

# **Foothill Hoops Youth Basketball**

## **Rules and Regulations**

### **(2018-2019)**

#### I. General

A. **Game length** – Games shall either be divided into 4 quarters of 10 minutes in length (for 11u, 13u, 14u, 15u, and 17u divisions) or 20 minute halves (7u, 8u, 9u, 10u divisions). A running clock will be in effect, except for these situations:

1. a timeout
2. an injury (at the official's discretion)
3. 11u, 13u, 14u, 15u, 17u: the last two minutes of a half if the teams are within 15 points

B. **Beginning the games** – a jump-ball will be used to start all games (except 7u and 8u). If a team wins the tip, the opposition shall be rewarded the ball on the next jump-ball situation (two players control the ball simultaneously, the ball gets lodged between the rim and the backboard, the ball gets stuck above the backboard). Possession alternates from that point forward, including at the beginning of each half.

- 7u and 8u begin the game with an inbound pass from the baseline. The first possession will be given to a team at the officials' discretion. Possession alternates from that point forward.

C. **Timeouts** – each team shall receive two 30 second time-outs per half. In an overtime, each team is rewarded an additional 30 second timeout. A timeout may be either called by a player on the court or a coach. Timeouts do not carry over halves and in overtimes. Also to be noted, timeouts can only be called

1. when there is a "dead" ball
2. when your team has possession of the ball

D. **Overtime** – 2 minute, stop-clock periods (there are no overtimes for 7u, 8u, 9u, 10u divisions). Each new overtime period will begin with a jump-ball at center court. If the game is still tied after a second overtime, a "sudden death" period will begin with a jump-ball at center court. In "sudden death", the first team to score wins the game.

E. **Switching baskets at the half** - 7u and 8u teams will shoot the same way for both halves. All 9u, 10u, 11u, 13u, 14u, 15u, and 17u teams will switch at the half. Teams should begin the games shooting "away" from their team's bench.

#### F. Substitutions

1. For all 11u, 13u, 15u and 17u games, players must wait for a dead-ball before they can enter the game. Players must kneel near half-court in order to be let into games. If players fail to do so, a technical foul may be called at the referee's discretion. Having more than 5 players on the court may result in a technical foul, at the official's discretion.

2. For all 7u, 8u, and 9u games, substitutions can be made on the fly (while the ball is live), but shall be limited to one player at a time. Coaches may substitute up to 5 players at a time while the ball is not live.

#### G. Playing time –

1. Players present at the beginning of the game must play no less than 20 minutes of the game and no less than 10 minutes per half. **Failure to do so will result in a forfeit for 11u, 13u, 14u, 15u and 17u games.** A league director may override the forfeit, if it was determined that the playing time violation was an error made in good faith.

Exception 1: an injury

Exception 2: foul trouble (for 11u, 13u, 14u, 15u, 17u divisions). If a player has more fouls than double the number of the current half, he or she may sit and the playing time is waived. For example, if a player has 3 fouls in the 1<sup>st</sup> half, the playing time rule is waived.

Exception 3: Late arriving players – if a player arrives after the start of the game, the playing time rules are as follows for quarter length games (Quarter = 10 minutes):

- If a player arrives after the start of the game, he or she must play 5 minutes of the second quarter and then 10 minutes in the second half.
- If a player arrives during the 2<sup>nd</sup> quarter, he must play 10 minutes in the 2<sup>nd</sup> half.
- If a player arrives during the 3<sup>rd</sup> quarter, he must play 5 minutes of the 4<sup>th</sup> quarter.
- If a player arrives in the 4<sup>th</sup> quarter, there is no playing time requirement.

2. Penalizing players by reducing playing time (i.e. for behavior and/or attendance problems) – a coach must play all players the required time unless previous written permission has been given by a League Director.

H. **Number of players** – a team must play with at least 3 and no more than 5 players on the court at all times. Other team may play up to 5 players. If there is less than 3 players present or eligible for play for any 11u, 13u, 14u, 15u, 17u game, an automatic forfeit will result. The start time of a game may be delayed at the direction of the officials and/or League Director. Game play may continue with combined teams at coaches' and officials' discretion.

1. Please note, if a non-roster player (a player enrolled in the current Foothill Hoops League, but not on that team's roster) enters a game, it results in an automatic forfeit for the offending team (11u, 13u, 14u, 15u and 17u divisions). The game may continue as scheduled, but it will count as a loss for the team in violation, regardless of the point outcome.

2. Players not enrolled in the current Foothill Hoops League, may NEVER enter a game.

I. **The line** – if the ball touches, or the player in control of the ball steps on or over the line, it is ruled out of bounds and awarded to the opposing team.

J. The Bench - For all 11u, 13u, 14u, 15u, and 17u divisions:

- Only coaches named on the official roster may sit on the team bench during a game  
An exception to this may be considered if a non-rostered coach is filling in for an absent head coach
- When the ball is in play, only one coach may stand at any given time
- At their discretion, officials may give technical fouls for any of the above infractions.

## II. Fouls

A. **Technical** – a technical foul may be called against any player, coach, assistant, or spectator. A technical foul results in two free throws and possession of the ball for the opposition. Two technical fouls during a game will result in automatic disqualification and ejection of the offending player, coach, assistant, or spectator from that game only.

Reasons for technical fouls include but are not limited to:

1. unsportsmanlike conduct
2. foul language
3. arguing with/yelling at an official
4. debating the rules of the game with an official

5. criticizing an official's call or lack thereof
6. fighting
7. a flagrant foul
8. delay of game
9. hitting the ball with a fist
10. slamming/throwing the ball (even if ball does not go over the player's shoulder)
11. too many players on court
12. a coach walking out onto the court
13. a team playing a "zone" defense in weeks 1-3

All of the above may or may not be called at the officials' discretion.

Special Circumstances:

If a technical foul is given to a coach, that coach must remain seated for the remainder of the game during any non time-out situations.

**Coach's Accumulation of Technical Fouls:** If a coach is ejected twice during any given season, or on the fourth technical foul the coach has accumulated over the course of any given season, he or she will be relieved of his or her coaching duties and replaced by a Foothill Hoops Staff member for the remainder of the season.

**Fighting:** If a player gets into a physical altercation, he or she must sit for the remainder of the current game and may be subject to a suspension. Whether a suspension is given and/or the suspension length will be issued at the officials/gym director's discretion.

**B. Personal Fouls** – a personal foul is physical contact with another player that results in an unfair advantage to the player initiating the contact. Upon the fifth personal foul of a game, the violating player is no longer eligible to play in that game, regardless of minutes played (enforced for all 11u, 13u, 14u, 15u and 17u games). Types of personal fouls include but are not limited to:

1. Blocking – physically impeding the progress of a player who is still moving (without having already established a set position)
2. Charging – running into an opposing player who already has established a set position (unless the defensive player has been determined by the referee to be standing directly under the basket)
3. Holding – restricting movement of another player by holding onto a body part or article of clothing
4. Hand-checking – placing a flat-hand on an opposing player
5. Illegal screen – a form of blocking in which the player setting the screen is still moving when the defender makes contact
6. Over-the-back – infringing with the vertical plane of, and making contact with, a player who is in position for a rebound
7. Reaching in – extending an arm and making contact with a ball-handler in an attempt to steal

8. Tripping another player (does not have to be intentional)
9. Pushing another player (does not have to be intentional)
10. Hacking/striking/hitting/elbowing a player (does not have to be intentional)
11. Player control – when the referee determines that an offensive or defensive player is playing out of control of his or her body

Principles to remember:

1. a body part cannot be extended into the path of an opponent (teach the kids to play defense with their feet, not their arms)
2. the first player to establish position has priority to that position
3. the player who moves into the path of an opponent (especially when airborne) when contact occurs, is responsible for that contact

#### C. Consequences of Fouls

1. **Free throws** – free throws shall be awarded (in 9u, 11u, 13u, 14u, 15u and 17u games) to a player who is fouled in the process of shooting. If the shot was made, one free throw is awarded, if the shot was missed, two free throws shall be awarded (no free throws for 7u, and 8u games. Instead, the ball will be taken out of bounds). If a shot was missed behind the 3-point arc, 3 free-throws shall be rewarded.

a. The defending team must occupy the two spots in the lane nearest to the basket

b. After the free-throw shooter has the ball, no player may enter the key until the ball hits the rim

i. If the defense violates, another shot is awarded if the original was missed

ii. If the offense violates on the first shot, no point shall be awarded

iii. If the offense violates on the second (or third) shot, the basket is negated (if it was made) and the ball shall be awarded to the opposition

c. If a free throw misses the rim, the ball will be awarded to the opposition out of bounds, on the second shot of a two shot foul, or the third shot of a three shot foul.

2. **Possession of the ball out of bounds** – if a foul occurs and the player is not in the process of shooting; the ball will be awarded to the opposition and taken out of bounds. If the foul occurred above the free throw line, the ball will be taken at half court. If the foul occurred below the free-low line, the ball will be taken out at the baseline.

3. **Team fouls** – every foul will be counted against your “team foul” total. Fouls will be kept for all 11u, 13u, 14u, 15u and 17u games. On the 7<sup>th</sup> team foul in a half, the opposition will shoot 1 and 1. On the 10<sup>th</sup> team foul of a half, the opposition will shoot 2 free throws.

## II Violations

### A. Time violations

1. **10 seconds in backcourt** – an offensive team takes 10 or more seconds to get the ball across the mid-court line (not enforced for 7u, 8u, 9u and 10u games)
2. **5 second in-bound** – the offensive team fails to throw the ball inbounds within 5 seconds from when it was handed to the in-bounder (not enforced for 7u, 8u, 9u and 10u games).
  - Please note: a defender must stand at least 3 feet from the player in-bounding the ball (referee's discretion)
3. **5 seconds in the lane** (9u and 10u division only) – an offensive player is in the free throw lane of the frontcourt (has one foot or more inside the lane or on the line) for 5 or more seconds while his or her team is in possession of the ball. The count resets on an attempted shot.
4. **3 seconds in the lane** (11u, 13u, 14u, 15u, 17u divisions only) - an offensive player is in the free throw lane of the frontcourt (has one foot or more inside the lane or on the line) for 3 or more seconds while his or her team is in possession of the ball. The count resets on an attempted shot.
5. **5 seconds in possession** (13u, 14u, 15u, and 17u divisions only) – an offensive player fails pass or shoot the ball within 5 seconds after being guarded within 3 feet by a defender in the frontcourt.

### B. Ball-handling violations

1. **Double dribble** – resuming a dribble after having stopped (and no defender interrupts the players possession of the ball) or dribbling the ball with both hands simultaneously.
2. **Over-and-back** (not enforced for 7u, 8u, 9u and 10u games) – returning the ball to the backcourt by an offensive player after he or she has crossed into the frontcourt
3. **Traveling** – taking more than one step without dribbling. Examples:
  - a. Feet sliding
  - b. Picking-up an established pivot foot
  - c. Failure to jump-stop properly
  - d. Stumbling while in possession of the ball (and keeping control of the ball)
  - e. Returning to your feet from the ground with the ball
4. **Carrying the ball** – a player turns the ball a complete 180 degrees in the hand between dribbles.

### C. Misc violations

1) Kicking the ball - results in a dead ball and the ball being returned to the offensive team. The offending player must be deemed to have made an intentional motion to stop the ball with his leg or foot (the ball inadvertently hitting a leg or foot results in no call).

### III Defense

A. **Double teaming** – double teaming is not allowed for 7u, 8u, 9u and 10u games. Only one player may guard one player at any given moment. If double teaming is called, the ball will be given back to team with control of the ball and taken out of bounds.

B. **Press** (defensive pressure)

1. is not allowed beyond mid-court during 7u, 8u, 9u and 10u games at any time
2. is not allowed beyond mid-court for 11u games until the final two minutes of each half (end of 2<sup>nd</sup> and 4<sup>th</sup> quarters)
  - a. If a team is up by 15 points or more, a press is not allowed
3. defense cannot be applied until the *ball* crosses the specified line

C. **While opposition is in-bounding** – the defense must remain one arm's length (approximately 3 feet) away from the in-bounder (at referee's discretion)

D. **Man to man or zone defense.**

1. All teams must play man to man defense for weeks 1-3, and man-to-man **OR** zone defense for the remainder of the season. Violations may result in a technical foul (officials' discretion)
  - i. man to man defense with "help-side" rotations is allowed
  - ii. double teaming (player with the ball only) is only allowed for 13u, 15u, 17u divisions

#### Notes:

- Please refer to the Foothill Hoops Officiating Schedule as to what calls will be made on which days
- all unlisted rules will be called at the referees discretion, and/or according to the C.I.F. rulebook
- Gym Director / Supervisor on duty has the right to override any rules