

BYLAWS AND
LEAGUE
RULES OF
THE
STAFFORD
COUNTY
YOUTH
BASKETBALL
LEAGUE

CONNECTING OUR COMMUNITY



STAFFORD

Parks, Recreation & Community Facilities

2021

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I. ORGANIZATION

The Stafford County Parks, Recreation and Community Facilities (PRCF) Sports Division shall be the governing body for the Youth Basketball Program. The Sports Division Recreation Program Manager shall be the Executor of the program.

II. PURPOSE

- To teach and stress the fundamentals of the game of basketball
- To develop good sportsmanship, teamwork and fair play
- To provide the opportunity for fun and enjoyment in a healthful activity

III. LEAGUES

Age determined as of 1/1/22 for all leagues.

<u>League</u>	<u>Age</u>
Girls	8 - 9
Girls	10 - 11
Girls	12 - 13
Boys	8
Boys	9
Boys	10
Boys	11
Boys	12
Boys	13 - 14
Boys	15 - 17

PLAYERS ARE NOT PERMITTED TO PARTICIPATE IN ANY PRCF BASKETBALL LEAGUE OTHER THEIR DESIGNATED AGE GROUP

IV. COURT SIZES

- All games will be played on a regulation size basketball court.

V. BASKETBALL SIZES

GIRLS	Intermediate (28.5)
BOYS 8, 9, 10	Intermediate (28.5)
BOYS 11, 12, 13-14, and 15-17	Official Size Ball

VI. INCLEMENT WEATHER

- Cancellations due to inclement weather will be announced through the Stafford Alert Information Notification System (The web site www.staffordalert.com will post all cancellations. To check cancellations, enter 22554 for the zip code. **Sign up for Stafford Alert by going to www.staffordalert.com to receive notifications on your PDA, cell phone text message or e-mail address**). If weather conditions are questionable and no announcement has been made then you should report to your practice/game at the regularly scheduled time.

- The Sports Division reserves the right to cancel practices/games when weather conditions present possible dangers. Should the event arise where cancellations were not made prior to the close of business hours the Facility Attendants possess the right to cancel practices/games if weather is a potential threat. All parties will use extreme caution when making these decisions.
- The Sports Division reserves the right to schedule postponed games at its convenience. The Sports Division also reserves the right to cancel practices/games due to conditions that are not within the Departments control.
- The safety of everyone is our primary concern.

VII. COMMUNICABLE DISEASE PROCEDURE

- While risk of one athlete infecting another with HIV/AIDS during competition is close to nonexistent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example: Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to the following:
 - The bleeding MUST be stopped, the open wound covered, and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
 - Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
 - Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
 - Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
 - Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
 - Although saliva has NOT been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
 - Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athlete care until the condition resolves.
 - Contaminated towels should be disposed of properly.
 - Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing body fluids.

VIII. UNSPORTSMANLIKE CONDUCT

- The use of profanity by players and/or coaches is PROHIBITED. Any violation of this rule will result in suspension of the individual involved.
- The Sports Division WILL NOT TOLERATE unsportsmanlike conduct from coaches, players or spectators towards opposing team coaches, players and spectators or officials. Coaches, players and spectators will be subject to disciplinary action if unsportsmanlike conduct is displayed.
- Any player or coach that receives two (2) unsportsmanlike technical fouls in a game will be ejected for the remainder of the game and suspended the next scheduled game. The coach must report the ejected player's name to the Sports Division and is responsible for sitting that player out the next scheduled game.
- Any player or coach ejected from the game by an official shall be immediately suspended from the next game to be played by their team. Further investigation into the ejection will determine if additional suspension or removal from the program will be required.
- Any player or coach guilty of unsportsmanlike conduct in any manner on the court or adjacent to the court, towards officials, players or spectators will be subject to suspension by the Stafford County Parks, Recreation and Community Facilities Sports Division. Any individual guilty of displaying unsportsmanlike conduct shall be suspended indefinitely and may not assume their duties until permission is granted by the Sports Division to do so.
- Any player or coach guilty of striking an official in any manner before, during or after a game shall be suspended by the Sports Division and may not assume their duties until otherwise notified.
- Any players involved in fighting at any time during an activity must be reported to the Sports Division office. Players involved in a fight will be suspended indefinitely.
- If a player, coach or spectator is ejected from a game, he/she must vacate the gymnasium and go to the parking lot. They are prohibited from any further contact (direct or indirect) with the team for the remainder of the game. Contact with any official during or after the game is prohibited. Failure to comply may result in termination of the game. The Stafford County Sheriff's Office may be called if actions pose as a potential threat to players, spectators, coaches or officials.
- Any ejected player must be accompanied by an adult when leaving the facility.
- Parents and spectators are not permitted on the court or bench area. Failure to comply with this rule may result in ejection.
- If a player or coach is ejected in the final contest of the season, the penalty shall carry over to the next basketball season.

IX. COACHES DUTIES

The Head Coach will be responsible for the following items. Failure to fulfill these responsibilities may result in a coach not being asked to return for the following season:

- To know and to uphold the Stafford County Parks, Recreation and Community Facilities Sports Division rules and to be able to advise team players, parents and assistant coaches of their interpretation.
- The visiting team is responsible for providing a clock operator for the game while the home team is responsible for providing a score keeper for the game. The home team is the first team listed on the schedule. Do not ask the facility attendant to keep the score book or score clock.
- The official is the authority on the floor and his or her interpretation of the rules is binding. If there is some confusion concerning the rules, you (the coach) should make an attempt to discuss or clarify the matter with the official, but at an appropriate break in the game.
- To have team ready to play immediately following the conclusion of the previous game.
- Coaches are to refrain from moving up and down the sidelines and entering the court of play during the game.
- To assume responsibility for their players and keep them in the bench or designated area and prevent them from running around the court or building.
- To insure that the bench area is left in a clean condition following the game. All trash MUST be disposed of properly.
- To insure that no food or drinks are present in the school or gymnasium area. No smoking in the school building or gymnasium.
- To provide each participant with the opportunity to participate and become an integral part of the team.
- To teach each participant the skills and fundamentals associated with the game.
- To notify all team participants of:
 - rules, regulations and by-laws set forth by the league
 - scheduled practices and games
 - cancellation and/or make-ups as scheduled by the Sports Division
- To maintain discipline of all participants and team representatives and report all actions or problems concerning players or teams to the Sports Division.
- To act as a liaison between the Sports Division and the team's parents and participants.
- To insure the safety and well-being of participants at all times.
- To be responsible for emailing/calling in their game scores to the Stafford County Parks, Recreation and Community Facilities Sports Division. The

number to call is 540-658-4FUN (4386) or email jmusa@staffordcountyva.gov. Scores should be called in prior to 9 a.m. the following day.

- To insure their team has only one head coach and one assistant coach, who were approved by the Sport Division, on the bench during games.
- To become certified by the National Alliance for Youth Sports. Assistant coaches ARE NOT required to have this certification; however, they may attend and become certified should they so choose for a fee of \$20.
- To make sure anyone working with the children has completed and passed a Background Check provided by the Sports Division Office.
- To notify the Sports Division Office when players quit or sustain a severe injury resulting in termination of playing within the Youth Basketball League.
- To insure that each and every team member participates in this program in accordance with stated by-laws.
- Coaches must complete Red Fines sportsmanship application and program evaluation and return to the Sports Division Office by the deadline.
- Coaches are not permitted to be alone with any player, other than their own, at any time.
- Coaches are expected to refrain from speaking directly with players 1 on 1, through text, social media, phone calls, etc.

X. MINIMUM PLAYER PARTICIPATION

- All players must be designated to play at least half of all four (4) quarters per game. At roughly the four (4) minute-mark of each quarter, the Official will call timeout for substitutions. This timeout may be called at a stoppage in play or when neither team has an advantage in play. All players sitting out, who did not start the quarter, must be substituted into the game during this Official's timeout. A player can be taken out during their designated four (4) minute playing time for an injury, disciplinary reason or foul trouble (1stHalf-3, 2nd Half-4). Failure to comply with this rule may result in forfeiture of the game.
- Coaches may have a player sit out the entire game as a disciplinary measure due to missed practices, fighting, etc., however, this must be cleared through the Sports Division office prior to the game. **Head coaches must notify the Sports Division Office if a player has missed two (2) or more consecutive games and/or practices or any other disciplinary reason prior to the beginning of the next scheduled game in order for the participant not to play the allotted playing time. On game day coaches must notify the opposing coach of the player under disciplinary action.**
- All players that are being disciplined or are absent must be entered on the line-up card in the appropriate space.
- A player who is injured and cannot play or meet the minimum playing requirements must be reported to the opposing coach and the Sports Division Office.
- A forfeit may be declared if the minimum playing requirements are not met.

XI. GENERAL RULES

- All players must wear basketball/tennis shoes.
- Players will not be permitted to wear jewelry such as earrings, rings, necklace, etc. Glasses may be worn but a safety strap is required.
- Game and practice balls will be provided by the Sports Division. Coaches may bring two additional balls to practice sessions only. Any extra basketballs carried into the gym by players will be collected by the gym supervisor and returned after the game.
- No teams will be permitted on the playing court between halves or quarters except those playing that scheduled game.
- All games will be scheduled by the Sports Division and the original schedule is final. Coaches will not be permitted to change the schedule. Rescheduled games will be played as scheduled. There will be no exceptions to changes in the schedule.

XII. OFFICIALS RULES

- Head Coaches are the ONLY coaches to confront an official. Assistant Coaches ARE NOT allowed to confront an official regarding a call. Coaches should remain within the team area and should NOT go on the court or in the stands.
- Coaches MUST abide by all rules, regulations and by-laws as set forth by the League and those not covered by the League that are officially published by the National Federation of State High School Association Basketball Rules.
- The Head Coach is responsible for the conduct of assistant coaches, players and spectators.

XIII. PRACTICES

- Practice may be scheduled Monday through Saturday. There are ABSOLUTELY NO Sunday practices.
- Scrimmages against any team outside of the Stafford County Parks, Recreation and Community Facilities Sports Division's Youth Basketball Program are strictly prohibited. Scrimmages are permitted against teams from the same league within the Sports Division Youth Basketball Program.
- Coaches SHALL NOT leave a game or practice area until all players have been picked up by a parent or guardian.
- Practice time will be NO longer than one (1) hour.
- Practice time includes team meetings, game review, pep talks, etc.

XIV. RULES FOR THE LEAGUE

Home Team: Dark Jersey, Listed first on schedule, Responsible for Book Keeper

Away Team: White Jersey, Listed second on schedule, Responsible for Clock Operator

- A team roster will consist of at least 7 players but no more than 10 players.
- Games will consist of four (4) eight (8) minute quarters. The clock will run continuously except for the last two minutes of the second and fourth quarter, when the clock will stop on all whistles. The clock will stop for all shooting fouls. There will be a five (5) minute half time and one (1) minute between quarters.

- There will be four (4) time-outs, which may be used at any time during the game. Teams will have one (1) additional time-out during overtime, plus any time-outs left over from regulation play.
- All players must be designated to play at least half of all four (4) quarters per game. At roughly the four (4) minute-mark of each quarter, the Official will call timeout for substitutions. This timeout may be called at a stoppage in play or when neither team has an advantage in play. All players sitting out, who did not start the quarter, must be substituted into the game during this Official's timeout. A player can be taken out during their designated four (4) minute playing time for an injury, disciplinary reason or foul trouble (1stHalf-3, 2nd Half-4). Failure to comply with this rule may result in forfeiture of the game.
- A coach may choose to substitute for a player if they receive three fouls in their first designated quarter. This modification will insure that a player has the opportunity to participate in a second designated quarter.
- Overtime periods will be two (2) minutes in length with the clock stopping on all whistles. If a winner has not been determined after the two minute overtime period has ended, the game will be ruled a tie. During the post-season tournament, teams will play until a winner is determined.
- All leagues will shoot one-and-one on the 7th, 8th and 9th team foul, and two free throws beginning with the 10th team foul each half.
- A team may start with four (4) players but cannot play with less than four (4) players.
- All games will begin as scheduled. There will be a 5 minute grace period for each game before a forfeit may be declared. The 5 minute grace period is from the scheduled starting time.
- The game will open with a jump ball. During the game, all jump balls will result in alternating possessions.
- All coaches must agree to abide by the league rules and by-laws provided by the Stafford County Parks, Recreation and Community Facilities. The National Federation of State High School Association Basketball rules shall govern rules not covered by the league by-laws.
- The Stafford County Parks, Recreation and Community Facilities Sports Division Office is the only one responsible for placing players on a team. No coach has permission to use, as a player, someone not registered to play or not on their team roster.
- Players cannot play unless they are wearing their game jersey in its original form issued by the Stafford County Sports Division.
- During multiple free-throw attempts, substitutions may be made only before the final attempt in the sequence and after the final attempt has been converted.
- A player/head coach may orally or visually request a time-out.

XV. SPECIAL PLAYING RULES

Each league has special playing rules governing them. These rules are as follows:

- SPECIAL RULES FOR BOYS & GIRLS AGES 8+9
 - Defense can only play man-to-man defense. Teams cannot double team the basketball. A technical foul will be called after the first warning for double teaming the basketball.
 - The defense will be restricted to stay behind an imaginary line that runs sideline to sideline through the top of the key until the last two minutes of the fourth quarter. Attempted offensive stalls will be called at the official's discretion and will result in a turnover. Defensive players cannot intercept passes forward of the imaginary line.
 - The defensive may play half-court defense the last two (2) minutes of the fourth quarter and any overtime period. The defense cannot apply pressure until the ball has crossed half-court. If the team on defense is ahead by ten (10) or more points, they cannot play half-court defense.
 - The defense must allow the offense to gain possession of the basketball in their front court before the defense can apply pressure.
 - No back court pressure or steals can be applied by the opposing team once the defense gains possession of the ball either by rebounding a missed shot or turnover.
 - During the last two minutes of the game, a team may not call time-out while the ball is in that team's back court unless it is done immediately after a basket and before the ball is thrown inbounds. A time-out may be called as soon as the ball crosses the half-court mark. The referee will award the ball at $\frac{3}{4}$ court of the offensive team for the throw-in after the time-out is called for either of these situations. The player passing the ball in bounds cannot pass the ball into the backcourt. The defense cannot apply pressure until the ball has been in bounded in the frontcourt.
 - The three (3) second lane violation will be enforced.
 - The three (3) point shot will be in effect.
 - Free throws shall be attempted from the bottom of the circle within the lane. The free thrower may not leave until the ball hits the rim or backboard but players occupying a marked lane space may cross over the lane lines once the ball has left the shooters hand.

- SPECIAL RULES FOR BOYS & GIRLS AGES 10+11
 - Defense may play zone or man-to-man.
 - The three (3) second violation will be enforced.
 - The three (3) point shot will be in effect.
 - Free throws shall be attempted from the free-throw line. The free thrower may not leave until the ball hits the rim or backboard but players occupying a marked lane space may cross over the lane lines once the ball has left the shooters hand.

- The defense may apply pressure on the offensive team after the ball has advanced beyond half court. The defense must allow the offense to gain possession of the basketball in their front court before the defense can apply pressure. No back court pressure or steals can be applied by the opposing team once the defense gains possession of the ball.
 - The defense may press full court the last two (2) minutes of the game and any overtime period. If the team on defense is ahead by ten (10) or more points, they cannot press full court the last two (2) minutes of the game.
- SPECIAL RULES FOR BOYS & GIRLS AGES 12+13 AND AGES 14+17
- The defense can play either zone or man-to-man.
 - Teams may full-court press throughout the game. If the team on defense is ahead by ten (10) or more points, they cannot press full-court. Teams ahead by (10) or more points may apply pressure after the ball has advanced beyond half-court.
 - The three (3) point shot will be utilized in the Boys & Girls Ages 12+13 and Ages 14+17.
 - Free throws shall be attempted from the free-throw line. The free thrower may not leave until the ball hits the rim or backboard but players occupying a marked lane space may cross over the lane lines once the ball has left the shooters hand.

XVI. CONDUCT OF COACHES, PARTICIPANTS AND SPECTATORS

- Coaches, participants and spectators SHALL NOT:
- At any time lay a hand upon, push, shove or be guilty of physical contact as an aggressor upon an official, player, coach or spectator.
 - Verbally abuse any official, player, coach or spectator.
 - Bait or be guilty of objectionable demonstration or dissent at any official's decision.
 - Refuse to abide by an official's decision.
 - Use tobacco, alcohol or illegal narcotics in front of players during practices or games or be present during practices or games under the influence of alcohol. ANY TIME A COACH IS REPRESENTING STAFFORD COUNTY PARKS, RECREATION AND COMMUNITY FACILITIES THIS RULE APPLIES.
 - Improper conduct by coaches, players or spectators should be reported to the STAFFORD COUNTY PARKS, RECREATION AND COMMUNITY FACILITIES SPORTS DIVISION.