



Youth Basketball Rules and Regulations

The purpose of Youth Recreational Athletic Leagues is to provide an enjoyable organized experience under capable adult supervision for youth in Botetourt County. The program is organized to promote sportsmanship, cooperation, and fair play at all times while developing knowledge and skills of the game.

The Botetourt County Youth Basketball Leagues are governed by the **National Federation of State High Schools rules (NFHS)** and will apply except as modified herein.

Any team participating in leagues outside of Botetourt County will be required to adhere to that area's rules and regulations.

Age Classification: Playing age is that age attained by a player prior to September 30th of the current basketball season.

League	Ages	Ball Size	Length of Game
Instructional Coed	5 & 6	27.5	Four (4) – eight-minute quarters
Mini Coed	7 & 8	28.5	Four (4) – eight-minute quarters
PeeWee Boys/Girls	9 & 10	28.5	Four (4) – ten-minute quarters
Little Boys/Girls	11 & 12	28.5 (Girls), 29.5 (Boys)	Four (4) – ten-minute quarters
Junior Boys/Girls	13 & 14	29.5	Four (4) – ten-minute quarters
Senior Boys	15-18	29.5	Four (4) – ten-minute quarters

I. Player Eligibility

- A. The eligibility age for participation is a minimum of five (5) and a maximum of eighteen (18) years of age. Eighteen-year-olds must be enrolled in high school.
- B. Players must be a Botetourt County resident or attend a Botetourt County Public School to be eligible to participate in any Botetourt County Youth Athletic League. If a player moves out of the county, they may continue to participate in the program until they age out, as long as their participation is continuous in that specific sport with no breaks between the age classifications.
- C. A child must play for the booster club that represents the elementary school district in which they live or school they attend. The Recreation Department reserves the right to move a player to a different booster club if needed, based on registration numbers.
- D. Players wishing to play when their designated club is not fielding a team may choose to play for the next nearest club that is fielding a team in that league.
- E. All players must be registered with the Recreation Department before he or she is allowed to practice or play in a game.

II. Team Rosters

- A. Rosters are limited to a maximum of ten (10) and a minimum of seven (7) players per team. The Parks & Recreation Department reserves the right to add more players to a roster.
- B. Any booster club fielding more than one team ages 9 and up must place players on teams by using the County drafting procedures.
- C. No roster additions will be accepted after rosters have been submitted to the Parks & Recreation Department.
- D. Each registered player can only appear on one team roster, although players may be borrowed based on borrowing rule explained below. Transfer of players during the season is prohibited.

- E. A parent or guardian of each participant must initial and sign the Parents Code of Ethics before their child is eligible to participate in games. The signed Code of Ethics is only good for that sports season (provided during registration).
- F. Coaches must consent to a background screening and be cleared to coach before he or she is allowed to coach a team during a practice or game. All coaches must carry coach badge verifying their background check.
- G. Any coach found to be using an ineligible player may be suspended from coaching for a period of one year. The suspension is applicable to any and all sports from the date formal action was taken.

III. League Rules

- A. Practice may begin on November 14th, 2022
- B. Before games begin, a maximum of two (2) practice sessions per week, at 60 minutes per session. Exception: When schools are closed, there will be no practice. In addition, there is no practice if the school administration has indicated a no play date.
- C. After games begin, each team will have one (1) practice per week.
- D. All teams are limited to a maximum of three (3) events per week
- E. Two officials and two scorekeepers will be assigned per game for ages nine and up. 8U and 6U leagues will be scheduled one official and one scorekeeper.
 - 1. No team shall have the right to refuse an official or scorekeeper.
 - 2. One official shall be sufficient to play a game for 10U Leagues.
- F. Officials and scorekeepers are authorized and required to enforce all rules and may order a player, coach or spectator to refrain from interfering with his/or her ability to administer these rules. The official has the authority to disqualify any player, coach or spectator from participating or observing the game for objecting to calls, using abusive language, improper gestures, physical contact or other unsportsmanlike conduct not specially listed in these rules.
- G. Instructional league will use a (27.5) size basketball. Mini/Pee Wee Girls, Pee Wee Boys, Little Girls and Junior Girls Leagues will use an intermediate (28.5) size basketball. Little Boys, Junior Boys and Senior Boys leagues will use a (29.5) regulation size basketball.
- H. Instructional and Mini leagues will play on eight (8) foot goals.
- I. Pee Wee will play on nine (9) foot goals.
- J. Little, Junior, and Senior leagues will play on ten (10) foot goals.
- K. Uniforms must consist of matching jerseys with a number on the back. Front is optional. No single digit can be larger than 5. Uniforms must be reversible as well.
 - 1. Example: 55 is ok, 56 is not.
- L. Jewelry or hard hair devices are prohibited, this includes but not limited to necklaces, earrings, facial piercings, rings, bracelets and watches.
- M. Each coach must submit a lineup card with players' names and numbers in numerical order to the scorekeeper ten minutes before scheduled start time.
- N. A team must have four (4) players to play a game.
 - 1. Games are required to be played with even teams – if one team has only 4 players, the opposing team must play with the same number or donate a player in accordance with the borrowing rule
- O. Teams will be given ten (10) minutes after the scheduled start time to produce the minimum number of players to begin the game.
 - 1. If after 10 minutes a team does not have 4 players ready to play, the game is declared a forfeit
- P. BORROWING RULE:
 - 1. When an opposing team has only 4 players to begin a game, a team may optionally donate 1 player to the opposing team that is short
 - a. No team is required to donate players to the opposing team, they can elect to play the game 4 v 4 instead

- b. The rule will limit teams to only borrowing 1 player per game to field a team of no more than 5 players.
 - 2. Teams are not permitted to borrow players from teams other than those scheduled for that game.
 - a. Teams may not borrow players from a different age group
 - b. Teams may not borrow players from a third team in the same age group
 - c. Teams may not borrow players who are not registered for the current Botetourt County Basketball season
 - 3. No borrowing of players is permitted in any postseason or tournament game
 - 4. The rule requires that the borrowed player wear their current uniform from their original team in order to identify who the borrowed player is. A pinny will be allowed over the uniform to prevent issues with a conflicting uniform color.
- Q. Each team must be supervised by a coach of at least 18 years of age at all times while in gym for practice or games.
- R. A maximum of two (2) coaches are allowed on the team bench during games.
- S. Only one coach is permitted to be standing on the sideline at any one time to give instruction to players. All other coaches should remain seated. Exception: Mini only – one coach may stand underneath the goal to instruct children if their instruction does not interfere with the game in progress. One coach must remain on the bench.
- T. The Recreation Department will handle all cancellations and makeup games.
 - 1. Not all games will be automatically rescheduled. Games will be rescheduled when a team falls below its guaranteed number of games.
 - a. 6U teams have 8 scheduled games; 6 games are guaranteed
 - b. 8U & up teams have 10 scheduled games; 8 are guaranteed
 - 2. Teams are required to play games when school conflicts occur if sufficient numbers of players are available.
- U. When schools are closed or close early due to inclement weather, all games and practices will be cancelled. School closings or cancellations on Friday do not necessarily mean that gyms are closed on Saturdays.
- V. Game cancellation information can be obtained by calling 540-992-0012, after 4:00pm on weekdays and 7:30am on Saturdays.

IV. Game Play

- A. Games shall consist of four (4) quarters with a five (5) minute halftime between the second and third quarters. Halftime may be reduced to 3 minutes if needed.
- B. Length of Quarters.
 - 1. Instructional & Mini League - Four (4) - eight-minute quarters with a running clock except, timeouts and last two minutes of each half. Games will be scheduled every 60 minutes.
 - 2. Pee Wee Girls & Pee Wee Boys Leagues- Four (4) - ten-minute quarters with a running clock except for, timeouts and the last two minutes of each half.
 - 3. Little Girls / Little Boys / Junior Girls and Junior Boys Leagues and Senior Boys- Four (4) - ten minutes quarters with a running clock except for timeouts and the last two minutes of each half.
- C. Foul shots will be awarded as a one and one after a team's seventh (7th) foul and as two shots after a team's tenth (10th) foul.
- D. Foul Shots
 - 1. Instructional League will shoot foul shots 3 feet closer than the standard foul line (12 feet measured from backboard).
 - a. Player's momentum may carry them over the line in Instructional League

2. Mini League will shoot foul shots 3 feet closer than the standard foul line (12 feet measured from backboard).
 3. Peewee League will shoot foul shots 1.5 feet closer than the standard foul line (13.5 feet measured from backboard).
 4. Little Girls & Little Boys Leagues will shoot foul shots from the foul line (15 feet measured from backboard).
- E. Any shot attempted outside the three-point line and made in 6U and 8U will only count as two points.
- F. Each team will be allowed three- one-minute timeouts per game. Each team will be given one extra timeout in the event overtime occurs (there will be only 1 overtime per game). There are no thirty-second timeouts in Botetourt County Leagues.
- G. A mercy rule will take affect when a team reaches a 20 or more-point lead at the start or anytime during the fourth quarter.
1. A running clock for duration of quarter, stopping only for an official or coaches time out.
 2. The score will be removed from the scoreboard. The clock will continue to be displayed. The official score will continue to be kept in the scorebook.
 - a. Removing the score from the scoreboard is not optional.
- H. No score or standings will be kept for Instructional & Mini leagues.
- I. In the case of a tie at the end of regulation play, one extra 3-minute overtime (extension of the 4th quarter-no running clock) will be played. If after 3 minutes, game is tied, GAME IS FINAL.
- J. Pressing Rules for Instructional League.
1. No full or half court pressing at any time.
 2. Line of defense is behind the three-point line. Once ball is crossed into three-point area, the defense may then play the entire half court.
 3. Technical foul after one warning.
- K. Pressing Rules for Mini League.
1. No full or half court pressing at any time.
 2. Line of defense is behind the three-point line. Once ball is crossed into three-point area, the defense may then play the entire half court.
 3. Technical foul after one warning.
- L. Pressing Rules for Pee Wee Girls & Pee Wee Boys Leagues.
1. Normal gameplay allows defense to play to half court
 2. May full court press the last two minutes of each half if not ahead by ten or more points.
 3. When ahead by 20 or more points, the winning team must drop back and play defense inside of the three-point area. Once ball is crossed into three-point area, the defense may then play the entire half court.
 4. Technical foul after one warning.
- M. Pressing Rules for Little Girls & Little Boys Leagues.
1. Normal gameplay allows defense to play to half court
 2. May full court press the last two minutes of each half if not ahead by ten or more points.
 3. When ahead by 20 or more points, the winning team must drop back and play defense inside of the three-point area. Once ball is crossed into three-point area, the defense may then play the entire half court.
 4. Technical foul after one warning.
- N. Pressing Rules for Junior Girls, Junior Boys, Senior Girls & Senior Boys Leagues
1. May full court press at any time if not ahead by ten or more points.
 2. When ahead by 20 or more points, the winning team must drop back and play defense inside of the three-point area. Once ball is crossed into three-point area, the defense may then play the entire half court.
 3. Technical foul after one warning.
- O. All Play Rule.

1. A coach must substitute all players within the first and third periods.

Exception: A coach may remove a player in the 1st or 2nd half of the **first** quarter if they have received 4 fouls. They still must be put in and play their required time in the 1st or 2nd half of the **third** quarter or until they foul out.

 - a. Players 1-5 must play the 1st half of the 1st and 3rd quarters.
 - b. Players 6-10 must play the 2nd half of 1st and 3rd quarters.
 2. The first and third periods will be split in half (clock will stop at 4:00 or 5:00 minutes remaining depending on age) and the horn will sound. The coach will have 15 seconds at the sound of the horn to insert substitutions. Substitutes must check in with scorekeeper.
 3. The 2nd and 4th periods will not be split in half if both teams have 10 or fewer players in attendance.
 4. In the event a team has eleven or more players in attendance.
 - a. A coach may substitute the additional players at any time within the 2nd and 4th periods, providing they still receive their full allotment of consecutive paying time in each half.
 - b. The 2nd and 4th quarters will be split to allow for the extra substitutions and to assure the players receive their required time.
 5. The split quarters will restart with an alternating possession jump ball.
 6. The opposing team will be awarded a technical foul shot for each player not playing ½ of a quarter within the first and second halves, subject to the player being present and on time at the start of the game.
- O. An opt-in season ending tournament will be offered for PeeWee leagues and above. Exception: High School league will have a single-elimination tournament built into the schedule.

V. Standings

- A. Standings will be determined by the team's win/loss record.
- B. Tournament seeds will be set by regular season standings.
 1. In the event of a tie, seeding will be determined by head-to-head win/loss record
 2. If a tie still exists, seeding will be determined by random chance
- C. Medallions will be awarded to the 1st and 2nd place tournament winners.

VI. CODE OF CONDUCT

All coaches, players and spectators are expected to abide by the Botetourt County Code of Conduct. This document can be found at bocorecreation.info and was agreed to when registering as a player, parent and coach.