



# **COACHES' MANUAL**

**Revised for 2000**



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## ORGANIZATION

RPB is a recreational basketball organization consisting of a Boys League and a Girls League. Each league is divided into divisions based on the participants' current grade level. The Boys League is comprised of eight (8) divisions: 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>-10<sup>th</sup> and 11<sup>th</sup>-12<sup>th</sup>. The Girls League is made up of five (5) divisions: 3<sup>rd</sup> - 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and Senior (8<sup>th</sup> through High School).

RPB discourages athletes who are participants in "club" or other competitive basketball organizations between November and March from participating in this recreational program.

The RPB Board of Directors governs and administers all activities. Each division shall have one or more Division Representatives who are responsible for the dissemination of information, answering coaches' questions, enforcement of Board Policy and assisting coaches with any concerns that might require Board attention.

## UNIFORMS AND EQUIPMENT

### A. Uniforms

Each player in the two high school boys and Senior girls division will receive an official shirt or jersey and will provide his/her own shorts. Each player in every other division will receive an official uniform consisting of a T-shirt and shorts. Uniforms belong to the players and are not to be turned back in to the league at the end of the season.

Players must wear their official uniform in all league games. Substitute articles of clothing will not be allowed except upon the written approval of the affected player's division coordinator at the request of the affected player's coach. Each division coordinator has discretion to grant such approval in exceptional cases (e.g., a serious error in the size of a piece of the official uniform). Any player who is out of uniform will not be permitted to participate in a game unless his/her coach provides the game's official(s) with such written approval. Each player must provide his or her own pair of court shoes which must have non-marking soles to protect the wooden floors. All players are encouraged to wear appropriate protective gear (knee pads, mouth guards, etc.) during practice and game activities.

### B. Equipment

The 3<sup>rd</sup> and 4<sup>th</sup> grade divisions (both boys and girls) will use a junior size ball. The 5<sup>th</sup> grade boys division and all other girls divisions will use a size 6 intermediate ball (28.5 inch circumference). All other boys divisions will use a full-size men's regulation ball.

## PLAYING FACILITIES

### A. Locations

Playing facilities for games will include:

- \*Black Mountain Middle School Gymnasium and Recreation Center
- \*Canyonside Recreation Center
- \*Mesa Verde Middle School
- \*USIU Sports Center

Note: Outdoor courts will not be used for games except in extreme emergency situations when indoor gyms are not available.

### **B. Game Day Facility Procedures**

1. Coaches and parent volunteers from teams scheduled for the first game of the day at Black Mountain should arrive 20 minutes early to help set up team benches (chairs), scorer's table, clock, bell, etc.
2. Coaches and parent volunteers from teams scheduled for the last game of the day should remain after the game to help put away chairs, tables, etc.
3. **Game balls and pre-game warm-up balls will be provided by RPB.**
4. **No other balls will be allowed in the gyms on game days.** Please advise parents and players that they will be required to remove balls they bring to the gym on game days from the facility.
5. **No food or drinks (including water bottles) may be brought into the gyms at any time.** This is mandated by the City of San Diego and the Poway Unified School District. Failure to comply with these tenant rules will jeopardize our use of these facilities.

## **INSURANCE**

Parents must sign an RPB Medical Release Certificate which holds RPB harmless in case of injuries. It also provides emergency medical information and a release statement granting permission to treat injuries. Coaches must have a copy of each player's Medical Release Certificate in their possession at all practices and games. Coaches should contact their respective Division Reps for these forms.

## **PRACTICES**

### **A. Procedures**

Practices may not begin before Saturday, November 13<sup>th</sup>. During the pre-season teams are to practice a minimum of one (1) time per week and a maximum of three (3) times per week.

Once League play begins, practices are a minimum of one (1) and a maximum of two (2) times per week.

### **B. Facilities**

Usually team practices will be held on outdoor courts chosen by the team's coach. The League will also distribute some select indoor weekday evening practice times to coaches through their Division Reps.

Please note that indoor practice time is very valuable and difficult to come by! You must use the time given to you or notify your Division Rep so the practice time can be given to another team. Unused gym times will be noticed by the Recreation Department and PUSD and could cause our league the loss of this privilege we have worked very hard to obtain.

## **PLAYER DISCIPLINE**

RPB represents the highest standards of sportsmanship and personal conduct. No player shall engage in conduct which is damaging to the reputation or image of RPB. Violent outbursts of anger either at practice or games, use of profane language, destruction of equipment or facilities, gross disrespect of coaches, officials, team members, parents or the public, or deliberate attempts to cause injury to another player will not be tolerated.

If a player engages in such conduct, on the first offense the player is to be issued a warning by his/her coach and his/her parents notified immediately. On the second offense, the player is to be counseled by the coach, parents and Division Rep notified, and a one game suspension shall be imposed. On the third offense, a one game suspension shall be imposed and the parents and the player may be asked to appear before the Board to present testimony as to why the player should not be suspended from participation in RPB activities for the remainder of the season. More serious discipline may be imposed at the discretion of the Board.

If a player has received a disciplinary suspension from a game, the player's coach will inform the scorekeeper and the opposing coach of the suspension prior to the start of the game.

However if it is determined by the Division Rep and League Coordinator that the coach may have inappropriately removed the player from the team for disciplinary reasons, the coach may be required to appear before the Board of Directors for a review of the case. If the coach does not appear before the Board or it is found that he/she inappropriately removed the player from the team, the coach may be suspended for up to two (2) games and may receive additional disciplinary action at the discretion of the Board.

## **COACHING RESPONSIBILITIES AND CODE OF CONDUCT**

- A. Every coach is to be a positive role model and should strive to project an image with parents, officials, opposing coaches and players which demonstrates the highest moral ethics and sportsmanship during any RPB activities.
- B. Head coaches must be at least 18 years old and approved by the Board of Directors prior to the start of the season.
- C. Coaches are encouraged to utilize a "positive reward" system of recognizing individual and team achievements. Players should not be admonished by the coach or fellow teammates for not being able to perform some level of activity, rather they should be individually coached in an effort to help them gain greater skill.
- D. Coaches must recognize the authority of the referees during all games. The Board will arrange for extensive training for all RPB referees before the start of the season and will fully support their officiating decisions made during the games. Coaches are to remain flexible and realize that even when a referee is performing to the best of his/her ability questionable calls may occur. If a coach believes a referee has committed serious error which had an effect on the outcome of the game, the coach should contact the Division Rep.
- E. Coaches are not to encourage or allow their teams to "run up" the score against an opponent.

A win by a greater margin than 12 points in the 3<sup>rd</sup> and 4<sup>th</sup> grade divisions, and 20 points in all other divisions is deemed excessive. Tactics such as player substitution, as permitted under the minimum/maximum playing time restrictions of the league, as well as rotation of ball handling responsibilities should be used to keep the score differences within the acceptable range. It may become necessary to instruct a player to pass instead of shoot, or to remove the best player from the game.

- F. Coaches and players who are not currently in the game are required to remain seated on the bench at all times. Outbursts of anger or vulgarity directed at the officials, players, coaches or others will not be tolerated. Such occurrences will result in technical fouls being assessed against the coach/team (refer to Technical Fouls section of Playing Rules). Only players and coaches (2 per team) are allowed on the bench; spectators must sit in the stands.
- G. Coaches are responsible for the conduct of their teams' fans and parents. Fans and parents who become abusive or disorderly will be asked by the officials and coaches to leave the gym.
- H. Coaches are expected to work closely with the Division Reps and the Board in quickly resolving problems which arise and providing feedback on ways to improve the program for the following year. Coaches and parents are encouraged to join the Board to assist in developing and administering future RPB activities.
- I. Coaches have the responsibility of providing each parent with a complete season game and practice schedule. Coaches must also keep parents informed of all changes in the schedule.
- J. Coaches and parents are to make all necessary arrangements to ensure that players will be promptly picked up after practices and games.
- K. Coaches will be required to evaluate each of their own players toward the end of the season. The league will provide a standard form on which generalized skill and attitude information should be recorded by the coaching staff. This information is critical to help form next season's teams. All player evaluation forms must be turned in to the appropriate Division Rep before the team will be permitted to compete in the final tournament.

## **TEAM SELECTION**

### **A. Formation**

All teams will be formed by RPB based upon a "rated by skill level" procedure. The goal is to provide each team with an array of variously skilled players. No team will have more than eight (8) players nor fewer than five (5). Team rosters will be formed at each division's designated draft meeting. Any player movement between teams must take place at this meeting and can only be completed with the consent of the coaches involved and the RPB Draft Coordinator.

## **B. Waiting List**

All players registering for the league after the designated closing of registration may be placed on a waiting list for possible inclusion on a team as openings become available. New replacement participants must be rated according to skill level by the Try-Out Coordinator and will only be placed on teams where their playing capabilities can be fairly utilized.

No new players will be added to a team after February 1, unless the team has only the minimum number of players remaining.

## **C. Team Openings**

For a player to be "officially" dropped from a team, the player's coach must contact his/her Division Rep who will then contact the player's parents to determine or reaffirm the reason(s) for the player leaving the team. Open slots will only be filled from the league's waiting list.

It is the responsibility of each coach to keep his/her Division Rep informed as to the status of the team's membership so that all teams can be maintained at full strength, thus allowing for maximum participation.

## **SEASON SCHEDULE**

League games will begin early in January and end eight weeks later. Each team, with the exception of those in the 3<sup>rd</sup> grade Boys Division and the 3<sup>rd</sup>-4<sup>th</sup> grade Girls Division, will play eleven (11) regular season games.

Tournament games will begin after the last regular season games and end with championship games being played around the third Saturday in March.

Third grade boys and the 3<sup>rd</sup>-4<sup>th</sup> grade girls division will have their league schedules extended by one game instead of playing a season-ending tournament.

The season schedule is subject to change based on availability of facilities.

## **AWARDS**

- A. Participation awards will be given to all players in the 3<sup>rd</sup> grade boys division and 3<sup>rd</sup>- 4<sup>th</sup> grade girls division.
- B. In all other divisions, awards will be presented only in tournament play. The number of awards will be based on the number of teams in each respective division.

## PLAYING RULES AND PROCEDURES

### NATIONAL RULES

RPB shall be governed under the *Official High School Basketball Rules* published by the National Federation of State High School Associations. Exceptions to these playing rules will be made by the Board of Directors for respective divisions as outlined in the RPB Coaches Manual.

### RPB RULES AND PROCEDURES

#### A. Benches and Sidelines

Only two (2) coaches per team will be allowed on the bench. It is the coaches' and referees' responsibility to keep all other adults and children away from the sideline of the team's bench.

#### B. Scorekeeping and Timekeeping

Each coach shall provide a parent to serve as the scorekeeper or timekeeper for each game. Both of these individuals must sit at the official's sideline table during the game. Both coaches must agree on the selection of scorekeepers prior to the start of the game.

Both score- and timekeepers must maintain proper decorum while fulfilling their respective responsibilities during a game. They are considered part of the officiating team for the game, thus restraint must be shown in "cheering" for either team. Attention must be focused on the correct recording of game activities.

**All score- and timekeepers must attend one pre-season orientation program offered by RPB. These clinics will be held in early December at times and locations to be announced. All scorekeepers, even those who have kept score in this league in the past, must attend one or the other of these meetings.**

**Scorekeeper** – Responsible for accurately recording the following information on the game's official scoresheet - player's name and jersey number, points scored by each player during each quarter of play, number of periods played by each team member, number of personal and team fouls committed, number of time-outs taken and the running score. Note: Each player (not the player's coach) must personally check in with the scorekeeper each time he or she enters the game.

The scorekeeper shall notify each coach when a possible playing time violation is about to occur at the beginning of each period. It is the offending coach's responsibility to adjust his/her line-up to correct the problem.

The scorekeeper shall stop play and notify the game officials and both teams' coaches when a player has scored the maximum permissible individual points-per-game (applicable to boys and girls 3<sup>rd</sup> through 6<sup>th</sup> grade divisions only).

The scorekeeper, following the conclusion of the game, shall have a coach for each team sign the scorebook. By signing the scoresheet, the coaches acknowledge that the scores on the sheet are correct.

**Timekeeper** – Responsible for maintaining the game clock which controls the maximum number of playing minutes permitted in each period, as well as changing the ball possession arrow. The timekeeper will also flip the scorecards for both teams to accurately reflect the score throughout the game.

### C. Technical Fouls

Technical fouls can be assessed against a team by the game's officials for any number of reasons including unsportsmanlike conduct by players and/or coaches, playing time violations as outlined in the rules, excessive use of time-outs, etc. Any technical foul assessed against one team will result in the other team being awarded two (2) free throws and subsequent in-bounding of the ball. Coaches and/or players receiving two or more technical fouls in a game will be automatically ejected from the remainder of the game and further suspended from participating in the next scheduled game. At the discretion of the referees, players may be ejected on the first technical foul for flagrant misconduct. Any team receiving a total of three (3) technical fouls will automatically forfeit the game regardless of the score.

### D. Tie Games

If a game ends after regulation play in a tie score, a maximum of two 3-minute overtime periods can be played. The first "OT" period consists of three (3) full minutes of regular play. If the score remains tied after the first "OT", a second sudden victory period will be played. The first team to score in the second "OT" period is the winner. If neither team scores in the second "OT" period, the game is over and a tie score is recorded, except in tournament play, where sudden victory "OT" periods will be played until one team scores. Each "OT" period begins with a jump ball.

### E. Time Limits

All games for the Boys 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade divisions and Girls 3<sup>rd</sup>-4<sup>th</sup> and 5<sup>th</sup> grade divisions will be played utilizing four 7-minute periods. All games in the remaining divisions will be played utilizing four 8-minute periods. All games will be timed using a "running clock" system, with the clock being stopped only for team time-outs, shooting fouls, referee-designated time-outs, and game stoppage for purposes of notification of a player's having reached his/her scoring maximum (boys and girls 3<sup>rd</sup> through 6<sup>th</sup> grade divisions only). The clock is also stopped at each whistle during the last one (1) minute of regulation play and during **the entire length of** all "OT" periods of play.

There will be a one (1) minute break between each period and a three (3) minute break at half-time. Time will be allotted for pre-game warm-up activities. In order to keep the game within the allotted time period, the length of the rest periods may be altered at the discretion of the referees.

## **F. Time-outs**

A maximum of two (2) time-outs are allotted per half for each team which may be used only during the respective halves. Each team will be allotted one (1) time-out for each overtime period played. Unused time-outs cannot be carried over into the second half or into overtime periods. A technical foul will be assessed against a team which calls for a time-out when it has none available. The referee may call an official's time-out to attend to an injured player, retrieve a stray ball or review problems associated with the scorebook, clock, etc. An official's time-out is not charged to either team.

## **G. Playing Time**

In every game, each available player must play no less than two full periods and sit out one full period, start to finish. Additional playing time restrictions and exceptions, based on the number of players present on a team at the beginning of the second period, are described below. Note: A player who is sitting out his/her mandatory one period during the fourth period may not be reinstated into the playing line-up to replace another player who fouls out.

Players will not be credited with playing time unless they are played in positions which provide them the opportunity to directly participate in the game, both offensively and defensively. **Example** – a player who is coached to stay so far away from the key when his/her team is on offense that s/he cannot reasonably be seen as performing any offensive function other than keeping his/her defender away from the action may not be credited with playing for that period.

A substitution in mid-period which results in a partial period played and a partial period sat out will not count toward required playing time or the one full period which a player must sit out. **MOST PLAYING TIME VIOLATIONS ARISE WHEN SUBSTITUTIONS ARE MADE MID-PERIOD.**

If a playing time violation occurs during a game, a technical foul will be assessed against the offending team. "During a game" is defined as any time after the players have taken their positions on the court and the ball has been thrown into play.

If the violation involves a player with less than two full periods of playing time, that player will be reinstated immediately into the game. If the violation involves a player who has already played in the maximum permissible periods, that player will be immediately removed from the game and replaced by another eligible player *chosen by the opposing coach*.

Overtime is considered a new period (not an extension of the fourth period), and any eligible player may play.

The scorekeeper shall notify each coach and a referee when a possible playing time violation is about to occur at the beginning of a period. It is the offending coach's responsibility to adjust his/her line-up to correct the problem.

Playing time violations are to be resolved during the game. They are not considered as acceptable grounds for formally protesting the outcome of the game.

### **Special Restrictions With 7 or 8 Players Available**

- \* *If a player is injured and is deemed unable to continue the game and the players on the injured player's bench have not yet sat out one full period, the opposing coach may select a player to replace the injured player. The injured player may not return to the game.*

### **Special Restrictions With 6 Players Available**

- \* Each player must play not less than three full periods, start-to-finish.
- \* The coach of the team with only 6 players available must notify the scorekeeper, referees and the opposing coach prior to the start of the game. The opposing coach will then have the *option* of designating which player, of those playing in the first period, will sit out the second period. However, if the opposing coach has only five players available for the game, s/he does not have this option.
- \* Failure to notify the scorekeeper, **the referees**, and the opposing coach will result in a technical foul being assessed, *and the opposing coach will have the option of designating which player, of those playing in the first and second periods will sit out the fourth period.*

### **Special Restrictions With 5 Players Available**

- \* All players will play the entire game.
- \* A team must have at least five (5) players in order to start a game *except in the Boys 3<sup>rd</sup> grade and the Girls 3<sup>rd</sup>-4<sup>th</sup> grade divisions*. However, any team may finish the game with less than five if players have fouled out, become injured or are otherwise unavailable to complete play.

### **Player Arriving Late**

A player who arrives late for a game may have special restrictions on the number of required playing periods as follows:

- \* A player arriving after the start of a period will not be allowed to play in that period.
- \* Players arriving before the start of the second period shall play all of their required periods as defined above and are not governed by any special playing time restrictions.
- \* If a player arrives during the second period of the game, the player must play at least one period and may be allowed to play two periods, at the discretion of the coach.
- \* A player arriving after the start of the third period may, at the sole discretion of his/her coach, be substituted into the game for any part or all of the time remaining *provided all playing time requirements for all other players are met.*

#### **H. 3-Point Shot**

The three point field goal will be in effect during any game (regular season or tournament) which is played on a court that has a three point line marked.

#### **I. 12-Point Rule**

In the interest of competitive play, no team leading by twelve (12) points or more may pressure the ball in the opponent's backcourt area. One warning will be issued for the first offense, and a technical foul will be issued against the coach on the second and subsequent violations.

#### **J. Protests**

Protests should be avoided if at all possible. Problems during a game should be resolved between the two coaches and officials at the time they arise. However, any coach may file a protest against another team if a discrepancy cannot be resolved, *except as otherwise stated herein*.

The following specific sequence of steps must be followed in order to properly file a formal protest.

1. The game officials, if available, should be notified by the coach that a protest will be filed and the reasons for the protest.
2. The protesting coach should not sign the scorebook, rather he/she should include a written statement on the back of the game's official scoresheet that the game is under protest and briefly outline the reasons.
3. The game officials should sign next to the protest statement in the book acknowledging that they have been informed of the matter.
4. The Division Rep should be notified in writing within 24 hours by the protesting coach of the nature of the problem. The Division Rep will investigate the matter thoroughly to ascertain whether an RPB rule has been violated and if the problem can be resolved without further intervention by the Rules Committee.
5. The Division Rep will report his/her findings to the Rules Committee. The Rules Committee will handle all unresolved protests. The protest may be withdrawn at any time before formal action is taken in the matter by the Rules Committee.

The Rules Committee shall act upon all protests received. The Rules Committee may convene a special meeting for the purpose of addressing the protest. Reports from both coaches, the Division Rep and game officials may be solicited by the Rules Committee for the purpose of review and clarification. A decision will be rendered by the Rules Committee within an appropriate timeframe. The decision of the Rules Committee on all protest matters is final.

Any Rules Committee member who is directly involved in a protested matter shall be disqualified from participation in deciding the outcome of the protest.

## **K. Game Officials**

1. The game officials (referees) have the responsibility to ensure that the rules and regulations of basketball, as adopted by RPB, are adhered to in all games. The referees are given complete authority by the Board to make calls and decisions necessary to govern the play of the game. Each referee will sign the official scoresheet after the conclusion of the game. Coaches, players and fans are not to harass the referees in any manner concerning their officiating decisions. Any display of physical gesturing, vulgarity, or other forms of unsportsmanlike conduct directed at officials will result in assessment of a technical foul against the coach. Moreover, the offending player/coach may be required to appear before the Board for subsequent disciplinary action. If questions should arise or clarification of a call is necessary, the referee should be approached politely and with courtesy.
2. When instructions are given to the teams or coaches, a representative from each team should be present.
3. If a coach feels that a complaint or protest concerning a referee decision should be brought to the attention of the Board, he/she will contact the Division Rep concerning the matter. If deemed necessary by the Division Rep the matter will be reported to the Referee Coordinator for investigation.

## **L. Pre-Tip-Off Free-Throws**

Each player will shoot one free-throw prior to the start of the game. Each successful free-throw will be recorded in the scorebook and count in the team's overall score. Referees will administer the free-throws. One referee will be in charge of the visiting team while the other referee will administer the home team. Both teams will shoot the free-throws at the same time, but at different baskets. If one team has fewer players present than the other, the coach of the former will designate one or more players as necessary to shoot an extra shot to balance the total team attempts. Each player so designated must have missed his/her prior attempt(s) unless no such a player exists, in which case the coach may designate any player. In no event will a player who has scored two pre-tip-off free-throws be permitted to attempt another.

**Example** – Team A has eight players present but Team B has only six. Each player on both teams will attempt one free-throw. The coach of Team B will designate two players who missed their first attempts to try one more free-throw each. If only one of the six players present on Team B missed his/her first attempt, that player would be required to make the next attempt and, if it is missed, the last attempt as well.

**Pre-tip-off free throws do not count toward the points limits applicable to players in the 3<sup>rd</sup> through 6<sup>th</sup> grade boys and girls divisions.**

In tournament play, pre-tip-off free-throws will occur only in the 3<sup>rd</sup> through 6<sup>th</sup> grade boys and girls divisions.

**M. Rule Interpretation and Modification**

In general, changes in playing rules are made by vote of the RPB Board of Directors which reserves the right to modify any rule at any time. If it would be impractical to wait for a meeting of the Board of Directors, the President of RPB or his/her designee, with the concurrence of one or more other members of the Board (if available), may interpret and, if necessary, modify any playing rule if s/he deems it appropriate in the interest of fair play and advancement of the goals of RPB.

**SPECIAL DIVISIONAL RULES**

The following pages describe in detail the special rules applicable within specific divisions of the Boys and Girls Leagues. The chart below contains a summary of those rules.

<b>2000 RPB Special Division Rules Summary</b>								
Division	Defense	Press	Player Point Limit	Ball Size	Basket Height	Minutes per Qtr	Foul Line	Seconds in Key
G 3-4	M/M	No	12	Jr	8½'	7	10'	5
G 5	M/M	4 <sup>th</sup> Q M/M	16	Int		7	12'	
G 6	M/M 1 <sup>st</sup> Half	4 <sup>th</sup> Q	16	Int		8	12'	
G 7				Int		8		
G Sr				Int		8		
B 3	M/M	No	12	Jr	8½'	7	12'	5
B 4	M/M	No	12	Jr		7	12'	5
B 5	M/M	4 <sup>th</sup> Q M/M	16	Int		7	12'	
B 6	M/M 1 <sup>st</sup> Half	4 <sup>th</sup> Q	16	Men's Full		8	12'	
B 7				Men's Full		8		
B 8				Men's Full		8		
B 9-10				Men's Full		8		
B 11-12				Men's Full		8		
A blank square indicates applicability of official high school rules.								

## Special Division Rules for 3<sup>rd</sup> and 4<sup>th</sup> Grade Boys and Girls

**The officials will enforce these special divisional rules by issuing a warning for the first offense and a technical foul for each subsequent violation.**

- \* Must play man-to-man defense and not pressure the ball in the backcourt. Man-to-man defense is defined as requiring the defensive player to remain within six (6) feet of the assigned offensive player.
- \* Double teaming is not allowed.
- \* The use of any defensive tactic that takes unfair defensive advantage of the offensive team is not allowed and will result in a warning for the first offense. A technical foul will be assessed for the second and subsequent violations.

**Example A** -- An offensive ball handler has not dribbled past his/her defender and a second defensive player leaves his/her assigned offensive player and moves over to defend the ball handler. This is considered an illegal double-teaming of the ball handler.

**Example B** -- A defensive player leaves his/her assigned offensive player to guard another player who does not have the ball for the purpose of preventing the latter from receiving the ball. This is considered double-teaming and is prohibited.

- \* Helpside defense is allowed to stop offensive penetration with the provision that when the offensive penetration is stopped and the original defender has recovered his/her player, the helpside defender must immediately return to his/her original offensive player.
- \* No backcourt defense at any time ( i.e. after a basket has been made, shot rebounded, steal made, or in-bound pass made into the backcourt).

**Example A** – A defensive player may not intercept any pass while in the backcourt even if there is little or no chance that the ball would be caught by an offensive player before going either out of bounds or into the forecourt.

**Example B** – If an offensive player causes a loose ball in the backcourt (e.g., by mishandling the ball or dribbling off another player's heel), an opposing player may not pick up the ball unless it crosses mid-court.

- \* In-bounding of the ball into the backcourt for the purpose of stalling (as interpreted by the referees) is an illegal delay tactic. Such violations may result in an immediate technical foul being assessed.

**Special Division Rules for 3<sup>rd</sup> and 4<sup>th</sup> Grade Boys and Girls (cont.)**

- \* The use of an offensive tactic which takes unfair advantage of the defensive team is not allowed and will result in a warning for the first abuse and a technical foul for each subsequent violation.

**Example A** – A player formation that continuously isolates one or more specific offensive player(s) in a one-on-one, two-on-two, etc., situation.

**Example B** – A player formation that continually isolates any offensive player against the same defensive player in a one-on-one situation.

**Example C** – A player formation that keeps one or more offensive players so far away from the key that the defensive players assigned to guard them are taken completely out of the defensive game.

- \* Except as specified below, no player shall be permitted to score after the shot by which his/her twelfth point is scored. Immediately upon a player's scoring his/her twelfth point, the scorekeeper shall call an official's time out for the purpose of notifying the referees and the coaches of each team of the scoring limit's having been reached. When a player is fouled in the act of scoring his/her twelfth point or is fouled in a bonus situation after having scored his/her twelfth point, s/he may score on the ensuing free-throw(s). A player who has reached the point limit described herein is permitted to shoot technical foul shots for his/her team. In the event a player who has already scored his/her twelfth point completes a field goal, no points will be awarded therefor, and possession shall be given to the other team. **Pre-tip-off free throws do not count toward the point limit described in this rule.**

**Example** – A player who has already scored eleven points completes a two-point field goal without being fouled. The player is awarded two points, but cannot thereafter score unless s/he is fouled in a bonus situation or is designated by his/her coach to shoot a technical foul shot. The scoring ban on that player would be lifted in any overtime period(s).

- \* Freethrow line will be 10 feet from the basket for girls and 12 feet from the basket for boys.
- \* Offensive player is limited to five (5) seconds in the key.
- \* Players will use a junior size ball.

## Special Division Rules for 5<sup>th</sup> Grade Boys and Girls

**The officials will enforce these special divisional rules by issuing a warning for the first offense and a technical foul for each subsequent violation.**

- \* Must play man-to-man defense the entire game. Man-to-man defense is defined as requiring the defensive player to remain within six (6) feet of the assigned offensive player.
- \* Double teaming is not allowed.
- \* The use of any defensive tactic that takes unfair defensive advantage of the offensive team is not allowed and will result in a warning for the first offense. A technical foul will be assessed for the second and subsequent violations.

**Example A** -- An offensive ball handler has not dribbled past his/her defender and a second defensive player leaves his/her assigned offensive player and moves over to defend the ball handler. This is considered an illegal double-teaming of the ball handler.

**Example B** -- A defensive player leaves his/her assigned offensive player to guard another player who does not have the ball for the purpose of preventing the latter from receiving the ball. This is considered double-teaming and is prohibited.

- \* Helpside defense is allowed to stop offensive penetration with the provision that when the offensive penetration is stopped and the original defender has recovered his/her player, the helpside defender must immediately return to his/her original offensive player.
- \* No backcourt defense at any time in the first three periods of play ( i.e. after a basket has been made, shot rebounded, steal made, or in-bound pass made into the back court). Man-to-man back court pressure is permitted in the fourth period and any overtime periods.

**Example A** – In the first three periods of play, a defensive player may not intercept any pass while in the backcourt even if there is little or no chance that the ball would be caught by an offensive player before going either out of bounds or into the forecourt.

**Example B** – If, in the first three periods of play, an offensive player causes a loose ball in the backcourt (e.g., by mishandling the ball or dribbling off another player's heel), an opposing player may not pick up the ball unless it crosses mid-court.

- \* The use of an offensive tactic which takes unfair advantage of the defensive team is not allowed and will result in a warning for the first abuse and a technical foul for each subsequent violation.

**Special Division Rules for 5<sup>th</sup> Grade Boys and Girls (cont.)**

**Example A** – A player formation that continuously isolates one or more specific offensive player(s) in a one-on-one, two-on-two, etc., situation.

**Example B** – A player formation that continually isolates any offensive player against the same defensive player in a one-on-one situation.

**Example C** – A player formation that keeps one or more offensive players so far away from the key that the defensive players assigned to guard them are taken completely out of the defensive game.

- \* Except as specified below, no player shall be permitted to score after the shot by which his/her sixteenth point is scored. Immediately upon a player's scoring his/her sixteenth point, the scorekeeper shall call an official's time out for the purpose of notifying the referees and the coaches of each team of the scoring limit's having been reached. When a player is fouled in the act of scoring his/her sixteenth point or is fouled in a bonus situation after having scored his/her sixteenth point, s/he may score on the ensuing free-throw(s). A player who has reached the point limit described herein is permitted to shoot technical foul shots for his/her team. In the event a player who has already scored his/her sixteenth point completes a field goal, no points will be awarded therefor, and possession shall be given to the other team. **Pre-tip-off free throws do not count toward the point limit described in this rule.**

**Example** – A player who has already scored fifteen points completes a two-point field goal without being fouled. The player is awarded two points, but cannot thereafter score unless s/he is fouled in a bonus situation or is designated by his/her coach to shoot a technical foul shot. The scoring ban on that player would be lifted in any overtime period(s).

- \* Offensive player is limited to three (3) seconds in the key.
- \* Players will use intermediate size ball.
- \* Freethrow line will be 12 feet from the basket.

## Special Division Rules for 6<sup>th</sup> Grade Boys and Girls

**The officials will enforce these special divisional rules by issuing a warning for the first offense and a technical foul for each subsequent violation.**

- \* Must play man-to-man defense during the first half. Man-to-man defense is defined as requiring the defensive player to remain within six (6) feet of the assigned offensive player.
- \* Double teaming is not allowed during the first half.
- \* The use of any defensive tactic that takes unfair defensive advantage of the offensive team is not allowed and will result in a warning for the first offense. A technical foul will be assessed for the second and subsequent violations.

**Example A** -- During the first half of the game an offensive ball handler has not dribbled past his/her defender and a second defensive player leaves his/her assigned offensive player and moves over to defend the ball handler. This is considered an illegal double-teaming of the ball handler.

**Example B** -- During the first half of the game a defensive player leaves his/her assigned offensive player to guard another player who does not have the ball for the purpose of preventing the latter from receiving the ball. This is considered double-teaming and is prohibited.

- \* Helpside defense is allowed to stop offensive penetration with the provision, during the first half of the game, that when the offensive penetration is stopped and the original defender has recovered his/her player, the helpside defender must immediately return to his/her original offensive player.
- \* Zone defenses may be used only in the second half of the game (3<sup>rd</sup> and 4<sup>th</sup> periods) and any overtime periods.
- \* No backcourt defense at any time in the first three periods of play (i.e. after a basket has been made, shot rebounded, steal made, or in-bound pass made into the back court). Full-court pressing is permitted only in the 4<sup>th</sup> period and any overtime periods.

**Example A** – In the first three periods of play, a defensive player may not intercept any pass while in the backcourt even if there is little or no chance that the ball would be caught by an offensive player before going either out of bounds or into the forecourt.

**Example B** – If, in the first three periods of play, an offensive player causes a loose ball in the backcourt (e.g., by mishandling the ball or dribbling off another player's heel), an opposing player may not pick up the ball unless it crosses mid-court.

**Special Division Rules for 6<sup>th</sup> Grade Boys and Girls (cont.)**

- \* The use of an offensive tactic which takes unfair advantage of the defensive team is not allowed and will result in a warning for the first abuse and a technical foul for each subsequent violation.

**Example A** – A player formation that continuously isolates one or more specific offensive player(s) in a one-on-one, two-on-two, etc., situation.

**Example B** – A player formation that continually isolates any offensive player against the same defensive player in a one-on-one situation.

**Example C** – A player formation that keeps one or more offensive players so far away from the key that the defensive players assigned to guard them are taken completely out of the defensive game.

- \* Except as specified below, no player shall be permitted to score after the shot by which his/her sixteenth point is scored. Immediately upon a player's scoring his/her sixteenth point, the scorekeeper shall call an official's time out for the purpose of notifying the referees and the coaches of each team of the scoring limit's having been reached. When a player is fouled in the act of scoring his/her sixteenth point or is fouled in a bonus situation after having scored his/her sixteenth point, s/he may score on the ensuing free-throw(s). A player who has reached the point limit described herein is permitted to shoot technical foul shots for his/her team. In the event a player who has already scored his/her sixteenth point completes a field goal, no points will be awarded therefor, and possession shall be given to the other team. **Pre-tip-off free throws do not count toward the point limit described in this rule.**

**Example** – A player who has already scored fifteen points completes a two-point field goal without being fouled. The player is awarded two points, but cannot thereafter score unless s/he is fouled in a bonus situation or is designated by his/her coach to shoot a technical foul shot. The scoring ban on that player would be lifted in any overtime period(s).

- \* Freethrow line will be 12 feet from the basket.
- \* Offensive player is limited to three (3) seconds in the key.
- \* Players will use men's regulation size ball.

**Division Rules for 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>-10<sup>th</sup> and 11<sup>th</sup>-12<sup>th</sup> Boys and 7<sup>th</sup> and Senior Girls**

- \* Official High School Regulations apply, modified only by the RPB Rules and Procedures described on pages 6 through 12 of this manual.