



Youth Basketball

General Information

All participants are responsible for the information contained in this manual.

Rules and regulations not contained in this manual or in any handout materials will be governed by the NFHS rules manual. When possible officials will be NFHS certified.

Elastic Clause: The League Manager shall have complete charge of the Youth Sports League. Any and all situations not specifically covered by these rules shall be acted upon by the League Manager, and all actions by the League Manager will be FINAL.

If there are any further questions or ideas regarding the Youth Basketball League, please contact the league manager.

Amendments

1. This manual or any section thereof, may be amended by the Town of Wellington Parks and Recreation through evaluation by, and with the feedback from, coaches, referees, etcetera, as deemed necessary.
2. If you have questions, ideas, or need information on the Youth Basketball League, please call our office at (970) 568-7410 Monday through Thursday 7:30 AM – 5:00 PM and Friday 8:00 AM – 12:00 PM.



Wellington Recreation modifications to the National Federation of High Schools Basketball rules. Visit www.nfhs.org to purchase a rulebook.

Purpose

The purpose of the league run by Wellington Parks and Recreation is to provide kids with the opportunity for learning and fun in a safe environment. Friendly competition and sportsmanship will be emphasized. Our main goal is for all participants (players, coaches, parents, etc.) to have fun while building athletic, team, and social skills.

1. Rosters:

- a. All ages will play 5v5.
- b. Maximum players on a roster is ten (10).
- c. Only players registered through Wellington Parks and Recreation are eligible to play.
- d. Participants will be divided into teams based on location and time they registered for.
- e. Please do not tell a parents or children there is room on a team.
- f. Direct all interested parties to contact the Parks and Recreation Office to inquire about participation.

2. Start of Game:

- a. All leagues will start each game with a jump ball then possession determined by possession arrow.

3. Timing:

- a. All 8U and 10U games consist of four (4) eight (8) minute quarters using a running clock.
 - i. There is a one (1) minute break between quarter one (1) and two (2), and between quarter three (3) and four (4).
 - ii. Half time is three (3) minutes between quarter two (2) and three (3).
- b. All 12U games consist of four (4) ten (10) minute quarters using a running clock.
 - i. There is a one (1) minute break between quarter one (1) and two (2), and between quarter three (3) and four (4).
 - ii. Half time is three (3) minutes between quarter two (2) and three (3).

4. Clock:

- a. The clock is a running clock and only stops for timeouts and player injuries.

5. Ball Size:

- a. 8U will use 25.5" or a youth sized ball and the rim is eight and one-half feet tall (8.5').
- b. 10U will use 27.5" ball and the rim is eight and a one-half feet tall (8.5').
- c. 12U will use 28.5" and the rim is regulation, ten feet tall (10').



6. Time-Outs:

- a. Each team will be allowed two timeouts during the first half (quarters one (1) and two (2)) and another two timeouts in the second half (quarters three (3) and four (4)).
- b. Timeouts cannot be carried over from the first half into the second half.
- c. Any player on the court may call a timeout or any coach.
- d. The timeouts are no more than 30 seconds.

7. Full Court Press:

- a. Full court press is not allowed except for 12U in the last quarter.
- b. 8U and 10U: Anytime there is a change in possession, the defense must drop behind the three-point (3-point) line on their defending basket.
 - i. Once the offensive player with the basketball crosses the three-point line, the defense is free to guard above and below the three-point line
- c. 12U: Anytime there is a change in possession, the defense must drop behind the half court line on their defending basket.
 - i. Once the offensive player with the basketball crosses the half court line, the defense is free to guard below the half court line.
 - ii. Full court press is allowed in the fourth quarter.
- d. 8U and 10U: Violations will result in a warning. Play will be stopped and the team with possession of the ball will take the ball out and throw it in.
- e. 12U: First two violations result in a warning. The third violation results in a team technical foul. The other team shoots one free throw and is awarded possession of the ball after the free throw is taken.

8. Zone Defense:

- a. There is no zone defense except in 12U.
- b. 8U and 10U must play player-to-player defense with like colored wrist bands.
- c. Switching players is allowed only in 12U as they have the option to play man to man or zone defense.
- d. No double teaming allowed for 8U and 10U.
- e. Double teaming is allowed for 12U only inside of the “paint” of the key. It is then allowed for the entire 4th quarter as there is full court press.
- f. First two violations result in a warning.
- g. Third Violation results in a team technical foul. The other team shoots one free throw and is awarded possession of the ball after the free throw is taken.

9. Defense:

- a. 8U and 10U: No stealing the ball on a controlled dribble or when the player has control of the ball.
 - i. Defensive players can steal a pass, while the ball is in the air.



- b. 12U: No stealing restrictions.

10. Three Pointer:

- a. **8U and 10U:** Three (3) point baskets are counted as a two pointer.
- b. **12U:** Three (3) point baskets count.

11. Mercy Rule: If a team is leading by 14 points the score keepers will momentarily stop updating the score for the leading team until the losing team breaks into the mercy rule gap.

- a. 8U, 10U & 12U: 14pt mercy rule

12. Lane Violation:

- a. 8U: No lane violation will be enforced.
- b. 10U: Lane violations are enforced after 5 seconds.
- c. 12U: Lane violations are enforced after 5 seconds.

13. Fouls:

- a. No foul count will be kept.
- b. Free throws awarded for shooting fouls only.
- c. If a basket is made and a foul is committed, the basket will count, and one (1) free throw will be awarded.
- d. If the basket is not made and a foul is committed, two (2) free throws will be awarded.
- e. Officials may ask players who repeatedly foul to sit for a minimum of five (5) minutes.

14. Technical Foul – Players:

- a. Technical fouls may be called for poor sportsmanship.
 - i. If a player is given a technical foul for sportsmanship, they must sit out for the next five (5) minutes immediately following the foul.
 - ii. Any player ejected from a game will not be able to play in the next scheduled game. This does not excuse a player from practice the following week. Players **MUST** follow their regular schedule.
 - iii. The non-offending team will be rewarded the ball on the side of the court nearest the foul.

15. Technical Foul – Coaches:

- a. If a coach receives two technical fouls during a game the coach will be ejected and suspended from the next game.
- b. Three technical fouls in a season will result in automatic ejection from the program.
- c. The gym supervisor also can remove a coach for unruly behavior.
- d. Technical fouls by coaches also result in awarding the non-offending team the ball on their side of the court.



- e. Coaches can receive technical fouls for poor sportsmanship.

16. Substitutions:

- a. Substitutes can enter the game during a dead ball situation.
- b. Coaches should substitute players regularly.
- c. Coaches should make efforts to allow for equal playing time among the players.

17. No Forfeits:

- a. The site supervisor will handle any situations involving insufficient players.
Games may be modified to accommodate the number equal of players present.

18. Making the Call:

- a. Officials are responsible, after making a call, to explain the infraction to the player if the player does not understand the call.

19. Protest:

- a. No protests will be allowed. The site supervisor or the coordinator in charge of the program will handle any questions or disputes.

20. Required Playing Time:

- a. Any player that has attended regular practices must play at least half of the game.
- b. Every player must start at least half of the games.
- c. The gym supervisor or the recreation supervisor will handle any questions or disputes on this matter.
- d. A coach will notify the gym or recreation supervisor when a player is not going to play half the game and the reason why.

21. Required Attire:

- a. No jewelry allowed. Exceptions will be made for medical ID bracelets and religious medals which must be taped and approved by the referee or official. In addition, taping over any other jewelry is not permitted.
- b. All players must wear the required reversible white and navy Denver Nuggets jersey. This jersey was included in the registration fee. The white will be the home team, and the navy will be the visitor team.
- c. Gym shorts, sweatpants, or warm-up pants are recommended.
- d. No players will be allowed on the gym floor without tennis or basketball non-marking sole shoes.
- e. Mouth guards are not required but are highly recommended.
- f. The gym supervisor will make any decision on proper attire and their decision will be final.

22. Spectators:

- a. A parent or fan that is loud, obnoxious, or disrupts the game will be asked to leave the premises. Anyone asked to leave must do so immediately and quietly.



23. Coach and Player Seating:

- a. Players sit on the opposite side of the parents.

24. Free Throws:

- a. Taken from the regulation 15-foot free throw line. This will be at a 14-foot distance for the 8U and 10U leagues as they will be using an adjustable rim.
- b. All players must remain outside of the paint until the ball hits either the rim, backboard, or the basket.

25. All Other Rules:

- a. The current National High School Federation (NFHS) rulebook will apply to all other situations not listed above.

Communicable Disease Rule (Blood Rule)

Teams are responsible for supplying their own clothing and first aid supplies.

1. Whenever a player suffers a laceration or wound where bleeding or oozing occurs, the game will be stopped immediately.
2. The player will be removed from the game until the bleeding has stopped and the wound is adequately covered.
3. If a legal substitute is available, he/she will replace the injured player and play will continue.
4. If no substitute is available, the game clock will be stopped for up to five (5) minutes to enable the injured player to dress his/her wound.
5. The player may re-enter the game only with the official's approval. This means bleeding must be stopped and/or wound covered.
6. Any article of clothing that is saturated with blood must be removed and replaced.

Sports Code of Conduct

The Sports Code of Conduct applies to all sports organized by the Town of Wellington Parks and Recreation Department, whether taking place on Town-owned property, or on any other property that the Town has arranged to use.

Definitions:

Town: The Town of Wellington

Coach: The person designated as a team's spokesman. This person may be either a player or non-player.

Field of Play: The part of a court, field, ring or other sports venue that is considered within the boundaries of regulation play of a particular sport.



Site Supervisor: A Town employee in charge of the operation and staff of a scheduled sports game, match, or event, as well as this Code of Conduct.

Coordinator: The Town's Recreation Coordinator or other person as appointed by the Town of Wellington Parks and Recreation Department.

League Manager: The Town's Recreation Manager or other person as appointed by the Town of Wellington Parks and Recreation Department.

Official: A person who the Town has arranged to be present at a sports venue for the purpose of administering the rules of the game, match, or event, as well as this Code of Conduct.

Parent: The legal guardian or other family member responsible for a child who is under the age of eighteen (18) and is participating in a sport sponsored by the Parks and Recreation Department.

Participant: Any coach, player, parent, spectator, official or any other person involved in any way with any sport sponsored by the Town of Wellington Parks and Recreation Department.

Participation: Any involvement in a Town of Wellington Parks and Recreation Department sport, including spectating, officiating, playing, coaching, volunteering, or attending a sporting event.

Player: A person who physically participates in a sport or is on the roster of the team or group participating in the sport.

Probation: A period of time during which a person who has previously violated the Sport Code of Conduct may have no further violations.

Parks and Recreation Department: The Town of Wellington Parks and Recreation Department.

Sport: Any Parks and Recreation Department organized activity or event that is listed under the category of "sports" in the most recent catalog of offerings or a new yet to be advertised activity that is run by a recreation staff member who is specifically designated by organizational chart as a member of the sports team.

Spectator: A person who watches a sport for entertainment with no physical involvement.

Sportsmanship: Conduct, such as fairness, respect for one's opponent and officials, and graciousness in winning or losing, that are appropriate to one participating in a sport.

Sports Venue: An area improved with fencing, buildings, bleachers, goals, turf or other landscaping, lines or other markings or any other facilities intended for use by players, officials, spectators or anyone else participating in a sport. Examples of sports venues include but are not limited to fields, courts, tracks, gymnasiums, field houses, arenas, pools, ice rinks and bowling alleys.



Suspension: Loss of the privilege to participate in any manner in a Parks and Recreation Department sport.

Unsportsmanlike: Exhibiting poor behavior through negative, disruptive or inappropriate actions.

Prohibited Acts:

1. Physically attacking any other participant or any Town staff person. This includes but is not limited to striking, shoving, kicking or otherwise touching or subjecting another person to physical contact in a threatening or alarming manner.
2. Refusing to abide by an official's decision and/or contest such decision in an unsportsmanlike manner.
3. Using racial slurs, ethnic slurs, sexual slurs, or obscene, threatening, or challenging language or gestures.
4. Harassing, insulting, taunting, or unsportsmanlike demonstrations of dissent in any form.
5. Using unnecessary roughness in the play of a game against an opposing player.
6. Throwing or cause to be deposited any object onto the field of play.
7. Violating the Town of Wellington's open container ordinance, or other state or local alcohol or drug laws, while at a sports venue, or enter the field of play while under the influence of drugs or alcohol.
8. Smoking in/on any sports venue, or while coming off or going on the field of play, or while on the field of play, whether indoors or outdoors.
9. Display other unsportsmanlike conduct before or after games or events, or while at a sports venue during a scheduled activity, game, match or event.

Enforcement:

1. The minimum penalty for smoking is a warning, and the maximum penalty is ejection from the game, or prosecution according to facility policies.
2. Minimum Penalties: Ejection from the current sports activity or event and suspension from the next scheduled game, activity, or event. Any participant who is ejected must leave the sports venue immediately. This means going far enough away, that he or she cannot be seen or heard by any participant within the sports venue. Minimum penalties may be imposed onsite by an official or field supervisor.



3. Medium Penalties: Suspension for up to the remainder of the scheduled season of up to one year, and one or more years on probation. After review of the alleged violation by Parks and Recreation Department staff, medium penalties may be imposed if (1) another infraction has occurred by the individual resulting in a penalty within the past calendar year; (2) the individual violated more than one section of this Code during the current incident; and/or (3) in the judgment of staff, the severity of the infraction justifies penalty beyond the minimum but not to the maximum level. Medium penalties may be imposed in addition to minimum penalties.
4. Maximum Penalties: Suspension for one to five years. Maximum penalties may be imposed if, after review of the alleged violation by Parks and Recreation Department staff, it is determined that the severity of the violation justifies the maximum penalty, based on negative impact to the program, other participants, spectators, and/or staff. Maximum penalties may be imposed in addition to minimum and/or medium penalties.
5. Any behavior that is also a violation of law may result in criminal charges.
6. Any participant who engages in three or more of the prohibited acts described above during any twelve-month period shall be suspended for up to five years, followed by two years of probation.
7. Any participant who engages in a prohibited act while on probation shall be suspended for one to five years.

Appeals

Appeals of any enforcement decision may be made by submitting a written statement of appeal to the Parks and Recreation Manager within fifteen (15) calendar days of the issuance of the decision to be appealed. If an enforcement decision is not appealed within fifteen days of issuance, it is considered final.

The statement of appeal must include a description of the decision in question and related events, and the basis for the appeal. The appealing party may provide any additional information he or she believes is relevant in support of the appeal.

The Parks and Recreation Manager will conduct such investigation as he or she determines to be appropriate, given the basis of the appeal and the related facts, and may conduct an informal hearing on the matter at his or her discretion. In the alternative, the Recreation Manager may convene an Appeals Board made up of Town staff who have no personal involvement in the decision being appealed, and such board shall conduct an appropriate investigation.



The Parks and Recreation Manager or Appeals Board, if one is convened, shall issue a written decision on the appeal within thirty (30) days from the filing of the appeal. The written decision shall include an explanation of the basis for the conclusion reached.

Miscellaneous:

- Parents and spectators are encouraged to retrieve balls that go out of play to restart the game quickly.
- All players have a right to play every game and an equal amount of time if they have attended regular practices.
- Opposing coaches and players should shake hands after each game.
- The Parks and Recreation Staff will make every effort to reschedule missed games. Make up games may not be played at the same time or days as regularly scheduled games.
- Participation awards, when given, must be given to ALL players.
- Parents, coaches, non-playing players, and spectators should be there to enjoy and encourage the activity of the youngsters.
- All coaches and officials are volunteers and as such are not employees of the Town of Wellington.
- No alcoholic beverages or tobacco products will be allowed or used in the facility during games or practices.
- Foul language will not be tolerated by fans, participants, or coaches. All adults need to remember 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.
- The League Manager 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 our main office.
- **Coach Reminder** – If you are playing in a school district gym, 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. Please start and end your team's practices on schedule.

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October 2025