

GOLDIE'S YOUTH SPORTS DIV 1 RULES

Objectives:

1. To inspire our youth.
2. To teach and practice the ideals of good sportsmanship, character, teamwork and fair play.
3. To teach the game of basketball and emphasize fundamentals and team achievement.
4. To provide a means for parents and adults to participate and interact with their children.
5. To recognize that the welfare of the children will always remain first and foremost and free of adult glory.
6. To create community and inclusivity.
7. To provide a fair and nurturing environment where each child's voice is heard and respected.

Rules below are in addition to the Rules and Regulations that govern High School Sports.

Equipment: Ball 28.5" with Basketball Height 10ft

Game Structure:

- Game Length: (4) 10-minute periods
- Substitution: At the 5-minute mark of each period
- Time Between Periods: 30 seconds
- Half-Time: 1-2 minutes
- Time-Outs: 2 timeouts each 30-second permitted per half.
- Over-time: No overtime during regular season with OT during playoffs.

****All games start promptly. There is no grace period. The official clock will start whether the teams are playing or not. **Min. of 4 players per team, 3 players or less is a forfeit.****

Playing Time:

- Each player gets equal playing time, 5 minutes per period.
- No one player can play more than 10 minutes at a time.
- If a player plays 10 minutes in a row INCLUDING 5 minutes at the end of one quarter followed by 5 mins in the beginning of the next quarter, the player must sit out the following 5 minutes. Example: Player A plays 5 minutes at the end of Period 1; then Player A starts Period 2 and plays another 5 minutes; Player A cannot play the last 5 minutes of Period 2.
- If a player ends the first half playing 10 minutes in the 2nd quarter; that player cannot start the second quarter/3rd period.

Substitutions:

- In the fourth quarter, the last 3 minutes is a “free sub-zone”.
- Have players kneel at the score clock desk.
- All other Substitutions happen at the 5 minute mark.

General:

- There are no less than one referee per game but two refs will be utilized whenever possible.
- The High School Federation Rules shall be the official rules of the league, along with any and all rules/regulations set forth in this document.
- The referee shall have absolute discretion to stop play at any time to instruct a player with respect to any rule. It is within the referee’s discretion to call traveling, double dribble, etc.
- All referee calls are final. There shall be NO PROTESTS.
- At the end of each game, players and coaches will line up and shake hands.
- All concerns should be addressed to the Director (Goldie).

Forfeit:

- If a team does not have 3 players then that team will forfeit the game AND a scrimmage will be played.
- If a team has 4 players the game will be played 4-on-4 and the game will count toward playoff ranking.
- If a team starts with 3 players and a 4th player arrives within a first period grace period, the game will start from 0-0 at the beginning of the 2nd quarter.

Fouls:

- Each player is allowed 6 fouls.
- At the 6th foul, the player will be removed from the game and remain seated on the bench.

Foul Shots:

- All foul shots will be taken from the foul shot line.
- No player can enter the paint UNTIL the ball hits the rim (not on the release).
- All other rules and regulations follow the High School Federation rule book.
- Score clock will stop within the last 3 minutes.
- Score clock will stop on Foul Shots and resume once the ball leaves the shooter’s hand on the last shot.
- Score clock will only stop on fouls if there is a 15 point spread between the teams.

LINE Foot Fault INBOUNDING BALL:

A player will incur a line violation upon inbounding the ball if the foot hits the line or enter the court upon inbounding the ball.

10 SECOND VIOLATION RULE:

A 10-second violation in basketball is a rule that the player must cross the half-court line within 10 seconds after their team inbound the ball. If they do not cross the half-court line in 10 seconds, possession is awarded to the other team.

FIVE SECOND IN-BOUNDING THE BALL: A player has 5 seconds to inbound the ball.

THREE Second in the Key Rule: No player can be in the key longer than 3 seconds.

SHOT CLOCK: 30 second shot clock once the ball crosses the half court line.

Backcourt Rule:

A basketball player may not dribble the ball from the backcourt to the front court and then return to the backcourt again. This is called an over-and-back violation. Once the dribbler has both feet and the ball in the front court, the ball must remain in the front court from that point forward.

Three Pass Rule:

If one team is up by 20 points, that team must initiate the “3 Pass Rule” which states that three passes must be completed beyond half- court prior to shooting.

Score Clock:

- Score clock will stop for 30 second time-outs.
- Score clock will stop in the last 3 minutes of the fourth quarter if the game is within 15 points.
- If the game is not within 15 points, the score clock will run through all whistles with the exception of any 30 second time-out.
- Score clock will stop for all injuries.
- Score clock will stop for 30 seconds for substitutions and in between periods.
- Score clock will not stop at foul shots, except the last 3 minutes of the game, unless the game is not within 15 points.
- Score clock will stop on foul shot set up and only during foul shots in the last 3 minutes of the game if the game is within 15 points.

Defense:

- Person-to-person or zone defense is permissible.
- Full court defense is permissible throughout the game.

- If a team is playing person-to-person, the coach is given 15 seconds to assign players.

Technical Foul:

Abusive language and any unsportsmanlike conduct will not be tolerated and will result in ejection, possible suspension and forfeiture of the game. This applies to coaches, players, spectators and administrators.

- The Goldie's Youth Sports reserves the right to discipline any participant who, in its discretion, violates the rules, procedures or spirit of the Goldie's Youth Sports.
- Referee or Director will give (1) warning prior to a technical foul with the exception of swearing, aggressive/physically threatening behavior, or any behavior Referee and/or Director deem extreme.
- If a player and/or coach receives two (2) technical fouls in any single game, they shall be immediately disqualified from the game. Once disqualified from a game, the player shall remain on the bench for the duration of the game and the coach shall immediately leave the playing area.
- If a player and/or coach is disqualified from two (2) games during the season, they will be dismissed from the league for the balance of the season.
- If a coach receives one (1) technical foul in any game (except in the case of a technical foul assessed against the "bench" for an infraction by a spectator and/or parent), they shall be removed from the sideline and be required to sit on the team's bench for the duration of the game.
- If a player and/or coach is ejected from a contest because of unsportsmanlike Conduct, the team will be assessed a two (2) technical foul penalty and that player and/or coach will automatically receive a one game suspension.

Playoffs/Ranking:

This division will have playoffs and each team will be ranked based on wins/losses. There will be overtime in the playoffs.

Coaches:

- Please refrain from coaching on the court.
- Please stay in your coach's box.
- One coach standing and coaching per game per team.
- Please see Coaches Conduct for further coaching rules and regulations.
- No practices are allowed to take place outside the designated assigned practice schedule.
- No child is allowed to leave the facility alone.

- No child is allowed to leave the facility with someone who is not a designated guardian.
- A coach is not allowed to take a child that is not their own child to the bathroom unless accompanied by 2 other children. The “rule of three” requires the presence of at least three people at all times. This may include one coach/parent/volunteer and two children or two coaches/parent/volunteer and one child.
- Please see Coaches Conduct for further rules and regulations.

SAFETY CONCUSSION RULE:

1. An athlete who is believed to have a concussion is to be removed from play right away.
2. An athlete can only return to play or practice after at least 24 hours and with permission from a healthcare professional.
3. Sign of Concussion:
 - One pupil is larger than the other.
 - Drowsiness or inability to wake up.
 - A headache that gets worse and does not go away.
 - Weakness, numbness, or decreased coordination.
 - Repeated vomiting or nausea.
 - Slurred speech.
 - Convulsions or seizures.
 - Inability to recognize people or places.
 - Increasing confusion, restlessness, or agitation.
 - Unusual behavior.
 - Loss of consciousness (even a brief loss of consciousness should be taken seriously).

SAFETY PROCEDURES:

1. It is the coach’s responsibility to make sure his/her players are properly supervised at all practices and games.
2. Players are not allowed to use equipment or facilities without the permission of the Goldie’s Youth Sports and the direct supervision of an authorized Goldie’s Youth Sport administrator or coach.
3. There are no team practices allowed outside the assigned practice schedule.
4. All teams must practice only at those locations approved by the Goldie’s Youth Sports.
5. A coach is not allowed to take a child that is not their own child to the bathroom unless accompanied by 2 other children. The “rule of three” requires the presence of at least **three** people at all times. This may include one coach/parent/volunteer and two children or two coaches/parent/volunteer and one child.

6. Parent/Guardian must stay with child at practices and games

CONDUCT:

The league's reputation can be affected by the negative actions of one or more persons affiliated with Goldie's Youth Sports on or off the court. Players, coaches, parents, board members, referees, scorekeepers and spectators all share in the responsibility of displaying proper behavior at all times. Quarreling and arguing over playing regulations, referee calls or administrative issues can only create a negative image for the league. This program is developed for the benefit of our youth. Adult leaders are role models for the kids.

PLAYER CONDUCT:

- Unsportsmanlike conduct or disrespect for the opposing team, game referee and scorekeepers, will not be tolerated.
- Unsportsmanlike conduct will be judged at the discretion of the referees and Goldie's Youth Sports.
- Players will refrain at all times from arguing with the referees and scorekeepers.
- The game referees will be instructed to eject any player from the game for abusive, harmful or unwarranted disruptions.
- If a player is ejected from a contest because of unsportsmanlike conduct, the team will be assessed a two (2) technical foul penalty and that player will automatically receive a one game suspension.
- If a player is ejected for unsportsmanlike conduct a second time during the season, the player will be dismissed for the balance of the season.
- No fighting will take place at or during any Goldie's Youth Sports function. Any player involved will be immediately ejected from the game and suspended for the next game, or if the game is completed, shall be suspended for the next game. Additional discipline may be taken at the discretion of the Goldie's Youth Sports.
- Players shall never threaten to or physically harm or abuse any player at any time for any reason. This is a zero- tolerance zone.
- The Goldie's Youth Sports reserves the right to discipline any participant who, in its discretion, violates the rules, procedures or spirit of the Goldie's Youth Sports.

COACHES CONDUCT:

- Absolutely no abusive, profane or vulgar language will be tolerated towards players, game referees, scorekeepers and league officials.
- Unsportsmanlike conduct or disrespect for the opposing team, game referees, scorekeepers and league officials will not be tolerated.

- Coaches will refrain at all times from arguing with the referees and scorekeepers. Referees will be instructed to eject any coach from a game for abusive or unwarranted disruptions.
- No fighting will take place at or during any Goldie's Youth Sports function. Coaches shall never threaten to or physically harm or abuse any player, coach, referee, scorekeeper or league official at any time for any reason. This is a zero tolerance policy and will result in an immediate dismissal from the league.
- Unsportsmanlike conduct will be judged at the discretion of the referees and Goldie's Youth Sports.
- No smoking or alcoholic beverages will be permitted in the playing areas and those areas adjacent to the playing areas.
- During all games, coaches will remain on the sideline next to his/her team bench. Team benches will be located along the east wall of the St. Brendan gym. Only players and coaches may stand by or sit on the team benches.
- If in the judgment of the referees, any coach unnecessarily or excessively harasses the referees or scorekeepers, the referees shall have the discretion and the right to remove any and all coaches at any time during a game from the sideline and require the coaches to sit on the team's bench for the duration of the game.
- If a coach receives one (1) technical foul in any single game, they shall be removed from the sideline and be required to sit on the team's bench for the duration of the game.
- Ejection from a game for unsportsmanlike conduct a second time during the season, the coach will be dismissed from the Goldie's Youth Sports for the balance of the season.

SPECTATORS CONDUCT:

- It is imperative that proper conduct be a requirement of all spectators at all times. No swearing or harassment of game referees, coaches, or scorekeepers will be permitted. Spectators shall at no time use signs, gestures or degrading comments toward opposing coaches, players, other spectators, referees, scorekeepers or administrators.
- Any Goldie's Youth Sports official may request that any spectator violating this rule of conduct vacate the facility immediately. If the offending spectator refuses to leave the facility, the basketball game will be suspended until the spectator vacates the premises.
- If the referees assess a technical foul against the spectators of a team, it shall be charged to that team's coach.
- No food/drink, other than water, may be brought into or consumed in the St. Brendan gym at any time.
- No pets are allowed in the St. Brendan gym at any time.

- All spectators shall remain on the west sideline of the St. Brendan gym at all times during a game.
- Only players and coaches may stand or sit on the east sideline.

DIV 1 AMENDED PLAYOFFS & CHAMPIONSHIP RULES

MERCY RULE is eliminated for Playoffs and Championship games.

3 PASS RULE is eliminated for Playoffs and Championship games.

TIME-OUTS

- Each team has 2 timeouts per half.
- One UNUSED time out from the first half will carry over to the second period for Playoffs and Championship games.

MEDICAL TIME OUT

- If a player is injured or in distress, either the Coach or Ref can call a Medical Time Out.
- A MEDICAL TIME OUT will not be counted as a regular time out.

MEDICAL SUBSTITUTIONS

- If a player is injured and must be removed from the game:
- An incoming player can only come in if they have not already played 10 mins in a row;
- The injured player can only return at the substitution mark;
- The player subbing for the injured player cannot play 10 minutes in row.

SUBSTITUTIONS

- Substitutions can only happen at the 5 minute mark;
- No coach can sub prior to the 5 minute mark.

11 PLAYER SUBSTITUTION

- If a team has 11 players
- The coaches must inform the refs and the opposing team of such prior to the game;
- The coaches must inform the refs.

PLAYER TIME

- Each player must play 5 minutes per period;
- If a team has less than enough players, no one player can play more than 10 minutes at a time.
- Extenuating circumstances will be addressed by coaches and refs before the game.
- If a player plays 10 minutes in the second period, they cannot play 10 minutes in the 3rd period. They can start the 3rd period for an allotted 5 minutes.

FREE SUBSTITUTION TIME

The last THREE minutes of the game a coach can FREE SUB.

SCORE CLOCK

- Score clock will only stop on the whistle during the last THREE minutes of the game IF the score is within 20 points or less.
- 20 points or more differential the score clock will not stop during the last THREE minutes.
- Clock will stop only for the SET UP of free throws and will resume once the ball leaves the shooter's hand.

COACHES

- Do not approach the score clock
- Do not enter the game floor
- Please stay within the coach's box.
- ONE COACH standing only at all times.
- A coach will be given one warning prior to a technical with the exception of abusive behavior deemed by the ref.

OVER TIME

- In the case the game ends in a tie, another 5 minute quarter will be added.
- That OT quarter will begin with a jump ball.
- All other amended and season rules apply.

SUDDEN DEATH

If there is still a tie after OT, a sudden death period will be installed with a jump ball and first team to score will be deemed the winner.