

YOUTH BASKETBALL LEAGUE

2017/2018 RULES & REGULATIONS GUIDE **CO-RECREATIONAL – Kindergarten, 1st, & 2nd** **BOYS & GIRLS – 3rd, 4th, 5th, & 6th Grade**



THE YOUTH BASKETBALL LEAGUE IS ORGANIZED, ADMINISTERED AND SUPERVISED BY THE CITY OF CHEYENNE PARKS & RECREATION DEPARTMENT. ANY QUESTIONS SHOULD BE DIRECTED TO THE LEISURE SERVICES DIVISION AT 638-4363 OR AT 610 W. 7TH STREET, CHEYENNE, WY 82007.

A. ORGANIZATIONAL INFORMATION

1. Registration procedures have changed. For more information concerning registration procedures please call 638-4363. **PARENTS MUST REGISTER THEIR OWN CHILDREN EITHER IN PERSON OR DOWNLOAD A COPY FROM WWW.CHEYENNECITY.ORG.**
2. Fee for the league is \$55.00 per person, \$50.00 for additional children. Registration fees include a basketball, t-shirt, a pair of shorts and a team picture.
3. It is the responsibility of the parent to be sure their children wear proper **NON-MARKING COURT SHOES** to all practices and games. Those not abiding by this rule will be ineligible to play YBL. **Refunds will not be issued.**
4. League play will begin January 13 & 14, 2018, and the season will run 6 weeks. In addition to league games there will be 4 weeks of pre-season practice, providing a total of 10 weeks of active participation. Practices will begin the week of December 4, 2017. Games may be played on both Friday evenings and Saturdays. On game days, gyms will open 15 minutes before the first game is scheduled.
5. Games and practices will be held at various School District facilities. Coaches will notify players of their practice times by November 21, 2017. Please call the Leisure Services Office at 638-4363 after November 30, 2017 if you have not yet heard from your child's coach.

B. ELIGIBILITY

1. Kindergarten - 2nd Grade: A co-recreational league, with teams being formed based on the school they attend whenever possible. Adjacent neighborhood areas may be combined to form complete teams. **There are no guarantees that a player will play on a team from their neighborhood or school.**
2. 3rd - 6th Graders: Boys will play in boy's divisions and girls will play in girl's divisions. Those who have played on a YBL team in 2016/2017 will have the option of returning to that same team in 2017/2018 or may request not to be on that team. **There are no guarantees that a player will play on a team from their neighborhood or school.**
3. If a player has an excused absence from practice, he/she can play in the next game but cannot start that game. If a player does not have an excused absence from practice he/she may not play in the following Saturday's game. This will be enforced by the **discretion of the team coach.**

C. FORFEITS AND DISQUALIFICATIONS

1. Game time is forfeit time. Plan on arriving 10-15 minutes prior to game time to ensure you have everything ready.
2. A player who receives two technical fouls or is ejected from a game will sit out the rest of that game and also the next scheduled YBL game. This will also carry over to the next season if the two technical fouls occur in the last YBL game of the season. Any player ejected from a game by an official must sit on the team bench quietly or with their parent or risk a three game suspension from the league that could carry over to the next season. Flagrant technical fouls called for physical fighting or any extreme verbal abuse or gestures will be cause for immediate dismissal from the game and league with no refund applicable. Any adult ejected from a game must leave the gym within 30 seconds after collecting personal articles. If said adult is a coach and no assistant coach is in attendance, a team parent may assume coaching the team for the remainder of the game.
3. Any team that receives three unsportsmanlike technical fouls in one game will forfeit that game. Those players using inappropriate language will risk a technical foul and said penalties. Inappropriate language will not be tolerated at either practices or games.
4. Substitution rule for the league will be as follows for all divisions:

- A. If your team has ten healthy players, all five players on the bench at the mid-way point of each quarter must be put into the game. This will insure that all players will participate in half of the game.
- B. If your team has less than ten healthy players show up for a game, you must substitute the number of healthy players over 5 at the mid-way point of each quarter and those healthy players should play the remainder of the quarter. The healthy players which were left in the game must be substituted for at the next substitution point. **Exception:** If there is extreme exhaustion or a health risk associated with excess play time due to a lack of players, coaches may substitute at appropriate dead ball situations.
- C. Any team failing to allow each healthy player to participate in half of the game will forfeit any such game.

D. TIME REGULATIONS

- 1. Each game will consist of four - six minute quarters for Co-Rec (K-2nd) and four - eight minute quarters for grades 3, 4, 5 & 6. Six minute quarters will have a mandatory substitution at the three minute mark; eight minute quarters will have mandatory substitutions at the four minute mark.
- 2. There will be thirty seconds between quarters and one two minute half-time.
- 3. A minimum five minutes of warm up will be allowed before each game.
- 4. Each team will be allowed two - thirty second time-outs per half. These time-outs are non-accumulating.
- 5. Clock will be stopped for all Divisions in the following situations:
 - A. Free Throws
 - B. Mandatory Substitutions
 - C. Time-outs
 - D. Injuries or Emergencies
- 6. Clock will be stopped in the final minute of each half on all dead ball situations.
- 7. Grades 5 & 6 only: In case of a tie at the end of a regulation game, there will be one three minute overtime. There will be a one minute break before the overtime. If the game still remains a tie at the end of the overtime, the score will remain a tie. There will be no overtime periods for the co-recreational league or grades 3 and 4.

E. GENERAL GAME INFORMATION

- 1. Games will be played under High School Basketball Rules National Federation Rule Book with the exceptions outlined herein.
- 2. The co-recreational league for children in Kindergarten through 2nd grade will be organized as an instructional league with the following special rules applying to league games:
 - A. Games will be set up as scrimmages.
 - B. After each quarter each team's scores will revert to 0.
 - C. A referee will be present at each scrimmage to help enforce blatant violations.
 - D. The scrimmage will be full-court, allowing the ball to change possession, with coaches still allowed on the court at all times, and mandatory substitution of all players made three minutes into each quarter.

E. All other rules listed will also apply to Co-Rec plays, except where noted.

3. All made shots will count for two points except free throws which will count as one. This rule is in affect due to the fact that most of the facilities that games are played in do not have a three point line.
4. Fast-breaks will not be allowed in Co-Rec or grades 3 and 4, but will be allowed in grades 5 and 6.
5. No full or half court presses will be allowed for Co-Rec or grades 3 and 4. When the defensive team takes possession of the ball, the players of the opposing team must drop back immediately to the mid-court line (hash mark). **FULL AND HALF COURT PRESSES WILL BE ALLOWED TO TEAMS IN THE 5th & 6th GRADES PROVIDING THAT TEAM IS EITHER AHEAD BY NO MORE THAN 10 POINTS, TIED OR BEHIND IN THE SCORE.**

Penalties will be as follows:

1 st time	-	Warning from the referee
2 nd time	-	Time-out charged to the violating team
3 rd time	-	Bench technical fouls for each subsequent infraction. (These are not considered unsportsmanlike technical fouls unless committed continuously with intent!)

6. Once an offensive player in Co- Rec or grades 3 and 4 has crossed the half court line, the defensive player assigned to that offensive player may pick him/her up and follow him/her back across the half court line to play defense. The 10 second count will begin again if the offensive player crosses back over the half court line.

EXAMPLE: For Co- Rec or grades 3, and 4 the defense must drop back behind the half court line. Once the offensive player has crossed the half court line, the defensive player assigned to that player may cross the half court line and play defense on that player only. Subsequently, if the ball goes back into the back court, the defensive player may continue to defend the player with the ball and a new 10 second count begins on that offensive player.

7. No trapping or double teaming allowed for Co-Rec, or grades 3 and 4. Players may “switch” on defense, but only one defensive player may guard an offensive player at a time.

Penalties will be as follows:

1 st time	-	Warning from referee
2 nd time	-	Time-out charged to violating team
3 rd time	-	Bench Technical fouls for each subsequent infraction. (These are not considered unsportsmanlike technical fouls unless committed continuously with intent).

8. All teams will have 10 seconds to get the ball across the half court line. A back court violation will be enforced in grades 5th & 6th. There is no back court in Co- Rec or grades 3 and 4.

9. There shall be no zone defense in Co-Rec or grades 3 and 4.

Penalties will be as follows:

1 st time	-	Warning from referee
2 nd time	-	Time-out charged to violating team
3 rd time	-	Bench Technical fouls for each subsequent infraction. (These are not considered unsportsmanlike technical fouls unless committed continuously with intent).

NOTE: Grades 5th & 6th are allowed to play zone defense.

10. Bonus (one-and one) free throws will be shot **beginning** with the team's 7th personal foul during each half.
11. Each player is allowed five personal fouls.
12. Technical fouls are two shot fouls with the ball remaining with the shooting team. Technical fouls will also be counted as personal fouls.
13. Players are allowed five seconds in the lane for Co-Rec or grades 3 and 4, three seconds for grades 5th & 6th. Violations will be called. The top boundary for the 5/3 second lane is marked by the 15' free throw line for all grade levels.
14. A. Co-Rec or Grades 3 and 4 - A player shall not hold or dribble the ball anywhere in the front court for more than 7 seconds. Players may combine dribbling (7 seconds) and holding the ball (7 seconds) for a maximum of 14 seconds. **NOTE:** "Front Court" is defined as that area of the court on the offensive team's side of the division line.
 B. Grades 5th & 6th- A player shall not hold or dribble the ball anywhere in the front court for more than five seconds. Players may combine dribbling (5 seconds) and holding the ball (5 seconds) for a maximum of ten seconds. **NOTE:** "Front court" is defined as that area of the court on the offensive team's side of the division line.
15. Coaches are welcome to ask the referee for a "line-up" when they make substitutions, or at the start of a new quarter, for the purpose of "matching up" for man-to-man defense.
16. No isolation-type offense involving one or two players will be permitted in Co-Rec or grades 3 and 4. Clearing the floor to one side for one-on-one or two-on-two offense is prohibited. Teams must involve all of their players in the offensive pattern. This will be a judgment call by the official. Teams will be warned for first offense, and penalized with loss of possession for any following occurrences. In grade 5th & 6th where fast breaks are allowed, this rule does not apply. Intent of the rule is to involve all players within the team's ½ court offense.
17. In all jump ball situations other than the start of the game, and overtime for grades 5th & 6th, teams will alternate taking the ball out-of- bounds for a throw-in. The team not obtaining control of the jump ball at the beginning of the game will start the alternating possession procedure. This possession procedure will be kept by the scorekeeper using the possession arrow.
18. At the end of the game each player shall shake hands with the opposing team. Good sportsmanship will be expected of all players, coaches, and fans.
19. Due to the lack of space in the out-of-bounds area surrounding the courts, players defending a throw-in should stand back from the out-of-bounds line a minimum of 3 feet. This will be enforced by the referees.
20. Ball Size: Co-Rec = Rookie Size
 Boys 3&4, 5&6 = Intermediate
 Girls 3&4, 5&6 = Intermediate
21. Basket Height: Kindergarten and 1st - 8' (where available)
 Grade 2, 3, & 3-4 girls - 9'
 Grade 4, 5, 6, - 10'

22. Only one postponed game, due to inclement weather will be rescheduled. All other games postponed due to inclement weather will NOT be rescheduled. Please monitor local radio stations if in doubt about games being played. Decision to cancel games will be made by League Directors. All decisions will be final. Every effort will be made to play the games, but Wyoming's winter weather can be treacherous and safety is the number one priority. When the schools release early on Friday due to weather, the Saturday games **MAY** be canceled. This is due to the fact that the parking lots and sidewalks may not be cleared in time on Saturday morning because school and city staff were sent home on Friday for their own safety. Remember, when in doubt about if games are to be played, monitor local radio stations for game status.

If schools are released early due to weather during the week, practices will be canceled. If requested by affected coaches, attempts will be made to reschedule the lost practice time, but because practice times are scarce this may not be possible.

23. Free throw line: Kindergarten & 1st - 10-12'
Grade 2, 3, & 4 - 12' (can shoot from 15')
Grade 5, 6, - 15'
24. **ALL T-SHIRTS AND SHORTS PROVIDED MUST BE WORN TO ALL GAMES.** Sponsors provide the uniforms so please do not alter by cutting t-shirt sleeves, etc.
25. Substitute Coaches - There are times when emergency situations come up and your child's coach may be called out of town on game days or on a practice day. In order for games and/or practices to be held all substitute coaches need to have authorization from the Cheyenne Parks and Recreation Department League Director to substitute coach. Games and practices cannot be held without authorized adults in charge; if teams cannot provide authorized substitutes, practices and/or games will be canceled and/or forfeited.

F. MISCELLANEOUS INFORMATION:

1. All participants will receive an award for participation at the end of the season.
2. **THE CHEYENNE PARKS AND RECREATION DEPARTMENT NEITHER SUPPORTS NOR INHIBITS TEAMS FROM TRAVELING TO OUT-OF-TOWN BASKETBALL TOURNAMENTS. THE YBL SCHEDULE OF GAMES WILL NOT BE CHANGED TO ACCOMMODATE OUT-OF-TOWN TOURNAMENTS. PLEASE PLAN YOUR SCHEDULE ACCORDINGLY.**

G. SNACK UPDATE:

We would like to invite the players, coaches, and their families to enjoy the hospitality of our buildings after the games. Those who play at the Youth Activity Center are welcome to bring refreshments to enjoy in the lobby or in a classroom if it is not in use.

Since School District facilities are not under the jurisdiction of the Cheyenne Parks and Recreation Department, we must abide by their rules and know that we can depend on your cooperation. No treats are allowed inside the building but those that wish to distribute treats as the children leave the building (not the gym) are welcome to do so. Thank you for your cooperation in this matter.

H. YOUTH BASKETBALL LEAGUE REFUND POLICY

1. Upon request, full refunds will be given from time of registration until the uniform order has been turned in by the Leisure Services Division staff.
 2. Upon request Prior to December 4, 2017, but after the uniform order has been placed, refunds will be given minus uniform cost. The child will still receive the uniform, and it can be picked up at the Neighborhood Facility, 610 W. 7th Street.
 3. After December 4, 2017, requests for refunds must be due to a verifiable medical reason (we will request a doctor's note). Requested refunds will be given, less uniform cost only. Non-medical requests for refunds after December 4, 2017 will not be approved.
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