

CITY OF MOORPARK
YOUTH BASKETBALL RULES

1. LEAGUE

- A. All youth basketball leagues are governed by National Federation Basketball Rules with the exceptions specified herein:
NOTE: City of Moorpark reserves the right to make any changes deemed necessary to insure safe and efficient operation of the leagues.
- B. Players must participate in the division in which they are eligible (Exception – League Director Approval).
- C. All players must be registered to participate in practice and games. Any team practicing/ playing with players that are not registered shall forfeit said game(s).

2. EQUIPMENT

- A. Shoes that scuff or mark the floor are not acceptable. Tennis or basketball shoes must be worn. No sandals or Crocs allowed.
- B. Game balls will be furnished by the City of Moorpark
- C. Basketball Sizes:
 - 1. Junior Division– Intermediate Size (28½ - 29 in. circumference)
 - 2. Minor (Tween) Division - Official Size (29½ - 30 in. circumference)
 - 3. Major (Teen) Division– Official Size (29½ - 30 in. circumference)
- D. Rim Height
 - 1. Junior Division – 10-foot basket
 - 2. Tween Division - 10- foot basket
 - 3. Teen Division – 10-foot basket

3. UNIFORMS

All players will be given a jersey before the first game. Uniforms are mandatory at every game. Jerseys MUST be tucked in before the start of the game.

- A. Home team = White (light colored side)
- B. Away team = Dark (dark colored side)
- C. Away Team is typically listed first on the schedule.

3. GAME TIME

- A. Junior and Minor (Tween) division will play four (4) eight-minute quarters. Major (Teen) division will play four (4) ten minute quarters. Substitutions will happen at the four (4) minute mark for Juniors and Minors, and at the five (5) minute mark for Majors in the first three quarters. Running time will be used with the clock stopping only for called time-outs.
- B. Two minutes at half-time and one minute between periods will be allowed.
- C. Overtime periods – 1st OT Period will be THREE-minutes. Running clock except last 60 seconds of play. One time-out only. Double OT - First team to score wins. No timeouts in double overtime.
- D. **During the fourth quarter, if a team is behind by 10 points or less with two (2) minutes to play, the clock will stop.**
- E. Game time is forfeit time. Each team must have **four** eligible players present at game time. If a team does not have enough, a practice game will take place.

4. Team Fouls

- A. **Offensive fouls count as a personal AND team foul, but never result in free throws.**
- B. **Teams shoot 2 Free Throws after the fifth team foul by their opponent in each quarter (New Rule change to reflect National Federation Basketball Rules update)**
- C. **Team fouls reset every quarter (New Rule change to reflect National Federation Basketball Rules update)**
- D. Technical fouls on players count as personal AND team fouls. Technical fouls on coaches and spectators count as team fouls.
- E. If a player is issued THREE technical fouls in a season, it will result in a ONE GAME SUSPENSION. The player will also be asked to sit out the remainder of the current game.

5. Held Ball

- A. **Called at the referee's discretion.**
- B. The ball is awarded based on the alternating possession arrow located at the scorer's table.

6. Non - Shooting and Shooting Fouls

- A. Non-Shooting Fouls: Offensive foul results in a turnover. Defensive foul, offensive team maintains possession. Free throws awarded if offending team meets team foul requirement.
- B. Shooting Fouls: Free throws awarded to player fouled in the act of shooting. There is no continuation rule for shooting fouls; the shooter must be in act of shooting.

6. TIME-OUTS

- A. Three one-minute time-out periods are allowed per team for the game. Can be used as they wish.
- B. A technical foul will be called against any team using more than the allotted time-outs.
- C. ONE time out is allowed in the first overtime period. No time outs in double overtime.

7. INDIVIDUAL PLAYING TIME AND SUBSTITUTIONS

- A. Substitutions will be accepted at the start of each quarter and the 4 minute/5 minute mark of each quarter. In the 4th quarter, coaches can substitute any player in or out at any dead ball after every player has met playing requirement.
- B. Players are required to play a minimum of 1 uninterrupted 4-minute/5-minute period in each of the first three quarters.
- C. All players must **sit out at least one 4-minute/5-minute period per half** when the team has 7 or more players.
- D. When a team has less than 7 players, each player must sit out at least one 4-minute/5-minute period during the game.
- E. Players who arrive late will not be required to make up for missed time.

8. INJURY SUBSTITUTIONS

- A. Player that comes out of the game due to injury must be replaced from the group of players that have played the least at the time of the injury. If the injured player is able to return during the same quarter, they must check in immediately for the player that replaced them. Substitution of the injured players will not count against play time, however, time does not count towards subs play time

9. SPORTSMANSHIP

The City of Moorpark has zero tolerance for unsportsmanlike conduct.

- A. Unsportsmanlike Conduct – when a player/coach/spectator makes inappropriate contact, gestures, or says something inappropriate to another player/coach/official. Some actions during game play are acceptable and deemed a part of the game. However, if the action is determined to be intentional or excessive it will be deemed unsportsmanlike and will be a technical foul. **The City of Moorpark Staff reserves the right to suspend players/coaches/spectators due to unsportsmanlike conduct.**

1. Player

- a. If a player is issued a WARNING during the game, it will be documented in the score book. **FOUR warnings during the season will result in benching that player for an entire quarter at their next game.** If there are any more warnings given after the fourth, the same consequence will be given.
- b. **Player receiving an unsportsmanlike technical foul shall sit the remainder of the quarter and all the next quarter.**
- c. If a player receives a second unsportsmanlike technical in the game, they shall be suspended from the game (but must stay on the bench with the team) and the next scheduled game.

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c. Player(s) fighting before, during, or after a game will be ejected from the game. The player(s) will be suspended for the remainder of the season. No refunds.

2. Coach

- a. Coaches shall coach his/her team from the coach's box. The coach's box is the player bench and designated by officials. **Coaches may NOT leave the coaches box at any point in the game**, except for the case in which a player is hurt, quarter breaks, & timeouts. Only one coach may be standing per game.
- b. A coach receiving an unsportsmanlike technical foul shall be required to remain seated during the rest of the game except during timeouts and between periods.
- c. **If a coach receives a second unsportsmanlike technical in the same game, he/she will be required to leave the gym for the remainder of the game. He/she will also be suspended for a minimum of one (1) game.**

3. Spectator

- a. A spectator behaving in an unsportsmanlike manner will be asked to refrain from such behavior by the coach and/or gym staff.
- b. If he/she continues, the gym staff will ask him/her to leave the gym.
- c. If they refuse to leave on their own, the team of the problem spectator shall receive an unsportsmanlike technical and it is the responsibility of the team to remove within one minute or risk forfeiture of the game.

4. **If a staff member needs to stop the game to address the conduct of a player, coach, spectator, that team will be charged with one (1) timeout (along with being given a technical foul) . If that team has no timeouts, a technical foul will be assessed to that team's bench.**

5. Technical foul(s) shall be a personal foul and Technical foul(s) counts as a team foul.

9. PRESSING AND DEFENSE PER DIVISION

A. JUNIOR & MINOR (TWEEN) DIVISION ONLY

1. Teams may half court press until they are ahead by 20 points or more; then they must allow the offense to move the ball across the plane of the top of the key extended sideline to sideline in the front court. A warning to the team on the first offense and a team technical foul for all further offenses.
2. **Junior teams may full court press the 4TH QUARTER of the game if the deficit is 10 points or less.**
3. **Tween teams may full court press during the SECOND HALF of the game (3rd and 4th quarter). Mercy rule applies when a team is up by 20 or more points.**
4. Teams may press the entire overtime period.
5. **DEFENSE: Player-to-Player OR Zone Defense (2-3 and 3-2)**

B. MAJOR (TEEN) DIVISION ONLY – May full court press until a team is ahead by 20 or more points, then they must retreat to half court and allow the offense to move the ball across the plane of the top of the key extended sideline to sideline in the front court. A warning to the team on the first offense and a team technical foul for all further offenses.

1. **DEFENSE: Any defense is allowed**

10. FREE THROWS

- A. Two (2) free throws will be awarded on any shooting foul.
Exception: Three free throws for player fouled in act of shooting unsuccessful 3-pointer.
- B. Two (2) free throws and the ball out of bounds will be awarded on any **intentional or flagrant foul**.
Exception: Three free throws and the ball out of bounds for player intentionally or flagrantly fouled in act of shooting unsuccessful 3-pointer.
- C. Two (2) free throws will be awarded on technical fouls.
- D. Two free throws will be awarded after the fifth team foul in each quarter. Team fouls will reset each quarter (New Rule change to reflect NFB update)
- E. Junior Division free throw shooting distance will be 14 feet.
- F. Minor (Tween) and Major (Teen) Division free throw shooting distance will be 15 feet.

11. THREE SECOND RULE AND BACKCOURT/INBOUND VIOLATIONS

- A. Three (3) seconds in the key will be enforced in the Junior, Minor, and Major division.
- B. Please note: The count (3 seconds) **RESTARTS** whenever there is a shot attempt.
- C. Backcourt and inbound violation will be enforced in the Junior, Minor, and Major Division.
**During week 1, the officials will enforce with some discretion based on need*

12. SCORING

- A. The scorekeeper will keep the official score and substitution record.
- B. **At no time shall a parent approach the scorer's table. Any problems or questions will be handled through the coach. Repeat offenses may result in a technical foul at the referee's discretion.**
- C. If a team is winning by 20 points or more the score will be suspended on the scoreboard but will be kept in the book. If the score gets within 10 points on the scoreboard, it will be readjusted back to the proper score as reflected in the book.

13. GYM RULES

- A. There will be no smoking, eating, or drinking in any gym at any time by coaches, players, or spectators.
- B. No jewelry (earrings, bracelets, necklaces, etc.) can be worn by any player. This is for the protection of all players.
- C. **Only recognized coaches by the League Director and players are allowed on the team benches. ONE COACH AT A TIME IS ALLOWED TO STAND.**
- D. Parents are not allowed on the court during games.
Exception: When summoned by league officials
- E. **Coaches are the only ones to approach the officials or scorekeepers. If there is a question, it can be addressed during a timeout or halftime.**

14. JUMP BALL

- A. In jump ball situations, possession will be determined by the alternating possession arrow.
- B. Possession arrow will determine which team receives the ball at each quarter.

15. DUNKING

- A. Due to the possibility of injury to other players, dunking is prohibited. Any player who dunks the ball during warm-ups or during the game shall be given a technical foul.

16. BLOOD RULE

A player, coach, or official who is bleeding or has an open wound, or has blood on their body or clothing, shall be prohibited from participating further in the game until appropriate treatment has been administered. If first aid is required for a player, the player must be immediately removed from the game unless treatment can be administered within a reasonable amount of time.

A player, coach, or official will not be allowed to participate unless:

1. All bleeding has been stopped.
2. Any exposed cut or scrape which has bled has been completely covered.
3. Bloody clothing has been removed.

17. CONCUSSION RULE

Any player that is suspected of sustaining a concussion and/or head injury during a game or practice will be placed in the following concussion protocol:

1. The player will be removed from play immediately and not be permitted to return for the remainder of the day.
2. The player must receive written clearance from a medical professional or licensed health care provider trained in the evaluation and management of concussions before returning to activity.

18. OFFICIAL'S DECISION

A. The official's decision is final in a judgment or rule interpretations. No protests will be allowed.

19. NEW RULES ADDED - ALL DIVISIONS

A. In the last two minutes of the 4th Quarter or Overtime Period, after securing a rebound or after an opponent's made basket, a team can advance the ball by calling a timeout. The ball will advance to just before the half-court line.

B. Technical Fouls – Penalty is two shots, and ball returns to opposite team

C. Flagrant Fouls – Same penalty as a technical foul. If a player is given TWO Flagrant fouls, that will result in ejection.