

GOLDIE'S YOUTH SPORTS DIV 3 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 27.5" with Basketball Height 9ft

Game Structure:

- Game Length: (4) 8-minute periods
- Substitution: At the 4-minute mark of each period
- Time Between Periods: 1 minute
- Half-Time: 1 minutes
- Time-Outs: (2) 60--second timeouts permitted per half. **Unused timeouts do not carry over.**
- Over-time: No overtime during regular season.
- Foul Shots: A player can move in from the foul line up to 6".

**All games start promptly. There is no grace period. The official clock will start whether the teams are playing or not.

Playing Time:

- Each player gets equal playing time, 4 minutes per period.
- No player can play more than 4 minutes in a row UNLESS there is an issue with the number of players who showed up for the game. And will be addressed at that time.
- No one player can play more than 8 minutes in a row:
 - If a player plays 8 mins in the 2nd period, said player cannot play the first 4 minutes of the 3rd period.
 - If a player plays 4 mins in the last half of the 2nd period, that said player can play the first 4 mins of the 3rd period.

- NO ONE PLAYER CAN PLAY MORE THAN 24 minutes in one game.
- If a player plays 8 minutes in a row INCLUDING 4 minutes at the end of one quarter followed by 4 mins in the beginning of the next quarter, the player must sit out the following 4 minutes. Example: Player A plays 4 minutes at the end of Period 1; then Player A starts Period 2 playing 4 minutes; Player A cannot play the last 4 minutes of Period 2.
- If there is a “number of players” issue for a team, a coach will in his/her best ability have fair and equal playing time among the players.
- If there are 11 players, please see 11 Player substitution addendum.

Substitutions:

- Each player gets equal player time, 4 minutes per period.
- Substitutions are given 30 seconds for set up at half court.
- No one player can play more than 8 minutes in a row:
 - If a player plays 8 mins in the 2nd period, said player cannot play the first 4 minutes of the 3rd period.
 - If a player plays 4 mins in the last half of the 2nd period, that said player can play the first 4 mins of the 3rd period.

General:

- One referee per game.
- 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 enough players (at least 4) that team will forfeit the game.
- Teams shall play with reduced squads (4 on 4, etc)
- Teams with fewer than five players may “borrow” players from the opposing team if both coaches agree – this game will become a scrimmage.

15 SECOND VIOLATION RULE:

A 15-second violation in basketball is a rule that the **player must cross the half-court line within 10 seconds after their team inbounds the ball**. If they do not cross the half-court line in 15 seconds, possession is awarded to the other team.

SIX SECOND IN-BOUNDING THE BALL: A player has 6 seconds to inbound the ball.

FIVE Second in the Key Rule: No player can be in the key longer than 5 seconds. We do several warnings before we begin to call this.

SHOT CLOCK: No shot clock in this division.

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 15 points, that team must initiate the “3 Pass Rule” which states that three passes must be completed beyond half- court prior to shooting.

MERCY RULE

- If one team is **up by 20 points or more**, the score will be put back to 0-0 if both teams agree to such.
- No score will be kept for the remainder of the game, at the discretion of both respective team coaches.
- The team that is up 20 points will be declared the winner if the clock is turned back to 0-0.
- Only the referee or Director can change the score if there is a discrepancy.

Score Clock:

- Score clock will stop for 30 second time-outs.
- Score clock will stop in the **last 2 minutes of the fourth quarter** if the game is within **12 points**.
- **If the game is not within 12 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 one minute in between periods.

Defense

- Person-to-person or zone defense is permissible.
- No double teaming on person-t-person;
- No triple teaming in person-to-person or zone;
- In Zone defense, we discourage three player trapping at this age.

- **Defense starts at MID COURT 3/4th LINE below half court.**
- At the beginning of each quarter and period, each team will line up at half court so a coach can assign “person-to-person” defense if needed.
- Absolutely no back court defense is allowed. In the event that a team is attempting to play back court defense, the referee shall stop play until that team has retreated behind the three--point arc.

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:

- The Foul Shot line is 6” in from the regulation foul line. It will be marked with a blue X.
- **No player can enter the paint until the BALL HITS THE RIM (not on the release).**

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:

No Playoffs for Division 3.

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 the 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.