

BASKETBALL RULES

Winter 2022-2023

I. Eligibility

1. All participants must be fully registered with the Cramerton Parks and Rec Department. Payment must be completed and code of conduct forms must be signed.
2. Players age as of January 1st, 2023.
3. Any player can play in a higher age classification (1 year of age only) but cannot play in a lower age group.
4. Players ages 7 and older must go through the draft process in order to participate.
5. Age groups 6 and younger teams will be formed by CPRD. Teams will be divided as evenly as possible by age and gender.

II. Coaches and Spectators

1. Good sportsmanship is expected by all participants at all times.
2. Coaches are responsible for keeping their team on the bench when not playing. Coaches are responsible for their players and parents of their players.
3. Any spectator ejected from a game will be suspended for the remainder of the season and must leave the building immediately.
4. No one is allowed on the bench other than the players and 2 coaches. Only one coach is allowed to stand during games. If a coach receives a technical foul, both coaches of the team must sit on the bench for the remainder of the game. The offending coach must also have approval from the Athletics Supervisor before coaching again per the conduct policy. Any coach receiving two technical fouls in one season will be suspended the remainder of the year per the conduct policy.
5. Coaches have the option to lower playing time if player misses excessive unexcused practices but must notify Athletics Supervisor beforehand.
6. Coaches, players and spectators are required to adhere to the Cramerton Parks and Recreation Youth Sports Conduct Policy included in this document.
7. Coaches are not to approach score table unless between quarters or during timeouts.

III. Equipment

1. NO JEWELRY. This includes necklaces, rings, watches, bracelets, earrings, etc. (Earrings cannot be covered with tape and/or Band-Aid's).
2. Hair accessories /No hard plastic, metal, beads or clips or anything deemed unsafe by the officials and/or staff.
3. A player shall not wear anything which is dangerous to another player. (Ex. Padded or unpadded cast)

Girls 7-9 Year Old Basketball Rules

1. Regular high school rules apply except for listed below.
2. A team must have 5 players to start each game.
3. Jump Ball to start the game.
4. Games will be played on a goal height of 9ft and use a ball size of 28.5.
5. Three 60 second timeouts per game.
6. Four 8 minute quarters, clock will run except during timeouts and the last two minutes of the game. In the last two minutes, the clock will still run on made baskets.
7. In the first three periods, the clock will stop at the four-minute mark for subs only. Coach must have their players ready to come into the game and players must check in at the score table before entering. If a coach delays the game they will be warned the first time. The next penalty will result in a technical foul. Free substitution rule in the 4th quarter only.
8. Each player must play at least 12 minutes. Each player must sit at least 4 minutes per game. If players have not met the minimum playing time requirement by the start of the 4th quarter, scorekeeper will call a forfeit.
9. A stepped up free throw line of 12ft will be used for this age group. Players must wait until the ball hits the rim. Players will not be penalized for jumping over the line in order to get the ball to the rim. If a player intentionally goes across the line before the ball hits the rim to get the rebound (has an advantage) this should be considered a lane violation. Official's judgment call.
10. There will be a 5 second lane violation in this age group.
11. Defensive team cannot play defense outside of the 3 point line until the last two minutes of the 4th quarter. A team cannot press if they are up by 15 or more.
12. If a team illegally presses, the offending team will receive a warning for the first offense and each additional offense will result in a team foul (no foul shots unless it's a bonus situation). This includes fast breaks.
13. If a team is up by 20 points or more, the clock will not stop the last two minutes of the game. If a team is up by 30 or more points the score will not be displayed on the scoreboard. The official score will still be kept in the book.
14. In case of a tie during regulation, there will be one three minute continuous overtime, then followed by sudden death (first team to score.) Each team will be given one timeout per overtime with no carry-overs.