

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 Coordinators form teams based on a random draw.
3. Each team will only be allowed two coaches, with their children automatically, on their team.

B. Game

1. 1st-3rd (boys) or 1st-4th (girls) grade games will be divided into four, **8-minute quarters** using a non-stop clock. Clock will stop for injury and officials' timeouts.
2. 4th-8th (boys) or 5th-8th (girls) grade games will be divided into four, **6-minute quarters**. The clock will stop on ALL dead balls.
3. Each team will be allowed **two, one-minute time** outs per half. Timeouts CAN NOT carry over. Team must have possession of the ball to call a timeout.
4. There will be **up to 2** overtime periods at 3 minutes each.
5. There will be a two-minute half-time break.
6. Players must be in OTRD game shirts.
7. 3-point length shots will only be scored at 2 points for 1st-3rd (boys) 1st-4th (girls) 3-point shots will count as 3 points in 4th-8th (boys) and 5th-8th (girls) grade leagues.
8. Baskets Heights and Ball Sizes:
 - a. **Boys:** 1st & 2nd – 8' and Jr Ball 27.5
 - b. **Boys:** 3rd – 9' and Jr Ball 27.5
 - c. **Boys:** 4th – 5th – 10' and Intermediate Ball 28.5
 - d. **Boys:** 6th & 8th – 10' and Official Ball 29.5
 - e. **Girls:** 1st & 2nd – 8' and Jr. Ball 27.5
 - f. **Girls:** 3rd – 4th – 9' and Jr Ball 27.5

g. Girls: 5th – 8th – 10' and Intermediate Ball 28.5

9. Substitutions may be made only during a dead ball situation. Have players ready to enter game to save time.

10. Each participant must play half of each game and/or equal time as teammates regardless of ability.

11. At the coach's discretion – if your child does not attend practices, he will not get as much playing time as the kids that do attend practices. **Coaches must talk with the parents prior to the game.**

12. All teams can use man-to-man defense, or zone defense.

EXCEPT 1st-3rd (boys) and 1st-4th(girls) grades. These grades can only play Man-to-Man Defense.

13. **1st-3rd grade BOYS** “Half Court Games”- Defense STARTS at half court.

4th-5th grade BOYS- Defense STARTS at half court.

1st-4th grade GIRLS- Defense STARTS at half court.

5th-6th grade GIRLS- Defense STARTS at half court.

6th-8th grade BOYS- Full Court defense is allowed.

7th-8th grade GIRLS- Full Court defense is allowed.

14. If a player is fouled in the act of shooting, one point will be awarded, and the ball will be out of bounds. (Exception –4th – 8th grade BOYS, 5th – 8th grade GIRLS will shoot foul shots.)

15. Fouls will be recorded and 5 fouls will disqualifies the player from the game. (In 5th - 8th leagues – 7 team fouls will result in Bonus. 10 team fouls will result in Double Bonus- Running clock during bonus shots.)

16. Offensive players will be allowed three seconds in the key before a violation is called. (exception – 1st & 2nd grade will be allowed 5 seconds) 17. Each offensive team will be allowed ten seconds to bring the ball across the mid-court line.

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18. 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. (4th - 5th)BOYS and 5th-6th GIRLS can full court press the **last 2 minutes of each half**, (6th - 8th)BOYS and (7th-8th) GIRLS can full court press at any time.)

19. Each team will be granted a five-minute grace period to field 4 players before a forfeit is declared.
20. Teams may not begin play with less than four players, but they may finish with less.
21. Players must be enrolled in actual grade of leagues to participate unless authorized by the Oregon Trail Recreation District.
22. Practice times, and facilities, will be at the discretion of the coaches. One practice per week is recommended.
23. **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
24. **Coaches, Players AND Parents must respect the referee's calls, not every goes your way!!** Referee's will miss calls and make mistakes. They are HUMAN.
25. No sports drinks or pop allowed in the gym. Water is allowed. PLEASE clean up all spills and trash during and after your games.
26. Each participant, coach, parent, family member is to respect and help take care of the OTRD facility by cleaning up after themselves and helping to keep the facility in good repair.