

## **ESCONDIDO RECREATION/PAL YOUTH BASKETBALL RULES AND REGULATIONS**

The League Supervisors shall have governing authority to make decisions on any points not specifically covered under these rules and have the power to revise any rule.

### **COACHING RULES AND REGULATIONS**

- A. All coaches must attend the scheduled coaches meetings. If they sign up to coach after the scheduled coaches meeting, they may make special arrangements with the league coordinator for a private meeting.
- C. All coaches must be **18 years of age or older** and must fill out a volunteer application with the city, a supplemental questionnaire mandated by the state of California, and must be fingerprinted and screened by the Department of Justice in accordance with state law.
- D. All coaches must sign a coach's code of ethics form.
- E. All Assistant coaches must remain seated at all times, except to spontaneously respond to an outstanding play, request a player to call time out, time between quarters, and half time. They may not wander on the sidelines or baselines.

### **ESCONDIDO LEAGUE RULES**

A. National Federal High School Rules and SCMAF Rules will be used with the following exceptions listed below. Rule changes are designed to increase positive experiences for children participating in the league

### **RULES FOR ALL LEAGUES**

- A. A coach may substitute a player only at the halfway point in each quarter, or in between quarters, until each player has fulfilled the minimum play and maximum play rule.
  - 1) Every player must be awarded the opportunity to play 50% of the game.**
  - 2) Every player must check-in at the scorer's table, with a reasonable amount of time for the scorer to make note of who will be going in, and who will be replaced.
    - a) Exception #1: If a player shows up after the start of the second quarter, that player may only play equal to one full quarter, upon the coach's discretion.
    - b) Exception #2: If a player fouls out or ejected, they cannot continue to play.
- B. A team may have four (4) players to start an official game. At no time may a team play with less than three (3) players or it will be considered a forfeit.
  - 1) A team will be given a five (5) minute grace period beginning at the scheduled game time before a forfeit will be declared for having too few players.

### C. Unsportsmanlike Technical Fouls

1. Any player/coach receiving an unsportsmanlike technical foul will be suspended the next scheduled game. If two technical fouls are committed in the same game by the same player they will be ejected from the game and will be suspended the next scheduled game. Any coach receiving two technical fouls in one game will be ejected and suspended indefinitely for the remainder of the season, unless otherwise noted by league Supervisors. The suspended player must attend the next game and check in with the scorekeeper and sit in the spectator stands during the game. This includes:
  - a. Fighting.
  - b. Foul language, either at an official, at other players, or coaches.
  - c. Throwing the ball or kicking the ball
  - d. Showboating.
  - e. Taunting the other team or their spectators.
  - f. Baiting or "confronting" your opponent.
  - g. Making noise during an opponent's free throw attempt.
  - h. Using inappropriate gestures.
  - i. Slapping the backboard.
  - j. Slamming the ball to the floor and letting the ball bounce over their heads.
  - k. Excessively harassing the officials

**\*NOTE:** Any coach who receives two (2) Unsportsmanlike Technical Fouls during the season will not be allowed to coach for the remainder of the season and placed on probation the following year if the league decides to have them coach again.

2. Any spectator called for unsportsmanlike technical fouls will be asked to leave the building and will not be allowed in the building for their child's next scheduled game. This includes:
  - a. Fighting
  - b. Foul language, either at officials, players, or coaches.
  - c. Throwing the ball or kicking the ball.
  - d. Taunting the other team or spectators.
  - e. Baiting or "confronting" the opponent.
  - f. Using inappropriate gestures.
  - g. Excessively harassing the officials

**\*NOTE:** If a spectator makes noise during a free throw attempt by the opposing team, the following rules will apply:

1. The first time it happens, the officials will warn the spectator not to do it again.
2. If the spectator continues to make noise, and if the player who is shooting then misses the shot, they will be awarded substitute free throw(s). This will continue until the player either makes the shot, or the spectator is quiet.

The following are technical fouls, but do not require ejection:

- a. Slapping the ball out of an opponent's hands while they are attempting to make a throw in.
- b. Having six (6) players on the court.
- c. Exceeding their allotted number of warnings for "pressing"
- d. Hanging on the rim.

The following is a technical foul for a player. They will be ejected for that game if the player exceeds two (2) of these fouls, but can still play their next scheduled game unless technical is issued after the game then player is subject to a suspension:

- a. Using foul language before, during, or after the game.
3. Unsportsmanlike technical fouls can be called by PAL related volunteer or City Supervisors.
- D. Anytime a player is hurt and is down, play will be stopped immediately. If the player is still standing, but not continuing to play, it will be the official's discretion as to when to stop play.

Exception: If a player is hurt in the back court, and the player with the ball is in the front court (in the act of shooting the ball) play will be stopped as soon as the ball leaves the shooter's hand.

- E. **When a team is winning by 20 or more points, they must run a half-court offense. No fast breaks will be allowed. The score on the score board will only depict the 20 point difference.**

Penalty: Loss of ball.

- F. When a team is winning by 20 or more points, there is no back court pressing once the defense is in possession of the ball. They may not touch the ball for any reason. This includes:
1. They may not slow down a fast break in the back court.
  2. They must allow the offense to move the ball across the plane of the mid-court line.
  3. Penalty: 1st time - warning; all others - technical foul.
- G. When any amount of blood is detected on a basketball player during a game, he/she will be determined to be injured. The official will stop play and have the injured player removed. The injured player can return to the game only when all three of the following criteria are met.
1. The opportunity for the next substitute has arrived (at least one second has expired from the game clock).
  2. The area of the injury has been covered by a bandage or a dressing. Blood may not be dripping or oozing through the bandage.
  3. The coach has indicated that the injured player is fit to play.

### **RULES FOR "D" LEAGUE**

- A. No full court press at any time. Defenders may pick up players at the **orange line**. All teams will get unlimited warnings the entire season.
- B. Basket will be 9 feet high.
- C. **10-minute quarters, running time until last 2 minutes (only if lead is less than 10 points). Substitutions only at the 5 minute mark of each quarter and beginning of each quarter, exception: injured player.**
- D. A junior-sized ball (28.5") will be used.
- E. Free throw line will be the **black line**.

F. 2-minute overtime period, stop clock at every dead ball.

G. Each team will be allotted two (2) time-outs per half, non-accumulative. Each team will be given one (1) time-out per overtime period, non-accumulative.

H. Head coach may be on the court along their sideline and their own baseline any time during the game, with these restrictions:

1. They must be on the opposite side of the court as the official to stay out of their way.
2. They may only "coach" their team. If they begin to complain to the officials, they will be told they must stay with their team on the bench.
3. All assistant coaches must be on the sidelines or on the team bench during the game.

I. During the last 2 minutes of the game, if the team in possession of the ball calls time out in the back court, they must inbound the ball at the division line into the front court. (If the team on defense calls a time out the ball will be in-bounded where it was previous to the time out.)

### **RULES FOR "C" LEAGUE**

A. **No full court press at any time. Defenders may pick up players at the orange line. All teams will be given one warning per quarter. If a team continues to full court press after warning it will result in a change of possession and inbound the ball at half court.**

B. Basket will be 9.5 feet high.

C. **10-minute quarters, running time until last 2 minutes (only if lead is less than 10 points). Substitutions only at the 5 minute mark in the 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> quarter, exception: Injured player. 4<sup>th</sup> quarter substations can be made at any stoppage.**

D. A regulation-sized basketball (29.5"+) will be used.

E. Regulation free throws (**red line**).

F. 2-minute overtime period, stop clock at every dead ball.

G. Each team will be allotted two (2) time-outs per half, non-accumulative. Each team will be given one (1) time-out per overtime period, non-accumulative.

H. Head coach may be on the court along their sideline and their own baseline any time during the game, with these restrictions:

1. They must be on the opposite side of the court as the official to stay out of their way.
2. They may only "coach" their team. If they begin to complain to the officials, they will be told they must stay with their team on the bench.
3. All assistant coaches must be on the sidelines or on the team bench during the game.

I. During the last 2 minutes of the game, if the team in possession of the ball calls time out in the back court, they must inbound the ball at the division line into the front court. (If the team on defense calls a time out the ball will be in-bounded where it was previous to the time out.)

### **RULES FOR "A" & "B" LEAGUE**

A. Full court pressing will be allowed only in the 2<sup>nd</sup> half.

B. Basket (10 feet high) and free throws will be regulation.

**C. 10-minute quarters, running time until last 2 minutes (only if lead is less than 10 points). Substitutions only at the 5 minute mark in the 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> quarter, exception: Injured player. 4<sup>th</sup> quarter substations can be made at any stoppage.**

D. A regulation-sized basketball (29.5"+) will be used.

E. 2-minute overtime period, stop clock at every dead ball.

F. Time outs – 2 per half, 1 per overtime period. Timeouts do not carry over to next half and/or overtime.

G. Head coach may be on the court along their sideline and their own baseline any time during the game, with these restrictions:

1. They must be on the opposite side of the court as the official to stay out of their way.
2. They may only "coach" their team. If they begin to complain to the officials, they will be told they must stay with their team on the bench.
3. All assistant coaches must be on the sidelines or on the team bench during the game.

H. During the last 2 minutes of the game, if the team in possession of the ball calls time out in the back court, they must inbound the ball at the division line into the front court. (If the team on defense calls a time out the ball will be in-bounded where it was previous to the time out.)

H. 3 seconds in the key

**J. Three point shots will be allowed in both leagues.**

## **OFFICIALS**

**A. Verbal abuse directed towards any official by any players, coach or spectator will not be tolerated. Persons who abuse officials will be subject to ejection from the game. Coaches may only talk to an official during these specific times: Time out, time between quarters, or half-time. Players and spectators are not permitted to speak with the game officials during or after the games. All communication must be done through the coach or a PAL representative.**

## **PLAYOFFS**

- A. Teams will be seeded for playoffs at the end of the regular season in this order:**
- a. **Winning percentage**
  - b. **Best head-to-head winning percentage among all teams tied**
  - c. **Highest point differential between points scored and points allowed**

## **AWARDS**

A. At the end of the season the 1<sup>st</sup> place and 2<sup>nd</sup> place teams in each division will receive an award.