

# Medina Youth Basketball Rules & Guidelines 1-2 League 2019

## **GENERAL LEAGUE PLAY RULES**

1. Man to Man defense must be used at all times. Wristbands will be used to help assist players in staying with their player.
2. There will be NO isolation plays allowed. Isolation Play explanation: There will be no permission to spread 4 offensive players that would create 1 on 1 play down the middle of the lane. All players are to be involved in the play.
3. Pressing & Backcourt Defense: No press is allowed in the backcourt after a basket, a rebound, or a violation. No stealing off the ball, only off a pass. In questionable situations, it is the referee's final decision.
4. There will be no blocking of shots. This will be strictly enforced by referees as again this is a learning experience for these new players, and they are not ready for that level of play.
5. No double-teaming is allowed anywhere on the court. Giving help on defense is permitted. This will be a judgment call on the referee.
6. All teams are permitted to run set offensive plays. The Commissioners do ask that the plays are kept simple, such as "pass & cut". Do not attempt any plays involving setting picks. Children at this young age will have a hard time retaining hard plays or a multiple amount of plays.
7. Fouls will be called loosely. Referees will use the foul as a teaching opportunity and explain to the children the infringement. No foul shots will be used during K-2.
8. Player Amounts for Games: Will play 4 vs. 4 Cross Court
9. Rim Heights for Games: 8 Feet 1<sup>st</sup> All; 9 Feet 2<sup>nd</sup> All
10. Any player injured during practice or a game should be treated to the best of ones ability. If serious, please dial 911. Please notify Commissioners ASAP.
11. Substitutions: There are to be no substitutions during individual segments. Exceptions will only be made for injury or asthma attacks during a segment. All other substitutions are to be made at each break in time.

## **GAME RULES (in addition to General League Play Rules)**

1. One team will start the game with possession. Possession will then alternate with each jump ball and quarter of play.
2. Playing Time
  - \*The game clock will consist of 8 segments, each 4 minutes in length.
  - \*The clock will run at all times except for time-outs.
  - \*Each team will receive one (1) time out per half, each consisting of 30 seconds in length.
  - \*There will be a five (5) minute break at the half. If time permits.
  - \*The game clock will stop at the end of each 4 minute segment. There will be a 30 second limit to substitute any players. It will be at the referee's discretion to charge a team with a time out if they take a large amount of time, over the 30 second limit.
  - \*Each player must play 3-4 segments in each game. The intent is that all players play an equal amount of time. This will be kept record of on the team score sheets. Exceptions will be made to rule due to amount of players available to play game.
3. Scoring: The score will be kept by a parent volunteer each week. It will be the coach's responsibility to provide a team representative each week. At the half of each game, the score will be reset before play resumes in the second half. If no scorekeeper is found, no score will be kept for that game. If team is ahead by 30 or more points, score will no longer be added to scoreboard, although scorekeeper will continue to tally. Please notify team parents, so they don't take the opportunity to address the scorekeeper that they missed baskets.
  - \*Overtime: There is no overtime. All tied games at the end of regulation will remain a tie.
4. Forfeits: There will be no forfeits regardless of the number of players. Games MAY be played with an unequal number of players; however, there is not to be more than a 1 player differential. For example, there could be a 3 on 4 game, but there will not be a 2 on 4 game permitted. Players arriving late may be subbed in only at the start of a new segment.
5. Players who have chronic, unexcused absences from practices may result in loss of playing time, individually forfeiting their right to the equal play rule. A parent must make every attempt to contact the coach prior to practice. A phone call to the coach made prior or on the day of practice will count as an excused absence. Coaches must notify Commissioners before scheduled game, so that they can make appropriate notes for that player.

## **GENERAL LEAGUE RULES**

1. No jewelry or loose shoelaces will be permitted. Post earrings may be covered with athletic tape. Players are encouraged to keep their fingernails trimmed short.
2. No foul language or abusive language will be permitted at anytime by players, coaches, or spectators.
3. Unsportsmanlike conduct will not be tolerated. No fighting will be permitted. Violation of this rule will result in dismissal from the game for both players and spectators. Commissioners will determine length of suspension, if any, from future practices, games or season. There will be no refunds awarded to individuals suspended due to unsportsmanlike conduct.
4. Players and coaches are not permitted anywhere else in the building other than the gym at anytime, unless an emergency.
5. In every attempt to maintain a safe playing atmosphere, we ask that players and parents change their footwear upon entering the facility. Bringing in snow/water into the facility from footwear typically results into slick floors on or near the court. Please arrive a few minutes prior to game time to ensure enough time to change footwear before the start of warm-ups.
6. Water is the only item permitted into the gym by anyone. Water must remain in a resealable water bottle at all times. All spills must be reported to the officials immediately.
7. The Commissioners have final interpretation of all rules.
8. Please follow all other Recreation Center facility rules when in the building.

\*\*\*All players and spectators must enter through the Medina High School. Please park in the appropriate area, and do not come in through the MCRC front doors. The only exception will be to those handicapped, elderly or other special needs spectators that may enter through the front.

## **PRACTICE GUIDELINES**

1. Fundamentals are to be taught and stressed in practices
  - Right & left hand dribbling, and other ball handling
  - no double dribbling, or traveling
  - Proper form for lay-ups
  - Passing
  - Proper shooting form
  - Rebounding & boxing out
  - Principles of man to man defense; both on the ball & away from the ball
  - Team work
  - Simple "cut" plays
  - Teach players to play ALL positions
2. Practices are limited to 60 minutes in length
3. Players are to avoid being in the gym no more than 5 minutes prior or 5 minutes after practice
4. Players/spectators are to change footwear upon entering facility to keep wet gym shoes off the court
5. Balls, cones, and First Aid kits will be provided by the MCRC. Coaches are responsible to return all equipment at the end of the practice.
6. Please notify the Commissioners if supplies from the first aid kit become diminished.

\*\*Please keep practice facilities clean when practicing. Remove any trash after practice. Also it is the coach's responsibility to monitor their children, and spectators throughout practice.

7. Coaches are responsible for their team players at all times and are to see that their players leave the building with a parent. Habitual late pick-ups (more than 15 minutes) will be addressed by the Commissioners. Please notify staff immediately.

\*\*\*All players and spectators must enter through the Medina High School. Please park in the appropriate area, and do not come in through the MCRC front doors. The only exception will be to those handicapped, elderly or other special needs spectators that may enter through the front.

## **FOR ALL PRACTICES AND GAMES: THE REC CENTER HAS A FIRM ID POLICY IN PLACE FOR ALL PARTICIPANTS AND SPECTATORS. PLEASE REVIEW THE FOLLOWING WITH YOUR TEAMS:**

### **All Non-Members aged 16 and Up Are Required To Show a Photo ID In Order To Enter the Facility**

- Daily passes will not be sold to persons who fail to present a photo ID
- Guests 12 years of age & younger must be accompanied by an adult providing proper photo ID
- Visitors & Spectators will be required to show a photo ID to enter the facility
- Non-Members attending classes must present a photo ID prior to each class
- A Non-Member ID may be purchased for \$2.00 by frequent class attendees or those who do not have an acceptable form of ID