



SOUTH METRO RECREATION LEAGUES

YOUTH BASKETBALL RULES

Rules and Guidelines (Revised November 21, 2019)

All Rules Changes will be Highlighted in Yellow

Section I:	General Rules / Protests / Substitutions	Pg. 2
Section II:	Sportsmanship Policy / Coaches & Player Conduct	Pg. 3
Section III:	Uniforms	Pg. 4
Section IV:	1st/2nd Grade Division Rules	Pg. 5
Section V:	3rd/4th Grade Division Rules	Pg. 6
Section VI:	5th/6th Grade Division Rules	Pg. 7
Section VII:	7th/8th Grade Division Rules	Pg. 8

The following rules will govern the play in all South Metro Recreation League Games.

All rules and game situations not covered in this set of rules will defer to the official National Federation High School Rules.

LEAGUE CONTACT INFORMATION:

CITY	CONTACT	E-MAIL	Inclement Weather Line	League Websites
Grandview	Seth Owens	Sowen@grandview.org	(816) 316-4990	www.teamsideline.com/grandview
Harrisonville	Vince Schroeder	vschroeder@ci.harrisonville.mo.us	(816) 380-8980 EXT. 9	www.teamsideline.com/harrisonville
Peculiar	Grant Purkey	gpurkey@cityofpeculiar.com	(816) 779-2299	www.teamsideline.com/peculiar
Pleasant Hill	Justin Crutchfield	Justinc@pleasanthill.com	(913) 791-2600	www.teamsideline.com/pleasanthill

Raymore	Todd Brennon	tbrennon@raymore.com	(816) 892-3131	www.teamsideline.com/raymore
Belton	Kevin Goodman	keving@beltonparks.org	(816) 892-0458	www.teamsideline.com/belton

Section I

General Rules

- **Inclement Weather information**
 - In the event of snow or ice, each individual community will decide if games will be played. Please use the inclement weather information hotlines listed on page 1 of these rules.
- **Bench Conduct During Contest**
 - Only **(1)** team coach will be allowed to stand during the game (must be out of bounds and out of way of officials for the safety of all involved). All other coaches, players, and team personnel, must remain seated except during, substitutions, timeouts, between quarters or at halftime.
- **Protests**
 - All decisions made by the referees and league officials are final, (no protests are allowed).
- **Game Length / Timing Procedures**
 - Games shall consist of **(4), (8)** minute quarters. The clock will run except during the following:
 - During Timeouts
 - The first dead ball at or around the **(4)** minute mark of each quarter for substitutions.
 - During the final **(2)** minutes of the **(4th)** quarter on every whistle (unless **(20)** point lead, then a running clock will ensue).
- **Time-outs**
 - Each team will be allowed **(2)** time outs-per half.
- **TIE GAMES**
 - In the event of a tie game at the end of regulation, a **(1), (2)** minute overtime will be played.
 - Each team will have **(1)** timeout during the overtime period
 - The clock will stop for all violations and fouls during the overtime period.
 - If at the end of the overtime period the score is still tied, the game will end in a tie.
- **SUBSTITUTIONS / PLAYING TIME**
 - Each player is required to play a minimum **(16)** minutes, which is the equivalent of half of each game.

- Substitutions will be allowed when the clock stops at the **(1st)** dead ball near the **(4)** minute mark and between the quarters. The referee(s) / scorekeeper also reserves the right to stop the game to allow for substitutions.
- Free substitutions will be allowed in the **(4th)** quarter provided that all players have played **(2)** complete quarters, which are is equivalent to **(16)** minutes in the game.
- A team may play with **(4)** players at a minimum.

Section II

Sportsmanship Policy / Coaches and Player Conduct

The South Metro Sports Leagues Sportsmanship Policy:

As a league, we encourage positive reinforcement from coaches, officials, parents and teammates for every player. Harassing, shouting or engaging in any sort of emotional or physical harm to an opposing coach, league official/referee, or any player will not be permitted. Individuals who fail to comply with this policy will be asked to leave the game or, at the discretion of league officials, will be removed from the league. We thank you for your cooperation with this matter as we strive to provide a safe and fun environment for the children in our communities to learn the fundamentals of youth sports.

- A coach, player, parent or bench personnel shall not:
 - 1) Deliberately throw water bottles, basketballs, or team equipment.
 - 2) Use words to incite or try to incite spectators into demonstrations, use profanity, racial comments, or remarks which reflect upon opposing players, officials or spectators.
 - 3) Use amplifiers, speakers or bull horns on the bench or in the bleachers during the course of the game.
 - 4) Maliciously run onto the basketball court.
 - 5) Be outside the vicinity of the team bench during the play of the game.
 - 6) Verbalize in any way with the opposing team for the purpose of intimidation.
 - 7) Exhibit behavior that is not in accordance with the spirit of fair play.
- Officials and league officials have the right to restrict a coach to his/her bench for the remainder of the game if they feel that the coach is not following the rules of the game or acting in accordance with the spirit of fair play. The coach will be able to continue to coach his/her team from the bench as long as the coach follows the rules during the rest of the game.
- If a coach, player, or spectator is ejected from a game, the offender will be suspended for a minimum of one additional game. The one game suspension will be served at the next scheduled league game. League officials reserve the right to suspend individuals for more than one game if the league official deems it necessary, or the offender has been suspended before.
- If any coach, player, or spectator threatens an official, umpire, opposing coach, spectator or player, that individual will be removed from the league.
- If a game is called due to coaches, parent or player misconduct, that team will forfeit the game.

Player conduct

- Players receiving a technical foul must sit out a minimum of **(4)** minutes (measured by the game clock) before returning to the game. If a **(2nd)** technical is earned, the player will be ejected from the current game and will be suspended for the next scheduled game. Players who are a constant discipline problem or who do not attend practice on a

regular basis will be referred to the league manager for possible loss of playing time or dismissal from the program.

Coaches Conduct

- Coaches receiving a technical foul must sit on the bench for the remainder of the game (Exception: calling a timeout). If a **(2nd)** technical is earned, the coach will be ejected and will serve a **(1)** game suspension at the next scheduled game. Subsequent ejections will lead to a removal from the league.

Section III

Uniforms

- Required uniform will consist of the all players on the team having same colored jersey (exceptions: player forgot his uniform / jersey), with a number on the back, non marking sole gym shoes, and shorts / athletic pants.
- If two opposing teams have the same color jersey and they are playing each other the away team will wear different color pennies, which will be supplied by the facility that the game is being playing at.

Section IV

1st/2nd Grade Division Rules

▪ Quick Reference

○ Basketball Size	27.0
○ Goal Height	8 Feet
○ Game Length	4 quarters
○ Time Per Quarter	8 Minutes
○ Timing Procedure	Running Clock (see page #2 for details)
○ Half Time	5 Minutes
○ Free Throw Line throws)	10 feet from Basket (only used for halftime free
○ Mercy Rule	20 point spread / difference
○ Standings	No standings are kept in this division
○ Offensive Lane Violations	8 Seconds (Officials will talk to players)

▪ Free Throws

- Free throws will not be shot for fouls. If a foul occurs on a shot then **(2)** points will be awarded to the offense, then possession of ball goes to the other team. A non – shooting foul will result in the ball taken out of bounds closet to where the foul occurred.

▪ Halftime Free Throws

- Every player will shoot a free throw shot from the **(10)** foot mark from the basket, must start behind the line with both feet, may jump forward on shot. For each free throw made teams will receive **(1)** point to be added to their respective scores. (Teams must shoot the same number of free throw shots (EX. Team A has **(10)** players, team B only has **(7)** players, team will B will get to pick **(3)** players to shoot again to equal the 10 shots by Team A) only in this scenario will a player get more than **(1)** shot).

▪ Offensive Rules

- Teams may play any type of Offense that they choose (highly recommended to keep it simple and include all players in the offensive scheme)
- Offense in the lane, officials will encourage players to keep moving and not “camp” in the lane.

▪ Defensive Rules

- Frontcourt Defense:
 - Team will play "zone defense" at all times.
 - Double – teaming or trapping is not allowed. Violations to this rule will result in a warning for the first violation and subsequent violations will result in a point for the team on offense and possession of the ball taken out of bounds closet to where the violation occurred. (stopping dribble penetration isn't considered trapping as long as they break back off once penetration is stopped)
 - Defenders will keep their zone defense inside the three point line.

Mercy Rule

- If a team is winning by **(20)** or more points in the last **(2)** minutes in the **(4th)** quarter, a running clock will ensue.

Section V

3rd/4th Grade Division

- **Quick Reference**

- | | |
|-----------------------------|---|
| ○ Basketball Size | 28.5 |
| ○ Goal Height | 9 Feet |
| ○ Game Length | 4 quarters |
| ○ Time Per Quarter | 8 Minutes |
| ○ Timing Procedure | Running Clock (see page #2 for details) |
| ○ Half Time | 5 Minutes |
| ○ Free Throw Line | 12 feet from Basket |
| ○ Mercy Rule | 20-point spread / difference |
| ○ Standings | Kept and scores will be posted for the division |
| ○ Offensive Lane Violations | 5 Seconds (Officials will talk to players) |
| ○ Full Court Defense | 4 th Quarter only (unless mercy rule is in effect) |

- **Free Throws**

- Free throws will be shot for shooting fouls, bonus fouls and double bonus fouls. Shooting player must start with both feet behind free throw line, may jump forward on the shot.

- **Halftime Free Throws**

- Every player will shoot a free throw shot from the **(12)** foot mark from the basket, must start behind the line with both feet, may jump forward on the shot. For each free throw made teams will receive **(1)** point to be added to their respective scores. (Teams must shoot the same number of free throw shots (EX. Team A has **(10)** players, team B only has **(7)** players, team will B will get to pick **(3)** players to shoot again to equal the 10 shots by Team A) only in this scenario will player get more than **(1)** shot).

- **Offensive Rules**

- Teams may play any type of Offense that they choose (highly recommended to keep it simple and include all players in the offensive scheme)
- Offense in the lane, officials will encourage players to keep moving and not "camp" in the lane.

- **Defensive Rules**

- Frontcourt Defense:

- Teams will play "Man to Man Defense" at all times. (All Defensive players must stay inside the three point arch until the offense has crossed half court, before they can pressure in the frontcourt).
- Double – teaming or trapping is not allowed. Violations to this rule will result in a warning for the first violation and subsequent violations will result in a point for the team on offense and possession of the ball taken out of bounds closet to where the violation occurred. (stopping dribble penetration isn't considered trapping as long as they break back off once penetration is stopped)
- Backcourt Defense:
 - Once the opponents gain clear possession of the ball, the other team must drop back inside the three point arch until the offense has crossed half court, before they can pressure in the frontcourt.
 - Full Court defense is not allowed until the (4th) quarter. If a team is up by (20) points or more they cannot use full court defense.

Mercy Rule

- If a team is winning by (20) or more points in the last (2) minutes in the (4th) quarter, a running clock will ensue.

Section VI

5th/6th Grade Division

▪ Quick Reference

- | | |
|-----------------------------|--|
| ○ Basketball Size | 28.5 |
| ○ Goal Height | 10 Feet |
| ○ Game Length | 4 quarters |
| ○ Time Per Quarter | 8 Minutes |
| ○ Timing Procedure | Running Clock (see page #2 for details) |
| ○ Half Time | 5 Minutes |
| ○ Free Throw Line | 15 feet from Basket |
| ○ Mercy Rule | 20-point spread / difference |
| ○ Standings | Kept and scores will be posted for the division |
| ○ Offensive Lane Violations | 3 Seconds (Officials will talk to players) |
| ○ Full Court Defense | 2 nd Half only (unless mercy rule is in effect) |

▪ Free Throws

- Free throws will be shot for shooting fouls, bonus fouls and double bonus fouls. Shooting player must start with both feet behind free throw line and remain behind the free throw line until the ball touches the rim or backboard.

▪ Halftime Free Throws

- No halftime free throws shot

▪ Offensive Rules

- Teams may play any type of Offense that they choose (highly recommended to keep it simple and include all players in the offensive scheme)
- Offense in the lane, officials will encourage players to keep moving and not "camp" in the lane.

▪ Defensive Rules

- Frontcourt Defense:
 - Teams may play any style of defense. (All Defensive players may pick up the offense at the half court line, or deeper in the frontcourt, if not in the full court press situation).
- Backcourt Defense:
 - Once the opponents gain clear possession of the ball, the other team must drop back behind the half court line or deeper, before they can pressure in the frontcourt.
 - Full Court defense is not allowed until the (2nd) half. If a team is up by (20) points or more they cannot use full court defense. (when the score drops below a twenty (20) point deficit they may resume a full court press again).

Mercy Rule

- If a team is winning by (20) or more points in the last (2) minutes in the (4th) quarter, a running clock will ensue.

Section VII

7th/8th Grade Division

Quick Reference

- Basketball Size 28.5 (female division), 29.5 (male division)
- Goal Height 10 Feet
- Game Length 4 quarters
- Time Per Quarter 8 Minutes
- Timing Procedure Running Clock (see page #2 for details)
- Half Time 5 Minutes
- Free Throw Line 15 feet from Basket
- Mercy Rule 20-point spread / difference
- Standings Kept and scores will be posted for the division
- Offensive Lane Violations 3 Seconds (Officials will talk to players)
- Full Court Defense Entire game (unless mercy rule is in effect)

Free Throws

- Free throws will be shot for shooting fouls, bonus fouls and double bonus fouls. Shooting player must start with both feet behind free throw line and remain behind the free throw line until the ball touches the rim or backboard.

Halftime Free Throws

- No halftime free throws shot

Offensive Rules

- Teams may play any type of Offense that they choose (highly recommended to keep it simple and include all players in the offensive scheme)

- Offense in the lane, officials will encourage players to keep moving and not “camp” in the lane.
- **Defensive Rules**
 - Frontcourt Defense:
 - Teams may play any style of defense.
 - Backcourt Defense:
 - Once the opponents gain clear possession of the ball (when the mercy rule is in effect) the defense must drop back behind the half court line or deeper, before they can pressure in the frontcourt.
 - Full Court defense is allowed the entire game unless the mercy rule is in effect. If a team is up by **(20)** points or more they cannot use full – court defense. (when the score drops below a **(20)** point deficit they may resume a full court press again).

Mercy Rule

- If a team is winning by **(20)** or more points in the last **(2)** minutes in the **(4th)** quarter, a running clock will ensue.