

Hampton Parks, Recreation & Leisure Services Department

YOUTH BASKETBALL RULES AND REGULATIONS

2020 SEASON

1. **League and Player Eligibility:** The HPRLS Basketball League will consist of 10 athletic associations containing five (5) age divisions of play: Seniors, Juniors, Intermediates, Midgets and Mighty Mites. There will be 8 Middle School associations containing two (2) age divisions of play: Juniors and Intermediates. No school team may play in a recreation division league and no recreation division team may play in a middle school division league. The only exception is if a division has less than 4 teams then recreation and school teams may be combined to form a league. **All leagues will be governed by the 2019-20 National Federation of State High School Association and the guidelines set forth by HPRLS**

2. **AGE LIMITATIONS:**

	<u>BOYS</u>	<u>GIRLS</u>
MITE DIVISION	6- 8	6- 8
MIDGET DIVISION	9-10	9-10
INTERMEDIATE DIVISION	11-12	11-12*
MIDDLE SCHOOL INTERMEDIATE DIVISION	11-12	11-12*
JUNIOR DIVISION	13-14	13-15*
MIDDLE SCHOOL JUNIOR DIVISION	13-14	13-15*
SENIOR DIVISION	15-18	16-18

* If there are not enough girls' teams in the Intermediate and Junior Divisions then those teams will be combined into one division.

October 1, 2019 is the cut-off date concerning birth date eligibility.

EXAMPLE: A youth who becomes 10 years old on or before October 1, 2019 will play as a 10 year old. A youth, who becomes 10 years old at any time after October 1, 2019 will play as a 9 year old.

A player may play on only one team. Players can not play on a middle school team and a recreation league team. Once the league games have started no player may transfer to another team or association.

NOTE: BOYS AND GIRLS PLAY BY THE SAME RULES UNLESS OTHERWISE NOTED.

3. **Rosters and Team Eligibility:**

a. HPRLS has no residency requirement;

1. ALL player must present a Valid D.M.V issued ID card or a Military ID. ALL non Hampton residents in addition to a valid DMV ID must present a letter on official school letterhead that is signed by school administrative staff with the following items to be considered a valid letter: the player's name, player's address that was used to enroll into the school, the player's date of birth and the date of enrollment or the acknowledgement that the player is enrolled for the upcoming school year.
2. City of Hampton residents must be enrolled in a City of Hampton School.

- b. 3. All documents concerning player eligibility must be resolved before their team's registration. **If a player has been suspended from school they may not participate in a sanctioned league game/practice until he/she is officially (physically) back in school. If a player is suspended on a Friday they will not be allowed to play on Saturday. This does not apply to in-school suspension.** If a participant moves out of the City of Hampton or enrolls into a non City of Hampton Public School before their team's 5th game of the season the player will be considered ineligible for the remainder of the season. Proof of enrollment into their new school will be required before the player can continue to play after the 5th game. The Athletic Division must be notified of all players that move out of Hampton or transfer to a Non City of Hampton Public School or stop playing during the season.

EXCEPTION

- Any player that is home schooled or attend a private school must provide a letter on official letterhead from the City of Hampton School System granting permission for the player to be home schooled for the current/upcoming school year.
- This letter will be required for each sport's season that the player falls under this exception for eligibility.

A letter from a previous school year, or previous sport's season will not be considered a valid letter to grant the exception for eligibility.

- a. Valid Birth Certificates, Passports, or Hospital Birth Records must be presented and approved by each commissioner.
- b. Player Paperwork: Signed and completed Parental Consent for Treatment, Participation Release Form and Parents Code of Ethics form must be turned in to the Athletic Division by the athletic association. Forms submitted directly from parents or players will not be accepted. **(No partially filled forms will be accepted)**
- d. Each team shall consist of no more than 15 players and a minimum of 10 players per roster. Teams must maintain a roster of at least 10 players. **NO players can be added after January 3, 2020.** If any teams fall under the minimum 10 players per roster after the season has started the commissioner must get permission from the Hampton Athletic Division before adding players to meet the minimum requirement. All teams must have played each player on their roster for a full quarter in one game by January 17, 2020 or the team will be considered ineligible for the playoffs. **Failure to report a player that is no longer on a team's roster will not exclude the team from the post season penalty.**
- e. Each roster must be **TYPED** and have the following information:
 - Player's legal name or name used to enroll player into the school system
 - Address
 - Birth date
 - Age as of October 1st
 - School currently attending for a team to be eligible for play.

Names must be listed alphabetically using the player's last name, first name. Rosters using font size smaller than 12pt. will not be accepted.

- f. Registration may begin on October 21, 2019.
- g. The \$15 player participation fee is non-refundable. All player registration fees must be paid by January 10, 2020. Teams failing to pay the registration fees will not be permitted to continue to participate.
- h. Association registration is by appointment only. Appointment times will be provided at the preseason commissioners meeting. Rosters, participant consent forms and parent code of ethics are due by December 13, 2019 no later than 4:00 p.m. **NO EXCEPTIONS!**
- i. No new teams can be added by an association after December 6, 2019.
- j. No scrimmaging will be permitted outside of a division.
- k. Players may move up to the next age group if the player is within one year of the next age group. A written request must be submitted to the Athletic Division by the commissioner of the association listing all players divided by divisions that wish to play up. The player's parent/legal guardian must provide written permission stating that they understand the increased risk for injury by playing with other children outside of your child's recommended playing division for a player to be considered eligible to play up in the next division. The Athletic Division will investigate each request and determine eligibility for each move request. No requests or appeals for players to play down an age group will be accepted.

NOTE: If a player is moved up, he/she must play with that age group for the remainder of the season once the first game of the season has been played by their team. Any player wishing to move back to their recommended division must be done before the first game of the season.

- h. **INELIGIBLE PLAYERS** - Any youth who is on the roster or participate in any official Junior Varsity or Varsity Basketball game this academic year, will be ineligible for league play within the HPRLS Basketball League this academic year. **NO EXCEPTIONS!**

If a team is found using an ineligible player a forfeit penalty will be imposed for all games the illegal player played in.

4. PLAYER PARTICIPATION:

- a. Each player must play a full quarter from start to finish. No players can be added to the line up once the 2nd quarter is finished. Teams must play all their players even if the opposing team has fewer players. **Coaches are strongly encouraged to play participants as much as possible.**
- b. The gym supervisor will check the official scorebook at the end of the third (3rd) period to make sure each team is complying with the rule. If he/she is unable to check the scorebook and the coach does not play a player at least one quarter from start to finish, the game shall be forfeited. (This must be certified in the "Official" Scorebook). A player playing four minutes during one quarter, and four minutes in another quarter does **NOT** constitute a full quarter. The coach in charge will receive an automatic (2) game suspension regardless of the game's outcome if all the eligible players do not participate in a game.
- c. A player participating for a Middle School must attend that particular Middle School in Hampton (Eaton, Tarrant, Spratley, Lindsay, Syms, Jones, Andrews, Phenix). If a middle school doesn't have a team then players attending that school must play for an athletic association. Athletic organizations are exempt from this rule.
- d. School teams may only compete in the Middle School Intermediate or Middle School Junior Division.

- e. A coach who for disciplinary reasons, feels that a player should not play in a game, must inform the Athletics Department one day before the game. The day of the game the coach must inform the official scorer, referees, and opposing coach. A player missing from practice for academic or medical reasons is exempt from being withheld from playing in a game. THIS WILL BE INVESTIGATED BY THE HPRLS.

5. **PRACTICE SCHEDULE/PROCEDURES:**

- a. Practice may begin on November 11, 2019; acquiring practice space for this time is the responsibility of the Athletic Association Commissioner. **There is \$15.00 per hour fee for use of HPRLS Community Center Gyms.**
- b. The HPRLS will begin scheduling free practice times on December 2 thru December 27, 2019. Middle School teams may begin try-outs on November 4, 2019 and must be completed by November 15, 2019.
- c. Practices for each team may last no longer than two (2) hours per day.
- d. Coaches found practicing longer than two (2) hours a day or conducting an unauthorized practice will be suspended at the discretion of the Athletic Division.
- e. There will not be any practicing on Sundays.
- f. Holding practice sessions and scrimmages on game days are not permitted.
- g. Do not permit any player to participate in any practice sessions until the coach and/or commissioner have **IN HAND** all of the player paperwork.

6. **LENGTH OF GAMES:** Games including playoffs can be scheduled any given night of the week. A team must have at least 5 players on the bench when a game is scheduled to start or a forfeit will be declared. This is not an optional rule, but will be enforced by the officials and HPRLS staff.

Mighty Mite Division - Games shall consist of four 6-minute quarters with one minute between quarters and five minutes between halves.

Midget Division - Games shall consist of four 6-minute quarters with one minute between quarters and five minutes between halves.

Intermediate, Junior, & Senior Divisions - Games shall consist of four 8-minute quarters with one minute between quarters and five minutes between halves.

7. **SCOREKEEPING:** In the event of discrepancies, the scorebook at the scorers table is the "Official Scorebook" that will be used if a protest is submitted. Any player scratched prior to the start of the game should be reported to the official scorekeeper and to the opposing head coach. If there is no official scorekeeper then the home team will be the official scorekeeper.
8. **CLOCK:** The clock stops only for shooting fouls, time outs, jump balls, and injuries. Clock stops for all violations during the last two minutes of each half for all leagues/divisions. If a team is down by 20 points with two minutes remaining in the game the clock will continue to run.
9. **TIME-OUTS:** Teams will be allowed three (3) time-outs per game to be used at the discretion of the Head Coach. Non-used time-outs may be carried over into any overtime period that occurs.
10. **OVERTIME:** Shall be two (2) minutes with clock stopping for all violations. If the overtime period ends with a tie, additional overtime periods of two (2) minutes will follow until a winner is declared. Each team receives one (1) time-out during an overtime period plus any non-used time-

outs from the regulation time. **MIGHTY MITES: Will play a total of two (2) overtime periods, if a winner is not declared by the end of the second overtime the game will end in a tie.**

11. OFFICIALS: All games will be officiated by two referees with the exception of the Mite Division, that division will have one official.

12. FULL COURT PRESSING:

Mighty Mite Teams are not allowed to full court press at any time during the game.

Midget Teams are allowed to full court press the entire fourth (4th) quarter of the game, including all overtime periods unless they are ahead by 15 or more points.

Intermediate Girls or Boys Teams are allowed to full court press the entire second half of the game, including all overtime periods unless they are ahead by 15 or more points.

Girls Intermediate/Junior Combined Division are allowed to full court press the entire second half of the game, including all overtime periods unless they are ahead by 15 or more points. **(This division will only exist if there aren't enough intermediate and junior girls' teams to have separate divisions).**

Girls or Boys Junior and Senior Teams are allowed to full court press the entire game including all overtime periods unless they are ahead by 20 or more points.

Players in the ALL Divisions must remain behind the top of the key until the offensive player has crossed the mid-court line during periods of time when a team is not allowed to apply a full court press. Once the offensive player with the ball has crossed half court all defensive players may apply a press to any offensive player.

Teams are not permitted to run up the scores on opposing teams. The Athletic Division will investigate any coach winning by 30 points or more. Coaches found guilty of not trying to make adjustments will be served with an automatic 3 game suspension.

13. FOUL SHOTS: Mighty Mites - After shooting foul shots, the player shooting may cross the line, but only if momentum carries the player across - they must start the shot attempt from behind the free-throw line. Free-throws will be shot from a 9' line.

Midgets - will shoot free-throw from the standard free-throw line. The player may cross the line, but only if momentum carries them across.

Intermediate, Junior, and Seniors- must remain behind the standard free-throw line.

Bench players may not create any verbal or physical (stomping, clapping, etc.) sounds with the intent to distract the player at the free throw line. Coaches may not give instructions to their players once the shooter is given the ball by the official and up until after the ball has been released from the shooter's hand. If the official determines that an infraction as occurred, the player at the line will be allowed to re-shoot the free throw if it was not a successful attempt.

Once a coach has received a technical foul they are to remain seated on the bench for the remainder of the game during periods of live gameplay.

PROTEST: Same as National Federation of State High School Association Rules and Regulations. No protest shall be honored with the exception of eligibility and player participation. It shall be in writing, stating player in question, and be accompanied by a one hundred dollar (\$100.00) fee. The fee will be returned if the protest is upheld. Both the league commissioners and the appellant may present evidence of the rule violation. All decisions shall be made solely on the basis of eligibility and player participation rules. The protest must be submitted to the Athletic Division on the City workday immediately following the game, which is protested, by 4:00 p.m.

EXAMPLE: Tuesday's game protest due by 4:00 p.m. Wednesday

Friday's game protest due by 4:00 p.m. Monday

14. BASKETBALL SIZES: Mighty Mite teams will use a 27.5" ball and Midget and Intermediate teams will use a 28.5" basketball. The combined girls division will use a 28.5" basketball. Junior and Senior teams will use the official 29.5" size basketball.

15. COACHING REQUIREMENTS: In order for anyone to coach for HPRLS the following criteria must be met:

- Pass NAYS.ORG Coaching Certification
- Pass NAYS.ORG Coaching Concussion Training
- City of Hampton Criminal Background Check (Free of Charge)

Upon successful completion of the required criteria you will then become eligible to coach.

Photo ID Badges: All coaches, team parents & commissioners are required to have a badge. Badges must be visible at all time during practices and games.

All head coaches must be at least 21 years of age, and all assistant coaches must be at least 18 years of age. If a coach, commissioner or president violates any standards stated within the NAYS Handbook or breaks the NAYS Code of Ethics, HPRLS will investigate each case with full authority to impose any disciplinary measure necessary. Additionally, a Coaches Roster must be turned in along with the team rosters.

Each team will be allowed 2 coaches and 1 scorekeeper to sit on the bench with the team; players from other age divisions will not be allowed on the bench.

16. CHAMPIONSHIP TOURNAMENTS: The end-of-season championships will be between the top four teams within each division. In the event that team standings are tied, head-to-head results will be the determining factor followed by points yielded between the tied teams. If a tie still exists, points yielded for the entire season will be the determining factor.

17. AWARDS/TROPHIES: HPRLS will present 15 individual awards to the champion and runner up team.

18. LIABILITY: The head coach shall assume full responsibility for personal injuries that occur during non-league scheduled games, for injuries that occur while traveling to and from such contests, and for injuries that occur on other than sanctioned practice and/or playing gymnasiums. It is for this reason that no player may be dropped off at any game and/or practice

site in excess of 30 minutes before game time; the head coach must be present when players are being dropped off. **Players are permitted to slam dunk the basketball during game time ONLY; no dunking is allowed during warm-ups.** A TECHNICAL FOUL WILL BE CALLED IF ANY PLAYER DUNKS DURING PRE-GAME WARM UPS.

19. **AUTOMATIC SUSPENSIONS:** Any team member, coach, commissioner, or president ejected from a game shall be suspended for a minimum of two (2) games to be played by his/her team. Notice of this suspension by HPRLS will not be necessary. A second suspension will result in that individual being removed from the HPRLS youth basketball program for the remainder of the season. **Any player, coach, parent or spectator ejected from a game must leave the facility. If the person doesn't leave the facility the officials will forfeit his or her team's current game. Individuals that are suspended by the league may not return to the Sportsplex or any other HPRLS facility during the time when HPRLS youth basketball games are being played until their suspension is completed.** Players receiving a second technical foul will be suspended for the remainder of the game. Coaches receiving a second technical foul will be suspension for the remainder of the game and could be subject to additional game suspensions.

The following automatic suspensions will also be enforced:

- A. **Any player who engages in a fight on or off the court at any City of Hampton Parks and Recreation & Leisure Services game or practice site will be suspended for the remainder of the season.**
- B. **During or after a game if a player, coach or spectator leaves the bench area to head towards or displays intent to interact with an altercation or to start an altercation will be suspended for the remainder of the season.**

NOTE: The use of said suspended player, coach, etc. shall result in an automatic forfeit by his/her team of all games in which he/she participated in while suspended.

If any coach, commissioner, president, or player is found to be associated with any type of violation of the law (ie: possession of drugs), HPRLS has full authority to suspend, eject, or ban that coach, commissioner, president, or player, if deemed necessary.

20. **ALCOHOLIC BEVERAGES/ILLEGAL SUBSTANCES/PROPERTY DAMAGE/FIRE ARMS:** The use of alcoholic beverages and/or illegal substances on City of Hampton property is prohibited. Anyone caught using them will be subject to arrest. Any player, coach, commissioner, or president caught using illegal substances or consuming alcoholic beverages will be suspended from the league indefinitely. Any team, team member, coach, commissioner, president, or anyone connected with a team in any way, found guilty of defacing or damaging property at any time will be banned permanently from all HPRLS sponsored programs.
21. **NO OUTSIDE FOOD IS ALLOWED:** This includes after game snacks. No water coolers will be permitted. **If teams are found bringing food to the gym, they will forfeit their next scheduled game.**

- 22. UNSPORTSMANLIKE CONDUCT:** Any act of unsportsmanlike conduct observed by HPRLS or reported to HPRLS by its agents (ie: Officials, School Officials, etc.) will be investigated. If a suspension is imposed, it will be for a minimum of one year from the date of suspension and will include all activities sponsored by HPRLS.
- 23. APPEALS:** All appeals must come from the Athletic Association Commissioner representing the player, coach, parent or board member within that association. All appeals must be submitted in writing to the Athletic Division within 24 hours from the time of the initial decision. HPRLS shall hear all appeals and shall have the duty to call witnesses and take testimony. Action of HPRLS will be final with no further right of administrative appeal.
- 24. UNIFORM POLICY** - No Jewelry including any hard hair accessory is allowed. Uniforms must be tastefully worn and all a similar color. Athletic/School Associations must have all their teams wearing the association's assigned colors. Shirts/jerseys must have at least a 6 inch numbers on the front and back. **Uniform numbers must be 1-5; 10-15; 20-25; etc...** No taped numbers will be allowed. Undershirts or arm sleeves are permitted. Plain solid color head or wristbands may be worn. Shorts must be pulled up to the waist and shirts/jerseys must be pulled down over the chest and tucked in at all times. The penalty for violating, these rules are as follows:
First Offense: Warning Issued
Second Offense: Technical Foul will be charged
Third Offense: Technical Foul will be charged resulting in being ejected from the game followed by the 3 game Suspension.
- 25. COACHES UNIFORMS:** Coaches must wear similar uniform shirts or a shirt and tie. Coaches uniforms must be different than apparel worn by parents and spectators with that association. Coaches are not allowed to wear shirts with any vulgar or graphic writing or pictures. No hats or do-rags are to be worn while coaching. Coaching badges must be worn around the neck at all times; no coach will be allowed on the bench without a **coaching** badge. No Exceptions
- 26. GAME CANCELLATIONS:** For information concerning cancellation or re-scheduling of games call the HPRLS Athletics Hotline at **727-6251**. **This number should be given to all coaches and parents.**
- 27. SPECTATORS:** Spectators must remain in the stands or behind the restraining areas outside of the court. If a spectator fails to stay behind the restraining line a technical foul can be called against the team they are supporting. Continued failure to remain behind the restraining lines can result in being removed from the game area. Spectators can be asked to leave the area or even the facility if they are acting in an unsportsmanlike manner. Any spectator that is between the ages of 13-17yrs old must be accompanied by an adult to enter the Boo Williams Sportsplex. Spectators in this age range will also be required to sign in at the front desk along with their accompanying adult. Due to the limited seating and court layouts at the Boo Williams Sportsplex Cheerleaders are not permitted during the youth basketball season.

Artificial Noise Makers of any kind will not be permitted at any youth basketball game.

28. The Athletic Division will not review video tape for disputes on rules infractions, suspensions, ejections, player eligibility, penalties, scores, clock/timing issues, or any plays that occurred during the course of the game. The Athletic Division will also not intervene or overturn any ruling from an official unless it deals strictly with an administrative rule created by HPRLS.
29. Hampton Parks, Recreation & Leisure Services reserves the right to change or amend any of the above rules at any time.

Hampton Parks, Recreation & Leisure Services Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex, or disability.

SAFETY PRECAUTIONS FOR YOUTH BASKETBALL GAMES AND PRACTICES.

1. Do not permit any child to participate in any practices/games without having their medical release/liability form in hand. NO EXCEPTIONS!
2. Examine your practice/game facilities for objects that could cause injuries. If you find any unsafe factors on or near your practice/game facility, call the HPRLS at 726-8750.
3. When planning and conducting your practice sessions, keep in mind the age and physical condition of your players and act accordingly. Make sure each player is given frequent water breaks.
4. Do not move questionable injured players. Call an ambulance and leave their care to the EMT's.
5. Be alert to any type of injury - large or small. Even if a child is moved off the playing floor by themselves, he/she could still be the victim of a serious injury. Never put an injured player back into the game and obtain a physician's written approval before allowing a player to return to practice sessions.
6. If you suspect that a player has received a concussion they should be removed from the game/practice immediately. The player should be taken to a doctor for evaluation and cleared before returning to participate.
 - Any player not able to walk off the court without assistance. Will not be allowed to return to a game or practice that day. Coaches should also be alert to any type of injury; large or small. Coaches may prevent a player from returning to a game or practice if they feel continued play could aggravate a minor injury or place the player in danger. The Athletic Division must be notified about all player injuries that prevent a player from returning to participation which include the following but not limited to: head, neck or back injuries, sprains, strains, dislocations and fractures within 24hrs of the injury. Players unable to continue to participate due to a physical injury will be required to produce documentation from a certified physician or doctor stating the player is cleared to resume practices and participate in games. A copy of the release must be presented to the Athletic Division as well as kept on file at with the athletic association.

NOTE: A SECOND BLOW TO THE HEAD OF A CHILD WHO HAS SUFFERED A CONSUSSION CAN EASILY RESULT IN HIS/HER DEATH.

7. Players are not permitted to play with any type of hard cast. A hard cast can't be wrapped in padding and be called a soft cast. Soft casts may not contain any hard plastic or metal. Soft casts are permitted with a doctor's medical release which must be presented to the Athletic Office by 4:00pm to be eligible to participate in that night's game.
8. Remember, the teaching of good sportsmanship and safe play is the primary goal of each and every parent, coach, commissioner, and president.

ANY RULE NOT COVERED BY THESE REGULATIONS SHALL BE GOVERNED BY THE 2018-19 NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION RULES AND REGULATIONS.

**Athletics Hotline
727-6251**