

**WESTERVILLE PARKS AND RECREATION DEPARTMENT**  
**2023/2024 BANTAM BASKETBALL RULES AND REGULATIONS**

The primary purpose of the Bantam basketball program is to offer boys and girls an opportunity to learn basketball fundamentals and to practice them in a wholesome situation. We *highly* stress fundamentals, sportsmanship, team work, and fun. Each child shall play at least half of each game. Winning is secondary to a quality experience.

There is absolutely no smoking or refreshments permitted in the Community Center or schools. Restrooms only nearest the gyms are to be used. Parents *must* control their own children and are urged to supervise them in the restrooms on game days. Any horseplay or misconduct will result in expulsion from the premises. Spectators are to sit *only* in designated areas. Only Department personnel and coaches should be on the gym floor with participants. Tennis shoes must be worn by participants and coaches on the gym floor. No **TURF SHOES**, please.

**DO NOT** bring basketballs to the gym on Saturdays.

**GENERAL RULES**

1. All games consist of 4 quarters. 4<sup>th</sup> Grade Boys League and Girls League will play 7 minutes quarters, with all other leagues at 8 minutes. Teams will have 5 minutes to warm-up, 1 minute between quarters, and a 3 minute halftime. The clock will run continuously except for the last minute of each quarter, when the clock will stop on all whistles. Coaches will be made aware of this one-minute mark.
2. Substitutions only allowed at the 4:00 minute mark (3:30 for 4<sup>th</sup> boys and girls). Referee will stop play at the mid-quarter mark on a defensive rebound or during stalled action. Exception for sub rule is for injury or player disqualification.
3. All games will be played with a Intermediate 28.5 Wilson Evolution Basketball
4. **\*NEW to 2024 Teams will no longer earn a “one and one” opportunity once the opponent has tallied 7 fouls in a half. Teams will earn the opportunity to shoot two free throws once the opponent has tallied 5 fouls in a quarter. The foul count resets at the end of each quarter.** On a free throw attempt the players lined up outside the three second lane may enter the lane on the RELEASE of the ball. The shooter and players outside the 3 point arc must wait until the ball HITS the rim.
5. The clock will be stopped during a timeout. Timeouts will be 30 seconds. Each team has 2 timeouts per half and CANNOT be carried over.
6. Overtime period will be two minutes, with the clock stopping on all whistles. One time-out per team in overtime. The tie will stand if it remains tied after the overtime period. *Playoffs 2 minute overtime periods will be played until a winner is determined.*
7. No Zone Defense or Switching allowed. Exception 6th Grade Boys & 7th/8th Grade Boys.  
First violation: warning.  
Succeeding violations: 2 shot technical.

Zone Defense Definition: Each player must have a designated offensive player they are responsible for defending. Each player must stay within a reasonable distance (approximately 6') of the player they are defending.

Players must attempt to stay with their man at all times, and choose to go over or under the screen when in play. A hedging defender is allowed, but must immediately drop back to his man when assisting on defending a screen. If the player is pulled outside the general offensive play, the 6' rule does not apply. Help defense is encouraged, but the defender must make a reasonable attempt to cover their own offensive player. You can help pick up a player going for a lay-up inside the paint.

Not Allowed:

- 1) Planting a defensive player inside the key awaiting the ball handler.
  - 2) Zone press defense (exception 6th Boys & 7/8<sup>th</sup> Boys)
  - 3) No “clear out” offense permitted; i.e. putting all players on one side of the court or in 4 corners of the offensive side of the court.
  - 4) No team shall press when up by 15 points or more. Defense must be set up at half-court during this time.
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8. All players must play at least 2 full quarters but no more than 3 quarters of each game. **This includes the overtime period.** The scorekeeper will notify coaches of the player's time of participation in each game. Coaches will need to keep track of playing time also. The only way a player could play more than two quarters would be if you had less than 10 players present.
  9. A team must have four players to start.
  10. The season will consist of a round robin schedule, followed by a single-elimination tournament.
  11. The Recreation Department will supply one practice time per week to each team. Players and coaches may bring their own ball to practices. Teams are to practice at this time only. Coaches are not permitted to take the teams to other facilities to practice. NO other practice is permitted. If the department discovers you are practicing at other locations, your team will be subject to forfeiture of games and/or no participation in the postseason tournament.
  12. The referees are the sole authorities on the floor, and their decisions are final. Any coach with two technical fouls will be asked to leave the gym. Any player with two technical fouls will be ejected (and may be asked to leave the gym).
  13. Coaches must remain in designated areas between the half-court line and the end of your bench. Only 2 coaches are permitted in the bench area, with only 1 standing at a time.
  14. All parents/coaches are required to sign a Code of Conduct, Concussion Awareness, and the Lindsay Law Form prior to his/her child playing in their first game.

15. School gymnasium usage is for practices only. Please stay off of all equipment and stage areas. Parents please do not leave siblings of players unattended at the schools.
16. If a parent is observed exhibiting unsportsmanlike behavior the following steps are involved for discipline:
  - a. Verbal reprimand
  - b. Required to leave the gym
  - c. Suspension from the program

#### GIRLS LEAGUE, BOYS 4TH & 5TH GRADE LEAGUE RULES

1. The foul line will be shortened to 12'.
2. Fast breaks will be permitted.
3. No zone or two man traps at any time during the game.
4. Three point line is in effect.
5. Three second rule is in effect.
6. Full-court press is permitted in the last minute of the game.

#### BOYS' 6th & 7th/8th GRADE RULES

1. Zone defense allowed.
2. Full court press and fast break permitted.
3. Standard 15' foul line.
4. Three point line is in effect.
5. Three second rule is in effect.

#### Coaches and Fans:

As the 2023-2024 year commences; I want to emphasize the four core characteristics of Recreational basketball:

Fun....Fundamentals.....Sportsmanship...Teamwork!!!!

As Director, I want all players, parents, fans, scorekeepers, and yes officials to work in unison and create a first class Jr. Cavs Bantam Basketball league. I want the Westerville Recreation Basketball Family to lead and display exemplary character!

All boys and girls participating are constantly striving to improve their FUNdamentals of basketball. While competition is a life-long learning tool- it is imperative as ADULT LEADERS to consistently demonstrate our four core characteristics.

In an effort to improve our teaching and instruction, I would like to clarify some rules/regulations:

- .3 seconds on the clock means a player can only attempt a TIP to try and put the ball in the basket
- .5 seconds on the clock means a player is able to CATCH and shoot only!.....any dribbling means NO SHOT
- .7 seconds on the clock means a player is allowed only 1 Dribble and a shot attempt
- When fouling at the end of games: going for the ball is allowed. Grabbing a jersey or a player is an INTENTIONAL FOUL which results in 2 shots, plus the ball.
- Any coach who receives a technical must remain seated for the rest of the contest. Per official mandate.

- If a team is out of timeouts and a timeout is called the ruling is a technical...2 shots plus the ball.
- Bobbling a basketball while trying to catch it is NOT traveling...the player does not have control.
- If a player falls down and does not keep the dribble it is...Traveling.....similarly, if a player catches the ball on knees or sitting and tries to stand without dribbling it is traveling.
- If a player recovers a loose ball on the floor, that player may legally sit up without dribbling...they CANNOT move side to side...this is traveling.
- Can a player shoot the ball at the basket, air ball it and still catch their own rebound and try a put back?.....Yes, this is LEGAL.
- If the ball hits the sides, top and under backboard it is still INBOUNDS ... .at any time- if the ball hits the top of backboard and bounces over... it is out of bounds.
- Can a player run side to side out of bounds to inbound the ball? If a basket has been made, yes this is legal. A spot call by the official means a player must stay at that spot.
- A player who has the ball commits an offensive foul is defined as a player control foul which means NO fouls shots if it is 1 and 1.
- On a free throw attempt the players lined up outside the three second lane may enter the lane on the RELEASE of the ball. The shooter and players outside the 3 point arc must wait until the ball HITS the rim.
- Once the official hands the ball to the free throw shooter all players must remain stationary. Any player entering or exiting results in a lane violation.

Thank you Coaches for volunteering your time, energy and passion for the game. Westerville Jr. Cavs Bantam Basketball thrives because of you!

Good luck on the season! Questions/comments are always welcomed!

Derek Milliken