

**METRO PARKS AND RECREATION DEPARTMENT
WINTER YOUTH BOYS AND GIRLS BASKETBALL
RULES AND REGULATIONS**

I. Eligibility

- II. Players will be 7- 9, 10 – 12, 13 – 15 or 16 – 18 years to participate in league play. Age is determined by the participant’s age as of March 31, of the current season.
2. Each team must have one (1) practice per week. Contact Community Center Manager for day & times available
3. A player may play on only one team per season. A player may choose to play up one age division, but he/she cannot play down an age division.
4. Refunds will not be issued after uniform shirts are ordered.
5. Game schedules will be posted on <https://secure.sportability.com/spx/default.asp>

III. Equipment/Uniforms

1. All players on each team must wear jerseys that are matching in color and which have a permanently affixed, non-duplicated number on the front and back of jersey..
2. Players must wear shoes that are designed for indoor wood court surfaces. NO “turf shoes” or other black-soled shoes will be allowed. Players may not play barefooted or in stocking feet.
3. Referees may ban any equipment that they deem as unsafe or illegal per NFHS.
4. No jewelry may be worn at any time during the game.

III. Playing Rules

1. Teams should be present thirty (30) minutes before game time.
2. Playing time per game
 - a. **Individual Division:** Each player is **required** to play equivalent to two (2) **complete** quarters per game. (**Exception:** a team that has less than 7 uniformed players).
3. A line-up must be turned into the Official Scorekeeper 10 minutes prior to game time. Line-up must include **last name, first name and jersey number**. NO NICK NAMES
4. An official game shall consist of: four (4) eight-minute quarters.
5. The clock will run continuously through each quarter, stopping only for free throws, time outs, injuries and official’s timeouts, except last two minutes of each half.
6. During the last two (2) minutes of each half, the clock will stop for all whistles.
7. Basketball sizes utilized:
 - a. Official Women’s Basketball: Girls & Boys Divisions: 7 – 9
 - b. Official MEN’S Basketball: Girls & Boys Divisions: 10 – 12 & above
8. The “three - second” lane violation rule will be in effect for all ages except Pee Wee.
9. Full Court Press:
 - a. All ages play full court defense during the last two (2) minutes of the 4th quarter and during overtime, except ages 10– 18.
 - b. All division: If a team is up by more than 10 points, that team cannot full court press.
10. The ten - second rule for offensive teams to advance the ball past half court will be in effect during all games.
11. Three Point Shot: All
12. A five - minute half time will be observed.
13. Each team will be allowed four (4) one-minute timeouts per game.
14. Teams must start a game with five (5) players but may finish a game with four (4).
15. All substitutes must check in at the scorer’s table and wait for an official to allow them to enter the game.
16. The one and one bonus will be in effect on the seventh (7th) team foul of each half.

17. During the first four (4 games), Zone Defense will not be allowed in the 7 – 9 division. (Man to Man only). Explanation: Teams in this division must play a man- to-man defense. Exception: If a player beats his man around an area inside the free throw line, when another defender can release

his man to pick him up. When playing defense, every player should be guarding a player within six (6) feet. Not an area or zone. Teams not adhering to this rule will be assessed a violation/warning, and the next infraction will result in a technical foul. The following are examples that are illegal: zone, double-teaming, triple teaming and box in one. After the fourth (game), teams may play whatever half-court defense they choose.

18. The Parks and Recreation Department reserves the right to approve/disapprove any team logo, language or uniform deemed lewd, vulgar, obscene or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.

IV. Overtime

1. We will play by NFHS rules with the following exception. The clock stops for foul shots and timeouts only. (Only one overtime period will be played).
2. One (1) additional timeout will be awarded per team in overtime.

V. Staff Information/Inclement Weather/School Closings

Contact the community center where you play.

VI. Conduct/Discipline Policy

1. Any player, coach, or manager ejected from any league game will be suspended for a minimum of three (3) league games.
2. Players, coaches and managers who have been suspended must leave the facilities and grounds immediately or the team will forfeit the game.
3. Each team manager will be held responsible for the conduct of his or her fans/spectators.
4. Suspensions will carry over from season to season. A player suspended for the final two games of one season will also be suspended for the first game of the next season.
5. Physical violence, especially attacks on a game or tournament official immediately before, during, or after a game or fights/confrontations between players/teams will result in a minimum of one (1) year loss of eligibility in all league play or indefinite suspension in all league play, subject to an annual review if requested.
6. The referees/facility supervisors have the authority to remove players, coaches, or spectators from the game and/or forfeit the game due to unsportsmanlike conduct. Unsportsmanlike conduct shall include, but not be limited to, profanity, threats of any kind toward the referees or scorekeeper, fighting (before, during or after the game), or any flagrant foul as determined by the referee.

- VII.** The Parks and Recreation Department reserves the right to add, delete or amend the rules/regulations/policies for the betterment of the program.

VIII. Protests

Must be filed in the following manner:

1. Must be filed before the game is over.
2. Notify game official and give details of protest
3. Judgment calls are not a basis for protests.
4. Rule interpretation protests must be filed before the end of the game.
5. Player eligibility protests must be filed before the last minute of the game by the manager of the team opposing the alleged ineligible player. The manager must then notify the Sports Personal at metroparkssports@nashville.gov within 24 hours.

PEE WEE LEAGUE SPECIAL RULES

1. A maximum of twelve (12) players per team
2. Game schedules will be posted on <https://secure.sportability.com/spx/default.asp>
3. Each player will play as equal an amount of time as possible.
4. No player will play a whole game unless there are less than 8 players present.
5. One-on-one defense will be played.
 - A) No fast breaks
 - B) Once a player gains control in the backcourt or after a throw-in, the team will be allowed to move the ball past the center line without being guarded.
6. Defensive positions start at the 3-point line may not start until the offensive player has both feet inside the time line. If the offense stops after crossing the center line and does not attempt to move toward the goal, the defense can move out beyond the 3-point line in an attempt to guard the player or players.
7. Free Throw line will be moved 2 feet closer to the goal.
8. Five (5) second violation, referee discretion
9. No 3-point plays - only 2 points
10. Play 6-minute quarters
11. Walking and double dribble: Once a player has stopped dribbling and has control of the ball, it will be a violation if the player walks and/or starts dribbling again.
12. If players run with the ball, it will be a violation.
13. Keeping Score: The score will be kept for each quarter.
14. No tournament
15. Pressing violation:
 1. First violation the team will receive a warning.
 2. Second violation and all violations thereafter will receive a technical foul.
16. One coach per team is allowed on the floor to coach. You must stay outside the 3-point line and cannot be under the basket.
17. In case of a tie at the end of regulation, teams will line up at their respective ends of the court and each player will shoot one free throw. If still tied after this shoot-off, the game is over and ends in a tie.