



# RC SPORTS

## YOUTH BASKETBALL RULES AND REGULATIONS





RANCHO  
CUCAMONGA

# RC SPORTS

## RULES AND REGULATIONS

The Southern California Municipal Athletic Federation (S.C.M.A.F.) Rules and National Federation High School rules have been adopted as stated and will apply except where the City of Rancho Cucamonga League rules conflict. City league rules have priority.

### PLAYER ELIGIBILITY

- A boy or girl may play up one division. (With approval from League Director).
- A player may play for only one youth basketball team in our program per season in the City of Rancho Cucamonga.
- Any player found to be ineligible will be removed from the game and program immediately.
- Coaches who use non-registered players (ineligible players) may also face suspension or expulsion.
- Coaches may not recruit players for their team or presume to register players. All interested players must register through the City of Rancho Cucamonga Community Services directly.
- Coaches are responsible for their team members in the absence of parents/guardians. The coach or a responsible adult **MUST** be in attendance until all team members are picked up at the end of practice or games.

### LEAGUE RULES

#### CITY RULES

- **Length of Season:** All teams (Division AAA - C) will play nine league games. All Division D teams will play eight league games. All participants will receive an award at the last game.
- **Rosters:** will have maximum ten players.
- **Good Sportsmanship:** Both teams must shake hands after each game.
- **Uniforms:** No alterations to the City of Rancho Cucamonga youth basketball uniform (jersey & short) are allowed (i.e. last names on the back of players jersey).
- **Head Coach, Official Assistant Coach:** Must be listed on coach's application and players are the ONLY people allowed to sit on the bench.
- **Tie Breaker:** All ties affecting 1<sup>st</sup> and 2<sup>nd</sup> placement will be "broken" by the following:
  - ♦ 1<sup>st</sup> – results from head to head game(s) within group or division.
  - ♦ 2<sup>nd</sup> – score difference during head to head game(s) within group or division.
- **Safety:** The referee shall not permit any player to participate if in his/her judgment, items such as a player's fingernails or hairstyle may constitute a safety concern.
- **Eyeglasses:** **MUST** have an eyeglass strap around the head.

#### GAME TIME

- **AAA-C Division:** The game will be divided into eight five-minute segments. Four segments in the first half and four segments in the second half. Time will be stopped at the end of each segment to allow for sufficient time for substitution to occur.
- **Co-ed D Division:** The game will be divided into eight four-minute segments. Four segments in the first half and four segments in the second half. Time will be stopped at the end of each segment to allow for sufficient time for substitution to occur.
- There will be an initial "jump ball" to begin play. All other jump ball situations will be enacted with throw-ins using alternating possession. **The alternating possession arrow will be used to retain the ball between segments.** Scorekeepers will keep track of possession.
- Game time is start time.

- ♦ All teams must have at **least** four players to compete in a game.
- ♦ If a team has less than four players at game time, the team is allotted a five-minute grace period before starting the game.
- ♦ Game clock will start at game time.
- ♦ If both teams have at least four players after game clock has started, game will resume at that specific time.
- ♦ After the five-minute grace period has expired, the game will be a forfeit if there is not a minimum of four players (per team). Teams have an option to scrimmage for fun.
- ♦ If the game starts with four players and the fifth player arrives late. Player may enter the game on the next dead ball
- ♦ If a team has only four available players and a player fouls out, that player may remain in the game; however, each subsequent foul they commit will result in a technical foul being charged to the team.
- **Overtime:** Two minutes, stopped clock. There will be a limit of one overtime per game during the regular season. Possession will be determined with an opening jump ball. If the game is tied at the end of overtime period, the game will end in a tie.
- If a team has a ten point or more lead with less than two minutes remaining in the eighth segment, no stopped clock shall be used.

### **MAXIMUM AND MINIMUM PLAY RULE**

Please See Sample Scoresheet

- **Maximum Play Rule:** Every player must sit out one segment per half, (this applies to teams of 7, 8, or 9 players). If you have only six players, each player must sit out one segment per game.
- **Minimum Play Rule:** Each player will play four of eight segments per game. Exceptions to the rule are:
  - ♦ If coach is experiencing problems with player failing to attend practices. (**Coach must notify the League Director before Thursday by 5:00 p.m.**) If the League Director fails to resolve the problem with the parent, then the League Director can restrict the child's playing time for the upcoming game.
  - ♦ Player arrives late to the game.
    - A player arriving after the first half must play two segments of the remainder of the game.
    - A player arriving after the start of the game, but before the third segment must play at least one segment in the first half and regular play rules will resume in the second half.
    - A player arriving after the start of the game, but before the second segment will have standard play rules apply.
  - ♦ If a child is injured, play can be restricted, but the coach must notify on-site staff prior to restricting play and must receive staff approval.
- **Substitutions:** A player may only be substituted in the middle of a segment due to injury, illness, or has fouled out of the game.
  - ♦ Free substitution (all divisions) only applies in the eighth segment with two minutes left and may not begin until **all** players have met the minimum segment playing requirements of playing at least four segments. Exception: A player is injured, becomes ill or fouls out.
  - ♦ The substituting player **CANNOT** exceed the Maximum Play Rule.
    - A player substituting in for an injured/ill/disqualified player will not have that segment count as their sitting out segment with regards to the Maximum Play Rule.
    - A player substituting in for an injured/ill/disqualified player will not have that segment count as a full segment played with regards to the Minimum Play Rule.
  - ♦ All players must check-in with scorekeeper before entering the game.

## TIME-OUTS

- Teams will each receive two timeouts per half and one timeout per overtime period. Time outs will be limited to **30 seconds** in duration.
- Unused time outs from the first half do not carry over to the second half. Unused second half time outs do carry over to over time.
- A coach can call time out in addition to a player on the court. Please ask the officials to request a timeout. Scorekeepers cannot grant timeouts.

## VIOLATIONS

- **Bonus Rule (1+1):** shall be in effect on the seventh team foul; on the tenth team foul two shots will be awarded. Team fouls start over with the beginning of the second half. Team fouls from the second half do carry over into overtime.
- **Back Court Violations:** Girls will play boys rules regarding ten second back court rule and over and back.
- **Dunking:** No dunking is allowed. A technical foul will be charged to the player.
- **Technical Fouls:** All technical fouls will consist of two free throw shots and possession of the ball. The clock will stop during technical fouls.
  - ♦ If a player/coach receives two technical fouls in the duration of a game the player/coach will be ejected from the game with an automatic one game suspension.
  - ♦ A technical foul will count as a personal foul and a team foul.
  - ♦ Intentional fouls is at official's discretion (Note: player should always try at the ball even if fouling to stop the clock).

## FREE THROW PROVISION (ALL DIVISIONS)

- A player occupying a marked lane space during a free throw attempt, may not enter or leave the lane space **until the ball hits the basket or backboard** or until the free throw attempt ends. Free throwers may not cross the foul line **until the ball hits the basket or backboard** or the free throw ends. The number of players permitted in the lane spaces during the free throws (not including the free-throw shooter) will be a total six players: four defensive players and two offensive players. The lane spaces closest to the baseline must remain vacant.

## GOOD SPORTSMANSHIP RULE

- If a team has a lead of twenty points or more, all defensive players must keep one foot in the key. A warning will be assessed for the first violation. A technical foul will be assessed for all violations following.
- If a team is up by thirty points or more, the score will be cleared for the remainder of the game. The score will be kept on the scoresheets. Score will only be turned back on if the score difference is twenty points or less.

## DIVISION RULES AND REGULATIONS

### AAA, AA, A, and B DIVISIONS

- **Basketball Size:** Boys will use 29.5 official size, and Girls will use 28.5 circumference basketball size, rubber or leather covered optional.
- **Basket Height (rim):** Height will be set at 10 ft.
- **Back Court Pressure:** Defensive can full court press. (Good Sportsmanship Rules Apply)
- **Key Violations:** Three second key violation.
- **Three Point Shots:** Three-point shot will be allowed in Divisions AAA, AA, A and B only.

## C DIVISION

- **Basketball Size:** Boys and Girls will use the 28.5 circumference basketball (intermediate size), rubber or leather covered, optional.
- **Basket Height (rim):** Height will be set at 10 ft.
- **Back Court Press\*:** No backcourt press once the offense is **in possession** of the ball. Penalty: A warning to the team on the first offense and a team technical foul (two foul shots and possession of the ball) for all subsequent offenses. (At official's discretion). Defense must allow offense to move the ball across the plane of the mid-court line.  
**(\*Back court press will be allowed in final two minutes of the game if the lead is 10 points or less – new Summer 2019).**
- **Key Violations:** Five second key violation
- **Free-Throws:** 12-foot free throw line will be used.
- **Three Point Shot:** **Three-point shot will be allowed (new Summer 2019).**
- **Ball Inbound:** During the last two minutes of the game, if a team with possession of the ball calls a timeout in their backcourt, they must inbound the ball at mid-court into the frontcourt.

## COED D DIVISION

- **Basketball Size:** 27.5, rubber or leather covered.
- **Game Score and League Standings:** are not be kept.
- **Basket Height (Rim):** An adjustable basket that will be set at 8 ft.
- **Back Court Press:** No backcourt pressing once the offense is in possession of the ball. Teams will receive warnings each time it occurs at the official's discretion.
- **Key Violation:** No three (3) or five (5) second key violation will be called.
- **Free Throws:** No free-throws shots. Ball will be taken out of bounds on all violations.
- **2 - 3 Zone On Defense**
  - ♦ Games 1 - 4: Non – Extended 2 - 3 Zone Defense
    - There will be five marked colored spot (2 - 3 zone) on the court designated for defensive players.
    - Defensive players **must** have one foot on the designated spots while playing defense.
    - Defensive players **may** attempt to steal the ball or block a shot with one foot on the designated spots.
    - Defensive player may step off the designated spots when:
      - Attempting to retrieve a rebound after the shot has been released.
      - Transitioning from defense to offense.
      - Loose ball situation (when both teams do not have possession of the ball).
      - Dead ball situation (out of bounds, time-out, fouls, substitution etc.).
    - **Violations will result in a warning or an inbound of the ball at the official's discretion.**
  - ♦ Games 5 - 8: Extended 2 - 3 Zone Defense
    - The designated markers will be removed for the remainder of the season.
    - Defense must continue to play a 2 - 3 zone; however, teams can play in an extended 2 - 3 zone.
    - Defensive players may attempt to steal the ball or block a shot.

## **COACH'S RESPONSIBILITIES AND REGULATIONS**

### **COACHES RESPONSIBILITIES**

- **One up/One Down** - Only one coach may stand during the game except to substitute a player, to signal players to request a time out, to react to an outstanding play, to replace a disqualified or injured player, to attend to an injured player. The coach's box shall be limited to the length of the bench.
- As a courtesy, the scorekeepers are encouraged to notify all coaches at the Start of each segment, on the status of satisfying the Minimum and Maximum Play Rules; however, the ultimate accountability for compliance is the head coach's responsibility.
  - ♦ The official scorekeeper shall determine compliance. Penalty for non-compliance will be forfeiture of the game. In the event of a question regarding Minimum/Maximum Play Rule compliance, the site supervisor, upon consultation with the official scorekeeper, shall render the final decision on the spot.
- Coaches **may not** forfeit the game. Site supervisor and scorekeepers will make all decision on forfeits.

### **COACHES REGULATIONS**

- Any coach ejected from a game will have to appear before the Community Services review board if the suspension is for more than one game.
  - ♦ This board will consist of coaches from the basketball league, the League Coordinator, Community Services Sports Supervisor, and/or other staff.
- Any coach, head coach or assistant coach, ejected from a game may not be able to coach the following week. If any coach ejected from a game twice in one season will be removed as coach of the team for the season.