

**City of Kannapolis Parks & Recreation  
2024-2025 Youth Basketball League  
5-6, 7-8, 9-10, 11-12, 13-15 League Rules and Regulations**

**Article 1. Eligibility**

**Section 1. Age Divisions**

A player's age as of **September 1, 2024** will determine the age group they participate in: Example: A player is 10 years old on **September 1, 2024** will play in the 9-10 year-old division. A player who is 16 after the cutoff date but still enrolled in school is eligible to participate.

- A. 5-6 Yr. Old Division (Coed)
- B. 7-8 Yr. Old Division (Boys & Girls)
- C. 9-10 Yr. Old Division (Boys & Girls)
- D. 11-12 Yr. Old Division (Boys & Girls)
- E. 13-15 Yr. Old Division (Boys & Girls)

**Section 2.** A younger player may participate in an upper age division with approval from the Athletic Coordinator. However, once teams have been drafted, the player will be ruled ineligible to participate in his or her respective age group and must remain in that age group for the current season and any additional seasons. Example: A child is 9 yrs. old but played in the 11-12 division for the **2023-2024 season**. During the following **2024-2025** season the child is eligible for the 9-10 by age but must play in the 11-12 division again since they played up the year before.

**Section 3.** A player cannot participate in more than one organized basketball league or division that is sponsored by the co-sponsoring agencies of the Cabarrus County Youth Basketball League.

**Section 4.** The Athletic Coordinator will approve each player's age by the use of birth certificates.

**Section 5.** Each player must be on the official team roster before the first game to be eligible to play in a league game.

**Section 6.** A new resident may be added to a team roster after the cutoff date with the approval of the Athletic Coordinator.

**Article 2. Program Objectives**

**Section 1.** To contribute to the participant's physical skill, emotional maturity, social development, health, happiness, and moral support.

**Section 2.** To teach the participant values of cooperation and the spirit of competition in a controlled game situation.

**Section 3.** To provide athletic opportunities for all ages in our community through the use of public facilities.

**Article 3. Team Composition**

**Section 1.** All teams should be formed with players and coaches after the initial draft. If a team drops to 6 players, the Athletic Coordinator has the authority to add players to that roster. No team shall exceed 10 players.

**Section 2.** After the initial draft, the Athletic Coordinator must draft all new players.

**Article 4. Duties and Responsibilities of the Coach**

**Section 1.** To provide instruction of basketball related skills and promote sportsmanship among all participants.

**Section 2.** All coaches must complete the Background Screening process and have a photo ID badge on at all practices and games. Badges must be worn and visible at all times. If a team does not have a coach with a proper ID badge, then the game will not be played and will not be made up.

- Section 3.** All head coaches must be at least 18 years of age.
- Section 4.** The coach is responsible for turning in lineups to the official scorekeeper five minutes before the scheduled game time. Failure to do so will result in a 2 shot technical foul at the beginning of the game where applicable.
- Section 5.** It is up to the coach of each team to maintain proper conduct among his team at all times. Failure to do so may result in disciplinary actions being taken by the gym supervisor and/or the Athletic Coordinator.
- Section 6.** Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should conduct themselves accordingly at all times.
- Section 7.** Any coach not carrying out the duties and responsibilities as established will be subject to dismissal from the league.
- Section 8.** Any coach playing a suspended or ineligible player will be suspended indefinitely at the discretion of the Athletic Coordinator.
- Section 9.** Coaches are to be present at mid court during the post-game handshake or good game wave to watch for any unnecessary behavior by players and other coaches. Any disruptive behavior by a player or coach during the post-game handshake or wave will result in a 1 game suspension.

#### **Article 5. Game and Practice Postponements**

- Section 1.** In case of inclement weather or any questions about cancellations, please check the hotline for updates. The hotline will be updated periodically throughout the day as weather conditions change.
- Section 2.** In situations where games have begun for the day, staff can cancel and suspend games if inclement weather begins or deteriorates.
- Section 3.** Any time school is canceled because of inclement weather, all practices and games scheduled for that day at all sites are cancelled. If school is cancelled on a Friday because of inclement weather, games scheduled for the following Saturday are also cancelled.

#### **Article 6. Jurisdiction of Rules**

- Section 1.** The City of Kannapolis Parks and Recreation Department has jurisdiction over league rules and regulations. All teams and participants must abide by these rules and regulations as set forth. The Kannapolis Parks and Recreation Department may amend these rules and regulations at any time in order to obtain program objectives and better serve our citizens.

#### **Article 7. Officials**

- Section 1.** Officials are to be furnished and assigned by the local leagues through the use of a booking agent. Local associations are responsible for booking officials for their home gym site.
- Section 2.** Officials will have complete control of all game situations and their calls will be final.
- Section 3.** After the game has begun, assigned officials and/or staff members will be responsible for discontinuing the game for any reason.
- Section 4.** Officials and/or staff should document and report ejections to the Athletic Coordinator.

**Section 5.** In the event that only one official is present, that official should start the game on time and play until the second official arrives. The game cannot be protested when only one official is present. (The 5-6 division may start without an official if staff are able to do so.)

#### **Article 8. Code of Conduct**

**Section 1.** If a player, coach, or spectator is removed from a game or facility by an official or staff for unsportsmanlike conduct (profanity, disruptive behavior, etc.), said person will automatically be suspended from the next game for which that team is scheduled to play and from all practices before then. A coach who is suspended may not coach or practice with any team that he/she is affiliated with during that time, regardless of age group.

**Section 2.** If a player or coach is suspended twice during the same season, he or she will be dismissed for the remainder of the season. If the ejection occurs in the last game of the season, then the offender is placed on indefinite suspension at the discretion of the Athletic Coordinator

**Section 3.** Any player, coach, or spectator that pushes, strikes, shoves, or threatens an official, staff member, opposing player or coach, or fan with bodily harm, verbal abuse, or other inappropriate conduct before, during or after a game will receive an indefinite suspension from the Kannapolis Parks and Recreation league as well as all Cabarrus County sponsored youth leagues.

**Section 4.** If a player, coach or spectator is involved in a fight before, during or after a department sponsored practice or game, that person is suspended from participating in the Kannapolis Parks and Recreation league as well as any Cabarrus County sponsored youth league for one year.

**Section 5.** Any player or coach who refuses to abide by any officials' decision could result in suspension from the game or game forfeiture.

**Section 6.** No player or coach shall be guilty of objectionable demonstrations of ball throwing, stomping, kicking, loud verbal sounds, etc. due to an official's decision. If so, a two shot technical foul, suspension from the game and/or additional game suspensions may result.

**Section 7.** Indefinite suspension is at the discretion of the Athletic Coordinator.

**Section 8.** Ejected players must remain on the bench during the game. Exception: A player may leave with a parent or guardian if they are present.

#### **Article 9. Miscellaneous**

**Section 1.** Late arriving players will enter the game at the earliest opportunity so that the participation rule is met accordingly from that point forward. All players should be listed in the scorebook at the start of the game. No technical foul will be given if a player arrives after a game has started. Players cannot be entered into a quarter if they arrive with less than 3.5 minutes left in the quarter.

**Section 2.** Missing Practices: A player must attend practice to be eligible for a game. At the discretion of the head coach, players that miss practice will sit out the first half of the following game. The head coach should notify the official scorekeeper and gym staff if a player will not be playing due to missing practice. The timekeeper/scorekeeper should also be notified when turning in your lineup card.

**Section 3.** In the event that the Head Coach or Assistant Coach is unable to attend a game, the acting coach must be a Certified Youth Volunteer and be of at least 18 years of age. It is their duty to be aware of all rules and regulations for the game.

**Section 4. Game Balls / Goal Height**

Women's 28.5 Size Ball: Coed 5-6, 7-8 Boys, 9-10 Boys & all Girls Divisions

Regulation Size Ball: 11-12 Boys & 13-15 Boys

Goal Height (9 & up): 10 ft. goals

Goal Height (8 & under): 8 ft. goals

**Section 5. Jump Balls/Alternating Possessions**

Jump Balls will be used to start a game. The team not gaining control of the jump ball will start the alternating possession procedure.

**Section 6.** All spectators are required to sit on the gym side opposite of the team's bench area. The officials and gym supervisors will enforce this rule.

**Article 10. Game Preparation**

**Section 1.** There is no grace period for games. Games will start promptly on time as scheduled.

**Section 2.** Scheduled game time will be delayed only if preceding game is still in progress.

**Section 3.** Teams should be at the site ready to play ten minutes ahead of scheduled game time.

**Section 4.** All teams must start with at least 4 of their eligible team members. A team is not allowed to pickup players to make 5. A team may finish with less than 5 players in cases where players are disqualified for too many fouls or for injuries. If a team has less than 5 players due to injuries, the opposing team will play the same number of players.

**Section 5.** A five-minute warm up will be allowed between games only when the previous game ends early allowing for the allowed time. Games will start promptly on time as scheduled.

**Section 6.** Halftime will be 5 minutes in length.

**Article 11. Game Playing Time**

**Section 1.** All divisions will play four (4) seven (7) minute quarters. The clock will stop for shooting fouls, runaway balls, injuries and timeouts. Clock will stop for all whistles in the last two minutes of each half. If a team is ahead by 20 or more points the clock will be a running clock for the remainder for the game except for injuries and timeouts. Once the clock is a running clock it will remain a running clock for the entire game.

**Section 2.** Each team will be allowed 1 timeout per quarter. These timeouts may be utilized at the discretion of the coach. Unused timeouts do not carry over to next quarter.

**Section 3.** To keep games on schedule and to allow for social distancing, there will be NO overtime periods.

**Section 4.** No score will be kept in the 5-6 Division.

**Article 12. National High School Federation Basketball Rules with following exceptions:**

**Section 1.** The seventh team foul in a half will constitute a one and one situation. The tenth foul in a half will constitute two shots for the remainder of the half. 5-6 Division: Player fouls will be called but not kept and counted towards player disqualification. Focus will be on player instruction and teaching. Free throws will only be for shooting fouls.

**Section 2.** Each bench is limited to no more than 3 adults at all times. Coaches must stay within the coaches box where marked. A verbal warning is assessed first followed by a forfeit on the second warning. 5-6 Division: One coach from each team will be allowed on the court to help with instructions. Up to 2 additional coaches will be allowed on the bench to help with substitutions and players on the bench.

**Section 3. Pressing Defense:**

**5-6 Year Old Division:**

Defensive players cannot come outside the lane area. No stealing or blocking shots is allowed unless inside the lane area. No pressing is allowed. Once defensive possession has been established, offensive players must go to their end of the court to play defense.

**7-8 & 9-10 Year Old Division:**

A pressing defense inside the ten-second line/half court line is prohibited except for the last 2 minutes of each half. **Pressing team cannot have an 11-point lead or more.** A 20 point lead at any time will require the winning team to play a 2-3 zone with no defender playing defense past the extended foul line.

**Penalty:** After one warning, a delay of game technical foul is called for each occasion.

**11-12, 13-15 Year Old Divisions:**

No restrictions on pressing defense. **A pressing defense is allowed at any time, provided the pressing team does not have more than a 15-point lead.** A 20 point lead at any time will require the winning team to not be allowed to play defense until the opposing team has crossed half court.

**Penalty:** After one warning, a delay of game technical foul is called for each occasion.

**Section 4. The free throw line will be:**

5-6, 7-8	10 ft. regulation
9-10, 11-12, 13-15	15 ft. regulation

5-6, 7-8, 9-10	Ball is live when it leaves the shooters hands.
11-12 and 13-15	Ball is live when it leaves the shooters hands.

**Section 5. Participation Rule Applies to All Age Divisions.**

Participation applies to the first time a player enters the game in each quarter.

1. Players must start either the first (1) or the third (3) quarter.
2. Each player must play at least three and a half (3.5) minutes consecutively per quarter upon their original entry into the game during each quarter.
3. There will be a clock stoppage at the 3:30 minute mark of each quarter to allow for player substitution per the participation rule. This will be an official's timeout. The scoring table will notify the coaches when players are left to be put into the game.
4. It is the duty of the coach to see that each child plays the minimum amount of time.
5. Failure to do so will result in a warning (5-6) or technical foul (all other divisions) and possible suspension. During the halftime period, the scoring table shall notify the respective coaches and officials when a violation has occurred.
6. When a direct violation has occurred, the game referee will register the technical foul at that point if the mistake cannot be corrected. An injured player or a player who is disqualified for fouls is the only exception to the rule.
7. If a player leaves the game for an injury, sickness, etc. when/if they reenter the game and there is time for the player to get in his/her required minutes, then they shall do so. If not, there is no penalty for a player who leaves for injury, sickness, etc. and does not get in their allotted time
8. Every player should sit out at least one half of a quarter (3.5 minutes consecutively). No player should play the entire game unless there are only 5 players in attendance.

- Section 6.** Three point shots will be used in all divisions.
- Section 7.** Any bleeding by a player or a player with blood on the jersey/shorts cannot reenter the game until the bleeding has stopped and a new uniform is used.
- Section 8.** Any player caught swinging elbows, regardless if contact is made with an opposing player, will receive a technical foul. 5-6 Division: Player will receive a warning and may be asked to sit down. Warning also results in a change of possession.
- Section 9.** Shorts and t-shirts of any color may be worn under the player's jerseys.
- Section 10.** Coaches may notify opposing coaches and referees prior to the start of each game if they have a player with a medical condition that may require them to leave the game if circumstances dictate. If this happens the coach should notify the referee, have the referee stop the clock and the player removed. There is no penalty for a player being removed and the player is eligible to return to the game. The team/player/coach is not penalized if the participation rule is not met.
- Section 11.** 5-6 Division: Violations such as traveling and double dribbling will be called at the discretion of the game official but will be more closely called as the season progresses. Players are learning these skills and we want them to progress as the season goes along.