (10) minute running time quarters. The **clock will not** be stopped for time-outs, unless it is an official called timeout for injury. Players have ten (10) seconds to shoot free throws from the time the ball is handed to them by the officials. EXCEPTION: During the last two (2) minutes of the 4th quarter AND any overtime period: the clock stops with any whistle, out of bounds, free throw, or time out. Clock does not stop in last 2 minutes of 4th quarter if one team has a (15) fifteen or more point lead. A game can end in a tie. After a time-out the clock will not be started until the ball is live. Following a time-out, the ball is not live on the free throw line until the free throws are completed and the ball is touched by the rebounder or a player on the inbound.

E. Game Start and possession of ball: The game will start with a jump ball at center court. Therefore, all tie ups will result in alternating possession. The first possession will go to the team that did not gain possession of the jump ball. A jump ball starts all overtime periods.

F. Calling Time Outs: The coach may call time-outs from the bench (in any division). Four (4) one-minute time-outs per team (in any division) are allowed per game, with one ADDITIONAL time-out per team each overtime period. No more than two (2) time-outs may be used per half. A time-out may be called by the coach or a player when his own team is in possession of the ball, or by either team when there is a dead ball. There is no carryover of time-outs from any of the first 4 quarters to any overtime period, and no carryover of time-outs from one overtime to the next.

G. Minimum/Maximum play: All players on a team must play 2 full quarters during a game. (Exception: If a player misses practice they may be limited to 1 quarter and up to no play if 2 practices were missed prior to the game at coaches discretion. The reason must be given to the official scorekeeper with the line-up prior to the game starting. If not the coach will be liable for disciplinary action. Because of 5 minute subs, play in less than all of a quarter may be combined with play in another quarter to equal a full, complete-quarter for minimum play requirements. Any 2 full, complete, uninterrupted quarters (all 10 minutes played) of the game will count toward the 2 minimum quarters. The official scorekeeper shall be responsible for enforcement and will be the final authority for the rule.

1. If a coach/team violates the 2 quarter minimum play rule, the head coach will be automatically ejected from the balance of that game and suspended for the team's next 2 games.

2. If a player is injured having to leave the game, that quarter will count toward his/her two quarter total. If the player has played only part of one quarter, but cannot return for the balance of the game due to injury, then the player shall receive credit for two periods play. However, the player may return to the game during that quarter, or thereafter, if he/she is able. The injured player may stay in the game without a time-out charged to his/her team.

3. Players arriving late, but before the second half begins, is not required to play the full two quarters. They will play at the coach discretion of 1 quarter for being late. Players arriving after the start of the second half are not allowed to play. A coach who attempts to circumvent this rule by asking a player not to attend a game, feign an injury, etc., shall be subject to suspension and the forfeiture of that game and will be subject to disciplinary action, including removal as coach and further future suspension.

4. A player who commits a 5th foul, regardless of meeting the 2 quarter minimum play requirement, is out of the game and may not return.

5. If a team has 7 or more players for a game, each player must sit out a minimum of one full, complete quarter during the course of a game, (not including overtimes). Any appearance in the game during a quarter constitutes play in that quarter. Teams with 7 or more players will have a maximum 3 quarter play rule.

a. A player who is injured during a quarter, and does not remain in the game for that quarter, is considered to have played during that quarter for purposes of the three quarters maximum play rule.

b. A player who replaces an injured player during a quarter is not considered to have played or appeared during that quarter for purposes of the three quarters maximum play rule.

c. Any attempt by a coach to circumvent the intent of the three quarters maximum play rule by feigning an injury to a player shall be reported by the game officials and/or the opposing coach to the Recreation Superintendent who shall further report same to the Discipline Board for Disciplinary action.

H. Time Out Ball Position

Ball will be awarded to the offensive team at the out of bounds location closest to where the ball was when the time-out was called.

I. Fouls:

1. Technical Fouls: Officials may call technical fouls within the guidelines of the official rules. A technical foul on a parent/spectator will be charged to that team's coach. Penalty for each technical foul shall be two (2) shots from the free-throw line and possession of the ball to the offended team.

2. Flagrant Fouls: A flagrant foul is any foul where the player or coach charged for the foul has caused, or attempted to cause, harm to another player through his/her actions on the court. Flagrant fouls will be an automatic double Technical Foul with automatic expulsion of the player and/or coach from the game.

3. Intentional Fouls: An intentional foul is any foul where the defensive man is not going for the ball in the opinion of the officials. Penalty for intentional foul shall be two (2) shots from the free-throw line and possession of the ball to the offended team.

4. Foul Language: Use of foul language is automatically a technical foul.

5. The clock will stop at any time during the game upon the issuance of a technical foul, flagrant foul or intentional foul and will be restarted when the referee hands the ball to the foul shooter.

6. Carryover of fouls: Player's individual fouls carryover to all overtime periods. Team fouls from the second half and thereafter carryover to all overtime periods. A player who has fouled out of the game any time during regulation play is not eligible to play in overtime.

I. Forfeiture for Technical Fouls: Three technical fouls other than "Zone" or "press" technical fouls against a player, team, and/or coach constitutes a forfeit. The official calling a forfeiture shall make a full and detailed written report to the Division Director within forty eight (48) hours. A game forfeited in accordance with this rule may not be protested.

J. Defense: A man to man defense is defined as: When an offensive player is within six (6) feet of the key, the defensive player must guard closely. When the offensive player clears the key by more than six (6) feet, the defensive player need ONLY clear the key in the direction of his/her man. Only the player with the ball can be double teamed (double team means two (2) or more defensive players) AND ONLY between the baseline and the extended free throw line, except during an allowable press. The extended free throw line means a line extending through the regulation free throw line to each sideline.

1. LOWER DIVISION TEAMS PLAY MAN TO MAN or ZONE DEFENSE.

a. There will be NO PRESSING AT ANY TIME for the 3rd Grade Division and the 4th Grade Division. Double teaming as defined above is allowed.

b. For the 5th/6th Grade Division (Boys and Girls, pressing is allowed in the last two (2) minutes of the second / fourth quarter. Under no circumstances can a team press with a fifteen (15) or more point lead. The first violation will be a warning with each further violation being a technical foul. During pressing situations, double teaming is allowed anywhere on the court.

2. THE FOLLOWING RULES APPLY TO TEAMS WHO ARE IN A NON-PRESSING SITUATION.

- a. The offense must be allowed to bring the ball into the front court uncontested, unless the rebounding team attempts a fast break off the rebound.
 - b. The offensive team must bring the ball across the mid-court line within ten (10) seconds from in-bounding or gaining possession.
 - c. After crossing the mid-court line, the offense has five (5) seconds to cross the five (5) second hash mark. If the offense does not cross this line within five (5) seconds, the officials will award the ball to the defensive team. The defense may not enter the five (5) second area until the offensive player has crossed the hash mark. Once the five (5) second hash mark has been penetrated, the defense may defend anywhere on the court. If offense has previously crossed mid-court, defense may defend anywhere on the court after a time-out is taken by the offense.
 - d. If the players forget the **NO PRESS** rule and cause a turnover in the back court area, the officials shall warn the offender and the bench and award the ball out of bounds to the offended team. Repeated violations MAY result in a technical foul.
 - J. Should a team fall below five (5) players as a result of a player fouling out of the game, the team will return a player selected by the opposing coach. A player returning to the game with five (5) personal fouls will be charged a personal foul and a technical foul for each subsequent violation. These technical fouls will not count toward forfeiture of the game. The technical fouls will not be assessed if the opposing team has a fifteen or more point lead.
3. In the 7th & 8th Grade, and in the 5th/6th Grade Boys (not Girls) Division, a zone or pressing defense may be played at any time. Under no circumstances can a team use a backcourt press with a fifteen (15) or more point lead.

J. Free Throw Rules:

1. No free throws will be taken until the seventh (7th) team foul of each half (except for technical, intentional, and shooting fouls). ON the tenth (10th) foul of the half, any foul requires a two (2) shot penalty.
2. The 3rd Grade and 4th Grade Division free throw line is eleven (11) feet from the basket. Officials will spot this line to the best of their ability during the game.
3. The 5th Grade and 6th Grade Division free throw line is thirteen (13) feet from the basket. Officials will spot this line to the best of their ability during the game.

4. The 7th, 8th, and High School Division free throw line is fifteen (15) feet from the basket (regulation free-throw line).

5. On a foul shot, no player can enter the lane until the ball hits the rim.

M. Key Violations:

1. The 3rd / 4th grade and 5th / 6th Grade Girls Divisions will play with a five (5) second “key” violation.

2. The 5th and 6th grade Boys and 7th and 8th grade Divisions will play with a three (3) second “key” violation.

N. Three Point Scoring: Three (3) point baskets are permitted for shots only when there are marked lines on the court indicating the three point circle.

O. Basket Heights will be determined for the lower divisions at the coach meeting.

P. **RULES FOR THE SELECTION OF COACHES AND ASSISTANT COACHES:** The Recreation Department League Coordinator shall be responsible for the recruitment and selection of all Coaches. In the event of any dispute or complaint regarding Coaches or their performance, the Recreation Department Discipline Board shall have total authority to resolve the issue. Any exceptions shall only be with the written approval of the Recreation Department. (Assistant coaches may assist on multiple teams with the approval of the Coaches and Recreation Department. Coaches and Assistant Coaches must abide by the League’s Code of Conduct and must sign the Coach’s Pledge.

Q. **RULES FOR FORMING TEAMS:** The objective is to form teams which are as equal as possible to ensure the fairest competition for all players. Knowing that every team has been formed fairly will help to make each player’s basketball season a positive experience.

R. The following procedures will be closely adhered to in the Draft:

1. All players shall be evaluated prior to the Draft, either based on their performance in the prior season as determined by the prior coach, or at pre-season-skills assessment as schedule by the Recreation Department.(Players not able to be assessed will be given a refund if a make-up can not be made.)

2. Supervised by the Recreation Department, and using the evaluation information, the coaches of each division shall meet, prior to the draft, to group their players by ability. Players names will not be used only their registration numbers which will be laid face up on the table with their grade and gender. All teams will be formed with all the coaches input with positions of the kids in mind. A trade will take place for the coaches child and the assistant coaches child after their teams have been made.

3. **Coaches/teams are not permitted to trade players other than for their own child at any time.**

S. Each division will use the following ball size and basket height:

	Boys	Girls	Basket Height
Lil Dribblers, Kinders and Sharpshooters	5 - junior	5 - junior	6 foot
3rd Grade	5 - junior	5 - junior	8 foot
4th Grade	5 - junior	5 - junior	8 foot
5th Grade	6 – intermediate	6 - intermediate	Girls 8 foot(option) Boys 10 foot
6th Grade	6 – intermediate	6 - intermediate	Girls 8 foot(option) Boys 10 foot
7th Grade	7 – official	6 - intermediate	10 foot
8th Grade	7 – official	6 - intermediate	10 foot

Livingston Sharp Shooter Rules (update 2015)

1. maximum of six players on the court per team(if teams are 12 +)
2. “Man on Man” defense preferred.
3. One coach may be on the court.
4. Zone defenses allowed.
5. No Full Court Pressing
6. Attempt to dribble and pivot is required
7. Fouls cause change of possession or throw-in
8. 27” circumference ball to be used (Junior Size)
9. 6’ to 7’(to be determined by coach agreement) goal height
10. 10 minute quarters, running clock, 1 minute between quarters and 4 minute half. No scores will be kept.
11. Coaches shall pair up players before each quarter based on ability, at the mid court line. Substitute at quarters. No substitutions during a quarter except for injuries.
12. No time outs.
13. Referees shall explain to a child what call was made on them and why.
14. Coach Refereed

All rules from the Livingston Youth Basketball Rules apply to the Sharpshooters that are no division Specific.

Addendum 11-2009

#1 The ball may not be taken from an offensive player while they are dribbling or holding the ball. They may gain possession on a pass, missed shot, turnover etc...

#2 If there are more than 5 players every Player must sit on the bench for at least one full quarter.

Addendum to all YOUTH SPORTS RULES 11-2013

BLOOD RULE - An athlete that receives an open wound, is bleeding, or who has blood on them or their clothes, must immediately leave the playing area to receive medical attention. Though they may be able to play again later, they cannot go back and play again until the wound is taken care of, bleeding has stopped, and all contaminated equipment and clothing has been replaced.

Addressing Unsafe Behavior for Players:

If unsafe/unacceptable behavior is displayed by a child, the child will receive up to 3 warnings and then will be dropped from the program. If a child demonstrates **excessive, dangerous** behavior, the parent or emergency contact must be available to pick the child up, immediately. A conference is required **prior** to the child returning to the program (see Student Endangerment policy).

Player Endangerment Policy

The Recreation Superintendent or designee may suspend any player if it is determined that an unsafe situation for players, volunteers or staff exists. An unsafe situation means a condition determined to constitute a threat to the health, safety, and well being of children and/or the **Livingston Recreation** personnel.

Addendum 1-2015

Addendum to page 13 item G:

Due to the size of our teams it is impossible to fully implement this rule. Staff will blow the horn for a 5 minute substitution break during each quarter so kids can have more playing time.. Please keep in mind the idea behind the rule to begin with was to keep coaches from not substituting in the less advanced players. Please remember this game is for the training of the players not the wins.

Original ruling page 13 item G.

G. Minimum/Maximum play: All players on a team must play 2 full, complete uninterrupted (all 10 minutes from the beginning to the end) quarters during a game. (Exception: If a player misses practice they may be limited to 1 quarter and up to no play if 2 practices were missed prior to the game at coaches discretion. The reason must be given to the official scorekeeper with the line-up prior to the game starting. If not the coach will be liable for disciplinary action.)

Addendum 12-2016

Basketball ruling on intentional distractions:

In any division if “ball ball ball” is yelled loud and continuously by offensive or defensive players and the referee determines it is an intentional distraction, a warning will be given and then if it does not stop the coach will receive a technical foul. A player on the offense may naturally say ball in order for the player in possession of the ball to notice an opportunity to pass. This ruling is not intended for that situation.

Addendum 1-2021

Who may sit on the players bench:

**** The only individuals allowed on the player’s bench are the head coach, one assistant coach and the teams currently playing.** (This Means no toddlers, babies, parents, siblings etc..) There will be no exceptions to this rule and a forfeit for the team shall be called after a first warning for this infraction. All head coaches and assistant head coaches must be approved by the Recreation Department and be screened according to the department’s policy. The Recreation Department League Coordinator or Recreation Superintendent have the discretion to remove any coach and to remove or not approve an Assistant Coach. An adult shall be present on the bench in the event an acting coach is under the age of eighteen.