



**TIGARD
BASKETBALL
ASSOCIATION**



**SHERWOOD
BASKETBALL**

**Tigard Basketball Association (TBA)
Tualatin Youth Basketball Association (TYBA)
Sherwood Basketball Organization (SBO)**

**Recreation Rules and Regulations
2011-2012 Season**

The goal of TYBA, and SBO is to provide a youth-oriented basketball program focusing on individual growth, sportsmanship and team play. TYBA, and SBO work to provide a positive learning experience for their participants and volunteers.

We encourage all parents, coaches, relatives and players to take a positive approach to the game of basketball and to assist each organization in helping to develop basic fundamental basketball skills. TYBA, and SBO all encourage and support quality coaching, teaching the highest principles of sportsmanship and fair play, and ensuring an overall positive experience for all participants.

TYBA, and SBO operate under the National Federation of State High School Association's (NFHSA) rules with modifications made for grade levels. TYBA, and SBO have some unique rules, especially at the younger grades, in order to make the game age appropriate and to promote a recreational and developmental game of basketball. There will be strict adherence to the principles of good sportsmanship and fair play. Coaches are directed to ensure that each player has fun, without necessarily emphasizing winning.

The rules of good sportsmanship extend to player, coaches and supporters. TYBA, and SBO all adopt a zero-tolerance policy of verbal or physical abuse. The referee, coach, or TYBA, or SBO Board member(s) monitoring the game or practice may eject any player, coach or spectator not complying with this policy at any time. Profanity will not be allowed (by anyone: parents, spectators, coaches, referees and players) and will result in a flagrant technical foul and an ejection during a game. Everyone must remember that TYBA, and SBO is a family participation activity and no rowdy behavior will be tolerated.

Remember to keep the fun in the game. It's for the kids.

Facilities

TYBA and SBO work closely with the Tigard-Tualatin and Sherwood School Districts to insure the availability of gyms for the league. The following rules are very important to maintaining our access to TTSD/SSD facilities:

- **Absolutely no food or drink of any kind is allowed in any school or gym. The only exception being individual plastic water bottles are allowed. NO SPORTS DRINKS OR COFFEE. WATER ONLY**
- All players, coaches, officials and spectators are to remain in the gym, as different groups may be using other parts of the school. *An adult, other than a TYBA/SBO member, must supervise all children at all times.* (This means they must be in your sight. Thank you!)
- NO SMOKING in or around school property.
- Schools will be closed to TYBA/SBO usage during any normal school closure, including conferences, holidays, and for bad weather.
- A Japanese American School leases **Hazelbrook Middle School** in Tualatin each Saturday. TYBA/SBO is allowed to use the East Gym and the new gym only. No one is permitted in the West Gym or anywhere else in the school on Saturdays.

Gyms are a vital resource for the organization. Help us insure their continued use by taking responsibility for following the above rules and keeping an eye out for possible behavior that could threaten that usage.

Safety

Player safety is of foremost concern to the TYBA and SBO. There must always be two (2) adults present with players in a gym. In case of emergency, one adult can attend to the injured player and the other adult can attend to the team. Coaches are required to have the Players' Medical Consent forms with them for all practices and games. Referees may ask to see your consent forms. If you do not have them, you will not be able to play that day.

Players may not wear jewelry (including, but not limited to: earrings, and "Livestrong Bands"), metal hair clips, or hard casts during practices or games, the only exception is for medical alert ID's.

Referees are instructed to stop play immediately if any situation arises which might jeopardize the safety of a player. For example, these situations might range from clearing persons away from the court to not allowing flash photography during game play. Please comply with these policies. **Coaches may come onto the playing court only after being beckoned by an official (as to attend an injured player).**

Game Regulations

The TYBA and SBO operate under the National Federation of State High School Associations (NFSHSA) rules with modifications made for grade levels.

General Rules

- **Whisper Rule.** Coaches may discuss rules only with the referees (not judgment calls) during time-outs or quarter breaks in a quiet manner, away from the bench area and any spectators. **Any potential concerns should be discussed at the pre-game meeting.**
- TYBA/SBO recognizes no protests at the recreational level, and the decision of the referee is final.
- Attempting to influence a referee by coaches, players or spectators is unacceptable behavior. The first offense is a warning. Additional influences draw a team technical foul. Referees have the right to request any spectator, coach or player to leave the premises due to unsportsmanlike or dangerous behavior.
- Each team must provide either the scorekeeper or the timer from the team parents for each game. (Parent volunteers we thank you for your efforts and ask that you stay focused on the game task and not necessarily your child-☺)
- Only players, coaches and referees are allowed on the floor during the game, including period breaks and halftimes.
- If a team is short players at the beginning of the game, any registered TYBA/SBO recreational player of the same gender and grade level (or below) may substitute. Both coaches and the officials must agree.
- If a team is left with fewer than 5 players due to fouls, the opposing coach may designate a fouled-out player to re-enter the game. Subsequent fouls on this player will count as a technical in addition to the called foul. (The team that shoots the technical shots will not have the next possession as per a normal technical violation, rather the defensive team will take the ball out of bounds from the end line after the technical shots have been attempted).
- All bench personnel, including coaches, must adhere strictly to the rules of conduct described by the NFSHSA with the exception that coaches may visit the scorekeeper's table to ask a relevant question(s). This means coaches and players are to remain seated at all times except to cheer a play, to congratulate a player, or attend to an injured player.
- 3-point shots count only on floors with marked 3-point lines.
- Halftimes are 4 minutes. Quarter breaks are 1 minute.
- A Team Rule Violation will result in one warning for each team, and then a team technical foul.
- **Coaches are responsible for controlling their team's spectators.** Referees may assess "indirect" or technical fouls against a team's coach for unacceptable behavior by a team's spectator(s), or eject misbehaving spectator(s) at any time.

Players

All players must be registered with TYBA, or SBO to participate in any practice or game. Players must wear shorts or sweat pants and an official TYBA, or SBO jersey to all games (Jerseys cannot be tied in knot behind back or the sides of player). Players may not wear hats, inappropriate footwear, "Livestrong Bands," jewelry or hard hair clips during practices or games. No hard casts. Fingernails must be smooth and a safe length.

Playing Time

It is the objective of TYBA and SBO to provide for equitable playing time. Teams with 10 or less players are required to play each player at least two full quarters in every game. Teams with 11 or more players are required to do their best to provide for equitable playing time for the players in attendance at the game. The only exception (other than injury) would be if a coach has obtained pre-approval from the Player's Agent and/or Coach's Agent prior to the start of the game. It is also expected that all players shall have the opportunity to be in the starting line-up during the season.

When applicable all players are required to sit out the equivalent of one full quarter during every game.

When there is any question of playing time the questioning coach needs to contact their Vice President for investigation. Dispute is not to take place at game or with the referees.

Time Outs

3rd and 4th grade teams are allowed **ONE** 1-minute timeout each half. All other teams are allowed three 1-minute timeouts and two 30-second timeouts each game. Timeouts may be requested by any player on the floor or by the coach.

Substitutions – 3rd and 4th Grade

Substitutions may only be made at the halfway point of each quarter, between quarters, and if a player is injured or picks up five fouls. The timer will notify referees and coaches as the halfway point approaches. At the first dead ball, change of possession, or a made field goal after closest to the halfway point, the referee will call an official timeout (**the clock stops during a match up**) to allow for substitutions and match-ups by both teams. Coaches are allowed on the floor at this time to encourage **expedient match-ups**. If match-ups are not expedient, and take too much time (this will be determined by the referee), The team causing the delay will lose their time out for the half.

Specific Grade Rules and Regulations

3rd and 4th Grade Boys and Girls

- An intermediate size ball (28.5") will be used.
- 9 foot basket height.
- Games consist of four 8-minute running quarters. The clock stops for all timeouts, match ups, and free throws that happen during the last 2 minutes of quarter.
- Zone defenses are not allowed.
- No double teaming a player unless that player is in the key.
- Free throws are shot from 2 feet in front of the normal line. Shooters may cross the line as they shoot, but may not move toward the basket for a rebound until the ball hits the rim.
- Backcourt defending is not allowed. If a team is illegally backcourt guarding, they receive two warnings. Subsequent calls are administrative technical(s) not charged to any player or coach.
- At this level only, the defense must allow the offensive player with the ball to have both feet across midcourt before the defender can get into defensive position. (Referees may ask the defense to “back-up” a sufficient distance before the defense is “initiated” in order to help allow the development/confidence of the players bringing the ball into play.)
- Offensive players are allowed up to 5 seconds in the key.
- No 5-second closely guarded calls are made at this level.
- We will **not** be keeping a game score at the 3rd grade level. Official Scorers will track personal fouls (remember, a player can “foul out” and is removed from the game when they commit 5 personal fouls), team fouls, and playing time only. At the 4th grade level, an official scorekeeper will keep score and other necessary game statistics. **However, no scoreboards will be used to display the score (remember the emphasis is on player development and not necessarily teams winning at this level).**
- Referees are encouraged to undertake an instructional approach to calling the game, and will use appropriate discretion when calling traveling, over & back, illegal dribble, 5-seconds in the key, etc.

5th Grade Boys and 5th/6th Grade Girls

All officials will operate under the current rules of the National Federation of High School Associations with the following modifications and exceptions. Any situation not covered under the written rules will be decided by the game officials. Their decision is final.

- Intermediate size ball (28.5") will be used.
- 10-foot basket height.
- 6-minute quarters with stop-time. Overtimes are 2 minutes. Max one OT.
- Teams are highly encourage the teaching of man-to-man defensive principles. While discouraged, zone defenses will be allowed.
- Free throws are shot from a line 2 feet in front of the normal line. Shooters crossing the line will be called for a lane violation.
- Teams may back court guard only in the 4th quarter and in overtime, as long as they do not have a lead of **15** or more points. Once the ball crosses the mid-court line, high school rules are played in the frontcourt including 5-second closely guarded. If a team is illegally backcourt guarding, they receive one warning. Subsequent calls are administrative technical(s) not charged to any player or coach.
- The score will be publicly kept at all times.
- Any player yelling at an opponent may be considered unacceptable conduct by the referees. The first violation shall result in a team warning. The ball will be awarded to the opponents for a spot throw in. A second violation is considered unsportsmanlike conduct resulting in a team technical foul. This includes free throws.
- Time outs = three 60 seconds and two 30 second
- Overtime = If after regulation score is equal and time permits there will be a single 2 minute stop-clock period. Time Outs do not carry over; each team receives one-30 second time out.

6th Grade Boys

- Regulation size ball (29.5") will be used.
- 10-foot basket height
- 7 minute quarters with stop time. Overtimes are 2 minutes. Max one OT.
- All teams are highly encourage the teaching of man-to-man defensive principles. While discouraged, zone defenses will be allowed.
- Teams are allowed to play any type of defense, including zone, at any time, except that teams may back court guard only if they do not have a lead of **15** or more points. Once the ball crosses the mid-court line, high school rules are played in the frontcourt including 5-second closely guarded.
- The score will be publicly kept on the scoreboard at all times.
- Any player yelling at an opponent may be considered unacceptable conduct by the referees. The first violation shall result in a team warning. The ball will be awarded to the opponents for a spot throw in. A second violation is considered unsportsmanlike conduct resulting in a team technical foul. This includes free throws.

7th and 8th Grade Boys and 7th/8th Grade Girls

All officials will operate under the current rules of the National Federation of High School Associations with the following modifications and exceptions. Any situation not covered under the written rules will be decided by the game officials. Their decision is final.

- Regulation ball (29.5") for 7th and 8th grade boys, intermediate ball (28.5") for girls 7th/8th girls.
- 10-foot basket height.
- 7-minute stop-time quarters. Overtimes are 2 minutes. Max one OT.
- All teams are highly encourage the teaching of man-to-man defensive principles. While discouraged, zone defenses will be allowed.
- Teams are allowed to play any type of defense, including zone, at any time, except that teams may back court guard only if they do not have a lead of **15** or more points. Once the ball crosses the mid-court line, high school rules are played in the frontcourt including 5-second closely guarded.
- The score will be publicly kept on the scoreboard at all times.
- Any player yelling at an opponent may be considered unacceptable conduct by the referees. The first violation shall result in a team warning. The ball will be awarded to the opponents for a spot throw in. A second violation is considered unsportsmanlike conduct resulting in a team technical foul. This includes free throws.

Parent Rules and Regulations

- This is a recreational league designed for the kids to enjoy themselves and learn how to play the game. Do not take games seriously; let the kids have fun. Cheer positively from the stands. Do not address referees, other players, and other coaches or game officials in any manner. Try this approach. After games and practices ask your child, “Did you have fun?” not, “Did you win”
- Parents of third & fourth graders - We do not display scores at these levels (at 3rd grade, we don't even officially keep score). The score is not important. Learning how to play, becoming a team player, promoting good sportsmanship, love for the game of basketball are all the important messages we are trying to convey at this level. Scores and their importance will come soon enough.
- Do NOT yell at the referees. It accomplishes nothing and only shows your poor sportsmanship. Our young people are just beginning their careers as referees, just as your children are beginning their careers as players. Young players make mistakes, and young referees make mistakes. If you are unwilling to take the whistle and call the game yourself, limit you're critiquing of referees to yelling at your TV set.
- Be positive. Acknowledge good plays and hustle. Do not coach your child from the stands. Your advice will often be at odds with what the coach is trying to get the team to do, and will confuse your player
- Help the coach. Drop off and pick up your player on time. Stick around to help if possible, especially if the coach is alone with the players.
- Let your player know you are having fun, watching them have fun. Smile!
- Know the rules and regulations. This is not the NBA, nor the NCAA. We have altered high school rules with grade-appropriate changes. TYBA/SBO encourages everyone to become familiar with the rules. Yelling about rules and not knowing what they are is the easiest way to look silly to everyone.
- Once again, **DO NOT** coach from the stands. It will only confuse and frustrate your player, reducing their fun and yours. Additionally, don't blame losses on officials. It sets a poor example. Leave the game in the gym and enjoy the rest of your weekend.
- Let the players make mistakes. It is how they learn.
- **Please remember to focus on each individual's effort, not outcome.**

TYBA/SBO Proposed Basketball Rules 2011/2012 Season

We encourage coaches, parents and referees to all work together to demonstrate to our children the best in sportsmanship, cooperation and respect. We invite your comments.

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