

BURLINGTON COUNTY REC BASKETBALL LEAGUE

2010 BASKETBALL BYLAWS

The Air Force Youth Sports Programs manual is the governing directive for our Youth Sports Programs. It is supplemented to govern the McGuire AFB, Pemberton Youth Basketball, and Eastampton Basketball Program for 2010, as follows:

ARTICLE 1

LEAGUE AND POLICY INVOLVEMENT

The 2010 youth basketball season will be conducted solely as an activity of, by, and for the McGuire AFB, Ft. Dix military community to include Pemberton Township and Eastampton. It will be administered through community actions involving Youth Programs' direction and guidance. The Youth Programs is tasked with ultimate responsibility for the administration and conduct of the program and will therefore have complete authority in the overall and final affairs of the program. These policies reflect the community's and Youth Programs' primary means of governing the program.

SPECIAL NOTE

Too frequently, untrained individuals become involved in youth sports and try to change things to satisfy their own personal desires – they literally take the sport away from the youngsters and administer the program to satisfy the whims of the adults.

Recreational sports for youth have been influenced by a variety of outside forces, which direct the programs toward adult desires and toward college and professional images. This direction, although usually well intended, has not always been the best for our youth. Adults too often forget that youths come in different sizes, weights, needs, physical and psychological make-ups, ages, and emotional requirements. These are the prime reasons why youth sports programs cannot be designed the same way as adult programs and why a youth sports coach is such a challenging position.

It is agreed to by all parties/league directors involved that we divide our teams according to our "Fair Play for All" Rule. This rule states that each team per division shall be made with the talent levels divided as equally as possible amongst said teams. The talent level shall be determined at a pre-season skill assessment, in which all parties/league directors shall be notified and encouraged to attend. This will ensure 'Fair Play' for all participants. Any violation of the above rule by league directors shall warrant the team in question being ineligible for post-season tournament play.

COACHES ARE THE HEART OF YOUTH SPORTS

The interaction of the coaches and players, the ability to teach game skills at the appropriate level, and the effects of the coach's action on the players can create and impression that young athletes will remember for the rest of their lives. For these reasons, coaches should be reminded of the positive impact they have on young athletes. In no way should coaches be expected to disregard winning; however, they should put winning in perspective to what they are trying to teach the youngsters.

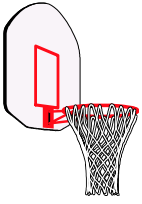
ARTICLE II LEAGUE ORGANIZATION **2010 Basketball age Divisions**

*K/1 Grade- Pee Wee CoEd Basketball- In house Only
2/3 Grade- Rookies CoEd Basketball- In House Only
4/5 Grade- Minor Boys Basketball
6/7 Grade- Junior Boys Basketball
8/9 Grade- Major Boys Basketball
4/5/6 Grade Girls- Minor Girls Basketball
7/8/9 Grade Girls- Major Girls Basketball*

GENERAL

- A. **PLAYER PARTICIPATION:** Every player in the Pee Wee, Rookie, Minor, Junior, and Major (girls and boys) leagues must play half of every game. The league has determined that no roster shall contain more than 10 players per team. The intent of this rule is to play each player as much as possible.
- B. **Substitution in the Minors, Juniors, and Majors** will only be made at the referee's 30 second timeout which will take place between the 4:45 to 5:15 mark of each quarter. Coaches will also be able to sub at timeouts if they deem it necessary; this rule is to ensure that the objectives of Youth Sports are met for each child participating as every child is required to play at least half the game. The only exceptions are as follows:
1. A player is sick or injured.
 2. A player has had disciplinary problems.
 3. A player missed practices on a repeated basis.
 4. Both coaches must be made aware of special circumstances (as mentioned above) in regards to a specific player not receiving the minimum playing requirement, prior to the start of the game.

- C. LEAGUE STANDINGS:** Teams will receive a score of 3 for a win, 0 for a loss and 1 for a tie. Standings are used to determine playoff brackets. All teams receive a bid into the playoffs.
- D. CONDUCT:** All spectators, coaches, and players are reminded that this is a Youth Program sponsored event and emphasis should be placed on sportsmanship, rather than winning. All coaches will take responsibility for their spectators' actions. Anyone displaying unsportsmanlike conduct that is detrimental to the game of league objectives will not be tolerated. The Youth Sports staff or officials of the game will have the authority to ask any disruptive individual to leave the area. Any Player, Coach, or Spectator who is ejected for unsportsmanlike conduct from a game will be suspended the next game. This suspension cannot be appealed.
- E. TECHNICAL FOULS:** Two Technical Fouls on a Coach in one season results in an expulsion from the league. One Technical Foul on a parent results in removal from the game, 2 techs on a parent results in no longer permitted at games during the season. One technical foul on a player during the season results in suspension for the remainder of the game + one game. Two techs on a player during the season results in suspension for the remainder of the game + 2 games.
- F. OVERTIME PERIOD:** In the event of a tie at the end of regulation play, an overtime period of 2 minutes will be played. The game clock will stop on all whistles. In the event that overtime play concludes with a tied score, the game will be over. Each team will have one full timeout at the start of overtime.
- G. PeeWee and Rookie rules**> see MINI BASKETBALL RULES below.



MINI BASKETBALL RULES (K/1 Grade) PeeWee Only



1. The Spirit of the Game:

- A. Players should always display cooperation and sportsmanship.
- B. Never forget that your opponent is also a fellow athlete on the court.
- C. Players deliberately acting in an unsportsmanlike manner will be removed from the game.
- D. Any spectators or coaches acting in an unsportsmanlike manner will be removed from the gym.

2. The Game:

- A. **Game Length** Four 8-minute quarters with a running clock. One member of the coaching staff will be timekeeper. There will be a 1-minute break between each quarter, and a 4-minute half time break.
- B. **Time-outs:** There will be time-outs only for injuries.
- C. **Substitutions:** Made at the 4:00 minute mark of each quarter; and between quarters.
- D. **Player Participation:** Each player must play half the game..
- E. **Coaches:** One coach from each team will act as the referees on the playing floor during the game. These coaches will use their best judgment to keep the game moving. The Pee Wee league is a developmental program; **no scores or standings are kept.** Each floor coach is responsible to guide the players and be lenient with the enforcement of any major violation of the rules.
- F. **Equipment:** Eight-foot goals and a junior-size (27.5) ball will be used.

3. Playing Rules:

- A. **Dribbling:** Coaches will teach the proper rules for dribbling such as double dribble, traveling, and palming. The penalty for these violations will vary depending on the frequency of the violation.
- B. **Three Second Lane Violation:** There will not be a three second lane violation.
- C. **Jump Ball:** There will be **no jump balls.** All games will begin with the home team in possession of the ball; all subsequent jump balls will be alternating possession.
- D. **Fouls:** When contact occurs between two opponents, the coaches will stop play, instruct player on proper defensive play, and resume. Possession does not change. Please keep players under control for the safety of all players.
- E. **Full Court Press:** **is not permitted.**
- F. **Steals:** stealing of a dribble is not permitted. Defense must guard dribbler with hands straight up. Stealing of a pass IS permitted.

4. Defensive Line:

- A. The defensive line is the three point arch or top of the key. Defense is not permitted to pick up at ½ court.
- B. When the offense gains possession of the ball in the back court, the defense must retreat behind their designated defensive line. The defense must remain behind their line until the ball carrier completely crosses said defensive line.

5. Fast Breaks:

There will be **no Fast Breaks** in the PeeWee basketball league. On a steal, rebound, or inbounds, offense must wait for defense to get back before proceeding up court.

6. Coaches:

- A. Will be a positive roll model for his/her team players, parents, and fans.
- A. Will demonstrate self-control and a positive attitude regardless of the team's performance.
- B. Assist the sports department in controlling the parents and spectators supporting their team.
- C. Ensure that his/her coaching efforts are equally distributed among players.
- D. Please have your team off the playing court & bench area immediate after your activity.
- E. Do not give out drinks (except water) or snacks in the gym area
- F. G. KEEP IT BASIC

MINI BASKETBALL RULES

(2/3 Grade) Rookies Only

1. *The Spirit of the Game:*

- E. Players should always display cooperation and sportsmanship.
- F. Never forget that your opponent is also a fellow athlete on the court.
- G. Players deliberately acting in an unsportsmanlike manner will be removed from the game.
- H. Any spectators or coaches acting in an unsportsmanlike manner will be removed from the gym.

2. *The Game:*

- G. **Game Length** Four 8-minute quarters with a running clock. One member of the coaching staff will be timekeeper. There will be a 1-minute break between each quarter, and a 4-minute half time break.
- H. **Time-outs:** There will be time-outs only for injuries.
- I. **Substitutions:** Made at the 4:00 minute mark of each quarter; and between quarters.
- J. **Player Participation:** Each player must play half the game..
- K. **Coaches:** One coach from each team will act as the referees on the playing floor during the game. These coaches will use their best judgment to keep the game moving. The Rookie league is a developmental program; **no scores or standings are kept.** Each floor coach is responsible to guide the players and be lenient with the enforcement of any major violation of the rules.
- L. **Equipment:** Eight-foot goals and a junior-size (27.5) ball will be used.

3. *Playing Rules:*

- G. **Dribbling:** Coaches will teach the proper rules for dribbling such as double dribble, traveling, and palming. Players may only stop and restart dribbling 2 times before a turnover is enforced. Absolutely NO RUNNING without dribbling will be allowed. Player is reset from point of origin and instructed to dribble.
- H. **Three Second Lane Violation:** There will not be a three second lane violation. Offensive players must be instructed to move in and out of the lane. Tallest player may not “Camp-Out” in the lane looking for a lob pass, as this is not teaching proper basketball rules.
- I. **Jump Ball:** There will be **no jump balls**. All games will begin with the home team in possession of the ball; all subsequent jump balls will be alternating possession.
- J. **Fouls:** When contact occurs between two opponents, the coaches will stop play, instruct player on proper defensive play, and resume. Possession does not change. Please keep players under control for the safety of all players.
- K. **Full Court Press:** **is not permitted.**
- L. **Steals:** stealing of a dribble is not permitted. Defense must guard dribbler with hands straight up. Stealing of a pass IS permitted.
- M. **Inbounds:** players must in-bound the ball along the baseline after a made basket.

4. *Defensive Line:*

- C. The defensive line is the three point arch or top of the key. Defense is not permitted to pick up at ½ court.
- D. When the offense gains possession of the ball in the back court, the defense must retreat behind their designated defensive line. The defense must remain behind their line until the ball carrier completely crosses said defensive line.

5. *Fast Breaks:*

There will be **no Fast Breaks** in the Rookie basketball league. On a steal, rebound, or inbounds, offense must wait for defense to get back before proceeding up court.

6. *Coaches:*

- A. Will be a positive roll model for his/her team players, parents, and fans.
- B. Do not give out drinks (except water) or snacks in the gym area.
- C. KEEP IT BASIC.

G. EXCEPTIONS TO NATIONAL FEDERATION HIGH SCHOOLS RULES:

MINOR BOYS (4/5 GRADE) AND MINOR GIRLS (4/5/6 GRADE)

- **CLOCK:** Running clock of 4- ten (10) minute quarters. Clock will stop only for timeouts, injuries, and the set-up of a foul shot. When player is handed the ball, clock will resume. Game clock will stop for all whistles during the last 2 minutes of the 4th quarter only.
- **HALF-TIME:** 3 minutes. 1 minute between quarters.
- **BASKETBALL:** The 28.5 basketball will be used.
- **BASKET HEIGHT:** 10 foot regulation baskets are used.
- **TIMEOUTS-** 2 per half; each lasts 1 minute; no carryovers. 1 timeout in overtime.
- **DEFENSE:** 1/2 Court Defense. Defensive players will not be permitted to approach the offensive team's ball carrier until that ball carrier has advanced over the half court line with the ball. Full Court Press IS allowed the last 2 minutes of each half.
- Teams have 10 seconds to advance ball past mid-court.
- **FOULS-** Players foul out on their 5th personal foul. Team is in the bonus(1and1) on the 7th team foul per half; Double Bonus(2 shots) on the 10th team foul per half.
- **FOUL SHOTS-** The lane hash mark closest to the foul line will be used for all foul shots. No penalty for jumping over.
- **LANE VIOLATION:** 5 seconds in the lane rule.
- Minimum play rule will be half the game.
- **SUBSTITUTIONS:** will only be made at the referee's 30 second timeout which will take place between the 4:45 to 5:15 mark of each quarter, or at any timeout. This rule is to ensure that the objectives of Youth Sports are met for each child participating, and that we don't waste valuable playing time on substitutions. A coach does not have to clear the bench at the substitution point, but league rules state a player MUST play ½ the game.
- **OVERTIME PERIOD:** In the event of a tie at the end of regulation play, an overtime period of 2 minutes will be played. The game clock will stop on all whistles. In the event that overtime play concludes with a tied score, the game will be over. Each team will have one full timeout at the start of overtime.
- **MERCY RULE AMENDMENT:** If one team is leading the other team by 20 or more points, the scoreboard will not display the score any longer, but the game clock will be displayed. The official scorebook will continue to keep score. If the team that is behind, gains within 20 points, than the scoreboard will display the score again.
- No team is permitted to practice during the week of playoffs.

JUNIOR (6/7 GRADE) BOYS

- **CLOCK:** Running clock of 4- ten (10) minute quarters. Clock will stop only for timeouts, injuries, and the set-up of a foul shot. When player is handed the ball, clock will resume. Game clock will stop for all whistles during the last 2 minutes of the 4th quarter only.
- **HALF-TIME:** 3 minutes. 1 minute between quarters.
- **BASKETBALL:** Regulation (29.5) ball for Junior Boys.
- **BASKET HEIGHT:** 10 foot regulation baskets are used.
- **TIMEOUTS-** 2 per half; each lasts 1 minute; no carryovers. 1 timeout in overtime.
- **DEFENSE:** 1/2 Court Defense. Defensive players will not be permitted to approach the offensive team's ball carrier until that ball carrier has advanced over the half court line with the ball. Full Court Press IS allowed the last 2 minutes of each half.
- Teams have 10 seconds to advance ball past mid-court.
- **FOULS-** Players foul out on their 5th personal foul. Team is in the bonus(1and1) on the 7th team foul per half; Double Bonus(2 shots) on the 10th team foul per half.
- **FOUL SHOTS-** Regulation Free Throw line is used with no penalty for jumping over.
- **LANE VIOLATION:** 3 seconds in the lane rule.
- Minimum play rule will be half the game.
- **SUBSTITUTIONS:** will only be made at the referee's 30 second timeout which will take place between the 4:45 to 5:15 mark of each quarter, or at any timeout. This rule is to ensure that the objectives of Youth Sports are met for each child participating, and that we don't waste valuable playing time on substitutions. A coach does not have to clear the bench at the substitution point, but league rules state a player MUST play ½ the game.
- **OVERTIME PERIOD:** In the event of a tie at the end of regulation play, an overtime period of 2 minutes will be played. The game clock will stop on all whistles. In the event that overtime play concludes with a tied score, the game will be over. Each team will have one full timeout at the start of overtime.
- **MERCY RULE AMENDMENT:** If one team is leading the other team by 20 or more points, the scoreboard will not display the score any longer, but the game clock will be displayed. The official scorebook will continue to keep score. If the team that is behind, gains within 20 points, than the scoreboard will display the score again.
- No team is permitted to practice during the week of playoffs.

MAJOR(8/9 GRADE) BOYS AND MAJOR(7/8/9 GRADE) GIRLS

- **CLOCK:** Running clock of 4- ten (10) minute quarters. Clock will stop only for timeouts, injuries, and the set-up of a foul shot. When player is handed the ball, clock will resume. Game clock will stop for all whistles during the last 2 minutes of the 4th quarter only.
- **HALF-TIME:** 3 minutes. 1 minute between quarters.
- **BASKETBALL:** Regulation (29.5) ball for Major Boys and 28.5 for girls.
- **BASKET HEIGHT:** 10 foot regulation baskets are used.
- **TIMEOUTS-** 2 per half; each lasts 1 minute; no carryovers. 1 timeout in overtime.
- **DEFENSE:** Full-Court Press IS allowed, unless leading by 15pts. at which point a team must retreat and pick up at half court. A technical foul will be issued for non-compliance.
- Teams have 10 seconds to advance ball past mid-court.
- **FOULS-** Players foul out on their 5th personal foul. Team is in the bonus(1and1) on the 7th team foul per half; Double Bonus(2 shots) on the 10th team foul per half.
- **FOUL SHOTS-** Regulation Free Throw line is used (cannot cross).
- **LANE VIOLATION:** 3 seconds in the lane rule.
- Minimum play rule will be half the game.
- **SUBSTITUTIONS:** will only be made at the referee's 30 second timeout which will take place between the 4:45 to 5:15 mark of each quarter, or at any timeout. This rule is to ensure that the objectives of Youth Sports are met for each child participating, and that we don't waste valuable playing time on substitutions. A coach does not have to clear the bench at the substitution point, but league rules state a player MUST play ½ the game.
- **OVERTIME PERIOD:** In the event of a tie at the end of regulation play, an overtime period of 2 minutes will be played. The game clock will stop on all whistles. In the event that overtime play concludes with a tied score, the game will be over. Each team will have one full timeout at the start of overtime.
- **MERCY RULE AMENDMENT:** If one team is leading the other team by 20 or more points, the scoreboard will not display the score any longer, but the game clock will be displayed. The official scorebook will continue to keep score. If the team that is behind, gains within 20 points, than the scoreboard will display the score again.
- No team is permitted to practice during the week of playoffs.

H. TOURNAMENT PLAY: All teams participating in the league will play in the post season tournament. The tournament's seeding will be done by a league Directors. The tournament will be a single elimination format. Tournament Championship games will move annually between the 3 participating towns.

ARTICLE III PROGRAM SAFETY

A. Reference Youth Sports Manual, Chapter 8.

B. Safety is a primary factor in the success of any youth sports program

- The application of common sense and common courtesy while competing will eliminate 95% of all game and practice accidents
- Knowledge of the game, the playing rules, and their intent are necessary to protect the youth from injury
- Constant and effective control and supervision is by far the most effective preventative safety practice in youth sports
- Warm-up periods. Especially stretching, before any contests to prepare and improve muscle tone and reflexes are mandatory
- In the games of basketball:
 - ◆ Gymnasium of tennis type shoes must be worn
 - ◆ Jewelry, for example: necklace, earrings, rings, watches, etc., is prohibited
 - ◆ Long fingernails which would scratch, cut or stab the eyes are prohibited
 - ◆ As in all running games, adequate rest periods are necessary to avoid overexertion
 - ◆ Make certain players replenish body liquids during and after games
 - ◆ Eyeglasses must be secured with a safety strap
 - ◆ Athletic supporters are highly encouraged for male participants

Please take note that Food and Beverages are not allowed in the gyms. Players may have water bottles.

RECOGNITION OF PLAYERS

- A. Reference Youth Sports Manual, Chapter 15.
- B. Program awards and recognition may be part of the youth sports program; however, their importance must be kept in perspective and minimize. Conduct programs for the fun of participation.
- C. Team/Individual Awards: Present awards for participation, for a job well done, for demonstrating good sportsmanship, and to recognize those teams and players that have succeeded in team performance.
- D. Participation Awards: Giving patches, certificates to all players for participation is encouraged.

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Check out the web for league updates, standings,
And weather cancellations!

www.westampton.com

<click on departments and drag down to recreation-click Youth Basketball>

as of December 2009