



Apex Parks, Recreation & Cultural Resources
Youth Basketball
2016-2017
Junior Boys (13-14) & Girls (13-15) Divisions



General:

1. The goal and objective of the league shall be to provide enjoyment and instruction of the game of basketball. Good sportsmanship and basic fundamentals should be stressed by all coaches. The sole purpose of winning should be played down. An atmosphere of learning and relaxation is the objective of this program.
2. The matters concerning the league of rule interpretation shall be administered by the Department.
3. All volunteer coaches shall be selected by APR&CR Department.
4. All new players shall be selected by the coaches at the pre-season draft. All players returning from the year before will remain on the same team (unless they request otherwise). Sisters/brothers shall be placed on the same team. Coaches will pick in the reverse order of finish from the previous season.
5. All coaches shall attend each practice or have his/her assistant attend in his/her place. Players shall not be allowed to practice without supervision.
6. No player shall be dropped from a team without the approval of the Recreation Department. Coaches shall report to the Recreation Department any player that missed practice repeatedly.
7. If a team roster drops below 10, the first player on the waiting list may be placed on the team by the Recreation Department.
8. Weather Information Hotline: **(919) 249-3348**

Eligibility:

Players must be 13 or 14 (boys), and 13, 14 or 15 (girls) on March 31st, 2017, wear their team jersey during games and wear athletic shoes in order to be eligible to play in this league.

Roster:

Each team shall consist of a maximum of ten (10) players, a head coach and no more than three assistant coaches.

Gym Rules:

1. Do not bring basketballs of your own. All basketballs will be provided for all practices and games.

2. Parents must supervise children not participating in practices or games at all times.
3. Teams shall sit on the side line near the scorer's table during games.
4. No one is allowed on any athletic equipment (rings, mats, parallel, etc.) in the gym. Violators shall be asked to leave the gym after one (1) warning.

Playing Rules and Regulations:

This league shall be governed by the 2016-2017 N.C. High School Association basketball rules with the following notations and exceptions:

1. Only four (4) coaches and all team players on the team bench.
2. Play with regulation size basketball (girls' division will use a women's ball).
3. Three (3) minutes of warm up prior to start of game.
4. Man-to-man or zone defenses allowed.
5. Defense in the backcourt is allowed.
 - a. Exception: Once a twenty point lead is established, no pressing will be allowed at any time (1st offense- warning, 2nd offense - technical foul).
6. Team rosters with uniform numbers and starting five indicated must be received by the scorer's table five (5) minutes prior to scheduled game time. Penalty: Technical foul.
7. **Substitutions may be made anytime the ball is dead.** All substitutions must check-in by giving jersey numbers to the scorer's table.
8. **Seven (7) minute quarters with** a regulation clock; five (5) minutes half-time period; one 1-minute overtime period with one time-out per team. Tournament: overtime will be three (3) minutes. Multiple overtimes will be played until there is a winner (tournament only).
9. **Game time is forfeit time (no exceptions).** A forfeit shall be awarded for failure to field four (4) players at game time. Double forfeitures result in each team getting a loss. The gym supervisor's watch is official starting time for each game.
10. **Time outs:** four (4) per game, 30 seconds long.
11. **3-seconds lane violations will be called.**
12. Jump ball begins game with alternating possessions thereafter. A jump ball begins overtime.

13. **All technical fouls** result in a two shot penalty and possessions of the ball at mid-court.
14. **Playing Time:** each child shall play a minimum of 1 1/2 quarters (10.5 minutes total) per game.
- Penalty: forfeiture of game.
 - Exception: player's failure to practice, injury, and discipline are acceptable reasons for non-compliance. Notation must be reported to the Recreation Department and accompany scorekeeper's copy of team roster PRIOR to start of game.
 - Maximum Playing Time:** Each child can only play a maximum of 3 and a half quarters per game. At the start of the fourth quarter, if a player(s) has less than 7 minutes to reach the maximum, **they must sit out** at least until the number of minutes left in the quarter matches the number of minutes the player has before they reach the maximum level.

Example: At the start of the fourth quarter, a player has 4 minutes before he/she reaches the maximum playing time, that player will not be allowed in the game until there are 4 minutes left on the clock.

Exception: If a team has 6 players or less when the game begins the maximum play rule does not apply.

Reminder: If a team has several players that cannot start the 4th quarter they can play short – meaning 4 players, which is the minimum to play for our league. If they do not have 4 players that can start the 4th quarter, they must forfeit the game.

You should be able to take care of this rule in the first half. Do not let your kids lose a game because you were not aware of this rule or you were simply trying to play the best players too much.

Please try to rotate players and playing time. Do not get caught-up in the same rotation of players each and every game. This would cause the same players to have the minimum amount of time each game. Please do your best to play the players equal and let them play as many positions on the court as possible. Remember this is a recreational league that is set-up for the kids to have fun first.

15. Foul shots shall be from the standard 15-foot free throw line.
16. **Bonus** awarded on the 7th personal foul.
17. **Bench Conduct:** Coaches may leave their seat but are expected to stay within their bench area. Players must remain on the bench. Berating of officials will result in a bench technical foul. Coaches should go through the gym supervisor for rule interpretation.
18. Clock kept by scorer's table will serve as official.

19. **No jewelry** allowed once play has begun. Officials may ask that a player take off all jewelry. Also by rule they may ask a player with glasses to wear a protective strap while they are playing. Players with earrings will have to either take the earrings out or wear tape over them to be able to play.
20. Recreation Department's scorebook is official unless proven different.
21. **Unsportsmanlike conduct will not be tolerated.** Violation will result in ejection from game. Further penalty may be determined by the Recreation Department after a meeting with the offending person.
22. **Protests:** valid protests must be received on the next working day, in writing, with a \$25.00 protest fee.
23. The starting line-ups will match up at center line at the start of each quarter.

Player Draft:

To be organized and operated by APR&CR and the league coaches under the following guidelines:

1. Teams shall draft in reverse order of their finish in the previous season.
2. Each team shall be permitted to keep returning players and option players under the following conditions:
 - a. Teams that do not have any returning players will be given a pre-draft pick. Each team that is given a pre-draft pick must filter to the bottom of the first round but will then resume it's normal position in round two and throughout the rest of the draft.
 - b. Based on the total number of players needed to equalize the number on each team, each coach will draft until he/she reaches this number then withdraws from the draft. Exception: When a team reaches six players on his/her roster, that team must hold until all reach six players. Then that team may resume player selection. Every team will receive a first round draft pick regardless of the number of players that return.
 - c. If after registration, tryouts and the draft, a player wishes to be placed on a team, this shall be done at the discretion of APR&CR and the player shall be treated as a new resident in the area. Appointment shall be made per draft order.
 - d. Options may be awarded to a coach and/or coach's child who has registered to participate. All options must be declared in writing by 2 days prior to the draft. All options on 15's will be protected through the 2nd round; on 14's and 13's in

the 3rd round. Brother/sister options will be protected in the last round regardless of age. Note: A team may not have more than two option players on its roster during a season. A player placed on a team by way of option remains an option player for that team until he/she ages up or does not return.

3. Expansion of league shall be conducted in the following manner:
 - a. The new team(s) shall assume the number one (and/or two) draft pick. Flip of a coin shall determine number one position when adding more than one team.
 - b. Each new expansion team shall be awarded one pre-draft pick. Selection will be a rotation basis when two or more expansion teams.
4. All teams will be age balanced.

Uniforms

APR&CR will issue each player of each team a uniform. The uniform will consist of a game jersey. Each player must wear this jersey, unaltered, to each game. A player not in uniform or an altered uniform will be declared ineligible. Each coach will be given extra shirts, for emergency fill-ins. Shirts must be tucked in during play.

- Altered uniform definition is when a player defaces the shirt in any way.
- Cutting sleeves or adding name to game jersey are some examples but do not represent every situation. Coaches are responsible to make sure that every player is wearing an official uniform that will satisfy this rule.
- If the officials deem the jerseys too close in color, the visiting team will wear pennies that will be provided by APR&CR.

Coaches Information:

1. The department shall furnish the game ball, a gym supervisor, a scorer, a timer, game officials, and game jerseys.
2. A meeting, before your first practice with your players and parents is strongly recommended.
3. Coaches are responsible for the conduct of players before, during and after all practices and games.
4. Players are expected to attend all department scheduled practices and games. Violation may result in reduced playing time. Any disciplinary situation which may result in reduced playing time for a child must be reported to the recreation department or facility supervisor prior to taking the action. All practices not scheduled by this office are to be cleared in advance by the department. Practices not scheduled by the department cannot be made mandatory for purposes of playing time (a player cannot be benched for missing additional practices).

5. Phone trees and email lists are recommended for team contact.
6. All boys' games will be played at **Apex Middle School (AMS)**. Girls' games will take place at the **Apex Community Center (ACC)**.
7. **Practices** will be at Apex Middle School Monday, Tuesday, Wednesday and Thursday starting at 7:00pm or 8:00pm and Saturday or Sunday afternoons. All practices are one (1) hour in length. Please notify the Recreation Department when you will not be using a practice time.
8. Tights which extend below the shorts must be the same color as the shorts. No lace tights will be allowed.
9. The referee shall not permit any player to wear equipment in his or her judgment, is dangerous or confusing to other players. This includes, but not limited to, items such as:
 - a. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding - when worn on the elbow, hand, finger, wrist or forearm.
 - b. Head decorations, head wear and jewelry. Exception: Head bands no wider than 2 inches and made of nonabrasive unadorned single-colored cloth, fiber, soft leather or rubber may be worn. Rubber (elastic) bands may be used to control hair.
 - c. Equipment which is unnatural and designed to increase a player's height or reach or to gain an advantage.