

GENERAL BYLAWS

This program is created and run by following the MPRD Youth Athletics Philosophy:

"To provide equitable, engaging, and excellent development opportunities for all kids in a healthy and fun competition environment"

Except for the regulations covered in these bylaws, all rules of the Manhattan Parks and Recreation (MPRD) Youth Basketball League will be those of the National Federation of State High School Associations (NFHS).

I. TEAM ORGANIZATION

- a. All participants of the youth basketball league must be in the grades associated with their league per the Academic year of the league (1st/2nd, 3rd/4th, 5th/6th, 7th/8th).
- b. Any participant who is a member of an interscholastic school basketball team is not eligible for the MPRD youth basketball program unless:
 - i. The player is registered for the MPRD youth basketball program prior to the registration deadline established for the MPRD youth basketball program, and;
 - ii. The season for the interscholastic school basketball team on which they are playing is over before MPRD youth basketball games begin.
- c. Once a team is established, each player will remain on that team. Siblings who are in the same league may be placed on the same team for family convenience. Players may not switch teams except when approved by the recreation supervisor.
- d. Each team will be assigned one head coach by the recreation supervisor. Each head coach may have up to two assistants. Only the coach's and assistant's child will be placed on their team. All other players will be placed on teams at random.

II. TEAMS AND PLAYERS

- a. All players must wear athletic attire.
- b. Each team will be assigned a team name by the Parks and Recreation Department. MPRD will acquire matching jersey tops with numbers for each player.
 - i. The home team on the schedule will wear the lighter color side of their jersey. The visitor will wear the darker color side of their jersey
- c. In MPRD youth basketball, each player who is eligible must participate in at least half of the allotted game time each game according to the following rule:
 - i. At or near the 4-minute mark of each quarter (5 minutes for 5th/6th grade), during a natural stop in play, the officials will stop play for the purpose of substitutions. At this time, all players on a team's bench must enter the game for the remainder of the quarter.
 - ii. ***This is not a timeout!***
 - iii. All players must play half of each quarter with substitutions only allowed at this dead ball interval. *(Coaches, all players must sit out at least once per half per game)*
 - iv. EXCEPTION: Players can be removed and replaced due to injury, ejection, or foul outs. When an injured player who has been removed is ready to return, this player must be playing in accordance with Rule iii.

- d. A team must have at least four (4) players present at game time to start. If game time arrives and each team has at least four players, then the game will begin. If a team has less than four (4) players available, the teams may lend players to the short-handed team to provide an opportunity to still play.
- e. If a coach is aware of their team being potentially short-handed, reach out to the Recreation Supervisor ahead of time.
- f. If a team starts a game with four (4) players, late-arriving teammates may enter during any dead ball. Once the game begins, a team can continue to play with as few as three (3) players (if players are injured or foul out, for example).

III. THE GAME

a. Period Length:

- i. 1st/2nd and 3rd/4th grade games shall consist of 4 eight-minute quarters. Breaks in between quarters will be one minute, and halftime will be five minutes.
- ii. 5th/6th and 7th/8th grade games shall consist of 4 ten-minute quarters. Breaks are the same
- iii. The time clock shall run continuously throughout the game, except for time-outs and substitution breaks, until the last minute of the second half.
 - 1. In the last minute of the fourth period, the clock will stop with every whistle and resume when the ball is put back into play legally, according to NFHS rules.
- iv. There will be no overtime periods.

b. Timeouts:

- i. There are no team timeouts in 1st/2nd Grade leagues
- ii. In 3rd/4th grade leagues, each team has 2 sixty-second timeouts per game.
- iii. In 5th/6th grade and above, each team has 3 sixty-second timeouts per game.

c. Starting the Game

- i. The alternate possession rule will be used. A jump ball will be administered only to start the first half of 5th/6th grade or 7th/8th grade games. The other grades shall start with a team winning a "coin toss" for possession.

d. Scoring:

- i. 1st/2nd Grade: All baskets will be worth the same amount, and no score will be shown on the scoreboard
 - 1. No field goal may be attempted until all 10 players are in the frontcourt (no fast breaks)
- ii. 3rd/4th and 5th/6th grade: Field Goals shot from outside the arc will be worth 3 points. All other Field Goals will be worth 2 points. Free Throws will be worth 1 point.

e. Free throws will be shot according to NFHS rules.

- i. 1st/2nd grade: will not shoot free throws.
- ii. 3rd/4th grade: will shoot from a modified free-throw line distance that is three (3) feet in front of the permanent free-throw line.
 - 1. Free throws will only be shot when a player is fouled while in the act of shooting. No "Bonus" free throws
- iii. 5th/6th grade: Will shoot from a regulation Free Throw Line.
 - 1. Free throws will be shot when a player is fouled in the act of shooting
 - 2. 2 Free throws will be shot on the fifth and on all subsequent team fouls in each period. The Team Fouls will be reset to zero at the end of each period.
 - 3.

f. Defense:

- i. Full-court pressure defense may not be used at any point of the game.
- ii. When possession changes, the defensive team must immediately move to their defensive end of the court.
- iii. The penalty for violating this rule will be a warning on the first offense and a technical foul on any succeeding offense. NOTE: Full court pressure defense will be defined as any defense that is assumed beyond the mid-court line.

iv. 1st/2nd Grade:

- 1. Only Player-to-Player Defense is allowed
 - a. Each team will be given 5 colored wristbands that will be used to help players identify who they are supposed to guard
 - b. Whenever subs are made, coaches should do their best to match players of similar statures for defensive purposes
- 2. The ball CANNOT be stolen from a player who is in control of the ball or who is in control of a dribble.
- 3. The defense MAY steal a pass and/or may steal an otherwise loose ball.

v. 3rd/4th Grade:

- 1. Only Player-to-Player Defense is allowed
- 2. The defense may steal from a player in control or in control of a dribble
- 3. No double-team defense

vi. 5th/6th Grade:

- 1. Any defense is allowed in the frontcourt
- 2. Traps and Double-teams are allowed

g. Basketball Goal Height:

- i. 1st/2nd = 8-foot goals
- ii. 3rd/4th = 9-foot goals
- iii. 5th/6th = 10-foot goals

IV. PLAYER/TEAM CONDUCT

- a. *For 1st/2nd grade only:* one coach per team will be allowed on the court during live ball.
- b. Profanity of any kind is prohibited. This rule applies to coaches, assistant coaches, players and spectators.
- c. All technical fouls will result in two free throws for the opposing team, plus possession of the ball. Any player drawing two technical fouls in one game will be removed from the game and suspended for the next game. Anyone sitting with a team is considered part of the team and can be issued a technical foul.
- d. Unsportsmanlike behavior may result in penalties being imposed upon the offending individual, including coaches, participants, or spectators. Penalties may include banishment from further participation in Recreation Department activities. Penalties will be decided by Recreation Supervisor.
- e. Each coach, team, and spectators of each team are subject to a sportsmanship rating following each game performed by the site supervisor. Coaches are responsible for the conduct of themselves, their players, and their fans.
- f. Any player who participates in a fight will be suspended for the remainder of the season.
- g. When anyone is ejected from the gym, they have 90 seconds to leave the facility. Refusal to leave the facility will result in RCPD involvement and a trespass order being issued.

V. OTHERS

- a. It is recommended that each player carry their playing shoes into the gymnasium and put them on once inside. Tennis shoes must be worn - no boots or street shoes will be allowed. Players will not be allowed to play in stocking feet or bare feet.
- b. It is required that players remove all hats and jewelry before participating in any game. Referees have the authority to require that such jewelry be removed before a player can participate.
- c. Gymnasium supervisors are to be always obeyed. The following rules will be enforced:
- d. Those not participating in the game as a player or coach should stay off the playing floor.
- e. No use of tobacco products in the gym. This includes vaping and chew.
- f. MPRD youth basketball will be governed by the NFHS "Blood Rule," details of which are as follows:
 - i. If a player is bleeding, the referee will call an official's time out. A substitute must replace the affected player.
 - ii. The bleeding must be stopped, and the wound covered before the player is allowed to return to the court.
 - iii. If any part of the player's uniform is saturated with blood, that uniform part must be changed before the player can return to the game.
 - iv. Referee's discretion will determine if a "bleeding situation" has been sufficiently managed to allow a player's return to the court.
- g. Home team will provide someone to run the book, while the visiting team will provide someone to operate the scoreboard.