

# OREGON TRAIL RECREATION DISTRICT

## YOUTH BASKETBALL BY-LAWS

### A. FORMING TEAMS

1. Players, whose parents or guardians are coaching a team or acting as assistant coach, will be placed on their parent or guardian's team.
2. The Program Coordinator forms teams based on a random draft.
3. Each team will only be allowed two coaches, with their children automatically, on their team.

### B. GAME

1. The game will be divided into four, eight-minute quarters using a non-stop clock. Clock will stop for injury and official's timeouts.
2. Each team will be allowed two, one-minute time outs per half.
3. There will be no overtime periods.
4. There will be a two-minute half-time break.
5. Players must be in OTRD game shirt.
6. 3-point length shots will only be scored at 2 points. (Only exception is in the 7/8<sup>th</sup> girls league. 3 point shots will count as 3 points.)
7. Baskets Heights: 1<sup>st</sup> & 2<sup>nd</sup> – 8', 3<sup>rd</sup> & 4<sup>th</sup> girls – 9', 3<sup>rd</sup> boys - 9', 4<sup>th</sup>&up – 10'
8. Substitutions may be made only during a dead ball situation. Have players ready to enter game to save time.
9. Each participant must play half of each game regardless of ability.
10. At the coaches' discretion – if your child does not attend practices, he will not get as much playing time as the kids that do attend practices.
11. All team can use man-to-man defense, or zone defense.

12. **1<sup>st</sup> – 4<sup>th</sup> grade** - Defense STARTS at the top of the 3 point line(**SQUARE ACROSS THE COURT**)  
**5<sup>th</sup>-8<sup>th</sup> grade** – Defense STARTS at Half Court
13. If a player is fouled in the act of shooting, one point will be awarded and the ball will be out of bounds.
14. Fouls will be recorded and 5 disqualify the player.
15. Offensive players will be allowed three seconds in the key before a violation is called. (exception – 1<sup>st</sup> & 2<sup>nd</sup> grade will be allowed 5 seconds)
16. Each offensive team will be allowed ten seconds to bring the ball across the mid-court line.
17. There will be no full court pressing. Specifically, when the defensive team gains control of the ball after a shot or turn over. The offensive team must immediately go to the other end of the court.
18. Each team will be granted a five-minute grace period to field 4 players before a forfeit is declared.
19. Teams may not begin play with less than four players but they may finish with less.
20. Players must be enrolled in Actual grade of leagues to participate unless authorized by the Oregon Trail Recreational District.
21. 1<sup>st</sup> place team will receive a medal at the completion of the season for 3<sup>rd</sup>-7<sup>th</sup> leagues. 1<sup>st</sup> & 2<sup>nd</sup> grades will receive a participation prize at the completion of their season
22. No tournament will be scheduled for 1<sup>st</sup> & 2<sup>nd</sup> grade leagues. 3<sup>rd</sup>-6<sup>th</sup> leagues will have tournaments immediately following the scheduled season.
23. Practice times, and facilities, will be at the discretion of the coaches. One practice per week is recommended.
24. **Spirit of the Rule Clause:** Any tactic or strategy that violates the spirit of these by-laws will not be allowed. It is the understanding that if an individual wanted to, he or she could conceivably find a way to bypass the spirit of many of the by-laws regulations without violating the exact wording of the rule, and this is not acceptable

25. Coaches must remain seated and respect the referee's calls, not every call goes your way!!

26. No sports drinks or pop allowed in the gym. Water is allowed

**MTN VIEW ONLY - NEED TO PARK ON THE NORTH SIDE OF THE GYM AND ENTER THROUGH THE DOUBLE DOORS ON THE NORTH SIDE OF THE GYM. THE FRONT ENTRANCE IS RESERVED FOR FRUIT BASKET PICKUPS.**

As the Oregon Trail Recreation District, we THANK our Sponsors, volunteer coaches, players and parents!! Thank you!!