

OREGON TRAIL RECREATION DISTRICT YOUTH BASKETBALL BY-LAWS

2019-2020

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. No community teams, ALL players went in the random draw.
3. Each team will only be allowed two coaches, with their children automatically, on their team. **Only TWO coaches on the bench.**

B. Game

1. 1st-3rd (boys) or 1st-4th(girls) grade games will be divided into four, **6-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 **2, one-minute time** outs per half. Timeouts CAN NOT carry over. Team must have possession of the ball or on a dead 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.** (Pay to Play Recreational League)

11. At the coach's discretion – if your child does not attend practices, he/she 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.
(Last 2 mins of each **Half** defense may full court press)

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

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

Fouls/Technical

14. If a player is fouled in the act of shooting, one point will be awarded, and the ball will be taken out of bounds. The team that committed the foul will get the ball out of bounds. (Exception –4th – 8th grade BOYS, 5th – 8th grade GIRLS will shoot foul shots.) During a foul shot the basket will NOT count if the Shooter crosses the Foul Line while shooting. This will result in a violation.

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

16. No player can argue a foul with a referee, the referee can give a two shot technical at his/her discretion.

17. All TECHNICAL fouls are 2 shots and the ball. Technical fouls can be given to **Players, Coaches, and Spectators**

18. **ONE** Technical foul will result in automatic ejection from the game. If the technical foul is made in the 4th quarter that player can NOT play in the next game. **TWO** technical

fouls in one OTRD Girls or Boys Basketball Season will result in an ejection from the league for that season.

19. Offensive players will be allowed three seconds in the key before a violation is called. (exception – 1st & 2nd grade will be allowed 5 seconds)

20. Each offensive team will be allowed ten seconds to bring the ball across the mid-court line.

21. Line Infraction. If a player steps over the line during an in-bound it will result in a turnover.

22. 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.) If your team is up by 20 Points or more PLEASE DO NOT FULL COURT PRESS.

23. Each team will be granted a five-minute grace period to field at least 4 players before a forfeit is declared.

24. Teams may not begin play with less than four players, but they may finish with less.

25. Game starts on a jump ball, alternate possession after that

26. Players must be enrolled in actual grade of leagues to participate unless authorized by the Oregon Trail Recreation District.

27. Practice times, and facilities, will be at the discretion of the coaches. One practice per week is recommended.

28. **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

29. **Coaches, Players AND Parents must respect the referee's calls, not every call goes your way!!** Referee's will miss calls and make mistakes. They are HUMAN.

30. PLEASE clean up all spills and trash during and after your games.

31. If you practice at the OTRD facility please pick up your trash and take an extra few minutes to sweep the floor when finished.

32. 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.

33. ALL coaches MUST sign a Oregon Trail Rec District Coaches Code of Conduct.