



# Town of Wake Forest

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## YOUTH BASKETBALL RULES AND REGULATIONS

### AGE DIVISIONS

League age is determined by participant's age on January 1, 2010.

### PLAYING RULES

North Carolina High School Athletic Association (NCHSAA) rules and regulations will be used with the following exceptions:

- There will be no "grace period." Teams must have four (4) players to begin the game or a forfeit will be declared.
- Only team members and two (2) adult coaches are permitted on team benches (and "team side" of facility).
- Each player present must participate in each game for a minimum of eight (8) minutes.
- The game shall consist of four (4) 6-minute quarters, using a regulation clock. Half-time will be three minutes.
- Each team will be allotted two (2) time-outs per half, which may be utilized at the discretion of the coaches. Seven (7) team fouls in one half will constitute a "1 and 1" bonus. "Double bonus" (two free throws) will begin with the 10<sup>th</sup> team foul in one half.

### 5/6 and 7/8 Leagues

- Score will be kept by quarter, and will be erased at the end of each quarter.
- Pressing (full-court) defense will not be allowed at any time.
- Three-point shot will not be used.
- Free-throw attempts will be from the dotted line (half-circle) inside the regulation free-throw line. *NOTE: lower block on lane will be used by defenders.*
- Championships (season) will not be awarded, nor will either league have a season-ending tournament.
- Leagues will use "intermediate" size basketball (27.5).
- Man-to-man defense will be used exclusively – this will help the players develop defensive skills and "free up" the lane by eliminating zone defenses that tend to clog the lane and require long-distance shots.

### Mission Statement

The Wake Forest Parks and Recreation Department seeks to enhance the lives of the citizens of Wake Forest by offering a comprehensive system of parks, greenways, facilities, and open spaces coupled with cultural and athletic programs that promote education, health and wellness.

- Double-teaming on defense will not be allowed – but “help” defense (when a defender has “lost” the player that he/she is covering) is acceptable.
- Teams will “match up” players at the beginning of each quarter, and after time-outs to make sure that players know which player from the other team they are to defend.
- For the first two (2) weeks of the season, defenders “on the ball” will not be allowed to steal off of the dribble, nor tie up the ball for a held-ball situation (intercepting passes is allowed).
- NOTE: officials (coaches in 5/6 league) will call traveling, double dribble, etc. any time that a player gains an advantage by the violation (but may choose to overlook it if no advantage is gained).
  - a. Week 1: game management (substitution), ½ court defense and proper positioning on free throws
  - b. Week 2: ball possession (traveling and double dribbling)
  - c. Week 3: begin allowing stealing from the dribble and held balls
- Weeks 4-end stricter calling on all violations

### EJECTION/MISCONDUCT POLICY

One (1) misconduct technical foul charged to any coach or player will result in removal from the game. If the technical foul is on the coach, he/she must leave the facility immediately. If a player is charged with a misconduct technical foul, he/she will be banished to the bench for the remainder of the game. If player continues to be disruptive after being sent to the bench, a forfeit will be declared. Player or coach will be subject to the following penalties:

#### FIRST OFFENSE

Player/coach will be suspended for the team's next scheduled game.

#### SECOND OFFENSE

Player/coach will be ineligible for two (2) additional games.

#### THIRD OFFENSE

Player/coach will be suspended for the remainder of the season.

**Player/coach suspended is not allowed to be at game site while serving suspension.**

*Depending upon the severity of the conduct, WFPRD may impose further penalties.*

### AWARDS

All Players will receive a Participation Medal at the conclusion of the season.

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