

Cedar City Recreation
JUNIOR
THUNDERBIRDS



Youth Basketball Rules

1. Team Photos are not required
2. **Uniform** –Each player will wear the Red/White reversible Cedar City Recreation Junior Thunderbird jersey to each game. Jerseys can be purchased at the Aquatic Center for an additional \$12 to the registration fee. Each player should wear gym shoes, which must be non-marking and clean.
3. **Jewelry** – no jewelry of any kind will be worn by any player.
4. **Rules**- High School rules will be followed except where noted.
5. ** The Basket height will be set at 8 or 9 feet for 3rd & 4th Graders.
6. The ball sizes will be as follows:
 - a. 3rd & 4th Grade Boys and Girls 28.5"
 - b. 5th & 6th Grade Girls 28.5"
 - c. 5th & 6th Grade Boys 28.5"
 - d. 7th & 8th Grade Girls 28.5"
 - e. 7th & 8th Grade Boys 29.5"
7. **Pre-game:** Coaches will fill out the score card at least ten (10) minutes before game time. This includes names and jersey numbers of all the kids on the team.
8. **Length of Games:** Two (2) Twenty (20) min running halves.
9. **Overtime:** One (1) Two (2) minute overtime period allowed
10. **Time Out:** Two(2) per half, one minute in length- (Cannot be carried over)
One additional time out will be allowed for the overtime period for each team.
11. **Clock Stops:** Only for: All whistles during the last two (2) minutes of each half.
12. All players must **play a minimum of one half of the game.**
13. Before a player sits a second time, each player on the team must have sat out one time for at least two minutes.
14. **No Forfeits:** If a team does not have 5 players to start the game, that team may borrow players from the opposing team. Rotating a different player from the opposing team each half or when substitutions are made. If the other team does not have extra players to borrow a team can play with 4 players.
15. **Substitutions-** are made on dead balls only. Subs must be ready and waiting at the scorer's table.
16. **Defensive position on the ball:** The defense must drop back past the mid-court line when the ball is inbounded after a made basket or rebound. Coaches need to remind their teams about this rule to keep the game moving along.
**** 3rd & 4th Grades:** Stealing is allowed on passes. No reaching in or stealing off the dribble will be allowed. Once the player has picked up

the dribble, a defender can steal the ball if the offensive player with the ball has picked up their dribble and held it for 5 seconds.

17. Type of **defense** allowed:

****3-4 grades-** Man to man or zone are allowed, but NO full court pressing at any time.

5-8 grades- Man to man or zone are allowed. Full court press allowed only in the last two (2) minutes of each half** and overtime.

18. **Pressing** – teams may “NOT PRESS” if they are leading by 15 or more points.

19. **Technical or Intentional Fouls** – actions that could lead to an injury to a player will result in two (2) free throws and possession of the ball by the opposing team. This may also lead to an ejection from the game and suspension from the next game.

20. **On a Free Throw-** Players on the key/blocks may enter the key on the release of the ball. The shooter and outside players must wait for the ball to hit the rim. ** 3rd & 4th and 5th& 6th grade will be allowed to cross the line on a foul shot.

21. **Breaks-** the half time break will be 3 minutes.

22. **Technical Fouls & Warnings** - Technical fouls & warnings can be issued by a referee or the gym supervisor. Swearing, harassing or yelling at the officials, opposing players or coaches, or his/her own team players will result in a warning or technical foul. A technical foul will result in two (2) free throws and possession of the ball by the opposing team. Two technical fouls will result in expulsion from the game and ejection from the gym & you will not be allowed to participate in the next game.

23. ~ **Berating of officials**, coaches and players is not acceptable. Complaining about calls and a whining attitude has no place in youth sports. Concentrate on your players, not the officials. We must present a positive experience for our youth and in order to do that we must conduct ourselves in a respectful adult manner.

24. ~**Obscene language** will NOT be tolerated. Use of the “F” word, or any other foul language, no matter who is directed at, will result in the immediate benching of the player for the remainder of the game. Coaches, that use obscene language or become out of control, may be required to leave the facility and or terminated from their coaching responsibilities.

All coaches, players, and fans are reminded of the purpose of this league:

- Provide a positive learning atmosphere for the game of basketball.
- Give equal opportunity for all participant to learn and play.
- Promote teamwork, sportsmanship & physical fitness.
- Create self-esteem, character, leadership skills & social skill

