

Cedar City Recreation  
**JUNIOR  
THUNDERBIRDS**



## Youth Basketball Rules



### EQUIPMENT

1. **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 \$12. Each player needs to wear gym shoes.
2. **Jewelry** – No jewelry of any kind can be worn during the game.
3. **Basket Height:** The basket height will be set at 10 feet.
4. **Ball Size:** The ball sizes will be as follows:
  - a. 3<sup>rd</sup> & 4<sup>th</sup> Grade Girls & Boys 28.5”
  - b. 5<sup>th</sup> & 6<sup>th</sup> Grade Girls & Boys 28.5”
  - c. 7<sup>th</sup> & 8<sup>th</sup> Grade Girls 28.5”
  - d. 7<sup>th</sup> & 8<sup>th</sup> Grade Boys 29.5”

### GAME STRUCTURE

5. **Rules-** High School rules will be followed except where noted.
6. **Pre-game:** Coaches will fill out the score card at least ten (10) minutes before game time. This includes names and jersey numbers.
7. **Length of Game:**
  - a. 3<sup>rd</sup> – 4<sup>th</sup> Four (4,) eight (8) minute running quarters.
  - b. 5<sup>th</sup> – 8<sup>th</sup> Two (2,) eighteen (18) minute running halves.
8. **Overtime:** One (1,) Two (2) minute overtime period allowed, if game is tied after the overtime period, the game will end in a tie.
9. **Time Outs:** Two (2) per half, one minute in length. Time outs cannot be carried over to the 2<sup>nd</sup> half.
10. **Overtime Time Out:** Each team will be issued one (1) timeout during the overtime period.

**11. Clock Stops:** Clock will only stop for whistles during the last two (2) minutes of each half & time outs.

**12. Breaks-** Quarter breaks will be one (1) minute. Half time break will be three (3) minutes.

**13. Play Time for Participants:** All players must play a minimum of one half of the game. If a player has already sat out, before they sit out a second time, each player on the team must have sat out one time for at least two minutes.

**14. Avoid Forfeits:**

- A. If a team has less than 5 players to start the game, that team may borrow a player from the opposing team, rotating a different player from the opposing team each quarter.
- B. If the other team does not have extra players to borrow, a team can play with 4 players, or you may ask a player from a different team in the league, as long as the player is not an advanced player and the player is registered in the Cedar City Recreation league in the same age division.
- C. The first choice to avoid forfeits is to borrow a player from the opposing team.

**15. Substitutions-** are made on dead balls only. Subs must report to the scores table and wait to be called on to the court by the officials.

**16. Defense/Pressing:**

- A. No full court pressing until the last two (2) minutes of each half.
- B. This means, the defense must drop back past the mid-court line when the ball is inbounded, after a made basket, or rebound, until the last two minutes of each half.
- C. If a team is up by 15 points, they are not allowed to full court press.

**3<sup>rd</sup> – 4<sup>th</sup> grade specific:**

- D. ONLY “Man to Man” defense is allowed, NO zone defense.
- E. No double teaming or trapping the ball is allowed.
- D. No reaching in or stealing the ball from the offensive player while they are dribbling or holding the ball. If an offensive player holds the ball for more than 5 seconds, a 5 second call will be made, and the ball will be awarded to the defense.

**17. Free Throws:**

- A. Players lined up around the key may release their position on the release of the ball. The shooter and players lined up outside the three-point line must wait for the ball to hit the rim before they release their position.
- B. 3<sup>rd</sup> & 4<sup>th</sup> Grade: Foot faults will NOT be called  
5<sup>th</sup> & 6<sup>th</sup> and 7<sup>th</sup> & 8<sup>th</sup>: Foot faults will be called.

**18. Three Seconds in the Key:** This is a difficult concept; the officials will try to warn the players to get out of the key before they start calling this penalty.

## FOULS, WARNINGS

### 19. Unsportsmanlike Fouls:

- A. **Intentional Foul** - Will result in two (2) foul shots and the possession of the ball. Two (2) intentional fouls committed by the same player will result in an ejection from the game and a suspension from the next game.
- B. **Flagrant Foul** - Will result in two (2) foul shots and the possession of the ball. The player charged with the flagrant foul will be ejected from the game and may be suspended from the next game.
- C. **Un-sportsmanship Technical Foul** - Will result in two (2) foul shots and the possession of the ball. Two direct/un-sportsmanship technical fouls will result in ejection of the game and may be suspended from the next game.
- D. **Procedural Technical Foul** - Will result in two (2) foul shots and the possession of the ball.

Note\* - Ejection from games is defined as: **Player:** Benched for the rest of the game. **Coach:** Required to leave the facility.

### 20. Unsportsmanlike Conduct:

- A. **Obscene language:** Obscene language will NOT be tolerated. The use of foul/obscene language will result in: **Player;** a technical foul and the player will be benched for the remainder of the game. **Coaches:** a technical foul and the coach will be asked to leave the facility and may be terminated from coaching responsibility.
- B. **Berating of officials, harassing officials, yelling at officials, or complaining about calls to the officials** is not acceptable behavior by the spectators, coaches, or players. The use of this behavior will result in; either a warning, a technical foul, an ejection from games, or suspension from future games or entire season.

## CODE OF CONDUCT & POLICYS

21. **Code of Conduct:** Parents, spectators, participants and coaches need to be aware and follow the code of conducts posted on the Cedar City Sports and Recreation web page under Youth Basketball. <https://www.cedarcity.org/1117/Youth-Basketball>
22. **Concussion Policy:** Parents & coaches need to be aware of the concussion policy posted on the Cedar City Sports & Recreation web page under Concussion Policy. <https://www.cedarcity.org/671/Sports-and-Recreation>

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