

508 North Lincoln ♦ Cabot, AR 72023 ♦ 501-605-1506 ♦ [www.cabotparks.com](http://www.cabotparks.com)

### **YOUTH BASKETBALL RULES (Updated 11/5/18)**

1. High School Federation rules will be applied with the following exceptions:

- A- All numbers assigned to uniforms will be legal, official must be able to signal players number with one hand.
- B- Coaches or players may call time-outs.
- C- All Divisions - six (6) minute quarters with running clock. Clock will stop on the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter only. Each team will receive two (2) one (1) minute time-outs and one (1) thirty (30) second time-out per half.
- D. All players “dressed out” will play one full quarter each half with the exception of injury, illness, three (3) fouls in the first half or four (4) fouls in the third (3<sup>rd</sup>) quarter and being declared ineligible (a player may be declared ineligible due to unexcused absence of practices and unsportsmanlike conduct in practice or a game). Officials must be notified prior to the start of the game of any ineligible player.
- E. Excused absences are school functions, religious beliefs, illness or injury.
- F. Coaches assessed two (2) technical fouls during a game will be ejected.
- G. Officials and park staff will allow zero tolerance for unsportsmanlike conduct and foul language by players, coaches, or fans.
- H. Any player, coach or parent ejected from any game must sit out at least one game or more depending of the severity of the ejection and MUST meet with park staff before returning to the team. If a player or coach is ejected twice during the season, they will be suspended for the remainder of the year.
- I. If any player or coach receives a technical foul in one game and another game with in the same season, they will be suspended for the next scheduled game. In the event, either a player or coach receives four (4) technical fouls in one season, they will be suspended for the rest of the season.
- J. Ten-point mercy rule for K-2<sup>nd</sup> Grade, fifteen-point mercy rule for 3<sup>rd</sup>/4<sup>th</sup> Grade and a twenty-point mercy rule for 5<sup>th</sup>-9<sup>th</sup> Grade.
- K. All regular season games will end in a tie. (no overtime)

2. Only two (2) coaches will be allowed in the bench area AT ALL TIMES. Any “substitute” coaches must notify game officials and the opposing coaches stating reason for substitution.

3. Coaches must remain in the coaching box. One (1) warning will be given and then a technical foul against the coach will be assessed.

4. No tape or sticky objects may be placed on any gym surface or shoes.

5. Any misuse of park or school property will result in an indefinite suspension from the program, practice and games included.



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6. Any mistreatment of park staff or officials will result in an indefinite suspension from the program.
7. All game balls are provided by the Park will be used at game facilities. Warm-up ball will also be provided.
8. Only coaches, players, scorekeepers, officials, school staff, and park staff will be allowed on gym floor.
9. No registrations refunds will be given after the uniforms are purchased and program insurance is paid.
10. A team may start the games with four (4) players.
11. If a team's roster or team playing a game does not have five players on the court the following rules are implemented;
  - A. four (4) players - the opposing team will play under normal conditions,
  - B. Three (3) players - the opposing team will play defense inside the three (3) point arch,
  - C. One (1) player - the one player team will forfeit the game.
12. During free throws, players may enter the lane once the ball is released from the shooters hand but shooter and players behind the shooter.
13. Player substitutions may occur when;
  - A. A player receives three (3) fouls in the 1st half.
  - B. A player is injured or becomes ill.
  - C. A player has completed play in the 1st and 3rd quarter.
14. Grades that press backcourt, may not press if a team has a (10) point lead. In all grades, if a team has a ten (10), fifteen (15) or twenty (20) point lead, the opposing coach has the option to have all players in a zone with one foot remaining in the lane. If the lead is cut to less than ten (10) points the team may resume pressing. If the lead is cut to less than ten (10) fifteen (15) or twenty (20) the team may play defense out of the lane. If a team is up by 10 points in the last minute (1) of the game, the clock will still run. (Only K-4<sup>th</sup> Grade) If a team is up by 15 points in the last minute (1) of the game, the clock will still run. (Only 5<sup>th</sup>-9<sup>th</sup> Grade)
15. Two (2) coaches per team have received passes. Only the head coach and assistant coach may use the passes. All other family members or guests must pay the regular gate ticket. All persons between the ages of 13 and 59 must pay \$2.00 for gate entrance to the games. Tickets will be given to those paying guests. These tickets may be used at any game venue that day sponsored by the Cabot Parks and Recreation Department. Gate fees pay the officials, scorekeepers, gym monitors, utilities, gym maintenance, supplies, and insurance for players.

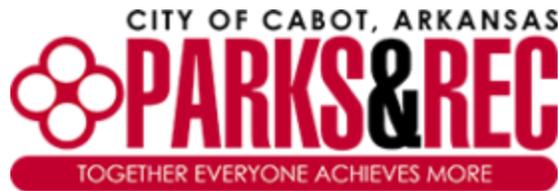
IF THE CABOT SCHOOL DISTRICT IS CLOSED DUE TO INCLEMENT WEATHER, ANY GAMES OR PRACTICES FOR THAT DAY WILL BE CANCELED AT THE SCHOOL FACILITIES. PARKS AND RECREATION MIGHT STILL CONDUCT GAMES AT THE COMMUNIYT CENTER.

HAVE FUN!

IT IS RECREATION AFTER ALL!

THEY ARE KIDS!

**If you have any questions call the Parks and Recreation office at 605-1506.**



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### Kindergarten (Coed)

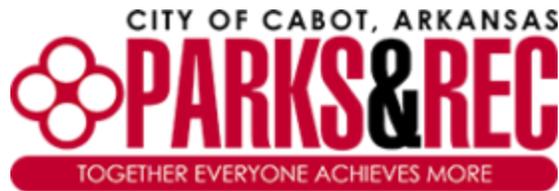
1. All quarters will be six minutes and the clock will stop for the last two (2) minutes of each half on the whistle.
2. A backcourt press and fast-breaks are prohibited at any time.
3. On defense, ONE (1) defensive player will be allowed outside the three (3) point arch.
4. On offense, STALLING is not permitted. A team may have three (3) players outside the three (3) point line if in the judgment of the referee the team is not stalling. Stalling may constitute a technical foul with two (2) free throws awarded to the opposing team.
5. No three (3) point shots will be counted.
6. *THE GOALS ARE SET AT 8 FT. FREE THROWS ARE SHOT FROM 8 FT. JUNIOR (27.5) SIZED BASKETBALLS ARE USED.*

### 1st and 2nd Grade (Boys & Girls)

1. All quarters will be six minutes and the clock will stop for the last two (2) minutes of each half on the whistle.
2. A backcourt press is not allowed at any time. However, the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters, teams can attempt fast-breaks. Thus, the defensive may pick the dribbler up only if they do go on a fast break. NO backcourt press if the team doesn't go on a fast break and/or if a team is throwing the ball in the backcourt.
3. On defense, ONE (1) defensive player will be allowed outside the three (3) point arch.
4. On offense, STALLING is not permitted. A team may have three (3) players outside the three (3) point line if in the judgment of the referee the team is not stalling. Stalling may constitute a technical foul with two (2) free throws awarded to the opposing team.
5. A five (5) second lane violation replaced the normal three (3) second count.
6. No three (3) point shots will be counted.
7. *THE GOALS ARE SET AT 8 FT. FREE THROWS ARE SHOT FROM 10 FT. JUNIOR (27.5) SIZED BASKETBALLS ARE USED.*

### 3rd and 4th Grade (Boys & Girls)

1. All quarters will be six minutes and the clock will stop for the last two (2) minutes of each half on the whistle.
2. A backcourt press is permissible during the last two (2) minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters (provided the point rule is not in effect). Fast-breaks are allowed throughout the whole game but if you decide to go on a fast-break then the defensive team will be allowed to pick you up in the back court. If you do not decide to go on a fast-break, then the defensive team must get back. No press if you are up by ten points.
3. A five (5) second lane violation replaced the normal three (3) second count.
4. No three (3) point shots will be counted.
5. *THE GOALS ARE SET AT 9 FT. FREE THROWS ARE SHOT FROM 12 T. WOMEN'S INTERMEDIATE SIZED BASKETBALLS (28.5) ARE USED.*



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### 5th and 6th Grade (Boys & Girls)

1. All quarters will be six minutes and the clock will stop for the last two (2) minutes of each half on the whistle.
2. Backcourt pressing is permissible (provided the point rule is not in effect).
3. Three (3) second violation will be enforced.
4. Three (3) point shot will be counted.
5. *THE GOALS ARE SET AT 10 FT. FREE THROWS ARE SHOT FROM 15 FT. WOMEN'S INTERMEDIATE SIZED (28.5) BASKETBALLS ARE USED.*

### 7<sup>th</sup>- 9<sup>th</sup> Grade (Boys)

1. All quarters will be six minutes and the clock will stop for the last two (2) minutes of each half on the whistle.
2. Backcourt pressing is permissible (provided the point rule is not in effect).
3. Three (3) second violation will be enforced.
4. Three (3) point shot will be counted.
5. *THE GOALS ARE SET AT 10 FT. FREE THROWS ARE SHOT FROM 15 FT. OFFICIAL SIZED (29.5) BASKETBALLS ARE USED.*

### 10<sup>th</sup>-12<sup>th</sup> Grade (Boys)

1. Each half will be fifteen minutes and the clock will stop for the last two (2) minutes of each half on the whistle.
2. Backcourt pressing is permissible.
3. Three (3) second violation will be enforced.
4. No sub rule in effect for this division.
5. If a team is up by twenty (20) points in the second half, there will be a running clock in the last two minutes.
4. Three (3) point shot will be counted.
5. *THE GOALS ARE SET AT 10 FT. FREE THROWS ARE SHOT FROM 15 FT. OFFICIAL SIZED (29.5) BASKETBALLS ARE USED.*