



2023 Hoover Youth Basketball Rules and Regulations

General League Information:

1. Purpose

- a. The purpose of the Hoover Youth Basketball League is to coordinate, promote, and operate a youth basketball program for the city of Hoover through affiliation of the Parks and Recreation Department and the Hoover City Schools
- b. Participation shall be offered regardless of race, color, creed, or aptitude through a youth basketball program for all youth (boys and girls) 17 years of age and younger

2. Goals and Objectives

- a. The main objectives of the Hoover Youth Basketball League will be to enhance player development, teach fundamentals, improve skills, insure adequate game participation, build self-esteem, and develop a sense of sportsmanship and fair play
- b. The major goal of the Hoover Youth Basketball league will be to develop a quality basketball program through sound organization, with excellent coaches, league directors, and officials

3. Authority

- a. The Hoover Youth Basketball League Rules and Regulations will govern the league
- b. Specific changes to the playing rules, policies, and by-laws must be recommended through coaches to the league directors and then approved by the Parks and Recreation Department
- c. Each grade division will have at least one league director who will be selected by the Parks and Recreation Department

4. Eligibility of Coaches

- a. In order to protect the youth of Hoover and to raise the standards of Hoover Parks and Recreation Youth Basketball Leagues, a criminal background check is mandatory for all head coaches, league directors, and assistant coaches
- b. An assistant coach is any approved assistant coach by the Parks and Recreation Department who will be in contact with players and is responsible for a team or its players during a game or practice

5. Eligibility of Players

- a. A player's league grade shall be determined as his or her corresponding school grade on September 1st
- b. A player cannot be added after the completion of skill evaluations unless approved by the league director or Hoover Parks and Recreation employee
- c. A player will not be eligible to participate until he or she has completed a waiver
- d. A player cannot compete in a junior high, freshman, or varsity basketball program and participate in this league

Rules of the Game:

1. The National Federation of High School Rules will be used unless otherwise stated in the league rules
2. **Alternating Possession**
 - a. All Games and overtime periods will begin with a jump ball at the center circle
 - b. All other possessions will alternate between teams
3. **Timeouts**
 - a. Each team will be allowed 4 timeouts per game (2 - 1 minute timeouts and 2 - 30 second timeouts). 1 timeout per overtime period
 - b. Time outs are not carried over into overtime period
 - c. 1 timeout must be used in the first half. If no timeout are taken in the first half then a 30 second timeout will be taken away and will not carry over with you in the second half.
4. **Length of Games**
 - a. Game Clocks:
 - i. Boys Grades K and 1st = 4 six minute quarters
 1. The clock will run continuously except for time outs, shooting fouls, and the last 2 minute of each half. The last 2 minute of each half the clock will stop on every change of possession.
 - ii. Boys Grades 2nd through 6th = 4 six minute quarters
 1. The clock will stop on every whistle
 - iii. Boys Grades 7th-12th = 2 sixteen minute halves
 1. The clock will run continuously except for time outs, shooting fouls, and excessive stoppages of play. The last 2 minutes of each half the clock will stop on every whistle
 - iv. Girls Grades K, 1st and 2nd = 4 six minute quarters
 1. The clock will run continuously except for time outs, shooting fouls, and the last 2 minute of each half. The last 2 minute of each half the clock will stop on every change of possession.
 2. Free substitutions
 - v. Girls Grades 3rd - 9th = 4 six minute quarters
 1. The clock will stop on every whistle
 - b. All genders and leagues:
 - i. If there is a 15 point lead in the last 2 minutes of the game, the clock will run continuously
 - ii. If there is a 28 point lead in the last 5 minutes of the game, the clock will run continuously
5. **Overtime Periods**
 - a. There will be a 2 minute overtime period with the clock stopping on all whistles
 - b. In the event the score is still tied after the first overtime period, the game will be determined by a sudden death overtime period. Sudden death is the first team to score a point, including a free throw, wins the game.

6. **Playing Time**

- a. Boys K, 1st and 2nd Grades and Girls K, 1st and 2nd Grades
 - i. Coaches should have a playing time rotation schedule for every game
 - ii. All players must play 2 full quarters in the entirety
 - iii. The quarters are played solely at the coaches discretion
- b. Boys 3rd and 4th Grades
 - i. Coaches should have a playing time rotation schedule for every game
 - ii. All players must play (2) full quarters or a combination of half and full quarters that equal to 2 full quarters. The quarters and half quarters are played solely at the coach's discretion. Substitutions may also be allowed for the following exceptions:
 1. If the player has fouled out
 2. If the player is injured
 3. If the player becomes ill during the game
 - iii. Free substitutions
- c. Boys Grades 5th -12th and Girls Grades 3rd -9th
 - i. All players must play 50% of the game and each coach should use good discretion and judgment regarding this rule
 - ii. Substitutions are allowed at any time during a quarter or half but coaches should make sure everyone has played 50% of the game to eliminate any playing time issues

7. **Defense**

- a. Zone and player to player (man to man) defense is allowed
- b. It is recommended that you teach both defenses to your team

8. **Backcourt Pressure**

- a. A team with a 20 point lead cannot press full court on defense

9. **Team Bench conduct**

- a. Only team players and 3 coaches are allowed on the bench
- b. Good sportsmanship is expected of coaches, players, and spectators during the game times and while on gym property
- c. The coach's good example and conduct will help to set the tone of the entire gym
- d. Only 1 coach is permitted to stand at all times
- e. Unacceptable coaching behavior will result in a 2 point automatic technical foul
- f. If a coach receives a conduct technical foul, he or she will be suspended for the next game, but will be able to remain coaching the game in progress
- g. The next offense will result in a 2 point automatic technical foul plus an ejection of the coach from the gym
- h. A coach's ejection from a game will result in a 1 game suspension of the next game
- i. On a coach's 3rd ejection during the season, he or she will be terminated of his or her coaching duties
- j. The coaches box shall extend 3 feet from the end of the player's bench

10. **Scorekeepers Table**

- a. Coaches will be required to give a roster or fill out the scorekeepers book with their teams player names and numbers to keep game statistics at each game

11. **Player Conduct**

- a. 2 technical fouls on a player will result in an immediate ejection from the current game and 1 game suspension from the following game
- b. The ejected player will be allowed to sit on the bench with his or her team

12. **Spectators**

- a. Spectators are the coaches responsibility
- b. Good sportsmanship is expected of spectators at all times
- c. Unacceptable behavior by spectators will receive a warning from the supervisor or the official
- d. A second offense will result in the spectator being asked to leave the gym

13. **Official Scorekeeper and Clock Operator**

- a. Coaches must contact your teams parents to either keep the clock or the scorebook
- b. 1 parent from each team (home and visitor) will be selected to run the clock and keep the scorebook
 - i. Home team = scorebook
 - ii. Visiting team = clock operator

Hoover Youth Basketball Ball Size, Goal Height, and Free Throw Lines

GIRLS DIVISION

<u>Grade</u>	<u>Ball Size</u>	<u>Goal Height</u>	<u>Free Throw Line</u>
K, 1 st and 2 nd	Junior (synthetic)	8 feet	8 feet
3 rd and 4 th	Junior (synthetic)	9 feet	12 feet
5 th and 6 th	28.5 (synthetic)	9.5 feet	12 feet
7 th - 9 th	28.5 (synthetic)	10 feet	15 feet

BOYS DIVISION

<u>Grade</u>	<u>Ball Size</u>	<u>Goal Height</u>	<u>Free Throw Line</u>
K, 1 st and 2 nd	Junior	8 feet	8 feet
3 rd	28.5	9 feet	8 feet
4 th	28.5	9 feet	12 feet
5 th	28.5	10 feet	12 feet
6 th thru 12 th	Regulation	10 feet	15 feet

Basketball Sizes

<u>Ball Type</u>	<u>Ball Size</u>
Regulation	29.5 inches in diameter
Intermediate or Women's	28.5 inches in diameter
Junior	27.5 inches in diameter

Hoover Youth Basketball Clock, Scorekeeper, and Coaches Information

Play Clock for Boys and Girls Leagues

Girls Grades	Game Clock
K, 1 st and 2 nd	4 six minute quarters (running clock)
3 rd -9 th	4 six minute quarters (stop on every whistle)
Boys Grades	Game Clock
K and 1 st	4 six minute quarters (running clock)
2 nd , 3 rd and 4 th	4 six minute quarters (stop on every whistle)
5 th and 6 th	4 six minute quarters (stop on every whistle)
7 th -12 th	2 sixteen minute halves (running clock)

Clock Operation and Scorekeeping

1. CONTINUOUS CLOCK – clock runs continuously except for timeouts, shooting fouls, and excessive stoppage of play (examples: ball gets loose and rolls under the bleachers, player ties his shoe, injury etc.)
2. STOP CLOCK – Use a continuous clock until the last minute 2 minutes of each half at which the clock will stop on each whistle. **Special rule for grades Boys K and 1st and Girls K, 1st and 2nd**
 - a. The last 2 minute of the 2nd quarter and 4th quarter the clock will stop on every change of possession. The clock will not start till it crosses half court.
3. **ALTERNATING POSSESSION CLOCK** – There will be a jump ball to start the game. Every jump ball thereafter will be a situation that you use the alternate possession clock. Please change the clock after the ball has been thrown in bounds. Possession clock will alternate during half time because the teams change ends. Coordinate with officials at half time because some are in the habit of changing it themselves.
4. **SCORE KEEPER** – Please keep up with the following information for each team:
 - a. Points
 - b. running score
 - c. free throws
 - d. Fouls
 - e. personal fouls
 - f. team fouls
 - g. timeouts

Fouls

1. Personal Fouls
 - a. Will be disqualified from the game on the 5th foul
2. Team Fouls
 - a. Will shoot one and one throw on the 7th foul in the half and shoot 2 free throws on the 10th foul in a half
3. Technical Fouls
 - a. Count as personal and team fouls
 - b. If a player or coach receives 2 technical fouls, they will be ejected from the game
 - c. Technical fouls and intentional fouls will be an automatic 2 points and possession of the ball and free throws will not be shot
 - d. In the case the intentional foul is on the shooter behind the 3 point line, then 3 points will be awarded
4. Timeouts
 - a. 4 timeouts per game may be used in any quarter. However, if no timeout is taken in the 1st half, then a 30 second timeout will be taken away and not carried over to the 2nd half
 - b. 1 timeout is added for each overtime
 - c. Timeouts will not be carried over into overtime
5. Coaches and Officials
 - a. Officials and coaches need to be aware that when shooting free throws it is a violation to step into the lane before the ball touches any part of the goal. There are also only six players allowed to occupy the lane spaces while shooting free throws.

Minimum play rule

1. If a team does not have the required minimum of 4 players there will be a 10 minute grace period after the scheduled game time
2. If the 4th player has not arrived by the end of the 10 minute grace period the team may play with only 3 players
3. After half-time if the team still only has 3 players then the game will continue but score will not be kept