



APPLETON PARKS AND RECREATION

Official Rules for Youth Basketball

2020

Updated December 1, 2019



The following rules and regulations have been established to allow participants to compete in a safe and fair environment. Participants and coaches are to be familiar with these directives. These rules may be subject to change if during the season a team gains an unfair advantage over other teams due to a given rule in the league. All coaches and players will be notified of any rule changes made during the season.

Points of Emphasis in 2019:

- Fundamental skill development & fluency in key areas of ball handling & shooting technique.
- Building strong teams – encouraging appreciation of the talents each child brings, empowering children with more skill to mentor those who are less skilled, promoting tolerance and positive reinforcement.
- Encouraging a lifelong enjoyment of the game and highlighting the importance of free play (using your new skills in your spare time) to well-rounded athletic development (creativity, confidence, etc).

Kindergarten through 2nd Grade Rules & Format

Players & Equipment

- League will follow a “relaxed” rules format, loosely based on WIAA basketball rules, but with the intent of helping children learn the skills and strategies of the game of basketball, while applying those skills in a formal game setting against a competing team. Rules will be tightened as the season progresses, and as the kids get older, and more experienced (ex. Traveling, double dribbles, personal fouls, etc.).
- Kindergarten teams will use a mini sized basketball (22” circumference). 1st & 2nd Grade teams will use a junior size ball (27” circumference).
- Teams will play on a reduced size full court. K and 1st Graders will play on an 8 foot basket, while 2nd graders will play on a 9 foot basket.
- Games will be played five (5) vs. five (5) when possible. If fewer than five (5) players are available, this number may be adjusted downward in the interest of getting the game played. We will avoid forfeits if at all possible.
- Coaches are expected to provide ALL children with fair playing time, as close to equal as possible. Referees will give coaches designated opportunities to sub players in and out of the game, at the 5 minute mark of each half.
- One coach from each team will be allowed on the court during game play at the Kindergarten level. Coaches are to remain off the court at the 1st & 2nd grade level.
- Each game will have one official league referee, who will be an employee of the City of Appleton.

Time

- Each week, games will begin at the conclusion of a thirty (30) minute team practice, which will have a weekly skill focus. Games will consist of two (2) ten (10) minute halves, with a five (5) minute half time. The clock will run continuously with no stoppages other than at the end of a half.
- There will be no official time outs, except in injury or emergency situations. However, coaches and referees will have regular opportunities to engage in “teachable moments” on the court, at the discretion of the referee, recognizing that the clock will be running during this time.
- There will be no overtime periods at this level. Games may end in a tie.

Scoring & Game Play

- Scores will not be kept at the Kindergarten level. Score will be kept at the 1st & 2nd Grade level, but will not be recorded or tracked, and standings will not be kept.
- The three point line will not be used at this level.
- There will be no free throws at this level. All fouls will be considered non-shooting fouls, and will result in a dead ball possession, with play restarting with a reset at the top of the key, giving offenses and defenses a chance to set up.
- Jump ball situations will result in alternate possession.

- Defense must be played “quarter court”, man to man (no zone allowed). Defenses must set up inside of the top of the key, extended. Defense that extends towards half court will be reminded and corrected by the referee. Double teams / traps are not allowed at this level.
- Defense should be played in a “mirroring style” only. No intentional dribble steals or shot blocking is allowed at this level. Steals can only occur only on loose ball or errant pass situations.
- 1st and 2nd Grade games will use normal offensive / defensive game flow, with continuous possessions. Kindergarten games will utilize a hard reset after the completion of each possession, to allow coaches to set up and prepare their offensive and defensive players.

Sportsmanship & Ethics

- Coaches and Parents are expected to be advocates for fair, positive play. Behavior that prevents our ability to create a positive, inclusive atmosphere for sports will be addressed quickly and decisively.
- Appleton Parks and Recreation reserves the right to assign penalties for unsportsmanlike conduct upon review. Appleton Parks and Recreation also reserves the right to further the penalty upon assessment of the situation.

3rd through 6th Grade Rules & Format

All leagues will follow WIAA rules except where defined below:

Players, Field, and Equipment

1. Line-ups must be ready and turned into scorekeeper five minutes before the scheduled game start.
2. Teams will use an intermediate size ball, which is a regulation women’s basketball (28.5’).
3. No equipment, which in the opinion of the referee could endanger others, shall be used.
4. Participants will not be allowed to play when wearing jewelry, watches or any other potentially dangerous items.
5. A referee may remove a player at any time for dangerous equipment.
6. Coaches are expected to provide ALL children with fair playing time, as close to equal as possible. Failure to do so may result in league discipline. The goal of our league is for equal playing time for all participants.
7. Teams must have a minimum of four (4) players to begin the game or a forfeit will be declared. No grace period will be granted. If a team must forfeit, the game result will be recorded, but then teams may share players in order to get a fully officiated scrimmage game played.
8. All players must wear proper gym attire with team t-shirt and tennis shoes.
9. The three-point line will not be used for grades 3 and 4. The three point line will be in effect for grades 5 & 6 leagues.
10. The alternate possession rule will be used for all jump ball situations. A jump ball will be used for starting the game and overtime.
11. No food or drink allowed in the gymnasium.

Time

1. The game will consist of two (2), twenty (20) minute halves. The clock will be a continuous clock that will only stop on the last two (2) minutes of each half. The clock will stop during timeouts.
Note: The officials will have the discretion to stop the clock during injuries and lengthy explanation/teaching moments; however, the games need to stay on the hour for the overall benefit of the program.
2. Overtime will be one (1) two-minute period. It will start with a tip off and each team is granted one (1) additional time out. If after two (2) minutes the score is tied the game will end in a tie.
3. There will be a (5) five-minute break between halves. There will be an immediate start if the game goes into overtime.

Time-outs

1. Four (4) time outs are allowed per team, per game.
2. All time outs will be one (1) minute in duration.
3. Time outs will not be granted in the final two (2) minutes to a team who is up by twenty (20) or more points.

Defense

1. Full Court Defense (Press) will not be allowed. The defensive team must set up behind the half court line. Both feet must be behind the half court line. The ball cannot be stolen or defended beforehand. **Exception:** During 5th & 6th grade games, the final two (2) minutes of the second half and overtime period a full court press may be used. Pressing defense will not be allowed if the team is ahead by ten (10) or more points. No pressing will be allowed at any time in 3rd & 4th grade games.
2. Teams should play a man to man, match up defense. Zone defense is not allowed. The penalty for playing zone will be to award the opposing team one (1) free-throw and possession of the ball. One (1) warning will be given. In all leagues there will be no double-teaming of the ball above the top of the key, extended. **Exception:** The final two (2) minutes of the second half and overtime when a full court press is allowed in 5th & 6th grade leagues.

Free-Throws

1. The free-throw line will be at twelve (12) feet for 3rd and 4th grade leagues.
2. The free-throw line will be at fifteen (15) feet for 5th and 6th grade leagues.
3. Per a 2016 WIAA rules change, players may now enter the lane upon release of the free throw. Shooter may not cross the line until the ball makes contact with the rim.
4. The shooter will be allowed to cross the free-throw line with their shooting momentum in 3rd and 4th grade only. The shooter must start behind the line and cannot go for the rebound before the ball hits the rim.
5. Please note that in accordance with WIAA rules, only 3 players will be allowed to line up on each side of the lane during free-throw attempts. During a free throw, all players will move up one marked lane space, leaving the two spaces closest to the end line vacant.
6. Bonus free throw situations **WILL** be used in 5th and 6th grade leagues, but not in 3rd or 4th grade. Bonus free throws occur when the violating team commits 7 team fouls. Double bonus occurs when 10 team fouls occur. Shooting fouls will result in free throws; however, all other calls will result in the ball being put back in play in an inbounds situation.

Fouls

1. Lane violations will be called in 5th and 6th grade leagues, but not for 3rd and 4th grade leagues.
2. The ten-second rule and over-and-back will be called.
3. Hard fouls and reach in fouls will be called.
4. Illegal picks and moving screens will be called.
5. Each player is allowed 5 personal fouls per game.
6. Double dribble and traveling will be called in all 3rd through 6th grade leagues. Slips or sliding will not be a violation.
7. Technical fouls may be assessed and will count as a personal foul. All technical fouls will result in two free-throws and the ball out of bounds.
8. Any player or coach who receives two technical fouls during the course of the season may be subject to league discipline and/or punishment, at the discretion of the recreation programmer.

TeenCore (7th & 8th Grade) Rules & Format

Players, Field, and Equipment

1. Teams will be co-ed, consisting of boys and girls.
2. Teams will use an full size, regulation basketball (29.5")
3. No equipment, which in the opinion of the referee could endanger others, shall be used.
4. Participants will not be allowed to play when wearing jewelry, watches or any other potentially dangerous items.
5. A referee may remove a player at any time for dangerous equipment.
6. The coaching role in this program is distinct from the coaching role in younger age groups is that it is designed to be primarily a facilitator role, empowering the teens to take more leadership in defining their experience.
7. Coaches are expected to provide ALL children with fair playing time, as close to equal as possible. The goal of our league is for equal playing time for all participants.
8. 4 Players are required to start a game, however, teams may share players in order to get a game played.

9. All players must wear proper gym attire with team t-shirt and tennis shoes.
10. The three point line will be in effect for TeenCore leagues.
11. The alternate possession rule will be used for all jump ball situations. A jump ball will be used for starting the game and overtime.
12. No food or drink allowed in the gymnasium.

Time

1. The game will consist of two (2), twenty (20) minute halves. The clock will be a continuous clock that will only stop on the last two (2) minutes of each half. The clock will stop during timeouts.
Note: The officials will have the discretion to stop the clock during injuries and lengthy explanation/teaching moments; however, the games need to stay on the hour for the overall benefit of the program.
2. Overtime will be one (1) two-minute period. It will start with a tip off and each team is granted one (1) additional time out. If after two (2) minutes the score is tied the game will end in a tie.
3. There will be a (5) five-minute break between halves. There will be an immediate start if the game goes into overtime.

Time-outs

1. Four (4) time outs are allowed per team, per game.
2. All time outs will be one (1) minute in duration.
3. Time outs will not be granted in the final two (2) minutes to a team who is up by twenty (20) or more points.

Defense

1. Full Court Defense (Press) will not be allowed. The defensive team must set up behind the half court line. Both feet must be behind the half court line. The ball cannot be stolen or defended beforehand.
2. Teams may play a man to man, match up defense or Zone defense, at the discretion of the coach and/or team.
3. There will be no double-teaming of the ball above the top of the key, extended.

Free-Throws

1. The free-throw line will be at fifteen (15) feet for TeenCore leagues.
2. Per a 2016 WIAA rules change, players may now enter the lane upon release of the free throw. Shooter may not cross the line until the ball makes contact with the rim.
3. Please note that in accordance with WIAA rules, only 3 players will be allowed to line up on each side of the lane during free-throw attempts. During a free throw, all players will move up one marked lane space, leaving the two spaces closest to the end line vacant.
4. Bonus free throw situations **WILL** be used in TeenCore leagues. Bonus free throws occur when the violating team commits 7 team fouls. Double bonus occurs when 10 team fouls occur. Shooting fouls will result in free throws; however, all other calls will result in the ball being put back in play in an inbounds situation.

Fouls

1. Lane violations will be called in TeenCore leagues.
2. The ten-second rule and backcourt violations will be called.
3. Hard fouls and reach in fouls will be called.
4. Illegal picks and moving screens will be called.
5. Each player is allowed 5 personal fouls per game.
6. Technical fouls may be assessed and will count as a personal foul. All technical fouls will result in two free-throws and the ball out of bounds.

Any player or coach who receives two technical fouls during the course of the season may be subject to league discipline and/or punishment, at the discretion of the recreation programmer.

Sportsmanship

1. An emphasis in all Appleton Park and Recreation leagues is placed on sportsmanship. Please remind your team of the importance of fair play and proper sportsmanship.
2. Intentional game play technique or strategy that violates the spirit of the league and our commitment to skill development, sportsmanship, and fair play may result in in-game discipline at the discretion of the referee, and/or post game discipline at the discretion of the recreation programmer. For example, avoid the temptation to instruct your team to wait at half court and steal the ball continuously if you have a big lead. Allow your opponent an opportunity to attend to their skill development. Be conscious of the game atmosphere and the role you play in creating a positive atmosphere. Take responsibility for the instruction and encouragement of ALL players, not just your own.
3. Coaches and Parents are expected to be advocates for fair, positive play. Behavior that prevents our ability to create a positive, inclusive atmosphere for sports will be addressed quickly and decisively.
4. Appleton Parks and Recreation reserves the right to assign penalties for unsportsmanlike conduct upon review. Appleton Parks and Recreation also reserves the right to further the penalty upon assessment of the situation.

Appleton Parks and Recreation Staff

1. A facility supervisor will represent Appleton Parks and Recreation at each site for youth basketball.
2. Please report any concerns, questions, or problems to the facility supervisor.
3. Two officials and one scorekeeper will work each game to ensure proper play and record keeping.
4. ***Tiebreaker rule***
In the event of a tie within your division the following procedure will be used to determine the place of finish.
 - A. *Head to head competition*
 - B. *Point Differential*