

Wake Forest Parks & Recreation Department

Youth Basketball Rules and Regulations

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Effective October 2021

Basketball Rules and Regulations

Last printed 11/26/2019 9:54 AM

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1 INTRODUCTION

This document has been developed by Wake Forest Parks & Recreation in order to familiarize volunteer coaches and part-time employees with policies, procedures, and league rules for youth basketball leagues.

1.1 Mission Statement

The Wake Forest Parks, Recreation & Cultural Resources Department mission is to enhance the lives of citizens by promoting health and wellness through diverse, safe, accessible and culturally enriching recreational opportunities.

1.2 Purpose

The purpose of the Wake Forest Parks, Recreation & Cultural Resources Department basketball league is to provide the youth of the Wake Forest area the opportunity to have fun, learn sportsmanship, rules of the game, and develop the skills needed to be a successful player.

1.3 Youth Athletics Philosophy

The Wake Forest Parks, Recreation & Cultural Resources Department staff believes that youth athletic programs serve an important part in the development of physical, emotional, and mental abilities of children. The main emphasis for all WFPRCR youth athletic programs is participation, increasing individual skill levels and aiding in character development. This philosophy can be achieved by teaching our youth the following concepts:

- **Fundamentals of the game-** Regardless the sport, the primary concern of coaches should be to teach the basics. Each child should receive individual instruction and encouragement to increase his/her personal skill level.
- **Sportsmanship-** All children should be taught the qualities of sportsmanship and fair play. The emphasis should be on each child doing their best and having fun, not on winning or losing.
- **Team concept-** In all team sports, each member should feel that he/she is valuable to the team and can contribute to the team effort. Learning to work with others as a team is essential for successful teams and team members.
- **Respect for Officials-** Coaches should teach children to respect the game officials. Participants should not be led to believe that the actions of an official determined the outcome of an athletic event. The example that is set by coaches (and parents) speaks much louder than the words that are spoken about sportsmanship and respect for others.

2 LEAGUE MANAGEMENT

All leagues will be under the direction of the Wake Forest Parks, Recreation & Cultural Resources Department, specifically the WFPRCR Athletics Division. The WFPRCR Athletics Division will be responsible for the recruitment of volunteer coaches, scheduling of practices and games, uniform/equipment orders, contracting with booking agents, official scorers, and supervision of all aspects of the Basketball program.

2.1 Communication Methods

WFPRCR will communicate information to participants, coaches, and staff via telephone and e-mail. Hard-copy mailings via USPS will be used as necessary. Cancellation of practices and games due to inclement weather/field conditions will be communicated via text message and e-mail.

2.2 League Schedules (Practice and Game)

League Schedules will be prepared by Athletics Staff. Practice schedules will be distributed to coaches at the league draft/coach meeting, with each team having a minimum of four (4) practices scheduled prior to the beginning of league play. Game schedules will be distributed at least two (2) weeks prior to the beginning of league play. Teams will be scheduled for a ten (10)-game regular season, followed by single-elimination tournaments for ages 9 and above.

Coaches will be allowed to trade assigned practice times with other teams in the league at their discretion. Once distributed, the only alterations that will be made to game schedules will be due to inclement weather conditions that require cancellation of scheduled games.

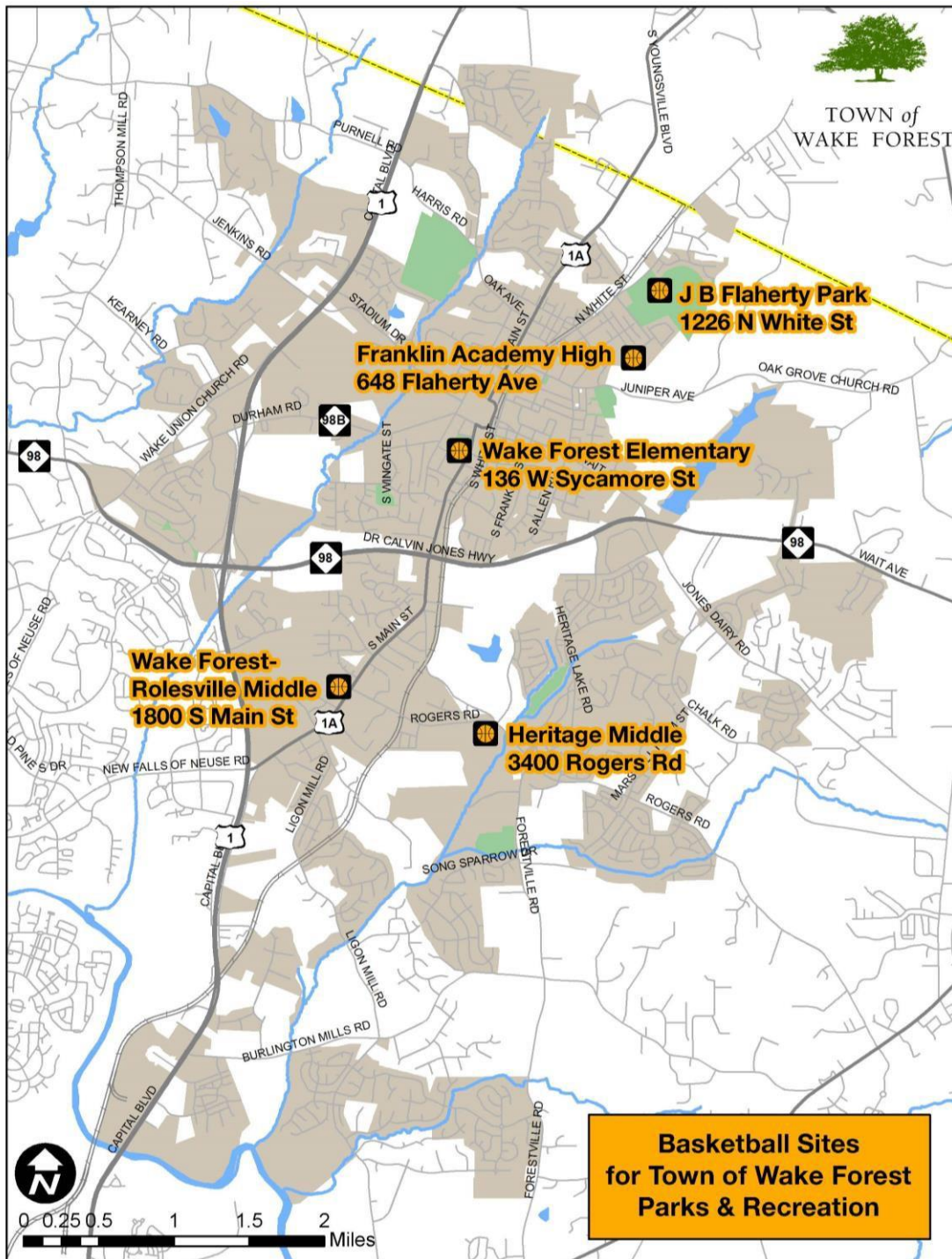
2.3 Website Information

League Schedules and standings will be posted on the Town of Wake Forest website, www.teamsideline.com/wakeforestnc. Schedules (practice and game) will be posted to the website and updated as necessary. League standings will be updated on a weekly basis.

2.4 Important Telephone Numbers

WFPRCR Office	919 435 9560
WFPRCR Athletics Specialist	919 435 9457
WFPRCR Athletics Superintendent	919 435 9562

2.5 Gym Locations



3 LEAGUE POLICIES

3.1 League Age

Participant's "League Age" is determined by their age on December 31, 2021 of the current season. Participants will not be allowed to play outside of their assigned league/age group.

3.2 Code of Conduct/Disciplinary Action

The Wake Forest Parks, Recreation & Cultural Resources Department expects good sportsmanship from its coaches, participants, and spectators as outlined below.

- No individual shall refuse to abide by any League Official's decision.
- No individual shall be guilty of objectionable demonstrations of dissent toward any League Official, participant, or spectator.
- No individual shall be guilty of verbal abuse or physical attack upon any League Official, participant or spectator.

Persons in violation of the Code of Conduct may be subject to penalties up to and including removal from the league, depending upon the severity of their actions. Penalties for ejection are outlined below.

- In the event of an ejection of a player, the player shall be removed from the game for the remainder of the game. Ejected player must serve a two (2) - game suspension, and cannot attend team events (practices or games) while serving the suspension.
- In the event of an ejection of a coach, the coach shall be removed from the game and must leave the facility within two (2) minutes or a forfeit will be declared. If there is not an Assistant Coach present to take over coaching duties, a parent will allowed to take over duties for the game currently being played. Ejected coach must serve a one (1) - game suspension, and cannot attend team events (practices or games) while serving the suspension.
- Should a player or coach be ejected a second time during a season, the player or coach must serve a two (2) game suspension. In the event of a third ejection, the player or coach will be removed from the league for the remainder of the season.
- The Wake Forest Parks & Recreation Department reserves the right to impose season-disqualification penalties at any time, should participant's behavior and action deem such disqualification necessary.

3.3 Player Placement

- Players in age groups 5-8 will be placed onto teams by WFPRCR staff.
- All players new to a league, and any wishing to change teams from the past season, must participate in the draft.
- Players returning to the same age group (except those requesting redraft) and the child of the TEAM MANAGER and ASSISTANT COACH (if named prior to draft date) are exempt from the draft.

- Player(s) absent may not be chosen during the selection process. Absent player(s) name(s) will be drawn at the conclusion of the draft.
- Players age 13 and above will be drafted onto teams each season.

Selection order is set by WFPRCR, based on the number of players returning to team rosters. Basketball teams will begin the draft with a minimum of three (3) players (leagues ages 9-12).

In the event that new (“expansion”) team(s) are added, the expansion team(s) will be allowed to select players to reach the league minimum prior to the first full round of the draft, with selections alternating between “expansion team(s)” and returning teams that are drafting to the league minimum.

Following the minimum-roster selections, each team will select one player.

DRAFT ORDER: following the minimum-roster draft, draft order will be based on the league’s final standings from the previous season (leagues 9-12). *Leagues 13+ draft order is set by draw.*

(Leagues 9-12) All teams will get a pick in the first round. Teams will be “evened up” after the first full round of selections- all teams must have equal number of players before another “full round” is allowed. Example: team 1 starts with 6 players, all others start with less than 6. Team 1 would be allowed a selection in the round that follows the minimum-roster draft, but would then sit out of the draft until all teams have 7 players. Teams will draft in a snake-style format. The “round” will go from first to last pick, with the next going from last pick to first pick. Selection will continue until the point where the number of eligible (“present”) players is equal to or less than the number of teams selecting players. Once this point is reached, all eligible players not previously selected will be placed in the draw with those absent from the draft.

Siblings are placed on the same team and count as the team’s current draft selection and the team’s next selection.

Trading of selections is not allowed.

3.4 Selection of Head Coach (“Manager”) and Assistant Coach

WFPRCR Athletics Staff will recruit volunteers to serve as Head Coach (“Manager”) during the registration period for the leagues. Once the Head Coach has been selected, it will be the option of the Head Coach to name one (1) person to serve as Assistant Coach. The Assistant Coach must be named at least one (1) day prior to the league draft. Children of Head Coach and Assistant Coach will be exempt from league drafts.

3.5 Background Screening

In order to preserve the safety and well-being of participants in its Youth Athletic programs, the Wake Forest Parks, Recreation & Cultural Resources Department has selected Background Investigation Bureau (BIB) to conduct background screens on all volunteers for youth athletic programs.

Volunteers will be required to complete and sign an authorization which will provide date of birth, Social Security Number, and current address allowing the Wake Forest Parks, Recreation & Cultural Resources Department to order an individual criminal background check. All authorization forms and results of screening must be received prior to the start of volunteer duties.

This policy will include all volunteers (on an annual basis) who wish to be named coach (“head coach” and/or “assistant coach”) that may, in the course of their volunteer service, have the opportunity to be alone with children during activities scheduled for Wake Forest Parks, Recreation & Cultural Resources Department youth athletic programs. Others with incidental contact with children will not be subject to provisions of this policy at this time, although the Wake Forest Parks, Recreation & Cultural Resources Department reserves the right to conduct random checks of volunteers periodically.

SSCI will conduct the background checks on volunteers. All information received as a result of the screening will be kept confidential and not disclosed to anyone outside the Wake Forest Parks, Recreation & Cultural Resources Department. All authorization forms, records or reports shall be maintained in a confidential manner, and kept for a fixed period of time as set by the Town’s record retention policy.

If any disqualifying information is found that prevents an applicant from being accepted, the Athletics staff will be responsible for notifying applicant of disqualification in a confidential manner. In the event the applicant feels a mistake has been reported in their criminal background check, it is the applicant’s responsibility to contact the reporting agency (SSCI) and resolve any issues. Wake Forest Parks, Recreation & Cultural Resources Department and its employees are not responsible for errors or omissions that may be reported on background checks.

Standards

Applicants shall be disqualified from consideration if applicant has ever been found guilty or entered a plea of guilty, *nolo contendere* (no contest), or *Alford Pleas*, regardless of the adjudication, for any of the following:

- A. Any Felony involving violence
- B. Any Felony involving a minor
- C. Any Felony involving a sexual offense

Should any pending charges described in “A”, “B” or “C” be discovered, or should any charges be brought against an Applicant during the season, the Applicant shall be suspended from serving as a volunteer until such time as the charges have been cleared or dropped and he/she is reinstated by WFPRCR.

In addition, Applicants shall be disqualified if they have been found guilty or entered a plea of *nolo contendere* (no contest), or *Alford Pleas*, regardless of the adjudication, for any of the following within the past seven (7) years:

- D. Any Misdemeanor involving violence
- E. Any Misdemeanor involving a Minor
- F. Any Misdemeanor involving a sexual offense
- G. Any Felony not listed under “A” , “B” or “C”

In addition, Applicants shall be disqualified if they have been found guilty or entered a plea of guilty, *nolo contendere* (no contest), or *Alford Pleas*, regardless of the adjudication, for any of the following within the past five (5) years:

- H. More than one alcohol or drug related incident.

In addition, Applicants shall be disqualified if they have been found guilty or entered a plea of guilty, *nolo contendere* (no contest), or *Alford Pleas*, regardless of the adjudication, for any of the following within the past two (2) years:

- I. Any incident involving alcohol or drugs.

3.6 Mandatory Play

Coaches are expected to ensure all participants play a minimum of eight (8) minutes per game.

Exception: injury or illness.

3.7 Team Composition

It is the goal of WFPRCR to place ten (10) players on each team, but the number of registered participants will determine the number of players per team.

Players may be added to team rosters after team placement has occurred only in situations where participants have requested to be withdrawn from the league.

Replacement players will be secured via the WFPRCR waiting list.

3.8 Inclement Weather

Cancellation Procedure

- Wake County Public School System (WCPSS) closures (or early release due to weather conditions) will result in cancellation of all WFPRCR practices and games, at all sites.
- On weekends, or in cases where there is no official closure by WCPSS, WFPRCR staff will examine weather conditions to determine whether to open gyms for practice or game play.
- Team Managers (youth and adult leagues) and participants (youth leagues) will be receive a text and/or email by WFPRCR staff if it is determined that cancellation of events is necessary. Participants will be notified via text message and/or email no later than 4:30pm on weekdays. **All event cancellation information will be relayed only via text message by opting into our new RainedOut).**
- **RainedOut is a mobile service and web-based software system, so you do not need any additional software or hardware. When our basketball practices and/or games have been cancelled, RainedOut will send you a message to your phone via text. You may opt into RainedOut alerts by texting BB2122 to 84483.**
- Should inclement weather occur **AFTER 4:30pm**, and/or managers/participants have not been notified of a cancellation by WFPRCR staff, teams should report to the game site prepared to play/practice. *Any decision regarding game cancellations after 4:30 p.m. will*

be made on site by WFPRCR staff. For team practices and games at locations without WFPRCR staff present, coaches are to use their best judgment regarding weather/road conditions, with player safety being the first priority.

3.9 Uniforms

Team jerseys will be purchased by WFPRCR. The jersey as provided by WFPRCR is required for game play. Teams shall not alter/enhance the jerseys in any manner. *If a shirt is worn beneath the jersey, the portion of the shirt that is visible outside of the jersey must be of matching color (i.e. white undershirt with white jersey, dark undershirt with dark jersey).*

Participants must provide matching shorts (shorts to match the “dark” side of the reversible jersey).

3.10 Equipment

WFPRCR will provide coaches with one (1) basketball that is the appropriate size for the age group, to be used in practices. Game balls will be provided by WFPRCR on-site.

3.11 Awards

In leagues where championships are recognized, WFPRCR will provide individual trophies to each member of the season and tournament championship teams.

3.12 Safety

WFPRCR seeks to provide safe facilities, and will prepare game sites for practice and play in accordance with acceptable industry standards. Coaches are to keep the safety of participants in mind during practices and games.

Coaches shall not leave a practice or game site without first ensuring that all participants have been picked up by a family member (or other designee, to be communicated to the coach prior to pick-up time). In the event that a participant has not been picked up within fifteen (15) minutes of scheduled end time, Coach shall call the Wake Forest Police Department (919 435 9610).

3.13 Blood-Borne Pathogens (PPG)

The safety and health of participants is a priority. Although the possibility of a communicable disease being transferred from one participant to another is unlikely, universal precautions (wearing medical gloves, proper clean-up and disposal of first-aid items) should be taken in all instances where there is a possibility of the transfer of bodily fluids.

4 UNIVERSAL PLAYING RULES

4.1 Governing Body

All youth basketball leagues will follow the official rules of the North Carolina High School Athletic Association (NCHSAA). Local exceptions and additions to the NCHSAA rules follow.

4.2 Protests

Protests may be made only related to the use of ineligible player(s), and must be made at the time that the player in question takes position on the court.

4.3 Game Schedules/Length of Game

5-12 year old leagues - Games will begin at the scheduled start time (no grace period allowed). Games will consist of four (4), six (6) minute quarters. A regulation clock will be used, with the clock stopping on all whistles; three (3) minute half-time period.

13-17 year old leagues - Games will begin at the scheduled start time (no grace period allowed). Games will consist of (4), seven (7) minute quarters. A regulation clock will be used, with the clock stopping on all whistles; three (3) minute half-time period.

4.4 Tie Games

Games that are tied at the end of regulation play (ages 9 and above) will continue to overtime period(s), which will be one (1) minute in length. Teams will forfeit any remaining timeouts, and will be allowed one timeout per overtime period.

4.5 Timeouts

Each team will receive two (2) timeouts per half. Unused timeouts will not carry over into the next half (or overtime).

4.6 Number of Players Required

Teams must have at least four (4) uniformed players to start a game, and must have at least two (2) players to complete the game.

4.7 Misconduct (Technical Fouls)

Two (2) technical fouls charged on a player will result in the player being disqualified for the remainder of the game. Any player/coach charged with two (2) technical fouls will be ejected from the game and must leave the facility. Persons ejected from games will be subject to disciplinary action as outlined in Section 3.2.

4.8 Bench Personnel

Only team members and two (2) adult coaches are permitted on team benches.

4.9 Spectator Seating

Spectators are to sit on the opposite side of the gym from team benches.

4.10 Dunking Prohibited

Dunking or attempting to dunk and/or hanging from ANY rim during the game, warm-ups, halftime, or after the game will not be tolerated. Any violations will result in a technical foul, player ejection, and a one (1) game suspension for the offending player.

4.11 “Bonus” Free Throws

Seven (7) team fouls in one half will result in the offensive team being awarded a “1 and 1” bonus. “Double bonus” (two free throws) will begin with the tenth (10th) team foul in one half.

4.12 Three Point Shot

Three point shot will be allowed in all leagues age 9 and above.

4.13 Full Court Defense

Leagues age 13 and above may play full-court defense at any time.

Leagues age 11-12 may play full-court defense during the second half and during any overtime period. Teams are to allow offense to establish possession within the front court before engaging in defending the basket. **PENALTY:** first violation will result in warning, and all subsequent offenses will result in a “book” technical foul being charged. *Offensive team will be awarded one free throw and possession of the ball.*

Leagues age 9-10 may play full-court defense the last two (2) minutes of the fourth (4th) quarter and during any overtime period. Teams are to allow offense to establish possession within the front court before engaging in defending the basket. **PENALTY:** first violation will result in warning, and all subsequent offenses will result in a “book” technical foul being charged. *Offensive team will be awarded one free throw and possession of the ball.*

Leagues age 5-8 are prohibited from playing full-court defense at any time.

4.14 Conversion to Running Clock

If a team has a lead of fifteen (15) or more points, clock will convert to a “running clock” and will be stopped only for free throws and timeouts. Reduction of the lead to fewer than 15 points will result in the clock returning to regulation timing rules.

A team possessing a lead of fifteen (15) points or more must play half-court defense until the lead has been reduced to less than fifteen (15). While holding a 15-point lead, the defense must set up inside the 3-point arc. **PENALTY:** first offense will result in warning, and all subsequent offenses will result in a “book” technical foul being charged. *Offensive team will be awarded one free throw and possession of the ball.*

4.15 Game Balls

Game balls will be provided by WFPRCR staff at game site.

5-8 year old leagues will use 27.5” basketballs.

9-10 year old boys’ and all girls’ leagues will use 28.5” basketballs.

11-17 year old boys’ leagues will use 29.5” basketballs.

5 LEAGUE-SPECIFIC RULES

5.1 5-6 Year Old League

Score will be kept by quarter and will be erased from the scoreboard at the conclusion of each quarter.

Stealing the ball off the dribble will not be allowed throughout the season.

Three-point shot will not be used.

Free Throws will be attempted from 12 feet.

Basketball Rim Height will be 8ft.

Teams must play a zone defense at all times. Zone defense must be played inside the 3-point line. Double-teaming will not be allowed.

5.2 7-8 Year Old League

Score will be kept by quarter and will be erased from the scoreboard at the conclusion of each quarter.

Stealing the ball off the dribble will not be allowed throughout the season.

Three-point shot will not be used.

Free Throws will be attempted from 12 feet.

Basketball Rim Height will be 8ft.

Teams have the option of playing zone or man-to-man defense. Zone defense must be played inside the 3-point line. Double-teaming will not be allowed.

5.3 9-10 Year Old Leagues

Free Throws will be attempted from 15 feet.

Basketball Rim Height will be 10ft.

COVID-19 Precautions

Due to the ever-evolving situation surrounding COVID-19, PRCR-sponsored athletic programs are subject to change with limited notice. Officials will continue to closely monitor updates and follow guidelines from the Wake County Health Department, N.C. Department of Health and Human Services (NCDHSS) and the Centers for Disease Control (CDC). These guidelines have been implemented in protocols established by the Town to address potential exposure to the coronavirus and protect our community and staff.

Community health and safety is our top priority. Once practices and games begin, several precautionary measures will be taken to protect players, coaches, officials, and parents:

Due to COVID, several precautionary measures will be taken throughout the season to protect players, coaches and officials, including but not limited to the following:

- Players will be required to bring their own water bottles;
- Each person, player, official, staff, spectator and coach will be required to wear a mask/face covering during all practices and games;
- Two spectators per player will be allowed at games and practices to minimize exposure.