

# 2010-2011 Instructional Division

## Local League Basketball Rules

**A message from Roanoke County Parks, Recreation and Tourism** - The purpose of the Instructional Basketball League is to provide youth who have limited or no previous organized basketball experience the opportunity to learn the sport in a safe, positive and fun environment. To achieve this, the following local league rules have been adopted for the league. Please note that coaches from each team are given certain liberties (official's assistant, free throw line up, etc.) that are not typical during organized team play. Coaches should use these opportunities to further teach children the game while deemphasizing winning and losing.

All Roanoke County Parks, Recreation and Tourism Youth Basketball instructional league games will play in accordance with the National Federation of State High Schools rules except for the local league rules listed below. It is recommended that each coach download a rule book from the NFHS. Online at [www.nfhs.org](http://www.nfhs.org)

### Score

- A. No score will be kept for Instructional League Games

### Goals

- A. All instructional league games will be played on 8' goals which are to be provided by the Recreation Club of the area where the game is being played.

### Clock

- A. The home team is responsible for providing a clock operator for the game.
- B. The game length will be 32:00 minutes divided into four (4) 8:00 minute quarters.
- C. The first three quarters will be divided into 4:00 minute mini quarters to allow for the all play rule.
- D. A 30 second break will be given between mini quarters to allow for substitutions only.
- E. Mini quarters will be restarted by throw in under the alternating possession procedure.
- F. All leagues will play with a running clock except:
  - a. During an officials time out
  - b. During a team time out
- G. A 3:00 minute half time will be used.

### Time Outs

- A. Each team will be given three full (60 second) time outs during the game.

### Game Ball

- A. 27 ½ -28 inches; 16-18 ounces International Size 5 Basketball.

### Pre Game Information

- A. Only players listed on the official roster with Roanoke County are permitted to play.
- B. Coaches must show their Coach ID badge to the scorekeeper prior to the game.
- C. Teams will be given five minutes from the start of scheduled tip off if a team does not having enough players to play. If a team doesn't have enough players at the end of the five (5) minutes, the coaches may divide players up in an effort to get the game in.
- D. A five minute limited warm up may be given before tipoff if time allows.
- E. No game will start prior to scheduled game time unless both coaches are in agreement.

## Bench Rules

- A. Only one bench coach may stand in the coach's box during game play.
- B. Only the head coach may confer with game officials during a game.
- C. The head coach is responsible for the actions of their assistant coaches, players and parents.

## All Play Rule

- A. Coaches are strongly encouraged to play their players equal amounts of time.
- B. Coaches are required to play and sit all players listed on their submitted game roster the following amounts of time prior to the 4th quarter.

# on Players	Minimum Play Time	Minimum Sit Time
6 or 7	4 mini quarters (16 minutes)	1 mini quarter (4 minutes)
8 or 9	3 mini quarters (12 minutes)	2 mini quarters (8 minutes)
10 +	2 mini quarters (8 minutes)	2 mini quarters (8 minutes)

- C. It is the responsibility of the head coach to ensure that all players meet the minimum play requirements. Failure to do so will disciplinary action.

## Substitutions

- A. Players may not be substituted during the first three quarters unless:
  - 1. A player on the court is injured. Injured player should return as soon as possible.
  - 2. A player on the court receives a technical, intentional or flagrant foul for unsportsmanlike conduct.

## Fouls

- A. All U8 players may receive unlimited fouls during a game.
- B. There will be no shooting fouls. The ball will be awarded to the fouled team from the nearest sideline of the infraction.
- C. If a player receives a technical or intentional foul, the player is **required** to sit for four minutes of the game clock if a legal substitute is available. A player's time on the bench for fouls counts towards their play time requirement.
- D. If a coach receives a technical foul or bench foul, the coach must remain seated for the game.

## Foul Shots Opportunity

- A. After the 1st quarter for the home team and the 3<sup>rd</sup> quarter for the visiting team, each player in attendance will be given 2 free throw attempts.
- B. Since no score is kept, a coach may set the player up for the foul shot from where they feel will allow the child the greatest opportunity to make the shot. Coaches are encouraged to allow 8U players to shoot free throws from 10 feet. The 10' mark is easily identified on the court as the last block mark of the foul lane.

## Defensive Rules

- A. There will be no defense permitted outside of the 3 point line.
- B. Teams are required to play a zone defense during games.
- C. In bounds passes may not be guarded by a defensive player.

## **Officials**

- A. One official will be used for all games. The Recreation Club of the area which the game is being played is required to supply the official.
  - 1. The official is a representative of the league and are authorized and required to enforce all rules.
  - 2. The official has the authority to order a player, coach or fan to do or refrain from doing anything, which effects the administering of these rules, and to enforce the prescribed penalties.
  - 3. The official has the authority to disqualify any player, coach or fan for objecting to the decisions, for unsportsmanlike conduct, or inappropriate language and to remove such persons from the building.
  - 4. The official has the authority to rule on any point not specifically covered in these rules.
- B. One coach from each team will act as an official's assistant.
  - 1. The official's assistant will be stationed at their defensive baseline during play.
  - 2. The official's assistant is to explain the ruling of the official to all players.
  - 3. The official's assistant my not call fouls or interfere with play.

## **Site Supervisors**

- A. Supervisors are representatives of the league and are authorized and required to enforce all rules.
- B. Supervisors have the authority to order a player, coach or fan to do or refrain from doing anything, which effects the administering of these rules, and to enforce the prescribed penalties.
- C. Supervisors have the authority to disqualify any player, coach or fan for objecting to the decisions, for unsportsmanlike conduct, or inappropriate language and to remove such persons from the building.
- D. Supervisors have the authority to rule on any point not specifically covered in these rules.

## **GYM Directions**

**Northside Middle School** - Take 581 to the Peters Creek Road south exit. At the first stoplight take a right on Northside High School Road.

**Hidden Valley Middle School** – 419 to Hidden Valley School Road, which is between Lewis-Gale Hospital and Allstate Insurance Company.

**Cave Spring Middle School** – 419 to Brambleton Ave./Route 221 south.

**William Byrd Middle School** – 460 east/Orange Ave. to Gus Nicks Blvd. Stay on Gus Nicks through the town of Vinton. Stay on Gus Nicks/Route 24 until you see Wm. Byrd High School. Wm Byrd Middle school is behind the High School. If you pass the Parkway you've gone too far.

## Park and School Facility Use Guidelines and Policies

These guidelines have been put in place to help Roanoke County Parks, Recreation and Tourism, Roanoke County Schools, and Recreation Clubs protect our facilities. Roanoke County Parks, Recreation and Tourism has great cooperation with school administrators and would like to keep it that way. So please abide by these guidelines and policies. **Coaches should report any facility maintenance issue to your Recreation Department representative.** Coaches and managers should read these rules to all your team members before your first practice or game.

Violation of any of the rules below may result in the loss of your team's practice privileges.

- ◆ All teams must have two adults to supervise at all practices and games.
- ◆ No child should be left alone while waiting for their ride to pick them up.
- ◆ All vehicles must use parking areas furnished at the site.
- ◆ No loitering around school buildings at any time.
- ◆ No trespassing on private property adjacent to recreation or school facilities.
- ◆ Leave school equipment alone.
- ◆ No food, drinks or water is allowed in school gyms.
- ◆ Only team members and supervisors are allowed in school gyms during practice. No one is allowed in any other part of the building.
- ◆ Put all trash and paper in trash receptacles at facilities.
- ◆ Use of profane language or gestures will not be tolerated at any time.
- ◆ No Tobacco products are permitted on recreation or school facilities.
- ◆ No Alcoholic beverages are permitted on recreation or school facilities.
- ◆ No Drugs or Weapons are permitted on recreation of school facilities.
- ◆ No fighting before, after or during practices or games.
- ◆ Be at practice on time and leave practice on time.
- ◆ All practice times must be scheduled through you club coordinator.
- ◆ No kicking or hitting balls in fences or school buildings. No Soft toss into chain link fences.
- ◆ No indoor practice times will be given for fall or spring sports teams.
- ◆ Football and Soccer only: No practicing in the goal or end zone areas during the month of August.
- ◆ Football and Soccer only: Only the outside perimeter lines will be marked during the month of August.
- ◆ Spectators must stay in the stands, bleachers or behind the spectator's lines or fences while games are being played.
- ◆ Coaches may not practice on facilities while other school functions are going on (ex. PTA, Carnivals and other programs).
- ◆ Coaches and team member should never have a confrontation with a school administrator or employee. Over sights while are rare they do occur and may happen.
- ◆ Light should not be turned on before dusk. Violators will be charges \$5.00 per hour for light. Lights must be turned off by 11:00pm. It is the coach's responsibility to turn lights off. Violators will be charges



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