

Effingham County Recreation and Sports Management

2020 Youth Basketball Rules



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 an 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.

Control Date for Basketball – September 1, 2019

NFHS Rules and GRPA Rules for any rules not found in the local rules.

UNSPORTSMANLIKE CONDUCT: (INCLUDING PROFANITY)

- BY COACHES, PLAYERS, AND SPECTATOR WILL NOT BE TOLERATED
- CONSEQUENCES – A TECHNICAL FOUL
- POSSIBLE EJECTION FROM THE GAME

MUST PLAY:

- CONTINUOUS MINUTES PER QUARTER
- 4 MINUTES PER QUARTER FOR 6U. Officials will stop the clock at 4 minutes for subs.
- ****NEW IN 2020 – 5 minutes per quarter for 8U and older, for 1st three quarters. NO MUST PLAY RULE FOR 4th QUARTER. Subs MUST report to the table when the clock hits "5:15." Officials will stop the clock at the next dead ball for substitutions (this is not a time out).***
- NO EXCEPTIONS. The new must play rule is a trial run. ECRSM reserves the right to amend the rule at ANY TIME DURING THE SEASON, at their discretion, should it become a problem.

LEAGUES	AGES	QUARTER LENGTH	BALL SIZE	TIME OUTS	FOULS (MAX)	MUST PLAY	GOAL HEIGHT
Mighty Minis	5-6	8 minutes	Junior	3/game	8	4min/Q	8 FT
Flea Girls	7-8	*10 minutes	Intermediate	3/game	5	5min/Q	8 ½ FT
Flea Boys	7-8	*10 minutes	Intermediate	3/game	5	5min/Q	8 ½ FT
Mite Girls	9-10	*10 minutes	Intermediate	3/game	5	5min/Q	8 ½ FT
Mite Boys	9-10	*10 minutes	Intermediate	3/game	5	5min/Q	8 ½ FT
Mid/Jun Girls	11-16	10 minutes	Intermediate	3/game	5	5min/Q	10 FT
Midget Boys	11-12	10 minutes	Official	3/game	5	5min/Q	10 FT
Junior Boys	13-14	10 minutes	Official	3/game	5	5min/Q	10 FT
Senior Boys	15-17	10 minutes	Official	3/game	5	5min/Q	10 FT

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TIMING:

- ALL LEAGUES WILL HAVE A RUNNING CLOCK IN ALL ASPECTS OF THE GAME EXCEPT TECHNICAL FOULS, EJECTIONS AND TIME-OUTS
- LAST MINUTE OF 2ND QUARTER AND LAST 2 MINUTES OF 4TH QUARTER – CLOCK WILL STOP ON ALL DEAD BALLS

MERCY RULE – ALL LEAGUES:

During the final quarter of the game, 1 team gains a 20 points lead, then clock will run continuously except for time outs by the losing team (winning team time outs only for injury player per officials). If team get the lead down to 10 points then normal timing for the remainder of game.

LEAGUES	AGES	ALL STARS	FAST BREAK	OVER TIME ** (3 MINUTES)	FULL COURT PRESS (UNTIL 12 PTS)***
8U Girls	7-8	NO	NO	YES (2 MAX)	NO
8U Boys	7-8	YES	2 nd HALF	YES (2 MAX)	2 nd HALF
10U Girls	9-10	YES	YES	YES (2 MAX)	YES
10U Boys	9-10	YES	YES	YES (2 MAX)	YES
16U Girls	11-16	NO	YES	YES (2 MAX)	YES
12U Boys	11-12	YES	YES	YES (2 MAX)	YES
14U Boys	13-14	YES	YES	YES (2 MAX)	YES
17U Boys	15-17	YES	YES	YES (2 MAX)	YES

**** IF BOTH TEAMS FAIL TO SCORE IN 1ST OVERTIME THEN GAME WILL END IN A TIE – NO 2ND OVERTIME**

***** FULL COURT PRESS – ONLY UNTIL TEAM GAINS A 12 POINT LEAD – THEN 2 WARNINGS THEN TECHNICAL FOUL**

STARTING THE GAME:

- Must have 4 players to start a game and can finish with no less than 2 players

UNSPORTSMANLIKE CONDUCT:

- Coaches: Ejection plus sit out next game
- Players: Ejection plus sit out next game

CLOCK OPERATOR:

- Provided by Effingham County Recreation and Sports Management

SCORE BOOK:

- Provided by Effingham County Recreation and Sports Management when possible
- Otherwise – Home team must provide an adult to keep book – Officials can deny home team book as official if problems exist

PROTEST:

- No protest is allowed in basketball except for over-age players (see staff for this protest)

JUMP BALLS:

- To start all games and overtime except the 5-6 and 7-8 leagues

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COACHES ON THE BENCH:

- Head coach may be off the bench, in front of bench to coach – not to help officiate or complain
- Assistant coach(s) cannot be off the bench at any time except time outs
- **No more than 2 adults on the bench at any time including the head coach**

SPECIAL PROVISION: COACHES

- NO COACH (HEAD OR ASSISTANT) MAY LEAVE THE BENCH TO ENTER THE PLAYING AREA UNDER ANY CIRCUMSTANCE. NO EXCEPTIONS

SPECIAL PROVISION: REFEREE(S)

- REFEREE(S) MUST MAKE EVERY ATTEMPT TO PREVENT AN ALTERCATION FROM ESCALATING WHEN ON THE FLOOR OFFICIATING. THIS MEANS STEPPING BETWEEN PLAYERS IN EVERY CIRCUMSTANCE THAT PRESENTS ITSELF. THIS IS PER THE EFFINGHAM COUNTY RECREATION BOARD AND EFFINGHAM COUNTY RECREATION AND SPORTS MANAGEMENT STAFF

8U GIRLS AND 8U BOYS:

- Free throw line 12 feet
- Foul shots must hit the rim or backboard for shot to be played
- No jump balls – visiting teams on the schedule will get the ball to start quarter 1 and home team will get the ball to start quarter 3 – scorekeepers will be record of the jump balls -
 - Overtime – flip of coin
- Change of possession
 - Defensive team cannot “pick up” ball handlers until they pass half court
- Half Court Press
 - If a team is winning by **10** or more points, players on the team leading cannot guard ball until it reaches the 3 point line.
 - Cannot press half court until the lead is **within 6 points**
- Free throw lane
 - Player may be in lane no more than 5/6 second without violation being called
- Possession in the backcourt
 - A player cannot walk around after gaining possession of the ball.
 - Player is allowed no more than 2 steps without dribbling.
 - In bringing the ball to the front court, a player is not allowed more than 1 double dribble, otherwise a violation will be called

- **8U Boys only:**

- **Regular basketball during the 2nd half – full court pressing & fast breaks**

- **If a team has a 10 point lead or more at the beginning of the 2nd half, or at any time during, THERE WILL BE NO FAST BREAKS OR FULL COURT PRESS (the game will be played like the first half).**

- **These rules still apply from above:**

- The winning team cannot guard the ball until it reaches the 3 point line
- Cannot half court press until the lead is within 6 points

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- *If the score gets down to within 6 points, "real basketball" may be played (full court press and fast breaks).*
- *The new fast break/full court press allowance is a trial run. ECRSM reserves the right to amend the rule at ANY TIME DURING THE SEASON, at their discretion, should it become a problem.*