

**APACHE JUNCTION PARKS & RECREATION
RULES AND REGULATIONS
8-11 YEAR OLD BASKETBALL LEAGUE**

Revised 6/6/2018

Philosophy of the League

The Apache Junction Parks and Recreation Department created its youth sports programs for the fun and enjoyment of everyone involved. We stress programs that emphasize maximum participation, maximum fun, and maximum learning opportunities. Volunteer coaches have a key role in promoting the above goals of our youth sports programs. We believe that every participant should walk away from this season with newly improved skills, a sense of team and sportsmanship, as well as the desire to continue making sports and recreation a positive part of their lives.

Games & Practices

Games & practices will be held at Imagine Prep School gymnasium on weeknights and at the Multi-Generational Center gymnasium on weekend days. There will not be any additional practices allowed outside the scope of what has been set up by the Parks and Recreation Department. We appreciate the cooperation of the School District in Apache Junction in providing facilities that are necessary for the existence of our programs. Please be courteous to the facility we are using and any other program which may be in progress while you are there. If you run into any problems, please report them immediately to the League Staff at your gym site or contact Parks and Recreation at 983-2181.

Players / Playing Time

The Parks and Recreation Department will set up all teams. Players are divided up according to many different factors such as age, size, ability, etc. We do our very best to insure that teams are as equal as possible. NO PLAYERS may be added to any team without the permission of the AJ Parks and Recreation office & League Administrator. This league stresses maximum participation, therefore, it is the responsibility of the coach to ensure that each player will play at least half of every game. If there is a discipline problem or an illness, it is advised that the coach report it to the on-site league staff prior to the game if a player won't be playing.

Conduct of Coaches & Players

All persons directly involved in our league are expected to act in a reasonable and sportsmanlike manner. Negative or otherwise unsportsmanlike behavior will not be tolerated and any occurrences of such will be closely monitored. Any player or coach who continues to act in an unsportsmanlike way may be given a technical, and/or ejected from the game. Spectators will be held to the same standard.

Officials

Officials will be provided for the games. Officiating this level is difficult due to the varying skill levels of the players. Your patience and tolerance is greatly appreciated. Complaining, swearing, or arguing may result in a warning or ejection from the official or the league staff. If problems persist, coaches, players and spectators may be ejected from the league. Please remember that we are promoting a positive recreational league designed for learning & fun.

Playing Rules & Guidelines

A. Game Time – *The time listed on the schedule is the time your team should be there. The game, practice, scrimmage or event will need to within 10 minutes of your listed time. Players are expected to be on time so your team doesn't have to play "short-handed."* Two 20 minute halves will be played with a 5-minute half time (if time permits). The clock will stop for 30 seconds on substitutions every five minutes. **Note: second half time may be adjusted to keep games running on time.*

B. Possession – The game will begin with the team listed first inbounding the ball from their own baseline. The second half will start with the team listed second inbounding the ball from their own baseline. Alternating possession will be used in the event of a "jump ball" call.

C. Substitutions – Substitutions in the first half will be made at the closest dead ball to 15min, 10min, and 5min left on the clock in both halves. No other substitutions may occur except for injuries and other emergency situations. All players must play and it is expected they will all get equal time in the game. See staff if this is not possible.

D. Fouls – Team coaches will keep track of their personal & team fouls. After committing five fouls or more, a player will be permitted to remain in the game, but the opposing team will shoot one free throw if foul is on the ground and two free-throws on shooting fouls. On all made free-throws possession will change. League staff will help track team fouls but not individual player fouls.

E. Scoring – **We will NOT keep score.** *For reference only: Points are made accordingly 1 (one) point for free throws / 2 (two) points for field goals / 3 (three) points for field goals-beyond the three point line*

F. Free Throws - During the game, players will shoot two free throws for fouls committed while in the act of shooting. Fouls committed on the floor (including offensive charging, and illegal screens) will be in-bounded where the infraction occurred. During free throws, players must wait to rebound until after the ball hits the rim. Clock will run during free throws. If time expires (half time or end) during free throws, player will finish shots. Team not shooting takes first position on the key. Smaller players may be moved closer to basket for free throws.

G. Full Court Press - Because this league is designed for learning, participation, and is basically for beginners, we will not allow a team to full-court press at any point in the game. Once the defensive team has full possession of the ball, the other team has to set up their defense on the other side of the half court line no nearer the top of the key and allow the ball to be advanced up to the top of the key.

H. Technical Fouls - Technical fouls will be given for poor sportsmanship displayed by a coach or player. A technical foul may also be given for having more than 5 players from your team out on the court once the ball is in play (a very good reason to teach your kids the importance of hustling on and off the court). For a technical foul, the opposing team will be given two free throws, plus the ball out of bounds on the sideline at half court. Any player receiving a technical foul, must come out of the game until the next substitution time. Any player receiving two technicals during a game will be ejected from that game.

I. Time-Outs - Each team will receive 2 one-minute time outs per game. They can be used any time during the game. Clock will stop on time outs for 1 minute.

J. Violations - Other infractions which will result in a turnover and possession given to the defensive team:

Three-second lane violation - An offensive player in the key will receive a warning to get out of the key and then will be called for a three second violation. **Note: the three second count starts over after every shot basket. It does not begin until the ball is in-bounded and it has crossed over to the offensive team's half of the court.*

10 seconds in the backcourt - If the offensive team does not get the ball over the half court line in 10 seconds (from the time of possession).

Over-and-back - Once the offensive team crosses the half court line they cannot go back over the line with the ball in to the backcourt

Traveling - Taking more than two steps after picking the ball up.

Double Dribble - Either dribbling with two hands at the same time, or picking the ball up with two hands and then dribbling again.

Carrying (Palming) - If the dribbler picks the ball up in one hand off of the dribble and puts it down on the floor again. We will only call very obvious violations here.

K. Ball – Intermediate sized balls will be used. (compact, 28.5) with 10 foot basket.

L. Stealing – Defensive players may not steal the ball when an offensive player has possession of the ball, includes dribbling. Defense may intercept the ball on a pass or gain possession on a loose ball.

M. Shot Blocking – Shot blocking is not allowed in this league, The defensive player may not jump in an effort to block a shot. They may stand upright with arms extended straight up but not angled to the ball or shooter.

N. Defense – Teams may play man on man or zone defense. Coaches need to teach players how to properly and safely play defense.

Tobacco/Alcohol/Drug Policy

Apache Junction Parks and Recreation promotes a tobacco-free, alcohol-free and drug-free environment for the children participating in our leagues. All tobacco, alcohol and illegal drug products are prohibited at the sites. Any person found in violation of this policy will be asked to leave the premises. Anyone who is found in repeated violation of this policy may be barred from attending future practices and games.