

# Wellington Recreation Official Youth Basketball Manual



**Wellington Recreation modifications to the National Federation of High Schools Basketball rules. Visit [www.nfhs.org](http://www.nfhs.org) to purchase a rulebook.**

## **Purpose of League Play**

The purpose of the league to be sponsored by Wellington Recreation is to provide kids with the opportunity for learning and fun in a safe environment. Friendly competition and clean sportsmanship will be emphasized. Our main goal is for ALL participants to have FUN while building athletic, team, and social skills.

## **Wellington Recreation Youth Basketball Rules**

- 1. Rosters:** Both Grades 1-3 & 4-6 are played 5v5. Only players registered through Wellington Recreation are eligible to play. Participants will be divided into teams randomly. Never tell a child or parent there is room on your team. Direct all interested parties to contact the Recreation Office to inquire about participation.
- 2. Start of Game:** All grades shall start each game with a jump ball then possession determined by possession arrow.
- 3. Timing:** All Gr 1-3 games shall consist of two sixteen-minute halves using a running clock. There shall be a three-minute half time. All Gr 4-6 games shall consist of two twenty-minute halves using a running clock. There shall be a three-minute half time.
- 4. Clock:** There will be a running clock. The clock will stop for time outs and player injuries.
- 5. Ball Size:** Grades 1-3: 25.5" (youth size); Grades 4-6: 28.5" (women's size). Gr 1-3 will shoot at 8' rim and Gr 4-6 at regulation rim.
- 6. Time-outs:** Each team will be allowed one time out in the first half and two timeouts for the second half. Time outs cannot be carried over from the first half. Any player on the court may call a time out. Coaches may also call for a time out. Each timeout is limited to 45 seconds.
- 7. Full court press:** A full court press is not allowed. Grades 1-3: Defense must drop behind free throw line. Grades 4-6: Defense must drop back behind top of 3-point line with change of possession. First violation will be a warning. Second violation will be a team technical foul with the other team shooting one free throw and possession of the ball.
- 8. Zone Defense:** All ages must play player-to-player defense. Switching players is allowed. No double teaming for Grades 1-3. For Grades 4-6 double-teaming is only allowed inside the "paint" of the key. First violation is a warning. Second violation results in a team technical foul with other team shooting a free throw and possession of the ball.
- 9. Defense:** Grades 1-3: No stealing on the dribble or when offensive player is holding or attempting to pass the ball. No steal can be attempted if pass is in the process of going directly to another player on their team. Gr 4-6: All stealing is allowed.
- 10. Three Pointers:** Baskets made from beyond the three-point line will be only counted as two points.
- 11. Lane Violation:** Grades 1-3: no lane violation will be enforced. Grades 4-6: lane violations are 5 seconds.
- 12. Fouls:** No count will be kept for fouls. Free throws awarded for shooting fouls only. Fouls during shooting will be awarded a free throw. If basket is made one free throw will be awarded. If basket is not made two free throws will be awarded. Officials may ask players who repeatedly foul to sit for a predetermined amount of time.
- 13. Technical Foul – Players:** Technical fouls will be called and administered. Technical fouls may be called for poor sportsmanship. In addition, any player receiving a technical foul for poor sportsmanship must sit out the next five minutes of the game immediately after the technical is called. Any player ejected from a game will not be able to play in the next scheduled game. **The non-offending team will be rewarded the ball on the side.**

14. **Technical Foul – Coaches:** If a coach receives two technical fouls during a game the coach will be ejected and suspended from the next game. Three technical fouls in a season will result in automatic ejection from the program. Note: The gym supervisor also has the responsibility to remove a coach for unruly behavior. Technical fouls by coaches also result in awarding the non-offending team the ball on the side. Technical fouls may be called for poor sportsmanship.
15. **Substitutions:** Substitutes can enter the game during a **dead ball** situation. Coaches should make every effort to substitute players regularly.
16. **No Forfeits:** The gym supervisor will handle any situations involving insufficient players. Games may be modified to accommodate the number of players present.
17. **Making the Call:** Officials are responsible, after making a call, to explain the infraction to the player if he or she does not understand the call.
18. **Protest:** No protests will be allowed. The gym supervisor or the recreation supervisor in charge of the program will handle any questions or disputes.
19. **Required Playing Time:** Any player that has attended regular practices **MUST** play at least half of the game. Every player must start at least half of the games. The gym supervisor or the recreation supervisor will handle any questions or disputes on this matter. A coach shall notify the gym supervisor when a player is not going to play half the game and the reason why.
20. **Required Attire:** All players must wear the required blue and white reversible jersey which may be purchased from Wellington Recreation. Gym shorts, sweats pants, or warm-up pants are recommended. No players will be allowed on the gym floor without tennis or basketball shoes of some type. Mouth guards are not required but are highly recommended. The gym supervisor will make any decision on proper attire and his/her decision will be final.
21. **All Other Rules:** The current National High School Federation (NFHS) rulebook will apply to all other situations not listed above.
22. **Spectators:** A parent or fan that is loud, obnoxious, or disrupts the game will be asked to leave the gym. Anyone asked to leave is expected to do so immediately and quietly.
23. **Coach and Player Seating:** Players sit on the north side of the gym. During play, a coach may give instructions, give encouragement, talk to a non-playing player, or cheer a good play. For Grades 1-3 coaches may be on the court with their players provided they are not interfering with game play.
24. **Free Throws:** Grades 1-3 and Gr 4-6 free throws will be shot from the regulation 15-foot free throw line. **All players during free throws cannot cross the foul line before, during, or after the release of the ball. The ball must hit the rim or backboard before ANYONE enters the key.**

**Coach Reminder** – Please let the parents and players know that everyone in the building for practices and games should be in the gym only. Kids and adults are not to be out in other areas of the building! Discourage players from bringing their brothers and sisters to practice. Please start and end your team’s practices on schedule.

**Miscellaneous:**

- All players have a right to play every game, and an equal amount of time, if they have attended regular practices.
- Opposing parents/coaches and players should shake hands after each game.
- Wellington Recreation recommends that Grades 1-3 should have practices limited to one 60-minute practice per week. Grades 4-6 should have one to two 60-minute practices per week.
- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of all players.
- All coaches are volunteers and as such are not employees of the Town of Wellington.
- All coaches will be required to attend a training seminar and will be subject to a background check.
- No alcoholic beverages or tobacco products will be allowed or used in the facilities during games or practices.
- Swearing will not be tolerated by fans, participants, or coaches. All adults need to remember that they are role models and need to be positive in their words and actions.
- A parent or fan that is loud, obnoxious, or disrupts the event will be asked to leave the premises and will be expected to comply immediately and quietly.
- **Elastic Clause:** The League Director shall have complete charge of the Youth Sports League. Any situations not specifically covered by these rules shall be acted upon by the League Director and all actions by the League Director will be final.
- The League Director reserves the right to change or amend any of the rules or regulations contained in this manual. Any questions concerning Youth Sports should be directed to:

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