



**Granville Recreation District
Youth Basketball Rules
K Instructional League
Revised 9/2014**

The following are modifications made within the Granville Recreation District Youth Basketball Leagues. All other rules will be governed by the National Federation of High School Basketball Rules. All players must be registered with a signed release form by his/her parent or guardian before being eligible to participate. The Granville Recreation District reserves the right to modify any rule as deemed necessary.

A. Games and Times

1. **Games format:** All games will be played in a 4 v 4 format.
2. **Schedule:** All teams will meet one day per week on Saturday's. The first two weeks will be practice only and the following six weeks will be half practice and half games.
3. **Cancellations:** Should questionable weather develop, please check the Granville Recreation District website & Facebook page for updates.
4. **Start Times:** All game & practice times are played as scheduled.
5. **Forfeits:** There will be no forfeits in this league. If a team has less than 4 players, the coaches will make the necessary moves so that each team has enough on the floor.
6. **Game Length:** Games will consist of two 10 minutes halves, running clock.
7. **End of Quarters/Half:** Teams will be given 5-minutes at half time. Half time may be shortened if games are behind.
8. **Timeouts:** Teams are not issued any time outs.
9. **Scores:** Game scores will not be kept for this league.

B. Uniform and Jewelry

1. **Uniform:** All players are to wear the shirt provided by the Granville Recreation District.
2. **Shoes:** Tennis shoes must be worn for all games and practices.
3. **Jewelry:** For the safety of all involved, participants will not be permitted to wear any sort of jewelry, including earrings, rings, necklaces, watches, bracelets, hard hair barrettes or accessories. These items may NOT be taped. They must be removed in order to participate.

C. Playing Time and Substitution

1. Each participant must play a minimum of 5 minutes per half. This should be monitored by the coaches.
2. Substitutions – Teams should designate a set group of players to start each half. Those players should play for the first 5 minutes of the half. Subs will be called into the game at the 5 minute mark of each half. The only other time a player may sub into the game will be for a player injury. Remember, each player must play 5 minutes in each half & balanced playing time is required.

D. Equipment

1. All teams will use a youth size basketball.
2. All practices and games will be played on 8 foot rims.

E. Free Throw Line: Teams will not shoot free throws in this league.

F. Time in the Lane: There is no maximum time in the lane for this age group.

G. Over & Back: Over and back will not be called for this league.

H. Defense

1. All teams are required to play man to man defense the entire game. Defense has to stay below the top of the key which should allow the offensive team to “set-up”.
 - i. Help-side defense is permitted. If the ball is on one side of the court and the player being guarded is on the opposite side, the defensive player may move into a help-side position. S/He must still “shadow” the movement of the offensive player they are guarding (must be in a position to recover).
 - ii. Teams are not permitted to double team a player at any point.
 - iii. No fast breaks – upon grabbing a rebound or stealing the ball, teams should hold the ball in the backcourt to allow the defense time to drop back.
 - iv. Players may steal the ball from an opposing player but there are no fast breaks. Coaches should work together to set up players of similar skill level.

I. Fouls

1. Personal Fouls will be called at the coach’s discretion. Players cannot foul out but a coach may remove a player if he/she is refusing to follow league rules and/or not playing in a safe manner.

J. Sportsmanship: Good sportsmanship is required. It is expected that all team personnel (coaches, assistant coaches, team attendants, and players) and spectators will conform to sportsmanlike behavior at all times. Violations such as the following will not be tolerate and will result in immediate ejection from the game and premises by Park District staff or officials:

1. Verbal or physical abuse towards officials, Recreation District staff, coaches, participants, or spectators.
2. Foul, profane or obscene language or gestures.
3. Violation of Coaches’ Code of Ethics.

K. Bench: Each team is permitted to have only 1 head coach, 1-2 assistant coaches, and their players on the team bench. Both the 1 head coach and 1-2 assistant coaches on the bench must have a completed background check.

L. Gym Rules: Coaches are responsible for their teams and spectators whenever they are in the gyms. No one should be in the hallways or classrooms at any facility at any time. Due to the limited parking and space in the gyms, please do not arrive any earlier than 10 minutes before a game or practice.

Granville Schools have been very generous providing us with gym time. Please make sure your players and their siblings respect the facilities in order to maintain a positive relationship. **Food and beverage is not permitted in any Granville School gym.** Please help us keep school property in good order.

The main objective of this league is to provide basic basketball instruction so that players will be best prepared to participate in the Granville Recreation District 1st/2nd Grade Youth Basketball League

Granville Recreation District Weather Update: Check our website & Facebook Page!