

OREGON TRAIL RECREATION DISTRICT

YOUTH BASKETBALL RULES 2024

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)** grade games will be divided into four, **7-minute quarters** using a non-stop clock. Clock will stop for injury and officials' timeouts. The clock will stop during in quarter at 3 minutes and 30 seconds or as close to that time for Substitutions.
2. **4th-8th (boys)** games will be divided into four, **6-minute quarters**. The clock will stop on ALL dead balls.
 - A. If a team is up by 20 + points going into the 4th quarter it will be a Running Clock in the 4th quarter.
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 - 3-point shots will count as 3 points in 4th-8th 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 – 9' and Intermediate Ball 28.5
 - d. **Boys:** 5th – 10' and Intermediate Ball 28.5
 - e. **Boys:** 6th - 8th – 10' and Official Ball 29.5
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. Also ask why the player has not been to practice.**

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

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

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

4th-6th grade BOYS- Defense STARTS at half court. (Last **2 mins** of each **Half** defense may full court press) ***IF YOUR TEAM IS UP 15+ POINTS. NO FULL COURT PRESS**

7th-8th grade BOYS- Full Court defense is allowed. ***IF YOUR TEAM IS UP 15+ POINTS. NO FULL COURT PRESS**

Fouls/Technical

14. **1st-3rd Grade** 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 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 4th -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 and Coaches.**

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 - 6th) ^{BOYS} can full court press the **last 2 minutes of each half**, (7th - 8th) BOYS can full court press at any time.) If your team is up by 15 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 should be enrolled in grade of leagues to participate unless authorized by the OTRD.
27. Practice times, and facilities, will be at the discretion of the coaches. One practice per week is recommended once games start.
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. The referees are HUMAN. Please be respectful and good role models to these young athletes who are watching and hearing what you say. Let's teach our youth to respect the referee's before we lose them.
30. PLEASE clean up all spills and trash during and after your games and practices.
31. **If you practice at the OTRD facility please pick up your trash and take an extra few minute 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 an Oregon Trail Rec District Coaches Code of Conduct.
34. As coaches if you are frustrated after the game and have an issue with something or someone please give it 24 hours to talk to me about the problem. We highly recommend that you have a parent meeting with your team and issue this rule to them as well.

OTRD Consequences of Behavior

OTRD will not tolerate verbal or physical abuse of its volunteer coaches, referees, or players from any Parent, Player or Spectator. Spectators, as well as the players and coaches are expected to abide by the programs code of conduct at all OTRD practices and events. While most of the adults and children in the program will abide by this code without being instructed, it is being published to protect the children, the integrity of our program, and emphasize the values of OTRD.

At any OTRD event, practice, or competition, any adult who verbally abuses, attempts to intimidate, is flagrantly rude to, or does not control their language or actions with a player, official, coach, spectator, or OTRD employee/volunteer will be asked to leave the event. If the spectator fails to leave upon request, law enforcement authorities may be called to remove the spectator.

Any adult that commits a second similar offense will be banned from OTRD events for the remainder of the season.

Any adult who physically assaults an official, coach, person or OTRD employee/volunteer will be banned from OTRD for a minimum one year from the date of the offense. After one year, the parent may apply for reinstatement. If the adult commits a second offense, he or she will be permanently banned from OTRD.

The term physical assault includes, but is not limited to: hitting, slapping, pushing, spitting, kicking or striking in anyway with any part of the body or any physical implement.

Any coach of a OTRD program who gets removed from a game will be suspended to coach the following game. If a coach gets removed from a game the second time, he/she will not be able to coach the remainder of the season and will have to meet with OTRD supervisor and board of directors to petition to coach again for the Oregon Trail Rec District.