

**Moore County Parks & Recreation
5-6 Co-Ed & 7-8 Boys and Girls Basketball
Rules & Regulations**

Article I: Player Eligibility

- A. The Moore County Parks and Recreation Youth Basketball League is for boys and girls ages 5 to 8.

The age cut-off date is October 16th of the current year. Players are put in age divisions based on the age as of this date. Proof of age is required on each participant. Teams are formed based on where the participant attends school or the school district that they live in.

Article II: Rules and Regulations

A. Every player on each team must play at least one full quarter each game.

This will be done as follows:

The five players who begin the first quarter must remain in the game for that whole quarter except for the following situations: (a) player injury, (b) player is removed because of conduct by the referee (c) fouls out. In the final 3 quarters, a combination of new players and those who have already played may be used. Free substitution will be allowed among those who have already participated in their full quarter. **Any player removed from the game due to sickness; cannot re-enter game.**

1. A team may start with only four (4) players if there are not five (5) players present at game time. If the fifth player arrives after the game has begun, they may enter the ballgame at the next dead ball. All players on the team roster must be entered in scorebook prior to game, regardless if they are present or not. The Penalty for a player showing up and not listed in the scorebook will be a technical foul.
2. In the situation that a player is not attending practices but comes to the games, the coach should contact the Parks & Recreation office so that Parks and Recreation can get up with the parents to see what the problem might be. Coaches do not have the right to sit a player out of a game for missing practice.
3. Length of Games:
All Leagues will play four (4) –six (6) minute quarters. If game ends in a tie, no overtime period will be played.
There will be five (5) minute warm-ups before each game. Half-time will consist of ten (10) minutes. The first five (5) minutes will be allowed for any Cheerleader squads to perform. The remaining five (5) minutes will be used for teams to warm-up before the start of the third quarter. If cheerleaders do not use entire five (5) minutes or there aren't any cheerleading squads at the game, the five (5) minute half-time will begin immediately.
4. There will be no jump ball to start the game. The Visiting Team will receive the ball to begin the first half (take ball out under the home team's goal) and

the Home Team will receive the ball to begin the second half (take ball out under the Visiting team goal)

5. The clock will run continuously during games, except in the following circumstances:
 - (a) Foul shots
 - (b) Player injury
 - (c) Jump ball is called
 - (d) Time-outs
 - (e) During the last two (2) minutes of the fourth quarter, the clock will stop every time the whistle blows.
6. Full court press is not allowed in any age group. In the 5-6 yr old Co-Ed league, defenders must play defense inside the 3-pt line the entire game. Defenders in the 7-8 Boys and Girls' leagues may play defense once the ball crosses half court; **backcourt defense is not allowed**, the first offense will be a team warning. All other occurrences will result in a one-shot technical foul on the team.
7. Mercy Rule in effect in the 7-8 leagues. Once a team is ahead by 20 points or more in the second half, they must play defense inside the 3-pt line for the remainder of the game.
8. With less than one (1) minute to play in the game: 1) if time out is called in the backcourt, the ball will be put into play in the front court and cannot be thrown into the backcourt 2) if you call timeout in the front court, you cannot throw the inbound pass into the backcourt.
9. Each team is entitled to (2) two charged time-outs per half during a regulation game. Time-outs not used during the first half do not carry over to the second half. Each time-out is 45 seconds.
10. Free throws will be taken three (3) feet in front of the regulation high school foul line in all Leagues ages 5 to 8. The 5-6 League may stand on the line.
FYI - At all school (practice) gyms – the free throw line to practice is two (2) feet due to using the drop-down goals it equals three feet
11. When a team has two (2) scheduled games in a week, that team is not allowed to practice during that same week. (A week is defined as Sunday thru Saturday).
****No Practice dates for holidays are: January 20 (MLK Day)**
12. Only the head coach and assistant coach are allowed on the bench. **Only one (1) coach on the bench is permitted to stand during the ballgame.**
13. **Each team is required to get a sponsor for their team shirts. No sponsor logos or phone numbers are allowed on uniforms. Sponsorship is \$150**
13. Coaches Line: The coach's line will be a yellow line on the floor restricting

him/her from standing in the way of the clock/scorekeeper.

14. No Coach will be allowed to participate wearing tee shirts or hats advertising tobacco products, alcohol products, illegal drug products, or tee shirts with obscene or vulgar language printed on it.

16. No Jewelry (earrings, necklaces, bracelets, etc.), Ponytail holders are allowed, but must not contain any metal. No beads or metal clasps are allowed.

Article IV: Sportsmanship

A. Good sportsmanship is expected from coaches, players and spectators at all times. Any coach or spectator ejected from a game must leave the gym immediately and will be automatically suspended for the next two (2) games that are played. A coach who has been ejected must call the recreation office to make an appointment to come in for a meeting with the appropriate staff person. This meeting will be scheduled during normal operating hours (M-F 8:00-5:00) and must take place before he/she is allowed to coach again. This includes practice and games.

Any player that is ejected during a game is refined to the bench for the remainder of the game and is suspended for the next game his/her team plays. If a second offense occurs to the same player, he/she must sit out for the next (2) games that are played. A third offense by the same player will result in disqualification for the remainder of the season.

B. Any coach, player or spectator who physically abuses any official will be banned from all Parks & Recreation activities for one year and are subject to criminal punishment. Parks & Recreation officials are defined as:

- (1) Staff personnel
- (2) Referees
- (3) Gym supervisors
- (4) Clock-keepers
- (5) Scorekeepers

Moore County Parks and Recreation reserves the right to change, add or delete any rule or regulation for the benefit of the League and its players. All head coaches will be notified of any rule changes.

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