



## Berthoud Recreation Youth Basketball Rules (Revised 10/11/2019)

1. **High School rules will govern play with the exception of the rules below.**
2. **Court & Equipment**
  - a. **Basket Height:** All games will be played on 8' basket height.
  - b. **Court Size:** All games will be played on half-courts with the sidelines, baseline and mid-court line constituting out of bounds lines.
  - c. **Ball Size:**
    - i. All teams will use the junior size ball (27.5")
  - d. **Jewelry:** Absolutely no earrings, facial jewelry, bracelets, necklaces, pins, watches, rings or other exposed items that are judged to be hazardous or potentially dangerous by the game officials or supervisors can't be worn during practice or games. Religious and medical-alert medals are not considered jewelry. A religious medal must be worn under the uniform and taped to the body. A medical-alert medal must be taped to the body and may be visible.
  - e. **Uniforms:** The Berthoud Parks and Recreation Department will provide team uniforms to each team and those will be worn at all league games. Shirts must be tucked into both the front and back of the players shorts when possible. Players must wear shorts or sweats without pockets or zippers.
  - f. **Officials/Referee:** There will be one referee on each court along with one scorekeeper. The purpose of the referee at this level is to help enforce and instruct the rules of the game to the participants. All calls made by the referee are final.
3. **Rules of the Game**
  - a. **Game Time & Clock:** Games will consist of four (4) 8-minute quarters with a continuous running clock. The clock will only stop on called timeouts or the referee or scorekeeper may stop the clock due to an injury or any other situation that they feel warrants the time to stop.
    - i. Each team will receive two (2) 30 second timeouts per half. Timeouts do not carry over.
    - ii. Halftime will be five (5) minutes long but could be cut shorter if games are running behind. The officials and supervisor have the authority to shorten the time in between halves if needed..
    - iii. There is no overtime period. If the score is tied at the end of regulation, the game ends in a tie.
  - b. **Initial Start of the Game:** This will be decided by "Hit or Miss" – the team designated as the Home team on the schedule will assign a player to shoot a hit or miss free throw to see who starts with the ball. If the shot is made, the Home team will start with possession, if missed the Visiting team gets first possession. Possession will then alternate each subsequent quarter.
  - c. **Game Score:** All made baskets inside the arch will be recorded as 1 point and all made baskets outside of the arch will be recorded as 2 points. If a team is leading by 20 points or more at halftime, or any time thereafter, the scoreboard will be shut off in regard to the score, but the time will still be displayed. *A parent volunteer from the home team will keep score in the book and a parent volunteer from the visiting team will run the scoreboard.*
  - d. **Playing Time & Substitutions**
    - i. All games will be 3 v 3 but a team must have a minimum of two (2) players registered in the scorebook to start a game. If they have less than two (2), the team can borrow a player from the team they are playing against in order to play the game. Every player on the roster **must** play at least half of the game.
  - e. **Defense:** Teams are only permitted to play man to man defense. Zone defenses and any variations of a zone defense are prohibited. Players are not allowed to double-team or trap an offensive player unless the offensive player is in the paint. Help defense is allowed if a player is defending an offensive player and the defensive player finds him/herself in a position to "help" on defense as a result of a ball screen, the flow of the offense, a drive to the basket, etc. that player is permitted to "help"



## k. Fouls & Violations

- i. Ball Handling violations (travelling, illegal dribble, etc.) will be called loosely to start the season and will progressively get called more often. If a player travels or dribbles illegally and gains an advantage, it will be called.
- ii. Fouls are not player specific, but all count as team fouls. Players cannot foul out in this league.
- iii. If a foul is made while the participant is shooting, the shooting foul will be handled in the following way:
  1. BASKET MADE: Count the basket, and one free throw is awarded. Regardless if the basket is made or missed, possession goes to the defensive team.
  2. BASKET MISSED: One free throw is awarded. Defense will receive the ball regardless if the free throw is made or missed.
  3. The player shooting will be given 10 seconds to shoot the ball or it will be considered a miss. Teams do not line up for free throws. This is a “dead ball” shot and all players besides the free throw shooter will need to be behind the three-point arch.
  4. Free throws will be shot from 10-foot line with no line violations but shot must come from behind line.
- iv. On the 7<sup>th</sup> team foul of the half, one free throw is awarded PLUS the ball following the free throw regardless of whether the free throw is made or not. On the 10<sup>th</sup> team foul of the half, ONE POINT is awarded PLUS the ball.
- v. All free throws will be shot by the player who is fouled.
- vi. After all fouls, the ball will be taken out above the top of the key inbounds line as a Check Ball.
- vii. Technical/Flagrant Foul: the other team is awarded one point and the ball
- viii. **Stalling:** Is considered failure to attempt a shot in 30-seconds and will result in loss of possession. Neither team can stall in the last five seconds during a ball-check, or the last 10 seconds of a game in a free-throw situation. *This rule will be enforced by the referee at any time he/she feels that a team is stalling, especially near the end of games.*
  1. Stalling can be called on the defensive team for failure to check the ball in promptly. The defensive player guarding the man bringing the ball in at the top of the key will have three seconds to pass the offensive player the ball to “check” it in. Early in the game the referee may issue a warning to any team or player believed to purposely stalling to check the ball in; any subsequent violation(s) would result in a technical (1 point and the ball). Violations late in a game can result in an immediate technical call.
  2. If a defensive player makes an unsportsmanlike pass to the offensive player on a check ball (i.e. throwing the ball off the other players foot on purpose) the referee may issue a warning or technical foul based on the referee’s own interpretation of the offense and the game situation (early or late in the game; score differential, etc.)