



# Litchfield Park

# *Basketball*

**RULEBOOK**

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## City of Litchfield Park ~ Youth Sports Programs ~ YOUTH BASKETBALL RULES

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This rulebook can be found online at: <http://www.litchfield-park.org/index.aspx?NID=133>

Click on the "Rule Books" link located on the webpage listed above.

The rules for each of our youth sports have been modified from professional, collegiate and high school rule books. These minor changes to the rules allow for equal playing time and place the emphasis on skill development and sportsmanship. Within each sport, the rules have been modified by age so that the older a participant gets, the more comprehensive the rules become.

Every team will be issued a minimum of three (3) rule books per season. These rule books will be provided to the head coach at the time of the mandatory coaches meeting prior to the start of each sports season. These rule books are extensive and cover nearly every situation that will be encountered throughout your season. In the case that a situation is not addressed in the rule book, please feel free to contact the Youth & Sports Coordinator at: 623-935-9040.

### RULE 1: LEAGUE DEFINITIONS

All City of Litchfield Park youth sports programs are coed in nature. Our basketball league for children between the ages of four (4) and fourteen (14). Below are the age division breakdowns:

- ◆ Itty Bitty Division ....*For children ages four (4) & five (5).*
- ◆ Dribbler Division.....*For children ages six (6) & seven (7).*
- ◆ Rookie Division.....*For children ages eight (8) & nine (9).*
- ◆ Junior Division.....*For children ages ten (10) & eleven (11).*
- ◆ Senior Division.....*For children ages twelve (12) to fourteen (14).*

All age divisions will play five (5) vs. five (5) and all teams will have a maximum roster size of ten (10). The City of Litchfield Park allows participants to register for the age division that they are eligible or one age division older if the players age is ONE YEAR within the older age division [i.e. a player nine (9) years old is eligible to register in either the Rookie Division (8 & 9 year olds) or the Junior Division (10 & 11 year olds)].

All of our leagues are recreational in nature as we will not keep win / loss records, nor will we retain scores from individual games. These are not competitive leagues. Our leagues are designed to be instructional / developmental leagues for players who wish to improve upon their skills in a non-threatening, fun and safe environment.

# City of Litchfield Park ~ Youth Sports Programs ~ YOUTH BASKETBALL RULES

## RULE 2: COURT DIMENSIONS and EQUIPMENT

### A. The COURT DIMENSIONS and BASKET HEIGHT

#### ♦ ITTY BITTY & DRIBBLER DIVISIONS

1. The dimensions of the court may be varied to account for local facilities. A court of approximately 50 feet by 40 feet will be used.
2. The basket will be an approximate height of eight (8) feet with the use of a basket adapter.
3. The basket adapter will be provided by the City of Litchfield Park for all game days.
  - i. *The City of Litchfield Park has three (3) extra basket adapters available for practice use. Please refer to the borrowing procedure located under Rule 2 - Basket Adapter.*

#### ♦ ROOKIE, JUNIOR & SENIOR DIVISIONS

4. The dimensions of the court may be varied to account for local facilities.
5. The basket will be the regulation height of ten (10) feet.

### B. The BALL SIZE

- ♦ ITTY BITTY DIVISION .....Size: "MINI" ball (about the size of a large cantaloupe)
- ♦ DRIBBLER DIVISION.....Size: "INTERMEDIATE" (27.5)
- ♦ ROOKIE DIVISION .....Size: "WOMEN'S" (28.5)
- ♦ JUNIOR & SENIOR DIVISIONS Size: "OFFICIAL" (29.5)

### C. UNIFORMS

#### ♦ ALL AGE DIVISIONS

1. All players must wear their "official" Litchfield Park game uniform that is provided to them at the beginning of the season during every game. Players will not be allowed to swap jerseys with teammates during the game.
2. The game jersey must be tucked in at all times.
3. All players must provide their own BLACK shorts.

#### \* Moisture Wicking Tee Shirts for Itty Bitty & Dribbler Divisions:

*The City of Litchfield Park's Youth Sports Programs provides moisture wicking tee shirts for all participants in these age divisions. The shirts that are ordered will be color coded by team (i.e. Team 1 = Red, Team 2 = Blue, etc.). Each season, participants in these age divisions will be provided with a new moisture wicking tee shirt. The cost of the uniform is included in the registration fee.*

#### \* Reversible Jersey Use for Rookie, Junior & Senior Divisions:

*The City of Litchfield Park's Youth Sports Programs changes the reversible jersey color combination and will use the same color combination jersey for all three of the 2014-2015 basketball seasons. In effect, this uniform policy enables our participants to purchase a reversible jersey only once per year, thus allowing participants to re-use their jersey in consecutive seasons.*

#### \* How it Works:

*Participants must purchase a brand new reversible jersey for the first season in which they register beginning with the 2014 Fall Basketball season. If that participant returns to register for either the 2015 Winter or Spring season, they are not required to purchase a new reversible jersey. When they register, they must inform the registration desk that they are re-using their previous jersey and would like to receive the \$10.00 discount off their registration. Any and all discounts will only be applied to in-person or over-the-phone registrations. Discount cannot and will not be applied online.*

### D. BASKET ADAPTER

#### ♦ ITTY BITTY DIVISION & DRIBBLER DIVISION ONLY

1. There are three (3) basket adapters available at the Litchfield Park Recreation Center.
2. All three adapters are given to the borrower for a period not to exceed 24 hours.
3. The borrower of the basket adapter must agree to the Litchfield Park Terms of Use in order to borrow the basket adapter.

#### ♦ TERMS OF USE - IF ADAPTER IS BORROWED

4. The borrower must be a current City of Litchfield Park Youth Basketball Coach and must be NYSCA certified.
5. The borrower must complete a City of Litchfield Park Basketball Adapter Hold Harmless Agreement.
6. The borrower must sign out the basket adapter at the lobby of the Litchfield Park Recreation Center.
7. Upon returning the basket adapter, the borrower must sign in the basket adapter at the lobby of the Litchfield Park Recreation Center.

\* NOTE: A current bank or credit card must be provided when completing the Hold Harmless Agreement. A fee of \$450.00 will be charged for un-repairable damage to or loss of adapter.

**RULE 3: TEAMS**

**A. The PLAYERS**

♦ ALL AGE DIVISIONS

1. A team will consist of no more than ten (10) and no less than seven (7) players.
2. Each team is allowed no more than five (5) players on the court at one time.
3. No team may have less than four (4) players on the court at one time.

*\* If a team is unable to place four (4) players on the court, then the site supervisor will facilitate a scrimmage game with both teams using players from both teams to make equal sides.*

**B. The COACH**

♦ ALL AGE DIVISIONS

1. The coach is the leader of the team.
2. He / She gives advice and guidance to the players in a calm, poised, nurturing and friendly manner.
3. He / She is responsible for:
  - a. Creation and implementation of weekly practices.
  - b. Communicating the expectations of players and parents prior to the start of the season.
  - c. Ensuring equal playing time for all player.
  - d. Reading and understanding the *NYSCA Coaches Code of Ethics* located in our *Policies and Procedures Booklet*.

♦ ITTY BITTY & DRIBBLER DIVISIONS

4. One coach per team is allowed to be on the court during games.
5. All other coaches must be seated on the team bench.

♦ ROOKIE, JUNIOR & SENIOR DIVISIONS

6. Only one coach may stand during the game.
7. All other coaches must be seated on the team bench.
8. Prior to the start of the game, the head coach shall provide one volunteer for the scoring table.

**C. The SUBSTITUTES**

♦ ALL AGE DIVISIONS

1. All players *WILL PLAY AN EQUAL AMOUNT IN EACH GAME*.
2. Every player on the court should play a minimum of two full quarters of each game.
3. No player should play more than two consecutive *sub-breaks*. After two consecutive *sub-breaks*, a player must sit out a minimum of one *sub-break* before re-entering the game.

*\* There are exceptions to this rule; please use the Substitution Patterns located in our *Substitution Pattern Booklet*.*

♦ ITTY BITTY & DRIBBLER DIVISIONS

4. Mandatory substitution breaks are not time-outs, they are provided to assist coaches in ensuring equal playing time.
5. Teams will be given 30 - 45 seconds to make player substitutions and prepare their players to play.
6. Players will line up at mid-court prior to re-starting the game in order to allow the coaches to inform their players of the opponent they will be guarding.

♦ ROOKIE, JUNIOR & SENIOR DIVISIONS

7. Mandatory substitution breaks are not time-outs.
  - a. Teams will be given 20 - 30 seconds to make substitutions and be ready to play.
  - b. This is not an opportunity for teams to discuss tactics or to provide a rest. Coaches should use one of their time-outs for these purposes.
8. All incoming substitutes **MUST** be at the scoring table prior to the mandatory substitution breaks.
9. Coaches will be given reminders 30 to 45 seconds prior to the substitution break by either the site supervisor or the volunteer scoring table personnel.
10. If a player becomes injured during the game and must be substituted, *then the site supervisor has the DISCRETION of picking the replacement.*

**RULE 4: PLAYING REGULATIONS**

**A. PLAYING TIME**

- ♦ ITTY BITTY & DRIBBLER DIVISIONS
  1. All games will consist of four equal quarters of eight (8) minutes.
  2. The official game clock will be controlled by the referee (site supervisor).
    - a. This clock is a running clock and can only be stopped for mandatory substitution breaks and at the discretion of the referee for reasons such as time outs and injuries.
  3. There will be mandatory substitution breaks halfway through each quarter.
  4. A one minute break will be given after the first and third quarters.
  5. A five minute halftime will be given after the second quarter.
  6. Since the score is not kept in our Itty Bitty & Dribbler Divisions, no overtime will be needed.
- ♦ ROOKIE DIVISION
  7. All games will consist of four equal quarters of eight (8) minutes.
- ♦ JUNIOR & SENIOR DIVISIONS
  8. All games will consist of four equal quarters of ten (10) minutes.
- ♦ ROOKIE, JUNIOR & SENIOR DIVISIONS
  9. The official game clock will be stationed on the scorer's table and will be controlled by volunteers.
    - a. This clock is a running clock and can only be stopped for mandatory substitution breaks and at the discretion of the referee for reasons such as time outs and injuries.
  10. There will be mandatory substitution breaks halfway through each quarter.
  11. A one minute break will be given after the first and third quarters.
  12. A five minute halftime will be given after the second quarter.
  13. If the game is tied at the end of regulation, then a one minute break will be given before the start of overtime.
    - a. If necessary, one minute breaks will be given between each additional overtime period.

**B. TIME OUTS**

- ♦ ALL AGE DIVISIONS
  1. Each team will receive two (2) time-outs per half.
  2. Time-outs CANNOT be accumulated from half to half or from regulation to over-time. No additional time-outs will be given during overtime periods.
  3. A time out will consist of two (2) full minutes.

**C. BEGINNING of the GAME**

- ♦ ITTY BITTY & DRIBBLER DIVISIONS
  1. Both teams will line up opposite of each other at mid-court and shall shake hands with the opponent wearing the same color wrist band.
  2. The HOME team shall receive the ball at the beginning of each quarter.
  3. The AWAY team shall receive the ball at the beginning of play after each substitution break.
  4. The play shall start with a throw-in from under the defending basket.
- ♦ ROOKIE, JUNIOR & SENIOR DIVISIONS
  5. Each game is started by a jump ball in the center circle and begins when the ball is legally tapped by one of the jumpers.
  6. The referee shall make the toss between any two opponents.
  7. All of the other periods begin when the ball touches a player on the court after a throw-in at the center line, according to the alternating possession method.
  8. For the second half, the teams shall change sides of the court.

\* NOTE: Teams will not be required to line up and stand opposite of each other to allow for coaches to create man-to-man match-ups. Players are allowed to *switch* whom they defend during the game, therefore meeting at center-court to determine match-ups is not required. However, if coaches in the Rookie Division wish to create match-ups, it will be allowed IF BOTH COACHES AGREE TO THIS PRACTICE PRIOR TO THE START OF THE GAME.

**RULE 4: PLAYING REGULATIONS**

**D. STATUS of the BALL**

1. The ball can be either *LIVE* or *DEAD*.
- ♦ ITTY BITTY & DRIBBLER DIVISIONS
  2. The ball becomes *LIVE* when:
    - a. During the throw-in, the ball is at the disposal of a player for the throw-in.
  3. The ball becomes *DEAD* when:
    - a. Any field goal or free throw is made.
    - b. A referee blows his whistle.
- ♦ ROOKIE, JUNIOR & SENIOR DIVISIONS
  4. The ball can be either *LIVE* or *DEAD*.
  5. The ball becomes *LIVE* when:
    - a. During the jump ball the ball is legally tapped by a jumper.
    - b. During a free throw, the ball is at the disposal of the free-throw shooter.
    - c. During a throw-in, the ball is at the disposal of a player for the throw-in.
  6. The ball becomes *DEAD* when:
    - a. Any field goal or free throw is made.
    - b. A referee blows his whistle.
    - c. The game clock signals for the end of a quarter.
  7. The ball does not become *DEAD* and the goal counts, if made, when:
    - a. The ball is in flight on a shot for a field goal and
      - i. A referee blows his / her whistle.
      - ii. The game clock sounds for the end of a quarter.
    - b. A player commits a foul on any opponent while the ball is in control of the opponent in the act of shooting for field goal and who finishes his shot with a continuous motion, which started before the foul occurred.

**E. GOAL - WHEN MADE and its VALUE**

- ♦ ITTY BITTY & DRIBBLER DIVISIONS
  1. A goal is made when a live ball enters the basket from above and remains within or passes through the net.
- ♦ ROOKIE, JUNIOR & SENIOR DIVISIONS
  2. A goal is made when a live ball enters the basket from above and remains within or passes through the net.
  3. A goal from the field counts as two points.
  4. A goal from the field behind the three point line counts as three points.
  5. A goal from a free throw counts as one point.
  6. After a field goal or successful last free throw, the opponents shall have the ball to make a throw-in within five (5) seconds, from any point on or behind the end line.

**F. HOW the BALL is PLAYED**

- ♦ ALL AGE DIVISIONS
  1. The ball is played with the hand (s) only and may be passed, shot or dribbled in any direction, subject to the restrictions of these rules.
  2. To run with the ball, *DELIBERATELY* kick or strike it with the fist is a violation. However, to *accidentally* come in contact with the ball with any part of the leg is *NOT* a violation.

**G. CONTROL of the BALL**

- ♦ ALL AGE DIVISIONS
  1. A player is in control of the ball when:
    - i. He / She is holding a *LIVE* ball.
    - ii. He / She is dribbling a *LIVE* ball.
  2. A team is in control of the ball when a player of that team is in control of a *LIVE* ball or when the ball is being passed between team-mates.

**RULE 4: PLAYING REGULATIONS**

**H. PLAYER in the ACT of SHOOTING**

♦ ALL AGE DIVISIONS

1. A player is in the act of shooting when in the judgment of the referee, he / she starts an attempt to score. The act of shooting ends when the ball has left the shooter's hand (s), and in the case of an airborne shooter, both feet have returned to the floor.

**I. OVER TIME**

♦ ITTY BITTY & DRIBBLER DIVISIONS

1. There shall be no overtime periods for these age divisions.

♦ ROOKIE, JUNIOR & SENIOR DIVISIONS

*Each game must have a winner; therefore overtimes will be used in the following format:*

2. The first overtime will be three minutes in duration.
3. If a second or more overtimes are required, then they will be two minutes in duration.

**J. JUMP BALL INSTRUCTIONS**

♦ ITTY BITTY & DRIBBLER DIVISIONS

1. There shall be no jump ball procedures for these age divisions.

♦ ROOKIE, JUNIOR & SENIOR DIVISIONS

2. A jump ball occurs when the referee tosses the ball in the center circle between any two opponents at the beginning of the first quarter.
3. During a jump ball, the two jumpers shall stand inside the half of the circle nearest to their own basket. The non-jumpers shall remain outside the circle until the ball has been tapped.
4. The ball shall be tapped by one or both of the jumpers only after it reaches its highest point.
5. A player shall not violate provisions governing a jump ball. As a penalty, the jump ball shall be retaken.
6. If there is a violation by both teams or if the referee makes a bad toss, the jump ball shall be retaken.

**K. ALTERNATING POSSESSION METHOD**

♦ ITTY BITTY & DRIBBLER DIVISIONS

1. There shall be no alternating possession method procedures for these age divisions.

♦ ROOKIE, JUNIOR & SENIOR DIVISIONS

2. The alternating possession is a method of causing the ball to become live with a throw-in rather than a jump ball.
  3. In ALL jump ball situations, teams will alternate possession of the ball for a throw-in at the place nearest to where the jump ball situation occurred.
  4. The team that did not gain control of the ball on the court after the jump ball at the beginning of the first period, will start the alternating possession.
  5. The team entitled to the alternating possession throw-in shall be indicated by the arrow in the direction of the opponents' basket.
  6. The direction of the arrow is reversed immediately when the ball touches a player on the court after the throw-in.
- ♦ ROOKIE, JUNIOR & SENIOR DIVISIONS
7. A jump ball situation occurs when (throw-in):
    - a. Two or more players of opposing teams have one or both hand (s) firmly on the ball (held ball).
    - b. The ball goes out-of-bounds and the two referees are in doubt or disagree which of the opponents last touched the ball.
    - c. The ball goes out-of-bounds and it was last touched simultaneously by two opponents.
    - d. A live ball lodges on the basket support.
    - e. A double foul is called.
    - f. To begin periods 2, 3 & 4.

\*NOTE: Overtime periods will be started with the alternating possession arrow method.

**RULE 5: VIOLATIONS**

**A. DEFINITION of a VIOLATION**

- ◆ ITTY BITTY DIVISION
  1. The Itty Bitty Division will have NO VIOLATIONS called during games.
    - a. Instead, the referee will instruct and encourage the players to play properly. The referee will explain all violations to the players and *WILL NOT* call a foul or change the possession of the ball.
- ◆ DRIBBLER DIVISION
  2. The Dribbler Division will have violations called for Double Dribble, Traveling and Illegal Defense (Stealing the ball from someone other than the player they are guarding - *Same Color Wristband & Rough Play*).
    - a. Officials for this age division will begin calling the violations listed above starting with the *FIRST GAME*. If a violation is called, the ball will be given to the opposing team either behind their own baseline or at mid-court. The referee officiating the game will decide where play will be re-started. The tracking of violations will not be performed, thus no player will 'foul-out' of a game.
- ◆ ROOKIE, JUNIOR & SENIOR DIVISIONS
  3. A violation is an infraction of the rules that is penalized by awarding the ball to the opponents for a throw-in from out-of-bounds at the place nearest to where the infraction took place.

**B. THROW IN**

- ◆ ALL AGE DIVISIONS
  1. A throw-in occurs when the ball is passed into the court from out-of-bounds, at the place indicated by a referee, except if it is after a field goal or a last successful free throw.
  2. The referee or coach should hand or toss the ball to the player who is to take the throw-in.
  3. From the moment the ball is at the disposal of the player, he / she has five (5) seconds to throw the ball to another player on the court.
  4. When a throw-in is being taken, no other player may have any part of his / her body over the boundary line; otherwise the throw-in is retaken.

**C. PLAYER OUT-of-BOUNDS**

- ◆ ALL AGE DIVISIONS
  1. A player is out-of-bounds when he touches the floor or any object on, above or outside the boundary line, except a player.

**D. BALL OUT-of-BOUNDS**

- ◆ ALL AGE DIVISIONS
  1. The ball is out-of-bounds when it touches a player, the floor or any object, including the backboard support or the back of the backboard on, above or outside the boundary lines.
  2. To cause the ball to go out-of-bounds is a violation and the ball is awarded to the opponents for a throw-in.

**E. DRIBBLING**

- ◆ ALL AGE DIVISIONS
  1. If a player in control of the ball wishes to progress with it, he / she may dribble, that is to bounce the ball on the floor with one hand.
  2. A player is not allowed to:
    - a. Dribble the ball with two hands at the same time.
    - b. Let the ball come to rest on the hand (s) and then continue to dribble.
  3. To dribble a second time after the first dribble has ended is a violation and the ball is awarded to the opponents for a throw-in.
  4. The following are not considered as dribbles:
    - a. Successive shots for a field goal.
    - b. Tapping the ball from the control of another player and then recovering it.
    - c. Let the ball come to rest on the hand (s) and then continue to dribble.

**RULE 5: VIOLATIONS**

**F. DEFENSIVE RULES**

♦ ITTY BITTY & DRIBBLER DIVISIONS

1. All coaches should teach "HANDS UP" defense.
2. "HANDS UP" defense is where a player places their straightened arms directly above their head in order to make themselves "taller" to the opposing player with the ball.
3. All players on the court will wear a colored wristband that corresponds to a player on the opposing team. These two (2) opponents are to only defend each other and no one else (man-to-man).
4. The wristbands help players identify and understand who to guard when playing man-to-man defense.
5. Players will shake hands at the beginning of each quarter and sub break. This continues the identification process of whom to guard.
6. Players cannot play full court defense.
7. This means that once the possession has changed, the defending team must retreat to their own half of the court in order to begin defending.

♦ DRIBBLER DIVISION ONLY

8. *STEALING* the ball *IS ALLOWED*; however this skill can only be performed when the opponent is dribbling the ball and can only be performed in a team's defensive half of the court.
9. *STEALING* the ball can take place when the opponent is dribbling the ball or when the ball is in flight when being passed.
10. *STEALING* the ball *CANNOT* occur when a shot is attempted or when the opponent has stopped dribbling and is searching for a team-mate to pass to.

\* *Itty Bitty players ARE NOT ALLOWED to steal the ball from their opponent.*

♦ ROOKIE DIVISION

11. Man-to-Man defense is the only acceptable defense allowed; *ZONE* defense is *NOT ALLOWED*.  
Players may switch whom they guard during the game, therefore the man-to-man match up can change throughout the course of play. The most common forms of switching occurs when the offensive team is attempting to perform an offensive 'pick'. Teams must be careful that their switching does not create a double-team situation, unless they are within their own defensive lane (*See Rule F14*).
12. Defenders must stay within five feet of the person they are guarding.
13. Teams *CANNOT* play a full court press at any time during the game.
14. Double Teams can only take place in the defensive lane (restricted area).
15. Two warnings per half will be given for man-to-man violations and full court defense violations. On the third occurrence of these violations, a two-shot technical, plus possession of the ball will be given to the shooting team.

♦ JUNIOR & SENIOR DIVISIONS

16. *MAN-to-MAN* and *ZONE* defense is allowed.
17. Teams may implement the *FULL COURT PRESS*.
18. Teams *CANNOT* play full court press if they are up by 20 points
19. Double Teams may take place at any time during the game.

**G. PIVOT FOOT**

♦ ROOKIE, JUNIOR & SENIOR DIVISIONS ONLY

1. A pivot is the legal movement in which a player who is holding the ball, steps once or more than once in any direction with the same foot, while the other foot, called the pivot foot, is kept at its point of contact with the floor.
2. Establishing a pivot foot for a player who catches a ball on the court.
  - a. While standing with both feet on the floor:
    - i. *The moment one foot is lifted, the other becomes the pivot foot.*
  - b. While moving or dribbling:
    - i. *If both feet are off the floor and the player lands, the foot that lands first becomes the pivot foot.*

**RULE 5: VIOLATIONS**

**H. PROGRESSING with the BALL**

- ◆ IMPLEMENTATION OF THIS RULE FOR ROOKIE, JUNIOR & SENIOR DIVISIONS ONLY
  1. A player may progress with the ball in any direction within the following limits:
    - a. Progressing with the ball for a player who has established a pivot foot:
      - i. *To start a dribble, the pivot foot may not be lifted before the ball is released from the hand (s).*
      - ii. *To pass or shoot for a field goal, the player may jump off a pivot foot, but neither foot may be returned to the floor before the ball is released from the hand (s).*
    - b. While moving or dribbling:
      - i. *To start a dribble, the pivot foot may not be lifted before the ball is released from the hand (s).*
      - ii. *To pass or shoot for a field goal, the player may jump off a pivot foot and land on one foot or both feet simultaneously. After that, both feet may be lifted but may not be returned again to the floor before the ball is released from the hand (s).*
    - c. To progress with the ball in excess of these limits is a traveling violation and the ball is awarded to the opponents for a throw-in.

**I. OFFENSIVE LANE TIME RESTRICTION**

- ◆ ITTY BITTY & DRIBBLER DIVISIONS
  1. There shall be no offensive lane time restrictions for these age divisions.
- ◆ ROOKIE DIVISION - FIVE SECONDS
  2. A player shall not remain in the opponents' restricted area for more than five (5) seconds while his / her team is in control of the ball in his / her frontcourt AND the game clock is running.
- ◆ JUNIOR & SENIOR DIVISIONS - THREE SECONDS
  3. A player shall not remain in the opponents' restricted area for more than three (3) seconds while his / her team is in control of the ball in his / her frontcourt AND the game clock is running.

**J. CLOSELY GUARDED PLAYER**

- ◆ ITTY BITTY, DRIBBLER & ROOKIE DIVISIONS
  1. There shall be no closely guarded player violations for these age divisions.
- ◆ JUNIOR & SENIOR DIVISIONS
  2. A player who is holding a live ball on the court is closely guarded when an opponent is in an active guarding position at a distance of no more than one normal step away.
  3. A violation shall be called if a closely guarded player with the ball does not pass, shoot or dribble the ball within five (5) seconds. The ball is then awarded to the opponents for a throw-in.

**K. BALL RETURNED to the BACKCOURT**

- ◆ ITTY BITTY & DRIBBLER DIVISIONS
  1. There shall be no backcourt violations for these age divisions.
- ◆ ROOKIE, JUNIOR & SENIOR DIVISIONS
  2. A player who is in control of a live ball may not cause the ball to be illegally returned to his / her backcourt. This restriction is valid also for the throw-ins.
  3. The ball has been illegally returned to the backcourt when a player of the team, in control of the ball, is the last to touch the ball in his / her frontcourt, after which that player or a team-mate is the first to touch the ball in his / her backcourt.
  4. To return illegally the ball to the backcourt is a violation and the ball is awarded to the opponents for a throw-in from the nearest place to there the violation took place.

**RULE 6: FOULS**

**A. GENERAL DEFINITION of a FOUL**

*A foul is an infraction of the rules which is charged and is penalized. The ball becomes dead.*

- ◆ ITTY BITTY & DRIBBLER DIVISIONS
  1. Fouls will not be called in the Itty Bitty & Dribbler Divisions.
  2. There will be no foul shots given.
  3. The referee will stop play to instruct players about rule violations.
- ◆ ROOKIE DIVISION
  4. This age division has a progression style implementation of rule violations.
  5. During the first two games of each season, we will instruct the officials to instruct players whom are consistently violating rules in an effort to teach these players the rules of the game.
  6. Beginning with the third league game each season, violations will be called on a more consistent basis.
- ◆ JUNIOR & SENIOR DIVISIONS
  7. Players in these age divisions will be immediately expected to play according to the rules set forth by the league.
  8. Violations will be called vigorously from the start of the season.

**DESCRIPTIONS of FOULS**

**B. PERSONAL FOULS**

- ◆ DEFINITION: *A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements. A personal foul also includes contact by or on an airborne shooter when the ball is dead.*
- ◆ PENALTY: *The offender is charged with one foul, and if it is his / her fifth foul (personal and technical) or if it is a flagrant, he / she is disqualified.*
- ◆ CONSEQUENCES:
  1. A personal foul is a player's foul, which involves contact with an opponent. This foul will count against the team foul total.
  2. A player shall not hold, block, push, charge, trip or impede the progress of an opponent by extending his hand, arm, elbow, shoulder, hip, knee or foot, not by bending his body into an "abnormal" position nor use any rough tactics.

**C. DOUBLE PERSONAL FOULS**

- ◆ DEFINITION: *A double personal foul is a situation in which two opponents commit personal fouls against each other at approximately the same time.*
- ◆ CONSEQUENCES:
  1. A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time.
  2. A personal foul shall be charged against each offending player and a jump ball situation occurs. (The alternate possession rule will be used to determine which team will receive the throw-in.)

**D. COMMON FOULS**

- ◆ DEFINITION: *A common foul is a personal foul which is neither flagrant nor intentional nor committed against a player trying or tapping for a field goal nor part of a double, simultaneous or multiple foul.*
- ◆ PENALTY: *No free throws for each common foul before the bonus rule is in effect. Any player of the offended team shall make a throw-in from the designated out-of-bounds spot nearest the foul.*

*Bonus free throw for seventh, eighth and ninth foul each half if the first free throw is successful. Bonus free throw beginning with the 10th team foul of each half whether or not the first free throw is successful.*

- ◆ CONSEQUENCES: *All common fouls will adhere to the procedures for personal foul violations.*

DESCRIPTIONS of FOULS

E. TECHNICAL FOULS

- ♦ DEFINITION: *A technical foul is:*
  - a. A foul by a non-player.
  - b. A non-contact foul by a player.
  - c. An intentional or flagrant foul while the ball is dead, except a foul by an airborne shooter.
  - d. A direct technical, charged to the head coach because of his / her actions or for permitting a player to participate after having been disqualified.
  - e. An indirect technical, charged to the head coach as a result of a bench technical foul being assessed to team bench personnel (assistant coach).
- ♦ PENALTY: *Two (2) free throws for the offended team. After a technical foul, any player of the team to whom the free throws have been awarded shall make the throw-in from out of bounds at the center line opposite the scorer's table.*
- ♦ CONSEQUENCES:
  1. A technical foul is a procedural violation of misconduct not involving physical contact between players.
  2. They are most commonly called for unsportsmanlike conduct.
  3. A free throw shall be awarded to the opponent, followed by a throw-in for the same team at the center line, opposite the scorer's table. The coach of the team which will shoot the free throw may choose any player that is on the court at the time of the foul.
  4. Any player assessed a technical foul **MUST IMMEDIATELY BE SUBSTITUTED FROM THE GAME** and **MUST SIT OUT THE REMAINDER OF THE QUARTER**.
    - a. **FIVE or LESS RULE:** If a player receives a technical foul with less than five minutes remaining in the quarter, that player will be **REQUIRED TO SIT OUT THE NEXT FIVE MINUTE PERIOD** before being allowed to re-enter the game.
  5. Two technical fouls in the same game will result in an **EJECTION** from the game and the player, coach or parent **MUST** leave the gymnasium. The individual will also receive a minimum one game suspension which will be served during the next scheduled game, where the individual **MAY NOT** enter the gymnasium.
  6. Any bench personnel that receives a technical foul will immediately lose their privilege of standing for the remainder of the game.

\* Please refer to the EJECTIONS & SUSPENSIONS Policy in our *Policies and Procedures* Booklet.

F. INTENTIONAL FOULS

- ♦ DEFINITION: *An intentional foul is a personal or technical foul which neutralizes an opponent's obvious advantageous position. Contact away from the ball or when not making a legitimate attempt to the play the ball or a player, specifically designed to stop or keep the clock from starting, shall be intentional. Intentional fouls may or may not be premeditated and are not based solely on the severity of the act. A foul also shall be ruled intentional if, while playing the ball, a player causes excessive contact with an opponent. A foul also shall be ruled intentional if, while playing the ball, a player causes excessive contact with an opponent.*
- ♦ PENALTY: *Two free throws plus the ball for a throw-in. After an intentional personal foul, any player of the team to whom the free throws have been awarded shall make the throw-in from the out-of-bounds spot nearest the foul.*
- ♦ CONSEQUENCES:
  1. Any player assessed two intentional fouls during the same game, the foul will be considered a technical foul and the player **MUST IMMEDIATELY BE SUBSTITUTED FROM THE GAME** and **MUST SIT OUT THE REMAINDER OF THE QUARTER**.
    - a. **FIVE or LESS RULE:** If a player receives a intentional foul with less than five minutes remaining in the quarter, that player will be **REQUIRED TO SIT OUT THE NEXT FIVE MINUTE PERIOD** before being allowed to re-enter the game.
  2. Two free throws will be awarded to the player who was fouled.
  3. Any player assessed a third intentional foul during the same game will receive a second technical foul and will be **EJECTED** from the game.  
*(Please refer to the technical foul rule for procedures for players or coaches assessed technical fouls. Also, refer to the EJECTIONS & SUSPENSIONS Policy in our Policies and Procedures Booklet)*
  4. After an intentional personal foul, any player of the team to whom the free throws have been awarded shall make the throw-in from the out-of-bounds spot nearest the foul.

\* Please note: There is no need to stop the clock in our league as the game clock is a running clock, therefore there is no need to intentionally foul the opposition.

DESCRIPTIONS of FOULS

G. FLAGRANT FOULS

- ♦ PENALTY: *A flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical non-contact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to, violent contact such as striking, kicking and kneeling. If technical, it involves dead-ball contact or non-contact at any time which is extreme or persistent, vulgar or abusive conduct. Fighting is a flagrant foul. Two free throws if flagrant, plus the ball for a throw-in. Any player who commits a flagrant foul is disqualified and ejected from the game. After a flagrant personal foul, any player of the team to whom the free throws have been awarded shall make the throw-in from the out-of-bounds spot nearest the foul.*
- ♦ CONSEQUENCES:
  1. A flagrant foul is a personal foul which, in the opinion of the referee, is not a legitimate attempt to directly play the ball within the spirit and intent of the Rules.
  2. If a player, in an effort to play the ball, causes excessive contact (hard foul), this conduct shall also be judged to be flagrant.
  3. A player charged with a flagrant foul will be immediately *EJECTED* from the game and *SHALL* be suspended for a period no less than one game which will be served during the next scheduled game.
  4. Two free throws are awarded to the player who was fouled by a flagrant foul AND his / her team will regain possession with a throw-in at the center line, opposite the scorer's table.

H. PLAYER CONTROL FOULS

- ♦ DEFINITION: *A player-control foul is a common foul committed by a player while he / she is in control of the ball or by an airborne shooter.*
- ♦ PENALTY: *No free throws for a player-control foul. After a player-control foul, any player of the offended team shall make the throw-in from the designated out-of-bounds spot nearest the foul.*
- ♦ CONSEQUENCES: *Please refer to the Player-Control Penalty described above.*

I. TEAM CONTROL FOULS

- ♦ DEFINITION: *A team-control foul is a common foul committed by a member of the team that has control of the ball.*
- ♦ PENALTY: *No free throws for a team-control foul. After a team-control foul, any player of the offended team shall make the throw-in from the designated out-of-bounds spot nearest the foul.*
- ♦ CONSEQUENCES: *Please refer to the Team-Control Penalty described above.*

**RULE 7: GENERAL PROVISIONS**

**A. FIVE FOULS PER PLAYER**

♦ ROOKIE, JUNIOR & SENIOR DIVISIONS ONLY

1. A player who has committed five fouls, personal and / or technical, shall be informed thereof by the referee and must leave the game immediately.
2. The player charged with five fouls must be replaced by a substitute.
3. The coach has the right to substitute a player who has been charged a fourth foul during the first three (3) quarters of the game. If a coach decides to substitute the player charged with a fourth foul, then that player cannot return to the game for the remainder of the *QUARTER* in which the substitution took place.
4. A player charged with a fourth foul *CANNOT* be substituted in the fourth quarter until the mandatory substitution break.

**B. FREE THROWS**

♦ ROOKIE, JUNIOR & SENIOR DIVISIONS ONLY

*A free throw is an opportunity given to a player to score one or two points by an unhindered try for goal from within the free-throw semicircle and behind the free-throw line extended. The free throw starts and the ball becomes live when the ball is at the disposal of the free throw shooter. The free throw ends when the try is:*

- a. successful
  - b. when it is certain the try will not be successful
  - c. when the try touches the floor or any player
  - d. when the ball becomes dead
1. A multiple throw is a succession of free throws attempted by the same team.
  2. The free throw (s) awarded because of a personal foul shall be attempted by the offended player. If the offended player must withdraw because of injury or disqualification, his / her substitute shall attempt the throw (s) unless no substitute is available, in which case any teammate may attempt the throw (s) as selected by the head coach.
  3. The free throw awarded because of a technical foul may be attempted by any player of the offended team that is on the court at the time of the violation. The head coach shall designate the free throw shooter.
  4. During a free throw, when marked spaces may be occupied, a maximum of four (4) defensive and two (2) offensive players may occupy said marked lane spaces.
    - a. The first marked lane spaces (the lane spaces adjacent to the end line) shall be occupied by opponents of the free throw shooter. No teammate of the free throw shooter may occupy either of these marked lane spaces.
    - b. The second marked lane spaces on each side may be occupied by teammates of the free throw shooter. The third marked lane spaces may be occupied by opponents of the free throw shooter.
    - c. Any player, other than the free throw shooter, who does not occupy a marked lane space **MUST** be behind the free throw line extended and behind the three-point line.
  5. The players in the lane spaces:
    - a. Shall not occupy marked lane spaces to which they are not entitled.
    - b. Shall not enter the restricted area or leave the marked lane spaces until the ball has touched the ring.
  6. If the last free throw does not touch the ring, the ball is awarded to the opponents for a throw-in from the free-throw line extended.
  7. No player from either team may touch the ball until it touches the ring.
  8. An infraction of these Rules is a violation:
    - a. If committed by the free-throw shooter, the point, if made, shall not count and the ball is awarded to the opponents for a throw-in from the free-throw line extended unless there is a further free throw to be administered.
    - b. If a free throw is successful, all violations committed by any player (s) other than the shooter are disregarded and the point shall count.
    - c. If a free throw is not successful and a violation is committed by:
      - i. *A team-mate of the shooter during the last free throw, the ball shall be awarded to the opponents for a throw-in from the free-throw line extended unless there is a further free throw to be administered.*
      - ii. *An opponent of the shooter, a substitute free throw shall be awarded to the shooter.*
      - iii. *Both teams on the last free throw, a jump ball situation occurs. (The alternate possession rule will be used to determine which team will receive the throw-in.)*

**RULE 8: DUTIES and POWERS of OFFICIALS**

**A. SITE SUPERVISORS**

- ♦ ALL AGE DIVISIONS
  1. Site Supervisors are employees and representatives for the City of Litchfield Park Community & Recreation Services Department; specifically, the Youth & Sports Programs.
  2. Site Supervisors will be identified by a collared polo shirt with the words "Site Supervisor" on the back of the shirt.
  3. The goal of the site supervisor is to help create an organized and peaceful setting for the participants of our league.
  4. The responsibilities of the site supervisor include, but are not limited to:
    - a. Maintaining care of the sports facility which they are in charge.
    - b. Answering questions about the league for players, parents and coaches.
    - c. Providing a voice of reason during games.
    - d. Rule clarification.
    - e. Providing final solutions to issues that arise outside the game itself. (The referees have the final word during the game.)
    - f. Providing assistance to injured participants and spectators, including assisting with emergency care, such as calling 911 and informing emergency services of the necessary information.
    - g. Assisting the game officials with any discipline issues.
    - h. Maintaining substitution structure.

**B. OFFICIALS and their ASSISTANTS**

- ♦ ROOKIE, JUNIOR & SENIOR DIVISIONS
  1. The official shall be a referee who shall be assisted by a volunteer scorekeeper and volunteer timekeeper that is to be supplied by both teams.
  2. The referees shall conduct the game in accordance with the Rules.
  3. Both referees are responsible for calling fouls and violations, to award or cancel field goals and free throws and to administer penalties according to the Rules.
  4. The referee has also the power to make a decision on any point not covered by these Rules.

**C. SCORE KEEPER**

- ♦ ROOKIE, JUNIOR & SENIOR DIVISIONS ONLY
  1. The *VISITING* team shall provide a scorekeeper for each game.
  2. The scorekeeper is responsible for the Score Sheet.
  3. The scorekeeper shall record all of the fouls of the players.
  4. The scorekeeper keeps a running summary of the points scored (recording the field goals and free throws made), individual and team fouls, and finally, the playing time of all players.

*If the Visiting team does not provide a scorekeeper for the game, the game will be forfeited.*

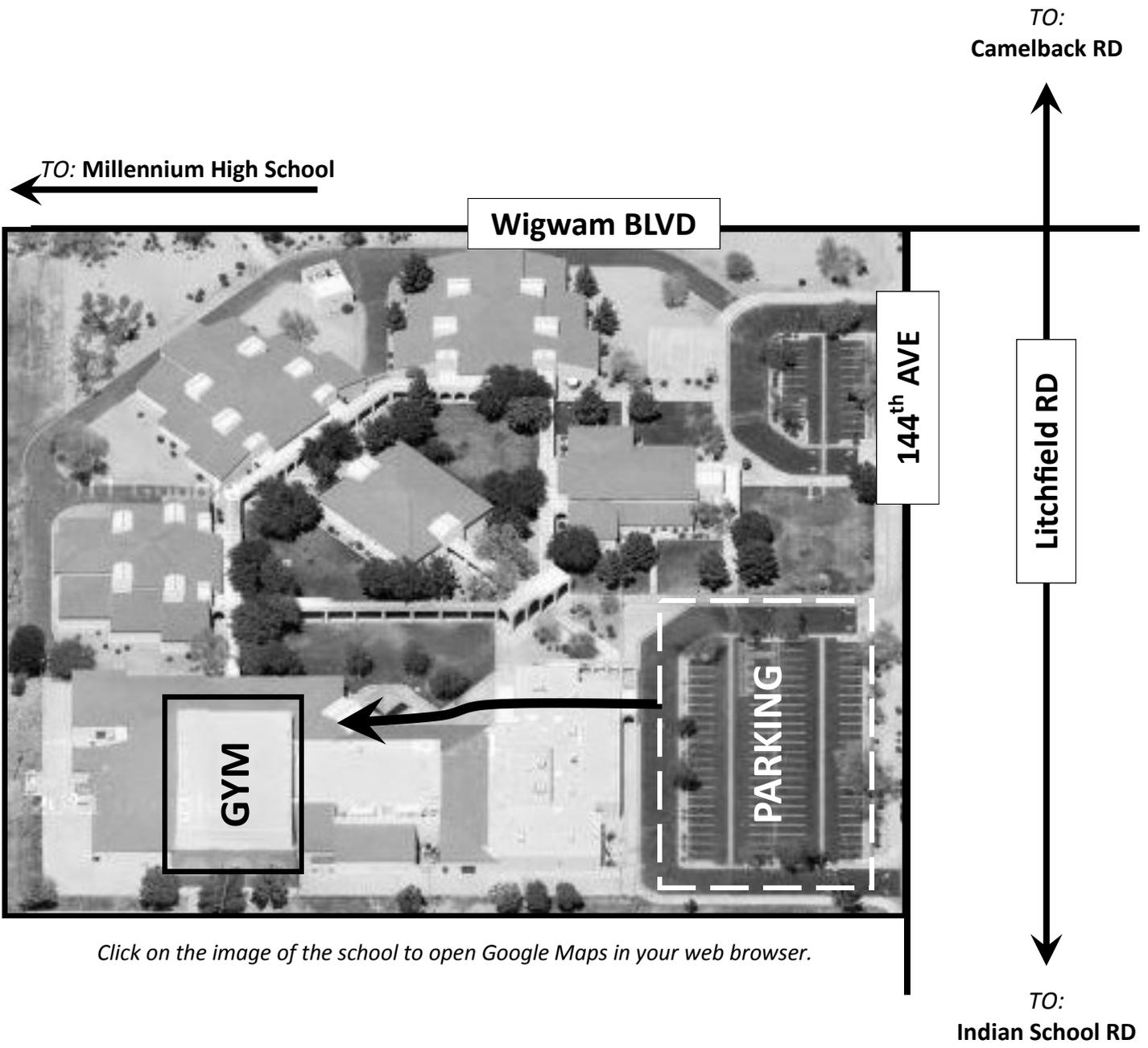
**D. TIME KEEPER**

- ♦ ROOKIE, JUNIOR & SENIOR DIVISIONS ONLY
  1. The timekeeper shall operate the scoreboard and will be in charge of the alternating possession arrow.
  2. The *HOME* team shall provide a timekeeper for each game.
  3. The timekeeper shall be provided with a game clock and shall:
    - a. *Measure the playing time and intervals of play.*
    - b. *Ensure that a signal sounds at the end of playing time in a quarter and at the mandatory substitution breaks.*
    - c. *Keep an accurate score of the game.*

*If the Home team does not provide a timekeeper for the game, the game will be forfeited.*

MAP to WESTERN SKY MIDDLE SCHOOL

WESTERN SKY MIDDLE SCHOOL  
4095 N. 144<sup>th</sup> AVE  
Goodyear, AZ 85338



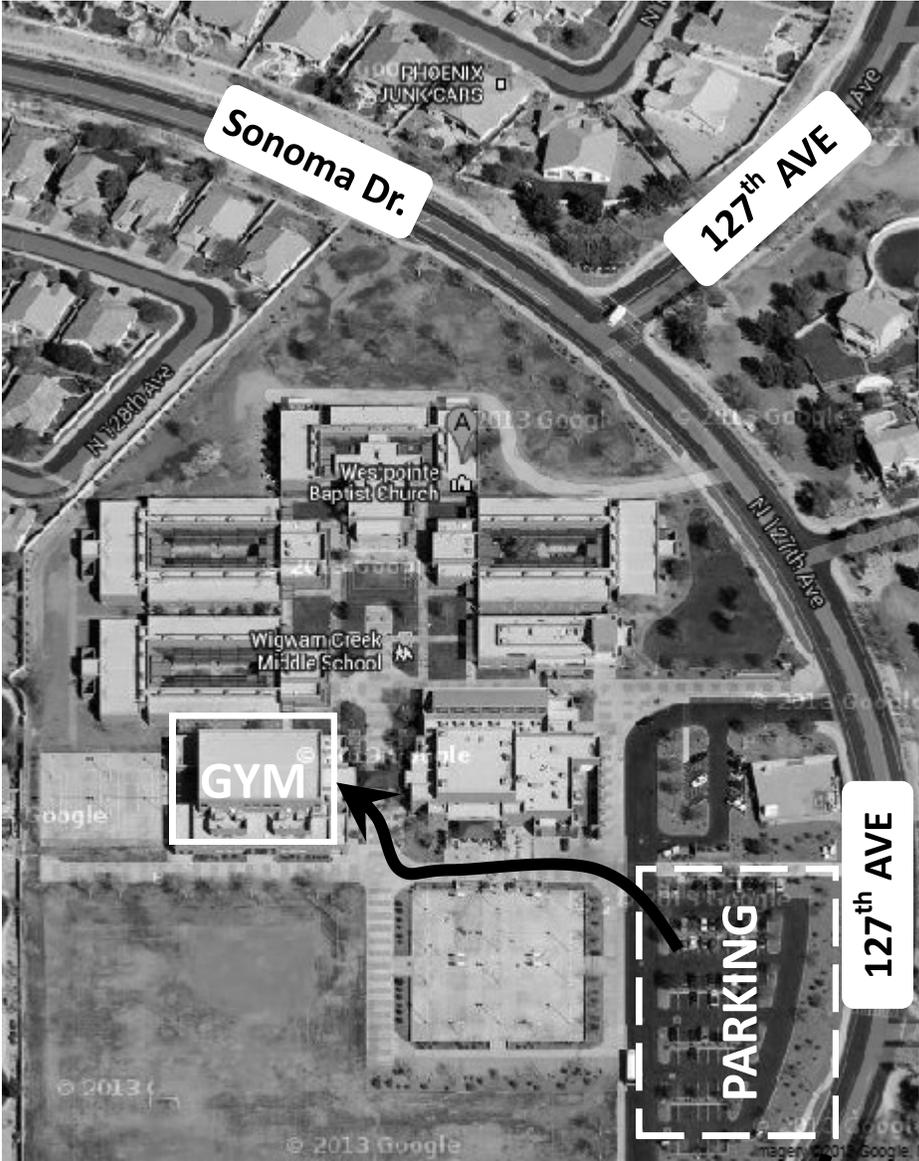
*Click on the image of the school to open Google Maps in your web browser.*

**WIGWAM CREEK MIDDLE SCHOOL**  
4510 N. 127<sup>th</sup> AVE  
Litchfield Park, AZ 85340



TO:  
Camelback RD

TO:  
Dysart RD



*Click on the image of the school to open  
Google Maps in your web browser.*

TO:  
Indian School RD

MAP to LITCHFIELD ELEMENTARY SCHOOL

LITCHFIELD ELEMENTARY SCHOOL  
255 E. Wigwam Boulevard  
Litchfield Park, AZ 85340



*Click on the image of the school to open Google Maps in your web browser.*

TO:  
Indian School RD