

## Youth Basketball City League

### League Bylaws

Except for the regulations covered in these bylaws, all rules of the Manhattan Parks and Recreation (MPRD) Youth Basketball League will be those of the National Federation of State High School Associations (NFHS).

#### I. TEAM ORGANIZATION

1. All participants of the youth basketball league must be in grades 3, 4, 5, 6, 7, or 8.
2. Any participant who is a member of an interscholastic school basketball team is not eligible for the MPRD youth basketball program unless:
  - He/she is registered for the MPRD youth basketball program prior to the registration deadline established for the MPRD youth basketball program, and;
  - The season for the interscholastic school basketball team on which he/she is playing is over before MPRD youth basketball games begin.
3. Once a team is established, each player will remain on that team. Brothers or sisters who are in the same league may be placed on the same team for family convenience. Players may switch teams only when approved by the recreation supervisor.
4. Each team will be assigned one head coach by the recreation supervisor. Each head coach may have up to two assistants. Only the coach's and assistant's son or daughter will be placed on his/her team. All other players will be placed on teams at random. NOTE: Coaches will not be allowed to coach together if their kids could influence league parity.

#### II. TEAMS AND PLAYERS

1. Players will not be allowed to wear long pants, sweat pants, jeans, or cut-offs while playing. Only gym shorts, tennis shorts, or coaches shorts may be worn. Players not dressed in the proper shorts will not be allowed to enter the game. NOTE: "Jams" and "sweat shorts" may be worn.
2. Each team will be assigned a team name by the Parks and Recreation Department. MPRD will acquire matching jersey tops with numbers for each player.
3. In MPRD youth basketball, each player who is eligible must participate in each game according to the following rule:

At the 4-minute mark of each quarter, during a dead ball interval, the officials will stop play for the purpose of substitutions. At this time, all players on a team's bench must enter the game for the remainder of the quarter. All players must play half of each quarter with substitutions only allowed at the 4-minute dead ball interval. (*Coaches, all players must sit out at least one half of one quarter per game*) EXCEPTION: Players can be removed and replaced due to injury, ejection, or foul outs. When an injured player who has been removed is ready to return, this player must be playing in accordance to Rule 3.
4. Violation of Rule 3 will result in a forfeit by the offending team except under the following conditions:
  - a. To be eligible to participate in a game, a player must attend at least one practice during the week prior to that game. If any player has a valid excuse (as determined by the Parks and Recreation Office) for missing a practice, then he/she must be played in accordance to rule.
  - b. Participation rules do not apply to a player who is injured during a game and cannot continue playing.
5. In MPRD youth basketball, game time is forfeit time! A team must have at least four players present at game time, or a forfeit will result. If game time arrives and each team has at least four players, then the game will begin.
6. If a team starts a game with four players, late-arriving teammates may enter during any dead ball. Once the game begins, a team can continue to play with as few as three players (if players are injured or foul out, for example).
7. In MPRD youth basketball, each team will be allowed two 30-second time-outs per half. Unused time outs don't carry over.
8. Players must always report to the scorer's table before entering the game, including the beginning of quarters. Following one team warning, each player who enters the game without checking in with the scorer, a technical foul will be called and two free throws awarded to the opposing team.

(OVER)

### III. THE GAME

1. MPRD youth basketball games shall consist of 4 eight-minute quarters. There will be one minute between quarters and five minutes between halves.
2. In MPRD youth basketball, the time clock shall run continuously throughout the game, except for time-outs, until the last two minutes of the fourth quarter. At the two-minute mark of the fourth quarter, if there is a margin of 15 points or more, the clock will only stop for timeouts or injuries.
3. The alternate possession rule will be used in MPRD youth basketball. A jump ball will be administered only to start the first quarter.
4. In MPRD youth basketball, free throws will be shot according to high school rules.
  - a. *Players marked in lane spaces may leave their space on the release of the ball by the free thrower.*
  - b. *The free thrower may not cross the free throw line, prior to the ball hitting the rim.*
  - c. *3<sup>rd</sup>/4<sup>th</sup> graders will shoot from a modified free-throw line distance that is approximately four (4) feet in front of the permanent free-throw line.*
5. *In MPRD youth basketball, full court pressure defense may not be used at any point of the game.*
  - a. *When possession changes the defensive team must immediately move to their defensive end of the court.*
  - b. *The penalty for violating this rule will be a warning on the first offense and a technical foul on any succeeding offense. NOTE: Full court pressure defense will be defined as any defense that is assumed beyond the mid-court line.*
6. In MPRD youth basketball, there will be no overtimes.

### IV. PLAYER/TEAM CONDUCT

1. Any player who starts a fight will be suspended for the remainder of the season. Other players who are involved in a fight will draw an appropriate suspension as determined by the Parks and Recreation.
2. Profanity of any kind means ejection from the game, regardless of where it is directed or by whom it is said. This rule applies to coaches, assistant coaches, players and spectators.
3. When a player, coach, manager, or spectator is ejected from the gym, they have 90 seconds to leave the gym “sight and sound.” Refusal to leave the gym “sight and sound” will result in a forfeit by his/her team.
4. In MPRD youth basketball, all technical fouls will result in two free throws for the opposing team, plus possession of the ball. Any player drawing two technical fouls in one game will be removed from the game and suspended for the next game. Anyone sitting with a team is considered part of the team, and can be issued a technical foul.
5. Unsportsmanlike behavior may result in penalties being imposed upon the offending individual, including coaches, participants, or spectators. Penalties may include banishment from further participation in Recreation Department activities. Penalties will be decided by a committee made up of the Recreation Director, Recreation Supervisor, and the Recreation Coordinator. The set procedure is further clarified in the Parks and Recreation Department’s policy manual, available in the City Park administrative offices.
6. **Each coach, team, and spectators of each team are subject to a sportsmanship rating following each game performed by the site supervisor. Coaches are responsible for the conduct of themselves, their players, and their fans.**

### V. OTHERS

1. It is recommended for safety’s sake that each player carry their playing shoes into the gymnasium, and put them on once inside. Tennis shoes must be worn - no boots or street shoes will be allowed. Players will not be allowed to play in stocking feet or bare feet.
2. It is required that players remove all hats, rags, and jewelry (rings, necklaces, earrings, beads, etc.) before participating in any game. Referees have the authority to require that such jewelry be removed before a player can participate.
3. Gymnasium supervisors are to be obeyed at all times. The following rules will be enforced:
  - a. Those not participating in the game as a player or coach should stay off the playing floor.
  - b. No smoking in the gym.
  - c. No food or beverages are allowed in the gym. Post-game beverages/snacks should be handed out in the lobby.
4. Teams may hold only two practice sessions per week, and they will be scheduled by the Recreation Office.
5. MPRD youth basketball will be governed by the NFHS “Blood Rule,” details of which are as follows:
  - a. If a player is bleeding, the referee will call an official’s time out. A substitute must replace the affected player.
  - b. The bleeding must be stopped and the wound covered before the player is allowed to return to the court.
  - c. If any part of the player’s uniform is saturated with blood, that uniform part must be changed before the player can return to the game.
  - d. Referee’s discretion will determine if a “bleeding situation” has been sufficiently managed to allow a player’s return to the court.