



Troy Recreation Department Youth Basketball Rules and Procedures

League Objectives

1. To teach the basic fundamentals of basketball in a non-pressured environment.
2. Provide a safe environment that fosters physical, mental, and social growth.
3. Create a space to instill a love of the game and have fun for all involved.

Code of Ethics for Coaches

From National Alliance for Youth Sports Code of Ethics for Coaches

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will not cheat or engage in any form of unethical behavior that violates league rules.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

Skill Objectives

The following objectives are skills taught in each program (This list is not inclusive of all skills). We do not expect these skills to be perfect, but would like kids to have a basic understanding of these by the end of the season.

Kindergarten, and 1st

- Dribble with head up
- Pass; chest and bounce
- Pivot
- Shooting, including lay-up
- Floor positions

2nd and 3rd grade

- Dribbling with left and right hand
- Violations, 3-second rule in key, dribbling over half court in 10 seconds, passing inbounds in 5 seconds.
- Rules of game, out of bounds, fouls, etc.
- Protecting the ball from defense
- Man-to-man defense

-Rebounding

4th – 12th grade

- Deepen understanding of all rules covered in lower grades
- Increase strictness of enforcing violations as season progresses

Team Formation

Teams are formed by the Troy Recreation Department with consideration to coach request, buddy request, and school. Requests are not guaranteed to be met. Requests received after registration and team formation has begun may not be accepted. If no requests are input, the default will be by school, and then randomized.

The total number of players on a team roster will be determined at the discretion of the Troy Recreation Department.

Players will **NOT** be transferred teams due to coach practice times or other dislikes of assignments. Certain cases will be handled on an individual basis as needed.

Each player must have a completed registration form on file with the Troy Recreation office before he/she participates in any game/practice. A player may only be a member of one team in the Troy Recreation Department program (i.e. may NOT play for 4th grade and 5th grade team in the same season).

Players should register for their appropriate age group/grade. The Troy Recreation Department will consider children playing in a different age group/grade on a case-by-case basis if brought to the attention of the Supervisor.

Team Coaches

1. Each team must have an adult 18+ (or high school student approved by the Department) acting as the team representative for each game or practice. The team coach is also responsible for their team's conduct including player and parent behavior. Any misconduct by the team coach may result in dismissal. (See "*Code of Ethics for Coaches*" on p.1)
2. **All coaches will submit to the department prior to first meeting/practice with their team:**
 - Volunteer application/agreement form
 - Background Check Authorization (once every 2 years, or as requested)
 - Concussion paperwork/certificate (once every 3 years, or per MI DHHS standard)
3. The Troy Recreation Department may deny a coach for reasons found in background check or on application at the discretion of the Supervisor/Director.
4. Coaches do not have the authority to approve adding players to a team.
5. All head coaches completing a full season of coaching will receive their child's registration fee back for that season at the end of the season – limit 1 per kid, per team.
6. Coaches will receive an equipment bag at the beginning of each season or have equipment furnished for them at each practice. Team equipment must be returned immediately following the last scheduled game to the League Supervisor.

Player Eligibility

All children currently enrolled in K through 8th grades (Winter League) and all children currently enrolled as an incoming 4th-8th grade (Summer League). Grades 9-12th as offered by the department. No player may participate in the Recreation Department youth basketball program if they are currently members of an organized interscholastic (school) team. Middle or high school players are permitted to be on the Recreation Department roster but may not participate with the team until the middle or high school season is complete. Once the school season is completed, they are eligible for the Troy Recreation program (Michigan High School Athletic Association rule).

Player Absenteeism

Players should communicate absences with coach. Players are not eligible for full or partial refunds for missed games/practices. For special cases, parents should reach out to the department with questions regarding refunds.

No one will be dropped from the program due to a lack of skills/ability. The youth program has been developed to promote team play and create good sportsmanship among participants.

League Winners

Youth division league champions will be determined on the total number of games won and lost during the regular season or, if eligible, based on the results of the end of season playoffs. If a tie exists for first place, and no playoffs are scheduled, all teams tied will be declared co-champions and all will receive awards.

First place teams in each division will receive individual trophies and all other teams will receive individual medals or other participation recognition as determined by the Troy Recreation Department.

Weather Cancellation Information

If inclement weather is in the area, parents and coaches can find out the status of the program in the following ways:

1. Sign up to receive email or text messages alerts via Sports Alerts at: [City of Troy, Michigan \(govdelivery.com\)](http://govdelivery.com)
2. Check the Troy Recreation Department homepage. Active Alerts will be in **ORANGE** at the top of every page of <http://rec.troymi.gov>

Any games cancelled due to weather will have a make-up game scheduled when possible at the discretion of the Troy Recreation Department. In some situations, make-up games are not possible.

Protests

Due to nature of our recreation athletic programs, protests will **NOT** be allowed concerning the judgment or interpretation of rules. Coaches are encouraged to bring rules that are misinterpreted by game officials to the attention of the site coordinator, so that any misunderstanding may be corrected for future instances. It will **NOT** be corrected during the game in question.

Official/Referees

Prior to the beginning of the game the officials/referees will meet with both coaches to review the rules and answer any questions. The referee is in charge of the game and his/her decisions are **FINAL**. No protests are allowed. The referee will encourage the players in their development of basic skills and good sportsmanship.

For K-3rd grade, our official/referees are Troy Recreation Staff or volunteers. Please be aware some of them are minors, and are developing their skills as leaders and officials. For 4th grade+, our officials are contracted, adult officials.

Any issues found with officials/referees, please bring to the attention of the Program Supervisor so it may be addressed.

Uniforms

All players must furnish their own socks, gym shorts and gym shoes. T-shirts or jerseys will be supplied by the Recreation Department. Each child can keep the shirts at the conclusion of the season. Players should wear the team shirt for all league games.

Sportsmanship and Conduct

Any coach, player, or spectator who, in the eyes of the officials (or site supervisor), uses foul or abusive language, or conducts themselves in an unsportsmanlike manner, shall be ejected from the game (facility if a spectator). Any coach or player ejected from a game for any reason shall be automatically ineligible to coach/play in at least the next regular scheduled game(s). An official, scorekeeper, or site coordinator can enforce this rule.

Coaches – Please set a good example for players in the program.

1. Threats to any official or City employee will not be tolerated. If a threat is made to an official or City employee, that person will be suspended indefinitely pending review from the Troy Rec Department.
2. Fighting will not be tolerated. If a fight occurs, the player(s) involved will be suspended indefinitely pending review from the Troy Rec Department.
3. **TAUNTING WILL NOT BE TOLERATED.** Taunting is a flagrant unsportsmanlike foul that disqualifies the offending bench personnel or contestant from that contest/day of competition (and the next contest/day of competition). A warning may be given but is not required before ejection. Taunting includes any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters.

Examples of taunting that would lead to ejection include but are not limited to, 'trash talk'; physical intimidation outside the spirit of the game; reference to sexual orientation; 'in the face' confrontation by one player to another; standing over/straddling a fallen player.

League Policies

1. The Troy Recreation Department reserves the right to rule and make recommendations on any or all matters not precisely covered in the league rules.
2. The Recreation Department shall not be responsible for any injuries sustained by a member of the league during participation in any league games or team practice session, nor shall they be responsible for any lost articles.
3. When it is detected that a player is bleeding, has an open wound or has a uniform with an excessive amount of blood on it, the match shall be stopped at the earliest possible time. The player shall be removed from the game for proper treatment and may not return prior to the first opportunity for such a player to re-enter.
4. There will be absolutely **NO SMOKING** allowed by anyone at any school game or practice facility. This could cause the loss of privilege of school facility use for the program.
5. If any disciplinary action of players is deemed necessary, the Recreation Department will initiate the following procedure to resolve the issue;
 - a. Site coordinator/coach will first speak with child to resolve problem.
 - b. Site coordinator/coach will include parent in resolving problem.
 - c. A meeting will be set up with parents and Recreation Department Staff.
 - d. Depending on the severity of the incident the child may be asked to sit out a game or season.

Emergency Procedures

Participant Accident or Injury:

1. **Any accident must be recorded** on the Personal Injury Report form and turned in promptly within 24 hours of accident time. See a site coordinator if an issue arises for this paperwork.
2. A major or serious accident is one that requires a doctor. Minor accidents include slight cuts or bruises or anything that would cause temporary pain. In cases of major or serious accident, call 911 for emergency help.
3. After contacting emergency help, contact the family of the participant with the injury. Immediately following that phone call, you must notify the supervisor at the Troy Recreation office.

Remember:

1. CALL 911 FOR HELP.
2. Do not move the injured person.
3. Do not get excited. Remain calm. Do not alarm the injured person or other people - keep them busy.
4. Administer simple first aid only!
5. When in doubt - treat as though a serious injury.

Game Rules and Regulations – Youth Divisions (Grades K-8*)

The current High School basketball rules shall apply to all league play with the following exceptions/additions:

1. A team must have at least four (4) players present to start a game. If a team has no substitutes to replace a disqualified player, it may continue the game with fewer than five players. FORFEIT TIME is five minutes after scheduled game time.
2. Straight running time will be used during play except for time outs, substitutions, two shot free throws (not for the one and one bonus) and in the last minute of each **half** when the clock will be stopped on all whistles.
3. *If not explicitly stated, grades 9-12 will follow 8th grade rules, when this division is applicable/offered.
4. Games shall consist of four (4) quarters with the following times:

| Division | Warm-up Time | Quarter Times | Scores & Standings Kept? |
|----------|--------------|---|--------------------------|
| K/1 | Min 15 mins | 6 rotations of 3-minute each (18 minutes total) | No* |
| 2/3 | Min 15 mins | 4 quarters of 6-minutes each (24 minutes total) | No* |
| 4-8 | Min 10 mins | 4 quarters of 8-minutes each (32 minutes total) | Yes |

*When staffing allows, scores may be kept for K-3, within 6 points difference. No scores will be recorded.

Overtime procedures:

- For Grades 4-8, if a tie exists after four quarters, a two-minute overtime will be played.
 - Should a tie still exist after the first overtime, a second two-minute overtime will be played.
 - If a tie still exists after the second overtime, a "sudden death" overtime will be played with the first team to score declared the winner.
4. **Time Outs:** Each team Grades 4-8 is allotted one time out per **half**. One additional time out is granted to each team for extra period/s of a tie game. (Remaining time outs from regulation play are not allowed to be carried over to the overtime period).

There are **NO** timeouts for grades K-3. Clock will be stopped mid-way through the quarter, or at the rotation period.

5. **Substitutions** may be made with no timeout charged at a stoppage of play near the halfway mark of each quarter for **grades 4-8**. The score table and referees shall designate the stoppage as "substitution" time. Substitutions may also be made at the end of the quarter(s). Undue delays will constitute a charged timeout. Substitutions may also be made at any stoppages of play during an overtime period. Substitutions for **grades K/1 and 2/3** will only be made at the 3-minute rotation mark (K/1), or 3 minute quarter halfway point (2/3).

Coaches must do their best to evenly distribute playing time for all players.

Every player on each team must play a minimum of 1.5 quarters per game, the equivalent minutes of 1.5 quarters/game, or at least 2 rotations in K/1 division.

Exceptions: if a game goes into overtime/sudden death or if a team has only 5 or 6 players present at game starting time. If the player arrives at or after half-time, the coach has the option for the player to play the minimum required playing time of one full quarter or not to play them at all.

6. **“Zone defenses” are NOT permitted for Grades K-5.** Grades 6-8 may utilize Zone Defense.

- Teams must play man-to-man (exception: teams playing with 4 or less players may use a zone defense).
- **Double teams** are allowed in key/paint area **for grades 4+ only** (approximately 10-15 ft. from the basket) and only on the player in possession of the ball. Only 2 defenders may guard the player in possession of the ball at any time.
- There will be **NO** Double teaming in K—3 during any situation.
- If double teams occur outside of key area or more than 2 players guard the ball carrier in the key area, the first offense will result in a warning, second offense is a two-shot technical foul. This rule interpretation is the judgment of an official.

7. **“Clear Outs” are not permitted.** A "clear out" consists when the offensive team places four players away from the basket, thus allowing one player to go one-on-one with the opposing team player. The first offense will result in a warning; second offense is a two-shot technical foul. This rule interpretation is the judgment of an official.

8. **“Rebound control” and Full Court Press – In grades K--5, there is **NO** full court press.** Once a defensive player controls a rebound, the opposing team members must retreat over the half court line before beginning to play defense. It is the official's discretion as to what constitutes control. **Teams may not defend on the opponent’s side of half court on an inbounds pass.**

For Grades 6-8, Full Court Press **IS** allowed – EXCEPT when a team is leading by 15+ points.

For Grades K/1 – the Backcourt 10-second rule will not apply.

9. **Foul shots –**

| | |
|---|--|
| Fouls 1-6 personal fouls | The offensive team will take the ball out of bounds and inbound. |
| 7 th Team foul of each HALF | One-and-one situation: team shoots all foul shots, |
| 10 th Team foul of each HALF | A team will shoot (2) free throws. |

All fouls in the act of shooting, a player will shoot two (2) foul shots, three (3) when 3-point line is in play. A player fouled in the act of shooting that makes the shot will get an additional foul shot. The foul line is moved up approximately 2 feet in grades 4 and 5.

10. **During free throw shots**, the shooter may not enter the key area until the ball touches the rim or backboard, or until the free throw ends.

11. **Foul Limits –**

| Division | Foul Limit |
|----------|------------------|
| K/1 | Unlimited* |
| 2/3 | Unlimited* |
| 4 – 8 | 5 personal fouls |

*If a player is displaying behavior that coaches, officials, or Troy Recreation staff find to be excessive in terms of fouling – the player may be benched to cool off and discuss with the coach appropriate skills. The player may re-enter the game following this period.

Good sportsmanship is expected of all players during practices and games.

12. **The alternating possession rule will be used as follows:**

- A. In all jump ball situations other than the start of the game and each extra period, the teams will alternate taking the ball out-of-bounds for a throw-in. The team not obtaining control of the jump ball will start the alternating possession procedure. Control may also be established by the results of a violation or foul.
- B. To start the 2nd, 3rd and 4th quarters, possession shall be determined by the possession arrow.
- C. In all jump ball situations other than the start of the game and each extra period, the throw-in shall be from the out-of-bounds spot nearest where:
 - 1 - A held ball occurs;
 - 2 - A double free throw violation occurs;
 - 3 - A live ball lodges on a basket support;
 - 4 - The ball becomes dead when neither team is in control and no goal or infraction or end of a quarter or extra period is involved;
 - 5 - A double foul occurs;
 - 6 - Opponents commit simultaneous personal or technical fouls;
 - 7 - Opponents commit simultaneous goal tending or basket interference violations;
 - 8 - If the ball goes out-of-bounds and was last touched simultaneously by 2 opponents, both of whom are in bounds or out-of-bounds or if the officials disagree, play shall be resumed by the team entitled to the alternating possession throw-in at the spot out-of-bounds nearest to where the simultaneous violation occurred. At the start of the game, If the alternating procedure has not started, play shall be resumed by a jump ball between the 2 involved players at the center jump circle.

14. **Glasses, casts, splints, etc.** - All players wearing glasses must have unbreakable-type lenses. The wearing of a hard cast of any nature, hand splint, or other type of potentially

dangerous protective device shall be prohibited, regardless of how padded.

The wearing of a soft bandage to cover a wound or protect an injury shall be permitted. The wearing of a protective knee brace or an "air-filled" type cast on the lower extremities is permitted.

15. **“Bench Decorum”** – Coaches are asked to have complete control of their players and themselves at all times while on the bench including standing or otherwise interfering in the court play.
 16. **3-Point line** - The three-point line will be in effect for basketball leagues (grades 4 – 8).
 17. **Troy Recreation Department Technical Foul Rule:**
 - 1) Any player receiving a technical foul will be removed from the game for the remainder of the quarter. A second technical foul will result in ejection from game.
 - 2) Coaches may remove a player from the game if he/she feels the player’s actions warrant disciplinary action.
- NOTE:** A team will not be penalized by the equal playing time rule if a player is removed for one of the above reasons.
18. **Dunking or hanging on the rim is prohibited in all leagues.** Anyone dunking or hanging on the rim will be whistled for a flagrant technical foul. A flagrant technical foul shall result in ejection from game and an additional one game suspension.
 19. **League Play & Scheduling** - All league games shall be played on dates, times, and locations designated by the Recreation Department. Any team with a reasonable request as to scheduling may make such a request prior to the schedules being formulated. If possible, requests will be granted. Once the deadline to submit scheduling requests has passed, no requests will be considered even if the opposing coach agrees to it.

20. **Ball sizes**

| Division | Size | Circumference | Weight |
|-----------|------------------|---------------|--------|
| K/1 | 4 | 25.5” | 14 oz |
| 2-3 | 5 “Junior” | 27.5” | 17 oz |
| Girls 4-8 | 6 “Intermediate” | 28.5” | 20 oz |
| Boys 4-5 | 6 “Intermediate” | 28.5” | 20 oz |
| Boys 6-8 | 7 “Official” | 29.5” | 22 oz |

21. **Hoop Heights**

| Division | Hoop Height |
|----------|-------------|
| K/1 | 8 ft |
| 2 – 3 | 9 ft |
| 4 – 8 | 10 ft |

22. **Court Sizes** – Grades K/1 will play “cross-court” to shorten distance between hoops. Grades 2-8 will play full court. Practice courts may differ in size from game courts based on school and/or practice facilities.
23. **Stealing off a dribble** – There will be no stealing off a dribble for grades K-3. Stealing is permitted in grades 4-8. Reminder: NO back-court press in grades K-5.
12. **Jump Balls** - jump balls will be used to start the game in all divisions.
- In K/1 – players will wear colored wristbands to assist them in knowing who to guard.
 - In 2/3 – coaches may assist players in matching up, but should not take extra time to do so.
 - In 4-8 – players should match up themselves, with coaches directing from the sideline if needed.
16. **Blocking of shots** is permitted in all divisions.
17. **“Mercy” Rules** – For all divisions in which scores are kept, a point gap greater than 20 points will not be scored. Regulation game-play may continue, but scores will not be reflected in scoreboard or official standings past 20 points.
18. **Mixed grade divisions** – In the case of “mixed grade” divisions, the division rules will follow the LOWEST division included in the mixed age group.

i.e. in a 4/5/6 mixed age group, specific rules pertaining to the 4th grade division will apply, and specific rules pertaining to the 5th or 6th grade division will NOT apply.

Any rules not interpreted here, may be brought to the question of on-site game officials, Troy Recreation on-site Coordinators, and/or the Troy Recreation Department League Supervisor.



Troy Recreation – Youth Basketball Frequent Rules At-a-Glance

Below are some of the most asked about rules, explained in detail on previous pages – but available for a quick-glance below:

Games shall consist of four (4) quarters with the following times--

| Division | Warm-up Time | Quarter Times | Scores & Standings Kept? |
|----------|--------------|---|--------------------------|
| K/1 | Min 15 mins | 6 rotations of 3-minute each (18 minutes total) | No* |
| 2/3 | Min 15 mins | 4 quarters of 6-minutes each (24 minutes total) | No* |
| 4-8 | Min 10 mins | 4 quarters of 8-minutes each (32 minutes total) | Yes |

*When staffing allows, scores may be kept for K-3, within 6 points difference. No scores will be recorded or posted.

Timeouts--

| Division | Time-outs allowed? |
|----------|--------------------|
| K/1 | No |
| 2/3 | No |
| 4-8 | Yes – one per half |

Substitutions--

| Division | Substitutions |
|----------|---|
| K/1 | Only at the 3-minute rotation mark |
| 2/3 | At the 3-minute quarter halfway point; At the end of any quarter. |
| 4-8 | At the 4-minute quarter halfway point; At end of any quarter; At any timeout. |

Rebound Control / Full Court Press / Stealing--

| Division | Full Court Press? | Stealing off a dribble? |
|----------|--------------------------------------|-------------------------|
| K/1 | No | No |
| 2/3 | No | No |
| 4-5 | No | Yes |
| 6-8 | Yes; No if leading by 15+ points. | Yes |

Zone Defense / 3 point line--

| Division | Zone Defense Allowed? | 3-point line in effect? |
|----------|-----------------------|-------------------------|
| K/1 | No | No |
| 2/3 | No | No |
| 4-5 | No | Yes |
| 6-8 | Yes | Yes |

Foul Limits--

| Division | Foul Limit |
|----------|------------------|
| K/1 | Unlimited* |
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| 4 – 8 | 5 personal fouls |

*If a player is displaying behavior that coaches, officials, or Troy Recreation staff find to be excessive in terms of fouling – the player may be benched to cool off and discuss with the coach appropriate skills. The player may re-enter the game following this period.

Foul shots--

| | |
|---|--|
| Fouls 1-4 personal fouls | The offensive team will take the ball out of bounds and inbound, unless shooting foul. |
| 5 th Team foul of each QUARTER | Team shoots 2 foul shots. Resets each QUARTER. |

Ball sizes--

| Division | Size | Circumference | Weight |
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| K/1 | 4 | 25.5" | 14 oz |
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