

Frederick County Parks and Recreation Department

Kindergarten Division

Basketball League Rules

This league is designed to develop area youth in the fundamentals of basketball, experience team play, and most importantly to have a positive experience. Team standings, wins and losses, and the competitive element are not components of this league.

The following rules apply to the Regular Season:

1. Each game will consist of five periods of play – each six minutes in length. The clock will only stop for injuries and on the referee's discretion during this time. There will be a timeout at the 3:00 minute mark of each period. There is no half time, but there will be a 1-minute break in between each period.
2. The first period will begin with a jump ball at center court. All remaining periods will alternate possession.
3. Two (2) coaches, a head coach and an assistant coach will be allowed on the floor to coach the team. A maximum of 3 coaches may be allowed to help per team. 2 coaches may work with the kids on the court and 1 coach may help on the bench.
4. There will be no score kept in this division, just a running clock.
5. Players: **All players must play in each period of the game.** There will be 5 periods of play. At the 3-minute point of each period, all players on the bench must enter the game to ensure all players have had an opportunity to play during that period. The emphasis of this rule is equal playing time. If a team has more than 10 players, substitutions may be used at any time during the game, so players are given equal playing time.
6. Foul totals are not calculated, all shooting fouls will result in foul shots, and all non-shooting fouls will result in taking the ball out at the spot of the foul.
7. Pee Wee players will shoot from the shorter foul line (middle of the lane), all players may opt to shoot from the regulation line if they choose. The referee will allow each player 10 seconds to shoot their foul shot.
8. Defense must remain in the paint during all periods of play. Defense must have both feet in the paint. Any defensive player can come out of the paint on a loose ball. Fast breaks are not allowed.
9. The rim will be lowered to a height of 6 feet (with a hoop attachment) and a mini size (CB5) basketball will be used.

10. Abusive language/behavior will not be permitted by coaches/players. Violating this rule will result in a technical foul on the offending coach/player. This will be grounds for more severe penalties depending on the circumstances. Please help keep the league reputable! Cases of these natures could result in a two-year suspension from all Parks and Recreation activities/facilities.

11. Please show the referee the utmost respect and set an example for your players by not disruptively questioning calls or showing up the official. If you have a question or concern with the referee, take it up with him or her during a timeout, halftime, or after the game is over. Give the officials your support!

12. All coaches must have a background check completed and a badge to be allowed to help at practices or at games. Anyone without a badge may be asked to leave the practice or a game. Badges are replaceable if lost at a fee of \$5.00. A head coach may be asked to resign if someone is helping them coach that has not had a criminal background check.

13. Abusive language/behavior will not be permitted by coaches or players. Violating this rule will result in a technical foul on the offending coach or player. ***"If a player, coach or assistant coach receives a technical foul he or she will be removed from the current game and must sit out the next scheduled game day. For those coaches that coach multiple teams in different age groups, after receiving a technical foul for misconduct you will not be eligible to coach ANY game in any age group on the next scheduled game day. If a coach receives more than one technical foul in a season FCPRD holds the right to relieve the coach from ALL coaching responsibilities. FCPRD holds the right to remove a coach or player for poor sportsmanship like behavior at any time during the season. Please help keep the league reputable! Cases of these natures could result in a two-year suspension from all Parks and Recreation activities or facilities."***

Frederick County Parks and Recreation Department

1st Grade Division

Basketball League Rules

This league is designed to develop area youth in the fundamentals of basketball, experience team play, and most importantly to have a positive experience. Team standings, wins and losses, and the competitive element are not components of this league.

The following rules apply to the Regular Season:

1. Each game will consist of five periods of play – each seven minutes in length. The clock will only stop for injuries and on the referee’s discretion during this time. There will be a timeout at the 3:30 minute mark of each period. There is no half time, but there will be a 1-minute break in between each period.

2. The first period will begin with a jump ball at center court. All remaining periods will alternate possession.

3. One coach will be allowed on the floor to help coach the team. A maximum of 3 coaches may be allowed to help per team.

4. There will be no score kept in this division, just a running clock.

5. Players: **All players must play in each period of the game.** There will be 5 periods of play. At the 3 minute 30 second point of each period, all players on the bench must enter the game to ensure all players have had an opportunity to play during that period. The emphasis of this rule is equal playing time. If a team has more than 10 players, substitutions may be used at any time during the game, so players are given equal playing time.

6. Foul totals are not calculated, all shooting fouls will result in foul shots, and all non-shooting fouls will result in taking the ball out at the spot of the foul.

7. Pee Wee players will shoot from the shorter foul line (middle of the lane), all players may opt to shoot from the regulation line if they choose. The referee will allow each player 10 seconds to shoot their foul shot.

8. Defense must have 1 foot in the paint during the first 4 periods. Defense may come out to the three-point arc during the 5th period of play only. Any defensive player can come out of the paint on a loose ball. Fast breaks are allowed in the 5th period of play only.

9. The rim will be lowered to a height of 8 feet and a peewee (27.5”) size basketball will be used.

10. In the 1st grade division, there is no lane rule for 3 second violation. Please encourage anyone in the lane to continue to move around and not “be a statue”.

11. Abusive language/behavior will not be permitted by coaches/players. Violating this rule will result in a technical foul on the offending coach/player. This will be grounds for more severe penalties depending on the circumstances. Please help keep the league reputable! Cases of these natures could result in a two-year suspension from all Parks and Recreation activities/facilities.

12. Please show the referee the utmost respect and set an example for your players by not disruptively questioning calls or showing up the official. If you have a question or concern with

the referee, take it up with him or her during a timeout, halftime, or after the game is over. Give the officials your support!

13. All coaches must have a background check completed and a badge to be allowed to help at practices or at games. Anyone without a badge may be asked to leave the practice or a game. Badges are replaceable if lost at a fee of \$5.00. A head coach may be asked to resign if someone is helping them coach that has not had a criminal background check.

14. Abusive language/behavior will not be permitted by coaches or players. Violating this rule will result in a technical foul on the offending coach or player. ***“If a player, coach or assistant coach receives a technical foul he or she will be removed from the current game and must sit out the next scheduled game day. For those coaches that coach multiple teams in different age groups, after receiving a technical foul for misconduct you will not be eligible to coach ANY game in any age group on the next scheduled game day. If a coach receives more than one technical foul in a season FCPRD holds the right to relieve the coach from ALL coaching responsibilities. FCPRD holds the right to remove a coach or player for poor sportsmanship like behavior at any time during the season. Please help keep the league reputable! Cases of these natures could result in a two-year suspension from all Parks and Recreation activities or facilities.”***

Frederick County Parks and Recreation Department

2nd & 3rd Grade Division (Boys and Girls)

Basketball League Rules

This league is designed to develop area youth in the fundamentals of basketball, experience team play, and most importantly to have a positive experience. Team standings, wins and losses, and the competitive element are not components of this league.

The following rules apply to the regular season:

1. Each game will consist of **five periods of play - seven minutes in length**. The clock will only stop during shooting fouls and timeouts during the first six minutes. **During the last minute of each quarter (and the last two minutes of the fifth quarter) the clock will stop during time outs, injuries, shooting fouls and on dead balls.**

To help keep games on time, the clock will stop when a foul has occurred. Once the teams are lined up at the foul line, and the referee hands the ball to the shooter, the clock will restart at that time. Therefore, the clock will be running during the actual shot(s) but stopped when the foul occurs. The shooter will have 10 seconds to shoot the ball before being called for stalling.

2. The first period will begin with a jump ball at center court. All remaining periods and subsequent jump balls will alternate possession.
3. Each team is granted 1 timeout per period. Timeouts cannot be carried over to the next period. Each timeout will be 30 seconds in length. **Each period will end with a one-minute break.** There will be no halftime.
4. A coaching box is designated as the area in front of the bench. The head coach may stand and move in this area. Any assistant coaches, players, or other team personnel must remain seated during game play. A violation of this rule will result in either a warning or technical foul against the offending team/coach.
5. There will be no overtime play in the 2nd & 3rd grade boys and girls division. Game can end in a tie.
6. The **2nd & 3rd grade boys will use the 28.5 inch basketball** and the **girls will use the 27.5 inch basketball.**
7. Players: **All players must play in each period of the game.** There will be 5 periods of play. At the 3 minute 30 second point of each period, all players on the bench must enter the game to ensure all players have had an opportunity to play during that period. The emphasis of this rule is equal playing time. If a team has more than 10 players, substitutions may be used at any time during the game, so players are given equal playing time.
8. Fouls will be totaled by each quarter. A total of 5 team fouls will equal 2 shots for the opposing teams unless it is an offensive foul. The team foul count will reset at the beginning of each quarter. There's no more 1-and-1 bonus shots.
9. Players have the option of shooting from the (middle of the lane), or they may opt to shoot from the regulation foul line. Once the shooter chooses to shoot from the middle of the lane this line becomes the new foul line, and the player may not cross this line during the shot. Once a shooter decides to shoot from either the middle or the regulation foul line they cannot switch lines for the second shot, however they can switch positions if they are fouled again. The referee will allow each player 10 seconds to shoot their foul shot.

If the shooter decides to shoot from the middle of the lane the defensive player will be allowed to occupy the first block instead of moving one defensive block back. If the shooter

decides to shoot from the regulation foul line the defensive player would move one spot back to occupy the second block leaving the first block empty.

10. Because of Rule #9, there is no stalling at any time during the game. This will be enforced by the referee.

11. There is no lane rule for 3 second violation. Please encourage anyone in the lane to continue to move around and not “be a statue”.

12. Defense must remain behind the top of the key (3-point line extended) during the first four periods of play. A defender may come out beyond this area if an offensive player is shooting beyond the 3-point line or to retrieve a loose ball.

13. There is **no 3-point shot**. Every basket will count as 2 points.

14. Press Rule: Both teams can apply half court pressure in the fifth period, unless you are winning by 10 or more points you cannot apply half court pressure at any time. If you are leading by 10 or more points you must remain behind the top of the key (3-point line extended).

15. Please show the referee the utmost respect and set an example to your players by not questioning calls or showing up the official. If you have a question or concern with the referee, take it up with him or her during a timeout, halftime, or after the game is over. Give these people your support!

16. Abusive language/behavior will not be permitted by coaches or players. Violating this rule will result in a technical foul on the offending coach or player. ***“If a player, coach, or assistant coach receives a technical foul he or she will be removed from the current game and must sit out the next scheduled game day. For those coaches that coach multiple teams in different age groups, after receiving a technical foul for misconduct you will not be eligible to coach ANY game in any age group on the next scheduled game day. If a coach receives more than one technical foul in a season FCPRD holds the right to relieve the coach from ALL coaching responsibilities. FCPRD holds the right to remove a coach or player for poor sportsmanship like behavior at any time during the season. Please help keep the league reputable! Cases of these natures could result in a two-year suspension from all Parks and Recreation activities or facilities.”***

17. There will not be an end of the season tournament but rather one final game between two equally matched teams.

Frederick County Parks and Recreation Department
4th-5th Grade (Boys and Girls)
Basketball League Rules

The following rules apply to the regular season and end of the season tournament:

1. Each game will consist of **five periods of play - seven minutes in length**. The clock will only stop during shooting fouls and timeouts during the first six minutes. **During the last minute of each quarter (and the last two minutes of the fifth quarter) the clock will stop during time outs, injuries, shooting fouls and on dead balls.**

To help keep games on time, the clock will stop when a foul has occurred. Once the teams are lined up at the foul line, and the referee hands the ball to the shooter, the clock will restart at that time. Therefore, the clock will be running during the actual shot(s) but stopped when the foul occurs. The shooter will have 10 seconds to shoot the ball before being called for stalling.

2. The first period will begin with a jump ball at center court. All remaining periods and subsequent jump balls will alternate possession.

3. Each team is granted 1 timeout per period. Timeouts cannot be carried over to the next period. Each timeout will be 30 seconds in length. **Each period will end with a one-minute break.** There will be no halftime.

4. A coaching box is designated as the area in front of the bench. The head coach may stand and move in this area. Any assistant coaches, players, or other team personnel must remain seated during game play. A violation of this rule will result in either a warning or technical foul against the offending team/coach.

5. Overtime periods will be three minutes in duration with the clock stopping on every dead ball during the last minute of play. A jump ball at center court will begin the overtime period. Only one overtime period will be played to determine a winner during the regular season. If the game is still tied after the overtime period, the game will end in a tie. During the tournament, overtime periods will continue until one team out scores the other.
6. The boys will use the 28.5 inch basketball and the girls will use the 27.5 inch basketball.
7. There is a 5 second violation for staying in the paint too long.
8. Players: **All players must play in each period of the game.** There will be 5 periods of play. At the 3 minute 30 second point of each period, all players on the bench must enter the game to ensure all players have had an opportunity to play during that period. The emphasis of this rule is equal playing time. If a team has more than 10 players, substitutions may be used at any time during the game, so players are given equal playing time.
9. Fouls will be totaled by each quarter. A total of 5 team fouls will equal 2 shots for the opposing teams unless it is an offensive foul. The team foul count will reset at the beginning of each quarter. There's no more 1-and-1 bonus shots. All players will shoot foul shots from the regulation foul line.
10. Defense may pick up their offensive player at **half court** throughout the duration of the game.
11. Press Rule: Both teams can apply full court pressure in the fifth period, unless you are winning by 10 or more points you cannot apply full court pressure at any time.
12. Please show the referee the utmost respect and set an example to your players by not questioning calls or showing up the official. If you have a question or concern with the referee, take it up with him or her during a timeout, halftime, or after the game is over. Give these people your support!
13. Abusive language/behavior will not be permitted by coaches or players. Violating this rule will result in a technical foul on the offending coach or player. ***"If a player, coach, or assistant coach receives a technical foul he or she will be removed from the current game and must sit out the next scheduled game day. For those coaches that coach multiple teams in different age groups, after receiving a technical foul for misconduct you will not be eligible to coach ANY game in any age group on the next scheduled game day. If a coach receives more than one technical foul in a season FCPRD holds the right to relieve the coach from ALL coaching responsibilities. FCPRD holds the right to remove a coach or player for poor sportsmanship like behavior at any time during the season. Please help keep the league reputable! Cases of***

these natures could result in a two-year suspension from all Parks and Recreation activities or facilities.”

14. There will not be an end of the season tournament but rather one final game between two equally matched teams.

**Frederick County Parks and Recreation Department
Middle/High School Divisions (Boys and Girls)
Basketball League Rules**

Mission:

To provide a safe and fun environment for area teens and to further develop basketball fundamentals and skills. Although winning is an important part of sports, it is not the primary focus of this league. This league will continue to grow as long as the participants have a positive experience. The coach’s primary responsibility is to teach the game of basketball and sportsmanship. The coach is also a representative of our department and should act as an example to all players, parents, and staff.

The following rules apply to the regular season and end of the season tournament:

1. Each game will consist of four 10-minute quarters, with clock running. The clock will stop for 30 seconds at the 5-minute mark of each quarter. This is a mandatory substitution dead ball. During half time, the clock will stop for 3 minutes. However, the clock will stop on every dead ball during the last minute of the first 3 periods and the last 2 minutes of the 4th period (This means the clock is stopped while a player is shooting foul shots). The shooter will have 10 seconds to shoot the ball before being called for a game delay.
2. The first period will begin with a jump ball at center court. All remaining periods and subsequent jump balls will alternate possession.
3. Each team is granted one timeout per period to be used at the team’s discretion. Each timeout will be 30 seconds.
4. A coaching box is designated as the area in front of the bench. The head coach may stand and move in this area. Any assistant coaches, players, or other team personnel must remain seated during game play. A violation of this rule will result in either a warning or technical foul against the offending team/coach.
5. Overtime periods will be 5 minutes in duration with the clock stopping on every dead ball during the last minute of play. A jump ball at center court will begin the overtime period. The

substitution dead ball during the overtime will be around the 2:30 mark. An additional timeout will be granted to each team for the overtime.

6. Every player must receive equal playing time throughout the game. In addition, every player present is required to sit a minimum of one-half period (5 minutes).

7. Fouls will be totaled by each quarter. A total of 5 team fouls will equal 2 shots for the opposing teams unless it is an offensive foul. The team foul count will reset at the beginning of each quarter. There's no more 1-and-1 bonus shots. All players will shoot foul shots from the regulation foul line.

8. Press Rule: Both teams can apply full court pressure at any time during the game, unless you are winning by 10 or more points at which point you can apply only half court pressure.

9. There is a 3 second violation for staying in the paint too long.

10. Abusive language/behavior will not be permitted by coaches/players. Violating this rule will result in a technical foul on the offending coach/player. This will be grounds for more severe penalties depending on the circumstances. ***"If a player, coach, or assistant coach receives a technical foul he or she will be removed from the current game and is ineligible to participate the next scheduled game day. For those coaches that coach multiple teams in different age groups, after receiving a technical foul for misconduct you will not be eligible to coach ANY game in any age group on the next scheduled game day. If a coach receives more than one technical foul in a season FCPRD holds the right to relieve the coach from ALL coaching responsibilities. FCPRD holds the right to remove a coach or player for poor sportsmanship like behavior at any time during the season.*** Please help keep the league reputable! Cases of these natures could result in a two-year suspension from all Parks and Recreation activities/facilities.

11. Please show the referee the utmost respect and set an example to your players by not questioning calls or showing up the official. If you have a question or concern with the referee, take it up with him or her during a timeout, halftime, or after the game is over. Give these individuals your support!

Unsportsmanlike Conduct/ Technical Foul/ Ejections:

Player-If a player is given an unsportsmanlike technical foul, he/she will be ejected from that game and will sit out the team's next game as well. If a player is issued a second technical foul, he/she will be ejected from the game and removed from the league.

Coach-If a coach is given an unsportsmanlike technical foul; he or she will be ejected from the game. If it happens again, the coach is subject to removal by the FCPRD Sports & Athletics staff and could face a 2-year suspension.

Spectator-A spectator may be ejected from a game by a referee or the facility supervisor. Depending on the severity, the individual may be subject to a 2-year suspension from all FCPRD programs and facilities.

Our main focus is to keep the “team concept” between coaches, officials, scorekeepers, and players. They gather each weekend to enjoy the game of basketball; not to let the competitive nature overcome them. It is imperative to keep the game operating as smoothly as possible and moving in a positive direction.