

# Franklin Recreation Youth Basketball League

## Goals, Objectives, & Rules

### 6<sup>th</sup> - 8<sup>th</sup> Grade Girls League

*Our goal is to provide an opportunity for players of different skill abilities to participate equally in the game of basketball; to provide a fun experience for every player regardless of skill level; and to promote the concept of team unity, companionship, instruction and learning experiences to the best of the coaches' ability.*

#### RULES

1. Each game consists of eight (8), five (5) minute periods. Overtime periods are three (3) minutes (see "Overtime Rules" below).
2. Time is kept by a timekeeper on the sidelines. Time is considered "running time" but will be stopped on time outs, and for all whistles in the last 2 minutes of the game (if score spread is less than 15 points).
3. Teams must play man-to-man defense. No zone or trap defense is allowed. A technical foul violation will be called after one warning.
4. No double-teaming outside the lane. A double-team or "help defense" within the lane is permitted.
5. Man-to-man full-court press is permitted the last 2 minutes of the 8<sup>th</sup> period and in all overtime periods, unless the opposing team is leading by 20 or more points. No zone or trap press is allowed.
6. Stealing the ball is allowed.
7. Picks/screens are allowed. Moving screens will be called as a personal foul.
8. The offensive team is allowed 10 seconds to get the ball across half court.
9. An offensive player is not allowed to stand in the lane for more than three seconds without a shot being taken.
10. Back court violation ("over and back") will be called.
11. Five (5) personal fouls remove a player from the game. Coaches keep track of fouls for both teams.
  - a. Replacement must be fifth-ranked player or below whenever possible (see "Player Matrix" below). If this is not possible, the order must be from the fourth-rated player down to the first.
  - b. In addition, replacement players should be divided evenly throughout the remainder of the game to maintain even playing time.
12. One-and-one free throws begin with the 7<sup>th</sup> foul of a half. Two free throws begin with the 10<sup>th</sup> foul of a half.
13. A free-throw shooter's entry into the lane will be upon the ball hitting the rim. Non-shooters may enter the lane upon release of the free throw shot.
14. Each team is allowed two (2) time outs per game, lasting one minute each (see "Overtime Rules" for time outs during overtimes).
15. A jump ball at center court starts the first period. After the first period, teams inbound the ball to start a period. Possession at beginning of periods alternates, starting in 2<sup>nd</sup> period with the team that lost the initial tip-off.
16. Possession on jump ball calls during the game will alternate between teams and be tracked by the referee.

**ALL FLAGRANT FOULS WILL RESULT IN 2 FREE THROWS AND THE BALL BACK**

#### PLAYER MATRIX

17. Each team must use the player matrix, which aligns each player against an opponent with a similar skill level. The top skilled player is listed 1st, down to the least skilled in the bottom position. These positions are determined by the coach. A few guidelines must be followed to ensure the integrity of the matrix:
  - a. Metro and AAU players are likely the most skilled on the team. If a team contains 3 Metro/AAU players, they must be ranked in the top 4. If a team contains 2 Metro/AAU players they must be ranked in the top 3.
  - b. All remaining players shall be ranked according to skill level as they develop through the season. It is essential that all coaches make an accurate assessment of each player and rank them strictly on skill level, not as a match-up of the team they are competing against.
  - c. Prior to the start of each game the coaches should come together to exchange matrix forms.
18. Player LATE ARRIVAL rules:

- a. A player who arrives after the start of the game will not be allowed to play in the first half. The player matrix will be modified at halftime to allow the late-arriving player to play in the second half.
  - b. A player who arrives after the fifth period has begun will not participate in the game.
19. Player EARLY DEPARTURE rules:
- a. If a player needs to leave early, new grids should be created and used.
  - b. If a coach knows ahead of time that a player needs to leave before the end of the game, they should let the other team know and have 2 sets of grids prepared ahead of time.
20. Substitution within a period will not be allowed except for injury:
- a. An injured player cannot make up time lost but can return in same period upon reporting to referee.
  - b. Coaches should make every effort to substitute with a player whose ability is as close to the injured player's ability as possible. The sub merely finishes out the period.
  - c. If the injured player cannot return, the substitution should be divided evenly among the other players with regard to maintaining even playing time.

## OVERTIME RULES

- 21. Overtime periods will be three (3) minutes apiece, with a maximum of three (3) overtimes for regular-season games. For post-season, unlimited overtimes will be played until a winner is declared, regardless of gym time.
- 22. Overtime period #1 will have the 1st period players. Overtime #2 will have the 2nd period players. Overtime #3 will have 3rd period players.
- 23. Each player will be allowed one (1) additional personal foul; thus it will require six (6) personals to foul out of an overtime contest. Note that if a game has multiple overtimes, a player still only gets six (6) personal fouls.
- 24. A jump ball at center court will start each overtime period.
- 25. There will be only one (1) time out per team per overtime, lasting one minute each.
- 26. Man-to-man full-court press is allowed during overtime periods.

## GAME CONCLUSION

27. The game is over when:
- A team is in the lead at the end of regulation game time, or...
  - A team is in the lead at the end of an overtime period, or...
  - Gym time period has expired, regardless of score, during a regular-season game. If gym time expires and a regular-season game is tied, a tie is recorded as the final result of the game. Post-season games are played until a winner is declared, regardless of gym time.

## REFEREES

28. The referees have been through a referee clinic and have been trained for the league. They are in complete charge of the game and may eject a player or coach for unsportsmanlike conduct if necessary to keep control of the game. The referee may call a technical foul against any player or coach if necessary. Two (2) technical fouls on the same player or coach results in automatic ejection.

## PROTESTS

29. A protest will be honored only under the following guidelines:
- a. It must be made known to the referee prior to the end of the game involved. The referee will notify the league coordinator and Recreation Department.
  - b. The protesting coach must also submit it in writing to the league coordinator the nature of the protest, the reason, who involved, etc. This action must occur before 9 a.m. on the Monday morning immediately following the day the game was played.
  - c. Referee judgment calls are not protestable.

## WARM-UP TIME

30. Teams will have 15 minutes of practice/warm-up time before tip-off. Coaches may agree to start games before warm-up time is expired, if both teams are ready to play.

