

**CHAPEL HILL PARKS AND RECREATION DEPARTMENT  
2023-2024 YOUTH BASKETBALL RULES  
COED 7-8  
BOYS 9-10, 11-12, 13-15 & GIRLS 9-12  
AGES 16-18**

**GENERAL INFORMATION**

**IMPORTANT NUMBERS:**

<b>Athletic Hotline</b>	<b>685-8277</b>
<b>Community Center</b>	<b>968-2790</b>
<b>Lincoln Gym</b>	<b>968-2792</b>
<b>Northside Gym</b>	<b>968-2794</b>
<b>Rashkis Elementary</b>	<b>918-2160 x 22513</b>
<b>Chapel Hill Parks &amp; Recreation Department</b>	<b>968-2784</b>

1. League standings will be posted on the department website, [www.chapelhillparks.org](http://www.chapelhillparks.org).
2. The Parks and Recreation Department will furnish the game ball, Gym Supervisor, Officials and game jerseys. We will attempt to have a gym supervisor and a scorekeeper present at each game, but in circumstances where we might be short handed the home team as listed on the schedule could be asked to provide one volunteer to keep the scorebook during games. The gym supervisor will run the clock.
3. Tennis shoes must be worn by all participants.
4. Coaches are responsible for the conduct of players on their respective teams. Please maintain order among all team members before, during and after all games.
5. In the event of a game cancellation, change or other rescheduling, the team's coach will be contacted by the Parks and Recreation Department. Coaches are also notified by email of make-up schedules. The coach is then responsible for notifying his/her team of the changes. In the event of inclement weather, the status of games will be recorded on the Athletic Hotline (685-8277).
6. Participants are not allowed on any athletic equipment such as rings, wrestling mats, parallel bars, etc. Sitting on bleachers that are not fully pulled out may cause them to malfunction. The Parks and Recreation Department is responsible for all damages that may occur during hours in which we utilize school facilities.
7. No metal jewelry (watches, rings, chains, earrings, etc.) shall be worn during practices or games.

8. An eligible player is one defined as a player registered with the Department and on a team roster. If coaches allow illegal players to participate or allow players to participate under false names, the game will be declared a forfeit and the coach's chance of coaching in future programs will be jeopardized. Players on a school team roster are not allowed to participate on a Parks and Recreation Department team.

9. No glass containers are allowed in the gym. If players must drink fluids in the gym, they must be in a squeeze bottle. The Department prefers for coaches to bring all fluids in a large cooler for the team. Please make sure all cups, plastic containers, etc. used by your team are removed immediately after your game.

10. The Department will **not** provide trophies at the end of the season. Coaches can purchase awards for their team if they choose, but it is not required and the Department will not pay for it.

#### **ELIGIBILITY**

Coed 7-8	Players are 7-8 years (Can't be 9 before Aug. 31, 2023)
Boys 9-10	Players are 9-10 years (Can't be 11 before Aug. 31, 2023)
Boys 11-12	Players are 11-12 years (Can't be 13 before Aug. 31, 2023)
Boys 13-15	Players are 13-15 years (Can't be 16 before Aug. 31, 2023)
Girls 9-12	Players are 9-10 years (Can't be 13 before Aug. 31, 2023)
Ages 16-18	Players are 16-18 years (Can't be 19 before Aug. 31, 2023)

### **RULES AND REGULATIONS**

1. At least 5 minutes before scheduled game time, each coach shall supply the scorer's table with their roster which includes the first and last names of all players and jersey numbers. If players come to the game late, they will be allowed to enter the game without a penalty.

The Gym Supervisor's watch is the official starting timepiece for each game. Wall clocks will not be used.

2. First and last names must be put in the scorebook. All players listed in the scorebook before the start of the game will not be assessed a technical foul for entering the game if they arrive late. Players not listed will be charged a two-shot technical foul for coming late. We suggest listing all players on the roster before each game. The Staff's scorebook is the official scorebook.

3. If a team cannot field 5 eligible players by game time, the game can start with 4 players. If a team can't field 4 players at game time the contest will be declared a forfeit. There is no grace period allowed for the start of the game. Should neither team be able to field 4 eligible players by game time, a double forfeit will be declared giving both teams a loss.

4. In the event of a forfeit, the Department staff will wait around for ten (10) minutes. If enough players show within ten (10) minutes, the staff will work the game for one hour from the original game starting time. If at any time a forfeited game gets out of hand, the staff shall stop the game and clear the court for the next game.
5. Only 2 coaches and the registered team members are allowed on the team bench during the game. **\*\*Ages 13-15 Chapel Hill/Carrboro League:** 3 coaches may sit on the bench each game. **\*\*Ages 16-18 League:** At least one coach, 21 years of age or older must be in attendance at each game and practice. If a team does not have a coach approved by the Department on the bench at the end of the first period, the game will be declared a forfeit.
6. No coach shall badger or abuse any player during games and practices. Nor shall any coach harass any scorer, timer, or official. Coaches are to stay in the Coaches Box except when at the scorer's table for team or player information. However, coaches can be restricted to their seat by the game officials if necessary.
7. The following people are allowed at the scorer's table: Scorers, timers, gym supervisors, officials, staff members, players and coaches. **NO ONE ELSE IS ALLOWED AT THE SCORER'S TABLE AT ANY TIME.**
8. Profane language and unsportsmanlike conduct on the court or in the gym are not allowed.
9. All technical fouls carry a two shot penalty.
10. Each team has 4-5 minutes for pre-game warm-ups, if time permits.
11. **Coed 7-8, Boys 9-10, Boys 11-12, Girls 9-12:** will use an Intermediate size ball.  
**Boys 13-15 & Ages 16-18:** will use a Regulation size ball.
12. **Coed 7-8:** will use an 8 1/2 ft. goal.  
**Boys 9-10, Boys 11-12, Boys 13-15, Girls 9-12 & Ages 16-18:** will use a 10 ft. goal.

## THE GAME

### LENGTH OF QUARTERS, HALFTIMES, AND OVERTIME PERIODS

**Coed 7-8, Boys 9-10, Boys 11-12 & Girls 9-12:** 6 Minute quarters--regulation clock stopping whenever the ball is dead. Half-time will be 3 minutes. In case of a tied game, a one (1) minute regulation clock overtime period shall be played. Each additional overtime will be a one (1) minute running clock - clock will stop on free throws.

**Boys 13-15:** 7 Minute quarters -- regulation clock stopping whenever the ball is dead. **Half-time will be 5 minutes for Boys 13-15. In case of a tied game, a one (2) minute regulation clock overtime period shall be played. If the score is still tied a sudden death period will be played, the first team to score wins.**

**Ages 16-18:** 7 Minute quarters -- regulation clock stopping whenever the ball is dead. Half-time will be 3 minutes long. In case of a tied game, a one (1) minute regulation clock overtime period shall be played. Each additional overtime will be a one (1) minute running clock - clock will stop on free throws.

## **RULES ON DEFENSE**

### **Coed 7-8, Boys 9-10, Girls 9-12**

A pressing defense in the backcourt is prohibited. The first violation will result in a warning for both teams. For the second and subsequent violations, a two shot technical foul is assessed and charged as a team foul. **Exception:** During the last 30 seconds of each half, the defensive team is allowed to press full court.

### **Boys 11-12**

A pressing defense in the backcourt is **only allowed in the last 2 minutes** of each half. The first two violations will result in a warning. Third and subsequent violations will result in a Technical foul charged to the team.

### **Boys 13-15 and Ages 16-18**

A pressing defense in the backcourt shall be allowed throughout the game, **except** as stated in the Coach's Corner.

## **SUBSTITUTION**

Substitutions may be made anytime the ball is dead. Players must check in at the scorer table and be allowed into the game by the officials. **Exception:** Mandatory play rule.

## **TIME-OUTS**

Each team will have 2 time-outs per half, each (60) seconds long. Time-outs can come from the player on the floor or by the coaches on the sidelines. **\*\* Boys 13-15 Chapel Hill/Carrboro League:** 4 time outs per game. 1 time out in overtime, timeouts from regulation do not carry over.

## **FREE THROWS**

On a free throw, players may not enter the free throw area until after the ball leaves the shooter's hand.

**Coed 7-8, Boys 9-10, Girls 9-12:** shoot from 12 foot foul line.  
**Boys 11-12, Boys 13-15 & Ages 16-18:** shoot from 15 foot foul line.

**New rule for 2023-24.** On the 5th team foul of each **quarter**, two free throws are awarded. There is no more 1-and -1 on the 7<sup>th</sup> team foul of the half.

Three free throws are awarded if a player is fouled in the act of attempting a 3 point shot if the shot is unsuccessful.

### **THREE POINT LINE**

**Coed 7-8, Boys 9-10:** 3 point shot is **not** allowed.  
**Boys 11-12, Girls 9-12, Boys 13-15, Ages 16-18:** 3 point shot is allowed.

### **ALTERNATING TEAM POSSESSIONS**

A jump ball between any 2 opponents at the center circle will be used to start the game and any extra period.

The team that does not gain control of the ball on the first jump ball will obtain possession when the next jump ball situation occurs.

After the alternating procedure has started, the possession arrow will be pointed to the basket of the team that is to receive the ball on the next possession.

**New Quarter:** The team that has the possession arrow will receive the ball out of bounds to start the new quarter.

**Second Half:** The team that has the possession arrow receives the ball out of bounds to start the second half.

## **MANDATORY PLAYING RULES COED 7-8; BOYS 9-10, 11-12 & 13-15; GIRLS 9-12**

It is mandatory that every player play in every game. For ages 7-15, there will be a mandatory substitution break at the midway point of the first, second and third quarters.

**Ages 7-12:**

**When ten players are present for a game:** The coach must play one five-man unit for the first half of the first quarter. The remaining five players will play the second half of the first quarter. This procedure must be repeated in the second and third quarters as well. The fourth quarter and any overtime is free substitution for the entire quarter.

**When seven to nine players are present for a game:** The coach must play one five-man unit for the first half of the first quarter. The players who did not play in the first half of the quarter must play in the second half of the quarter. This procedure must be repeated in the second and third quarters as well. The fourth quarter and any overtime is free substitution for the entire quarter.

If a player plays both halves of the first quarter, **they cannot play both halves of the second quarter. They would be limited to playing one half of the second quarter.** They would be able to play the whole third quarter if the coach chooses, **so long as they have not played the entire quarter in back to back quarters.** The fourth quarter is exempt from this, as that quarter is free substitution for the entire quarter.

**When five or six players are present for a game:** The coach must play one five-man unit for the first half of the first quarter. The players who did not play in the first half of the quarter must play in the second half of the quarter. This procedure must be repeated in the second and third quarters as well. The fourth quarter and any overtime is free substitution for the entire quarter.

#### **Ages 13-15:**

A. All participants present will be guaranteed the opportunity to participate in a pre-determined minimal amount of minutes per game. Below are the guidelines that will govern the minimal amount of playing time.

1. 10 PLAYERS...

- a. Everyone must start two quarters (one per half).
- b. No substitutions may occur during the first four minutes of each quarter.

2. 7 TO 9 PLAYERS...

- a. Everyone must start at least two quarters (one per half).
- b. No player may start more than three quarters.
- c. No substitutions are allowed during the first four minutes of each quarter.

3. 5 TO 6 PLAYERS...

- a. Everyone must start at least three quarters.
- b. No substitutions during the first four minutes of any quarter.

**NOTE:** There will be no mandatory playing time rule for ages 16-18.

## **MANDATORY PLAYING RULE - POSSESSION**

The team that has possession of the ball when the time expires for mandatory substitution midway through each quarter will have possession when play resumes.

If neither team has possession when time expires for mandatory substitution, there will be a jump ball at center court, and then the alternating possession rule will be in effect.

## **MANDATORY PLAYING RULE - INJURED PLAYER**

If a player gets injured in either the first, second or third quarter, the coach of the injured player designates a substitute player. If the injured player is not able to return to the game, the substitute player must not be players that have been designated to sit out during the mandatory play period unless those are the only players present. If the injured player is able to return to the game, he/she must play the remaining time allotted for him/her through the mandatory playing rule. This will not carry over into the next period.

When the injured player is able to return to the game, he/she must replace that individual who went in as his/her substitute at the time of injury.

## **COACH'S CORNER**

At no time will any youth basketball coach take advantage of another team's inability to make a contest of each game. The Department has no desire to eliminate the competitive spirit in youth basketball, but will not tolerate personal actions on a coach's part to humiliate any opponent. We have some suggestions to insure that youth basketball can be fun, whether winning or losing.

### **Ages 7-12:**

**Once a twenty (20) point lead is established, no pressing defenses will be allowed.**

Penalty: First offense results in a warning. Second offense and subsequent offenses will result in a two-shot technical foul.

**Once a team has established a twenty-five (25) or more point spread, the gym personnel will designate players who can and cannot play, until the score has come down to a twenty (20) point lead. Teams must also pack the defense back inside the 3 point line. The Athletic Staff feels this is the time to let those less talented players have more time on the court. This is not the time to work on a stall offense.**

**Once a team has established a thirty (30) or more point spread, we will use a running**

clock for the rest of the game, stopping only for time outs. If the lead gets down to twenty-five (20) points, the game will return to a regulation clock.

A player or coach ejected from the game has 60 seconds to leave the facility and grounds. Players and coaches should be cautious about what is said to the officials after a game. Ejections and suspensions can be administered at such time.

**NOTE:** Coaches corner will not apply to the 13-15 year old Chapel Hill/Carrboro League.

**A GOOD COACH IS RESPONSIBLE FOR THE FOLLOWING ITEMS:**

1. Maintaining an understanding of rules and regulations of the sport being played.
2. Properly registering their children for the program.
3. Providing accurate information needed to compile eligibility lists and other reports.
4. Assuming a supervisory role over team players.
5. Assisting in implementation of athletic standards.
6. Attending games and practices on a regular basis.
7. Applying discipline in a firm and positive manner.
8. Conducting self and team in an ethical manner during and after games.  
Displaying good sportsmanship regardless of game outcome. Maintaining poise and self control at all times.
9. Instructing players concerning rules and regulations.
10. Respecting the officials judgment and interpretation of rules. Following the appropriate procedures if an interpretation appeal becomes necessary.
11. Controlling your team and permitting officials to control the game.
12. Attempting to shake hands with the officials prior to the game and the opposing coach and team after the game.

## **Chapel Hill Parks and Recreation Department ATHLETIC RULES OF CONDUCT**

The following RULES OF CONDUCT are sportsmanship guidelines utilized to maintain a positive and safe atmosphere during recreational athletics sponsored by the Chapel Hill Parks and Recreation Department. These rules will be applied to all sports/athletics programs, youth and adult. Each participant/team will be provided this information and it is the responsibility of each team manager/coach to inform his/her team members. Ignorance of these rules will not be considered an acceptable excuse for violations.

The Gym Supervisor is the first line representative of the Parks and Recreation Department at each site. The Gym Supervisor is responsible for implementing Chapel Hill Parks and Recreation Department policies/guidelines. No spectator, player or coach may overrule any decision made by the supervisor within the guidelines set by the Parks and Recreation Department. The Gym Supervisor has the authority to maintain order in the bleachers, on the bench and on the court.

The RULES OF CONDUCT will be in effect before, during and after each game/match/practice beginning with departmental sponsored preseason practices and continuing through the conclusion of league/tournament play. All athletic special events will be governed by these rules. These guidelines will apply to all events conducted by the department regardless of whether these events are on city owned property or rental facilities.

- Each league in each sport will have league rules to meet requirements of that particular sport. Violation of these league rules can result in suspension.
- Team(s) and/or individuals(s) suspended as a result of infractions of the RULES OF CONDUCT will not be given refunds for team or individual fees.
- A participant is defined as a player, coach or assistant coach, spectator, team or a team follower.
- Any department staff member has the authority to eject a participant from a Parks and Recreation event or property (For further reference see The Chapel Hill Code, Sect. 12-3-u).
- Repeated violations by team(s) or individual(s) will result in more severe penalties being applied.
- Violations of the RULES OF CONDUCT at the conclusion of seasonal play may result in a penalty application in succeeding programs and/or seasons.

- Penalties applied for any situation or circumstance not specifically covered in these RULES OF CONDUCT will be left to the discretion of the Recreation Superintendent.
- Participants ejected from a game/match /practice must leave the facility in 60 seconds. Failure to do so will result in forfeit of the activity.

## RULES OF CONDUCT

1. All participants must abide by the official's decision.
2. All participants must refrain from all objectionable demonstrations of dissent at an official's decision (i.e. kicking or throwing a ball, bat, or equipment, speaking loudly to an official, making gestures toward an official, etc.).
3. During the course of a game/match, only one captain or one coach per team will be allowed to discuss decisions reached by an official with the officials.
4. All participants must refrain from using unnecessary roughness against the body and person of an opposing player during the course of play of the game.
5. All participants must refrain from using profane, obscene, or vulgar language.
6. Taunting, mocking, and/or harassment of participants or officials will not be allowed.

### PENALTIES FOR ITEMS 1-6

*The participant will be ejected from the game/match/practice and may be suspended from the next game (regular season or tournament) played by his/her team. A warning will not have to precede the ejection. Upon investigation of the violation, the Recreation Superintendent may take more severe steps if the violators actions endanger the safety of participants or officials.*

7. Verbal abuse of the officials or participants will not be allowed.
8. Profane, obscene, or vulgar language used maliciously toward another participant or official will not be allowed. (for further reference see The Chapel Hill Code, Sect. 12-3 - p.).

### PENALTY FOR ITEMS 7-8

*The participant will be ejected from the game/match/practice and suspended from the next three regular season game/matches or the next tournament games/matches played by his/her team. Should the violation occur with less than three regular season games/matches remaining, the suspension will be applied to those remaining games/matches plus the first tournament game/match played by his/her team.*

9. Participants must refrain from pushing, shoving, striking, laying a hand on, or threatening to do any of these actions to another participant or official.
10. The drinking or possession of alcoholic beverages will not be allowed at Parks and Recreation Department events or property. (For further reference see The Chapel Hill Code, Sect. 12-3 m).
11. Participants are not allowed to attend any Parks and Recreation Department event or property while intoxicated.
12. Participants must refrain from any form of physical attack as an aggressor upon another participant or official.
13. Firearms, knives, or other weapons are not allowed at Parks and Recreation Department events or property. (For further reference see The Chapel Hill Code, Sect. 12-3-1).

#### **PENALTY FOR ITEMS 9-13**

*The participant will be ejected from the game/match and suspended for the remainder of the season or, if circumstances warrant, be suspended from further competitive programs offered by the Parks and Recreation Department. For violations of the above mentioned city ordinances and laws, legal authorities will be contacted.*

### **APPLICATION OF THE RULES OF CONDUCT**

- Upon receipt of a written report describing a violation, the department program staff or designee will investigate the report and will in turn apply the appropriate penalty in compliance with the RULES OF CONDUCT.
- The violator will be mailed a letter, sent an e-mail or receive a telephone call describing the violation and appropriate penalty. Additional copies of this letter will be issued to the team coach/manager, league supervisor, officials, etc. as needed. A parent/guardian will be mailed this letter for youth violators.

- Penalties will begin immediately following the issuance of the letter or telephone call.
- If the individual receiving the penalty wishes to appeal the ruling. He/she may do so by submitting a written request to the Recreation Superintendent stating the reason for appeal. An appeal must be received by the Recreation Superintendent within 48 hours.
- Formal appeal meetings involving the participant and Parks and Recreation Staff will only be conducted for seasonal or longer suspensions at the discretion of the Recreation Superintendent.
- If the individual receiving a ruling from the formal appeal meeting wishes to pursue another appeal he/she may do so by submitting a final appeal to the Director of Parks and Recreation within 24 hours of the previous ruling.

## COMPLAINT

A team manager may file a complaint with the league administrator for any incident deemed inappropriate by gym supervisors, officials, or the league administrator (at no cost). This can be done by telephone or in written form.