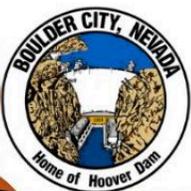


City of Boulder City

YOUTH
BASKETBALL
5TH-7TH

Rules & Regulations



The City of Boulder City's youth sports programs provide a valuable opportunity for our community's youth to engage in sports, build teamwork, develop leadership skills, socialize, and promote overall health and fitness. The goal is to encourage skill development and foster a positive attitude without overly emphasizing winning every game as a primary goal. Coaches, players, parents, and fans are encouraged to uphold these values in all aspects of the game.

Registration

All players must register with the Parks and Recreation Department prior to participation. Teams will be organized by the department.

Rosters:

Only players registered with the Parks and Recreation Department and listed on the official rosters are eligible to participate. Players assigned to a team will remain with that team for the entire season. Late sign-ups will be assigned at the discretion of the Parks and Recreation Department or Sports Coordinator.

Practice and Scheduling

Practice days, times, and locations are at the discretion of the team coach. Practices may be held up to twice per week in 1-hour increments.

Games

Game scores are not recorded, and standings will not be kept. There will be no playoffs or additional games after the regular season ends.

If a game is canceled for any reason, it will be rescheduled based on facility availability, at the discretion of BCRD.

There will be no forfeits! Games will proceed as scheduled, even if a team has fewer players. Games may be played with a reduced number of players if necessary.

Coaches

Coaches must have current background documentation on file before holding any planned practices. BCRD adheres to the strict guidelines set by the National Alliance for Youth Sports (NAYS) and the National Recreation and Park Association (NRPA) for volunteer background screenings.

Coaches are not permitted on the field/court during game play unless otherwise specified in the game rules.

First Aid and Concussion

Coaches will provide basic first aid for common injuries. Each gym or facility will be equipped with a first aid kit for use throughout the season. Coaches should stay informed about current first aid and concussion protocols, which will be provided by BCRD staff or can be accessed online at the following links:

<https://www.youtube.com/watch?v=qahukkdYFbk>

www.nays.org/resources/more/free-concussion-training/.

Protests Policy

Protests are not permitted during gameplay. Any concerns should be submitted in writing to the Sports Coordinator or Assistant Sports Coordinator via email at jgoudy@bcnv.org or bmartorano@bcnv.org or by calling 702-293-9256 on the next business day following the event. We will make every effort to investigate and resolve the issue by the end of the work week. Questions or clarifications about rules must be addressed before the game begins. Once the game is in progress or concluded, the referees' decisions are final.

CODE OF CONDUCT FOR COACHES, PARENTS, PLAYERS, AND SPECTATORS

Boulder City Parks and Recreation has a ZERO tolerance rule for fighting, foul language, and unsportsmanlike conduct. No warnings will be given if such an offense occurs, and will result in potential ejection at the discretion of the Sports Coordinator.

I acknowledge my role as a mentor and/or example for my team members and all league participants. I recognize that youth sports play a crucial role in developing teamwork, self-worth, and sportsmanship. Therefore, I agree to uphold the following principles:

- I will prioritize the emotional and physical well-being of the players above my personal desire to win.
- I will treat each player as an individual, recognizing the wide range of emotional and physical development within the same age group.
- I will ensure a safe and supportive environment for all the players.
- Coaches will organize practices that are both enjoyable and challenging for all team members.
- I will lead by example, demonstrating fair play, respect, and sportsmanship.
- I will comply with a sports environment free of drugs, tobacco, vaping, alcohol, and abusive language, and I will refrain from using these substances at youth sports events.
- Coaches will know and adhere to league rules and regulations, and ensure the players understand them as well.
- I will remember that youth sports are for the children, not the adults.
- Coaches will give all players equal playing time during each game.
- Coaches will encourage my team to play by the rules and respect the rights of other players, coaches, fans, and officials.
- I will show understanding toward officials, recognizing they are young and still learning too.
- I accept responsibility for my own behavior and the behavior of the players at league games and practices.
- I understand that inappropriate behavior, including rudeness, offensive actions, or violations of these guidelines, may result in the suspension of my coaching privileges by the City of Boulder City.

Leagues/Divisions:

3rd-4th Grade Girls

3rd-4th Grade Boys

5th-7th Grade Girls

5th-7th Grade Boys

Equipment:

- 1) All game equipment such as basketballs and all other game equipment will be provided by BCRD.
- 2) Appropriate attire must be worn at all times. Team shirt, shorts/pants, and close toed shoes. Tennis shoes/court shoes are required.
- 3) All players must wear their official team jersey which will be provided by BCRD.
- 4) Watches, jewelry, and hats in any form are not permitted to be worn during the game.

Game Procedure

- 1) Games will consist of two 20-minute halves. 5-minute half-time between halves.
- 2) The rim will be set at a height of ten feet.
- 3) Players will use an official sized ball. Boys will use a 29.5" ball. Girls will use a 28.5" ball.
- 4) Substitutions must report to the score table before entering the game. Free subs will be required to kneel at the score table until the next dead ball and may not come straight from the bench.

Clock Operation

- 1) The games will utilize a running clock. The clock will only stop:
 - a) during timeouts. Each team will receive two timeouts per half. Timeouts will be 1-minute long, and cannot be carried over to the second half.
 - b) on a dead ball during the last two minutes of the second half if the score differential is 15 or less.
 - c) whenever indicated by the referee for injury or other delay.

General Rules

- 1) All games will be governed by the National Federation High School Rules except as amended herein.
- 2) Each player has 5 personal fouls. On the 5th personal foul, the player is disqualified (fouled out) regardless of time played.
- 3) Teams will shoot 2 shots on 7th team foul (bonus).
 - a) Team fouls will accumulate per half not by quarter.
- 4) Boulder City Parks and Recreation has a ZERO tolerance rule for fighting, foul language, and unsportsmanlike conduct. No warnings will be given if such an offense occurs, and will result in an automatic technical foul and potential ejection at the discretion of the Sports Coordinator.

- a) Two technical fouls on a player or coach will eject the offender from the game and facility.
- b) If a second ejection occurs during the season, a meeting with the Sports Coordinator will be required.

Playing Time

- 1) Every player must play at least 50% of the game.
- 2) Every player must play every position. One player should not be playing in one position the entire game.
- 3) Overtime will not be played. A tied game at the end of regulation play, will remain a tie.

Defense Rules

- 1) Teams will not be permitted to play defense or press in the backcourt.
- 2) Defense can be man-to-man or zone.

Offense Rules

- 1) Each player will be allowed to score a maximum of ten (10) points. A basket scored after that point will not count with the following exceptions:
 - a) The player has 9 points - If that player makes another basket or free throw, it will be counted but the player will have reached their maximum.
 - b) The player is fouled in bonus and free throws are awarded.
- 2) Offense must bring the ball across half court within the ten (10) second time limit.
 - a) If a player crosses half court and goes back, "over and back" will be called and result in a turnover.
- 3) A three-point basket will be allowed. The player must be behind the 3-point line before the shot is released.
- 4) Free Throws:
 - a) All players must hold their position on the line around the key area until the ball is released by the shooter on a free throw shot.
 - b) If the free throw is unsuccessful and does not touch the rim, the ball is considered dead and a turnover.