



# 2022

## BASKETBALL

LOCAL LEAGUE RULES & REGULATIONS  
5766 ROCKFISH ROAD, HOPE MILLS NC 28348  
910-426-4109

**The mission of this program is to provide children instruction on the fundamentals of basketball while promoting good sportsmanship, teamwork, and respect for ourselves and others, within a safe, positive, and fun environment.**

The current issue of the National Federation of High Schools Rule Book will prevail, other than the exceptions listed in this publication. Town of Hope Mills Parks and Recreation (HMPR) as needed may issue Addendums and Clarifications to these rules. No other local league rule exceptions will be allowed. Divisions playing at other recreation sites will follow that site's rules.

### **1:00 AGE GROUPS / ROSTERS**

8U	: ages 7 – 8
10U	: ages 9 – 10
12U	: ages 11 – 12
14U	: ages 13 - 14

League age is the age the player will be prior to April 1.

**2:00** All players must reside in established HMPR geographic boundaries.

### **3:00 ROSTERS AND REGISTRATION REQUIREMENTS**

3:01 The **minimum** number of players on a **roster** will be **7**.  
The **maximum** number of players on a **roster** will be **10** for 8U, 10U, 12U.  
The **maximum** number of players on a **roster** will be **13** for 14U, 17U.

3:02 No player will be allowed to participate in a game or practice without a signed registration form and one of the following documents submitted to HMPR:  
1) birth certificate. 2) military identification card. 3) passport.  
A copy of the document will be kept at the recreation center.

#### **4:00**    **EQUIPMENT**

- 4:01 Only basketball shoes will be worn on the gym floor. Individuals must furnish shoes.
- 4:02 **Shorts with pockets are NOT permitted.**
- 4:03 Shirts/Jersey's with numbers are mandatory.
- 4:04 **NO JEWELRY:** watches, rings, necklaces, earrings, etc, will not be permitted.
- 4:05 Hair Control devices may be worn if made of soft material and not for adornment.
- 4:06 Warm-up and game balls will be provided by HMPR. No outside or personal basketballs will be allowed in the gym.

#### **5:00**    **COACHES**

ALL PROSPECTIVE COACHES MUST COMPLETE A VOLUNTEER APPLICATION AND A BACKGROUND CHECK FORM. COACHES MUST HAVE AN ACCEPTABLE BACKGROUND CHECK IN ORDER TO COACH. THOSE COACHES WHO DO NOT PASS THE BACKGROUND CHECK WILL NOT BE ALLOWED ON THE COURT OR THE TEAM'S BENCH AREA DURING PRACTICES AND GAMES.

- 5:01 A maximum of 3 coaches will be allowed per team. Only these 3 coaches will be allowed in the bench area.
- 5:02 All coaches must understand and agree to carry out the duties, responsibilities, and policies as established by the Recreation Department.
- 5:03 Coaches are expected to closely observe their players at all times to be certain that the players do not become overly fatigued.
- 5:04 **Coaches must set good examples of sportsmanship.**
- 5:05 **Coaches will not use profane language or use tobacco products during practices or games.**
- 5:06 Coaches are expected to have a team meeting with the parents to discuss their team rules and their expectations of the players and parents. Be sure to cover the following items: practice schedule, attendance policy, disciplinary actions, team snacks, inclement weather information, etc. Team rules must meet the approval of HMPR and submit a copy of said rules to HMPR before they will be considered valid.
- 5:07 Coaches must use discretion and good judgment if they feel it is necessary to suspend a player for disciplinary actions. HMPR must be notified of any disciplinary actions taken. On the day of a game, if a player does not play due to disciplinary actions, the gym supervisor, scorekeepers, officials, opposing coach, and player's parents must be made aware of this prior to the start of the game.
- 5:08 Coaches and players must stay within the designated bench area. Unauthorized persons will not be allowed in the bench area.

**6:00**    **SPORTSMANSHIP** (please refer to the Code of Conduct for details, see attachment A)

6:01    A coach, player, or spectator with the presence of alcohol on their breath will be asked to leave the school or recreation area

6:02    At the discretion of HMPR, any coach or player ejected from a game will be suspended for at least **10 days**. The suspension lengths may vary depending upon the severity of the infraction.

***A coach who is ejected from a game must leave the school or recreation site immediately. Failure to comply will result in a longer suspension. Ejected players will be allowed to remain in the bench area, if their parent is not in attendance.***

6:03    If a coach is ejected from a game, he/she must come to the Recreation Department Office during normal operating hours and view the sportsmanship video before being eligible to coach again. ***Suspended coaches will not be allowed at recreation sites until the suspension is completed.***

6:04    Fighting and/or unsportsmanlike conduct **WILL NOT** be tolerated before, during, or after the game. If a player or coach pushes, shoves, or strikes a member of the other team or any recreation personnel, ***he/she shall be suspended from play immediately and subject to Code of Conduct penalties.***

6:05    Members of one team shall not ride, kid, heckle, poke fun at or in any other manner do anything that in the opinion of the official distracts the opposing team. The penalty for violation of this rule shall be the removal of the guilty player, players, and/or coach from the game and/or from the dugout.

6:06    **Spectators must sit in the bleachers opposite of the team benches. Spectators must display good sportsmanship. Unruly spectators will be asked to leave the recreation premises.**

- Do not argue with the officials.
- Do not communicate threats to the officials.
- Do not use profanity towards the officials.
- Do not display unsportsmanlike conduct.
- Do not enter the playing area in a hostile manner.
- Do not consume alcoholic beverages at recreation sites.
- Do not bring any weapons to recreation sites.
- Do not create a hostile environment.
- Do not generate ill will amongst the spectators.
- Do not forget this is an amateur program.
- Officials will make mistakes as they learn and grow.
- Officials are not expected to and will not make every call correctly.
- Officials are an extension of HMPR staff and are the only impartial participant in a game.
- Only head coaches may address the officials.

6:07    It is up to you, the coach, to encourage and display good sportsmanship for both the players and spectators to see. If you see or hear a parent, spectator or player displaying poor sportsmanship, please do your best to remind them that this is a recreational league and poor sportsmanship will not be tolerated.

**7:00**    **POSTPONED GAMES/INCLEMENT WEATHER**

7:01 In case of inclement weather, coaches and parents should call the following number for a decision as to whether or not the game will be played:

**(910) 424-4500**

If no cancellation is listed, teams must report to the gym and wait for the officials or site supervisor's decision.

7:02 Prior to the start of the game, the gym supervisor or the HMPR staff on duty will have sole authority to postpone or play the game. After the game begins, the official will have the sole authority to postpone or play the game.

7:03 At the discretion of the HMPR, make-up games may be scheduled. Suspended games, *if re-scheduled*, will be resumed from the point of interruption.

**8:00**    **PRACTICE**

8:01 Practice will not exceed 3 hours per week.

8:02 Practice must be over by 9:00 pm.

**9:00**    **COMPLAINTS/INELIGIBLE PLAYERS/FORFEITS**

9:01 Complaints concerning officials, supervisors, and other aspects of the program must be made in **writing** at anytime after a game has been played. Provision for questioning rulings by the officials is provided in the National Federation of State High Schools Basketball Handbook.

9:02 Requests for determining eligibility of a player (proper age, registered and on the roster) can be made in writing at any point during the season by head coaches only. When requesting the inquiry, the coach must give players known name, jersey number, and team for which he/she participated. Teams will forfeit all games in which an ineligible player (improper age, not registered on the roster) participates.

9:03 A team will forfeit their game if not ready to play within 10 minutes after the scheduled starting time for the first game of the day at that gym. All other games will begin at scheduled game time or immediately after the 5-minute warm-up period if the preceding game exceeds game time. A team will forfeit if not ready to play at that time.

9:04 HMPR will not recognize protests of officials' decisions.

**10:00**      **PLAYING RULES**

10:01      Timing rules for all leagues:

- Games will consist of 4 periods.
- Each period will be 8 minutes with a running clock (until the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters.)
- Half time will be 5 minutes.
- Overtime will be 4-minute periods with a regulation clock and will be an extension of the 4<sup>th</sup> period. (Exception: 8U league will not play overtime)
- Note: in the 8U, 10U, and 12U leagues, each quarter will be divided into two 4-minute sub-periods.

10:02      THE CLOCK WILL RUN DURING A FREE THROW ATTEMPT UNLESS:

- 1) The free throw is attempted in the last 2 minutes of the second and fourth quarters;
- 2) The free throw is attempted after a time-out;

**NOTE:** In the above situations, the clock will not be restarted until the ball is put back into play after the conclusion of the free throw attempts.

10:03      If one team is ahead by more than fifteen (15) points, at any time, during the game, the scoreboard will be zeroed out. The clock will continue to run and the score will continue to be kept at the scorekeepers table. Once the score drops below a 15 point differential the scores will go back on the gym scoreboard.

10:04      A team must begin a game with 5 players. (Failure to comply - forfeit).

10:05      Each team will be allowed 2 time-outs per half. All time-outs will be 1 minute.

10:06      **PLAYER PARTICIPATION REQUIREMENT** (for **8U, 10U, and 12U**)

- Each player will play four (4) minutes each period. There will be an official time-out at the 4-minute mark of each period so that coaches can make substitutions.
- Coaches will have 1 minute during the time-out to go on the court and make the necessary changes.
- NO SUBSTITUTIONS WILL BE MADE PRIOR TO OR AFTER THE 4-MINUTE MARK UNLESS THERE IS AN INJURY OR EJECTION.
- PLAYERS MUST LINE UP IN FRONT OF THE SCOREKEEPER TO CHECK IN TO THE GAME.
- ALL PLAY RULE DOES NOT APPLY IN OVERTIME.

10:07      THE ALTERNATING POSSESSION ARROW WILL DETERMINE WHICH TEAM WILL HAVE POSSESSION OF THE BALL AT THE BEGINNING OF EACH NEW 4 MINUTE “SUB-PERIOD” **and on held balls in all leagues except 8U. In the 8U league, all held balls will stay with the offense.**

10:08      **PLAYER PARTICIPATION REQUIREMENT** (for **14U**)  
Each player must play in each quarter.

10:09 A. All players in good standing will play the minimum time required in each game.

**AT THE DISCRETION OF HMPR DEPARTMENT, FAILURE TO COMPLY WITH PLAY REQUIREMENT MAY RESULT IN A 10 DAY SUSPENSION FOR THE HEAD COACH. A SECOND OFFENSE MAY RESULT IN THE REMOVAL OF THE COACH FOR THE REMAINDER OF THE SEASON. .** *Suspended coaches will not be allowed on any recreation premises until the suspension is completed.*

B. Coaches are not obligated to play an individual the minimum time under the following conditions:

1. A player is late for the game
2. The player had an unexcused absence from practice in the week prior to the game
3. A player has been a discipline problem
4. A player has an injury that prevents them from playing

C. A coach who suspends a player according to this rule must notify the gym supervisor, scorekeepers, officials, opposing team's coach and parent prior to the start of the game (exception - a player who is injured or ejected during the game).

D. Coaches who use the exceptions to the All Play Rule to gain an advantage over another team will be removed from their coaching position.

10:10 **8U, 10U and 12U:** if a player is injured and cannot continue to play within a reasonable time, the official will allow a substitution to be made for the injured player. The opposing coach shall select the substitute. The injured player must return at the next dead ball, if physically able to play.

10:11 **GOAL HEIGHT:**

8U – 8ft

10U, 12U, 14U, 17U – 10ft

10:12 **BASKETBALL SIZE:**

8U, 10U & 12U – 28.5 intermediate

14U, 17U – 30.0 official

10:13 **BACKCOURT PRESSING:**

8U - No player on the defensive team may check or press in the backcourt at anytime during the game.

*The defense must retreat to inside the 3point line until the ball crosses the mid-court line.*

10U - No player on the defensive team may check or press in the backcourt until the last 2 minutes of the 4<sup>th</sup> quarter; teams can press the entire overtime period; cannot press when leading by 15 points or more.

12U - No player on the defensive team may check or press in the backcourt until the 2<sup>nd</sup> half; teams can press the entire overtime period; cannot press when leading by 15 points or more.

14U – Anytime except when leading by 15 points or more.

17U – Anytime except when leading by 15 points or more.

**ALL LEAGUES:** When pressing is not allowed, the defense must allow the ball to cross the half court line into the frontcourt.

**PENALTY FOR VIOLATION:**

- **1st offense** – warning to the offending team.

- **Starting with the 2nd offense** a direct technical foul will be assessed to the offending team and the offended team will be awarded 2 free throws and the ball.

10:14 The 3 second lane violation will be enforced in all leagues EXCEPT 8U.

10:15 **FREE THROWS / BONUS**

Beginning with a team's 7<sup>th</sup> foul in each half and for the 8<sup>th</sup> and 9<sup>th</sup> foul, the bonus is awarded only if the 1<sup>st</sup> free throw is successful. Beginning with a team's 10<sup>th</sup> foul in each half the bonus is awarded whether or not the 1<sup>st</sup> free throw is successful.

10:16 **FREE THROW DISTANCE**

8U – 12 ft from backboard

10U- 12 ft/15 ft from backboard (optional)

12U, 14U, 17U – official distance

10:17 *Players in the 8U league will foul out on their 6<sup>th</sup> foul.* In all other leagues, players are eliminated with their 5<sup>th</sup> foul.

11:00 **LEAGUE CHAMPIONS/POST-SEASON TOURNAMENTS**

**8U: the Recreation Department will neither schedule nor recognize post-season play for the 8U program.**

**10U, 12U, 14U and 17U** programs post-season play will be governed by the following:

11:01 Division champions will be determined by won/loss records.

11:02 If teams are tied for first place at the end of the regular season, the team that won the most regular season games (HEAD TO HEAD) against the other tied team or teams will be division champion.

EXAMPLE 1: 2 teams finish the regular season tied for 1<sup>st</sup> place. During the season, team A defeated team B.

RULING: Team A will be declared the division champion because they defeated team B during the season.

EXAMPLE 2: 2 teams finish the regular season tied for 1<sup>st</sup> place. During the season, team A and team B played each other 2 times. Team A defeated team B once and team B defeated team A once.

RULING: A 1 game play-off will be held to determine division winner.

EXAMPLE 3: 2 teams finish the regular season tied for 1<sup>st</sup> place. During the season, team A and team B played each other 3 times. Team A defeated team B 2 times and team B defeated team A 1 time.

RULING: Team A will be declared the division champion because they defeated team B 2 out of 3 times.

EXAMPLE 4: 3 teams finish the regular season tied for 1<sup>st</sup> place. During the season, team A defeated team B, team B defeated team C, and team C defeated team A.

RULING: A play-off will be held. Athletic staff will place the team names in a “hat” and pull 1 team that will receive a bye. The other 2 teams will play an elimination game, and the winner will advance to play the team that received the bye. The bye team and the elimination game winner will play 1 game, with the winner being declared the division champion.

11:03 PLAY-OFF GAMES WILL NOT BE HELD TO DECIDE ANY POSITION OTHER THAN FIRST PLACE.

11:04 Only division winners will advance to the post-season tournament.

## **Fun facts about kids and sports**

- ☺ Sports can build character in kids **if** their social environment encourages moral and ethical behavior.
- ☺ The most common reasons kids play sports are to have fun and hang out with friends.
- ☺ NCAA fact: 3-5% of high school athletes will play college sports (3-5 per 100).
- ☺ NCAA fact: .02%-.09% of college athletes will be drafted by a professional team (2-9 per 1000).
- ☺ 70% of kids drop out of sports by the age of 13.
- ☺ 15-20% of youth sporting events involve some kind of behavior that requires a written notice (National Alliance of Youth Sports).
- ☺ The least favorite aspect of the game for kids is the ride home with parents.
- ☺ A child’s behavior is a reflection of what they have seen an adult do before. Please be a positive example to your children and players.





# HOPE MILLS PARKS & RECREATION CODE OF CONDUCT

## SEC. 62-9. CODE OF CONDUCT

- (a) **Intent.** Hope Mills Parks and Recreation Department activities are made available to youth and adults to enjoy fun and wholesome recreational programming that teaches character and sportsmanship. Hope Mills Parks and Recreation Department supports the belief that all recreational programming and experiences should be positive and safe with sportsmanship and enjoyment the primary goal. To achieve this goal, the Hope Mills Parks and Recreation Department strives to provide a safe environment for participants of these programs and to protect them from harm to the best of our abilities. To that end, all participants and spectators must be held accountable for their behavior and zero tolerance is given for intentional violation of this Code of Conduct.

It is hoped that situation never warrant the removal of an individual from any activity, event or facility. However, it is the obligation of the Hope Mills Parks and Recreation Department to maintain a controlled, safe and healthy environment for everyone. Recreation activities are designed to foster qualities such as character building, social interaction, enjoyment and relaxation, while educating the general public and promoting healthy lifestyles. Such activities are not designed to be overly competitive and the Hope Mills Parks and Recreation Department does not promote this contention.

- (b) **Expectations.** All persons and groups using Hope Mills Parks and Recreation Department facilities, and participating in activities thereon/therein, should treat all persons with dignity and respect, use appropriate language, tones and volume when communicating, and when, in doubt, should remain silent. Such persons and groups should also become knowledgeable, understanding and supportive of all established guidelines, rules, policies and procedures applicable to related programs and activities, and recognize and acknowledge that the use and participation in Hope Mills Parks and Recreation Department facilities and programming is a privilege that can be rescinded for the greater good. Negative attitudes, verbal abuse of officials, poor sportsmanship, profanity, child predators and violence cast negative light on our arena. It is for that reason that penalties have been assessed and will be enforced for acts perceived by Hope Mills Park and Recreation Department as intentional violations.

- (c) **Prohibited Conduct.** It shall be a violation of this Code of Conduct for any person or groups of persons utilizing the Hope Mills Parks and Recreation Department facilities, or participating in any activities or programs involving the use of such facilities, to engage in any of the following conduct:

- (1) Failure to follow the established guidelines, rules, policies and procedures of the department applicable to such activities, facilities or programs;
- (2) Failure to comply with a department official's decision;
- (3) Taunting, mocking, harassment of players;
- (4) Engaging in rude gestures or comments, screaming or loudly disagreeing with others, obscene, vulgar or profane language, throwing, kicking or striking of bats and other miscellaneous equipment, unnecessary roughness among participants;
- (5) Use of malicious obscene, profane, vulgar language or verbal abuse directed towards another individual, verbal epithets to race, color, religion, creed, gender or sexual orientation of another person;

- (6) Communication of threats, physical violence or act of insulting another with intent to offend, defame or embarrass another person;
  - (7) Physical aggression toward another person, pushing, shoving, striking or inappropriately touching another person with the intent to incite or cause physical harm, invading another individual's personal space during a dispute;
  - (8) Any violation of North Carolina law, possession of firearms, knives, explosive devices and weapons;
  - (9) Being under the influence of any impairing substance, alcohol, narcotics, controlled substances, or chemicals or having possession of drug paraphernalia or assaulting another in any manner.
- (d) **Suspension from Use of Facilities.** If in the opinion of the Hope Mills Parks and Recreation official at the facility, program or activity involved any person or groups of persons is engaging in any of the prohibited activities, as set out hereinabove, such official shall have the authority to suspend such persons or groups from using the Hope Mills Park and Recreation Department facilities, or from participating in any of the programs or activities therein. In addition, such official shall have the authority to immediately suspend such persons or groups, as hereinafter set forth. Such official will offer to escort the offending individual(s) from facility. If the offending individual(s) refuse to leave the premises, local law enforcement authorities will be contacted and requested to enforce the ruling. For a violation of the conduct as set out in subsections (c) (1), (2), (3) or (4) hereinabove the suspension shall be for a minimum period of ten (10) days. For a violation of the conduct as set out in subsection (c) (5) and (6) hereinabove, the suspension shall be for a minimum period of 30 days. For a violation of the conduct as set out in subsections (c) (7), (8) or (9) hereinabove, the suspension shall be for a minimum period of 180 days.

Within 48 hours following any such suspension, the Hope Mills Parks and Recreation Department shall provide written notice, by certified mail, to the suspended person or group setting out the details of the violation and suspension in effect. Such notice shall also state that the suspension may be appealed in writing to the director of the Hope Mills Parks and Recreation Department, by written response to be delivered to the director within 48 hours of receipt of such letter. If appealed, the director shall refer the matter to a panel/committee consisting of the facility supervisor, program supervisor, athletic supervisor and the department director, and an investigation shall be undertaken by such panel. During the investigation, the individual(s) will be suspended from the facilities and activities of the Hope Mills Parks and Recreation Department. Such individual requesting the appeal will then be requested to appear before the appeal review committee for a hearing. The decision of the panel will be rendered within ten (10) working days from the receipt of the appeal. The decision of the committee shall be final. Suspensions of less than ten (10) days are not subject to appeal. However, upon reviewing the ejection and supervisor reports, the parks and recreation director, athletic supervisor or the town manager may reduce the suspension or, if appropriate hereunder, increase the period of the suspension. The standard to be used by the committee in making its decision shall be whether or not the continued use of the facilities or participation in activities or programs by the suspended person(s) or group will be detrimental to the health, welfare, safety and recreation of the general public.

(ord. of 5-7-07, (§ 1; Ord. of 6-18-07 (2), § 1)