



## **SALINA PARKS & RECREATION YOUTH WINTER BASKETBALL LEAGUE RULES 2026**

**All rules & interpretations will be covered under Kansas State High School Athletic Association (KSHSAA) with the following emphasis and exceptions listed below. The Athletic Supervisor reserves the right to interpret the rules in the best interest of the Salina Parks & Recreation Youth Basketball League.**

- 1. Team Roster/Player Eligibility:** Teams will play 5 on 5. Each team will have a minimum of seven (7) players on their roster. Only registered SP&R participants will be allowed to play. Any team that plays an ineligible player will forfeit those games. Any additional players added must contact the Athletic Supervisor for team placement.
- 2. Game Time:** Each team needs four (4) players to start the game. A team will be given five (5) minutes after game time to meet the requirements to start a game. After five (5) minutes, the game will be ruled a forfeit.
- 3. Equipment**
  - a) **Jewelry Ruling:** No jewelry, rings, watches, earrings, necklaces, wrist or ankle bracelets, beads, metal hair clips, etc. (Exception: medical alert bracelets). Metal medical alert bracelets must be taped.
  - b) **Shoes:** No boots or cleated, turf, dress or hard soled shoes shall be worn on the basketball floor.
  - c) **Basketball:** The women's new international 28.5 basketball will be used.
  - d) **Goals:** ALL divisions will play on 10' goals.
- 4. Sportsmanship:** Coaches are responsible for the leadership, and thus the sportsmanship is displaying respect for opponents and officials. Coaching leadership is most effectively achieved by treating persons fairly and courteously, maintaining self-control in emotionally charged situations, teaching with encouragement and inspiring participants to derive satisfaction from solid team play and improving individual performance. Coaches must be concerned primarily about the long-range physical and mental well-being of all the participants in the program
- 5. Players playing time:** The player participation rule is designated to allow the coach maximum flexibility to determine line ups while ensuring all participants share as close to equal playing time as possible.

- 6. Regulation Game:** All KSHSAA rules apply with the following exceptions:
- Home team (first team listed on game schedule) provides scorekeeper and visiting team provides clock manager.
  - Game Length:** Four (8) minute quarters. (1) Minute in between quarters. (3) Minutes for halftime.
  - Continuous Clock:** The clock will run continuously with the following exceptions: injury, time outs and all dead balls in the last two minutes of the fourth quarter and last minute of overtime period. If a team is ahead by 15 or more points, the clock will run continuously.
  - Time-outs:** Two (2) 45 second time-outs & one (1) 30 second time-outs per half, with no carryover.
  - Jump Ball:** A jump ball begins the 1<sup>st</sup> quarter and overtime.
  - Overtime:** one (3) minute period. Each team will be assessed with one (1) 45 second time-out, with no carryover. **Team fouls will reset, player fouls carry over into overtime and sudden victory periods.**
  - Sudden Victory:** If the score is still tied at the end of overtime, the game will go into sudden victory. The team scoring first will win the game. No time will be kept.
  - Halftime:** Three (3) minutes between halves.
  - Free Throws:** Two shots on 5<sup>th</sup> team foul of each quarter. Team fouls will reset after each quarter. Player control fouls are not included.
    - 3<sup>rd</sup>/4<sup>th</sup> grade boys and girls' division have the option of shooting free throws from 12 foot
    - 5<sup>th</sup>/6<sup>th</sup> grade division will shoot 15-foot free throws
 During a free throw, only 6 players may occupy a free throw lane. Only players in marked lane spaces Are allowed to move into the lane when the ball is released by the free-throw shooter.
  - Player Fouls:** Five (5) fouls, disqualification. Technical fouls count as team and personal fouls.
- 7. Violations:** All fouls and traveling, three (3) seconds in the lane, double dribble, over and back, throw-in violations, etc. will be called; however, officials may be lenient on some fouls and violations depending on the situation, grade level and spirit of the game.
- 8. Defense:**
- 3<sup>rd</sup>/4<sup>th</sup> Grade:** Only person-to-person or “sagging” man-to-man defenses are allowed. No trapping or double-teaming defense will be allowed outside the offensive lane. 3<sup>rd</sup>/4<sup>th</sup> grade division will play half (1/2) court person-to-person. Only in the fourth quarter and each extra period a team may play full court person-to-person. **The leading team may not extend the defense over half court when leading by 15 or more points.**
  - 5<sup>th</sup>/6<sup>th</sup> Grade:** Either person-to-person and/or zone defenses are allowed. 5<sup>th</sup>/6<sup>th</sup> grade division will be allowed to play full court person-to-person or zone defense the entire game, as long as the team is not ahead by 15 or more points.
- 9. Coaches:** Each team is allowed a maximum of two (2) coaches on the bench. Coaches are responsible for giving the line-up to the scorekeeper 5 minutes before the game. The line-up must contain the player's first initial, last name and jersey number. The coaches are responsible for their players, assistant coach and spectators.

#### COACHES' CODE OF ETHICS

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same grade division.
  - I will take reasonable measures to honor all commitments to athletes.
  - I will do my best to provide a safe playing situation for my players
- I will promise to review and practice the basic first aid principles needed to treat injuries of my players

- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of the game of basketball, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not for adults.

- 10. Protests:** Protests are not allowed in the Salina Parks & Recreation Youth Basketball League except concerning player eligibility. Questions about rule interpretations or judgment calls must be settled at the time they are brought to the official's attention. The official's decision is final.
- 11. Gym Supervisors:** The gym supervisors are in charge of the facilities and games at all times. Gym supervisors may not overrule any rule decision made by an official during a game, nor may they infringe upon an official's jurisdiction, but may be used for advice or a rule interpretation when asked upon. The gym supervisor will act to stop unsportsmanlike conduct by spectators, coaches and/or players.
- 12. Conduct & Language:** Staff, players, coaches and spectators are expected to act in a proper and professional manner and promote good sportsmanship before, during and after the game. Inappropriate behavior and/or profanity are not acceptable. The gym supervisor will report any and all unsportsmanlike acts by a player, coach and/or spectator to the Athletic Supervisor. The gym supervisor has the authority to ask anyone to leave the facility, due to any unsportsmanlike behavior. The gym supervisor may ask the coaches to help in the event their team's supporters are acting in an unsportsmanlike manor.
- 13. Disciplinary Technical Foul & Ejection Progression:** Depending on the severity, staff or the officials have the right to issue a warning, technical foul or ejection.
- a) **1<sup>st</sup> Technical Foul:** The opposing team will shoot two free throws and possession of the ball at half court.
  - b) **2<sup>nd</sup> Technical Foul in the Same Game/Ejection:** Results in a one (1) week suspension from the date of the incident from playing or coaching any SPRD sponsored team, league or tournament in which the individual is a member (adult and/youth). The suspension can carry over into the 1<sup>st</sup> week of the following playing session/season.
  - c) **3<sup>rd</sup> Technical Foul for the Season:** Technical fouls are tracked and carry throughout the entire season. Three technical fouls can occur with one being assessed in three separate games. Results in a one (1) week suspension from the date of the incident from playing or coaching any SPRD sponsored team, league or tournament in which the individual is a member (adult and/youth). The suspension can carry over into the 1<sup>st</sup> week of the following playing session/season.
  - d) **Ejections:**
    - 1) Once a coach, adult player or spectator has been ejected from the game, he or she has 2 minutes to leave the facility (sight and sound) or the police will be called. Failure to comply will result in the game being declared a forfeit.
    - 2) Once a youth player has been ejected from the game, he/she shall be restricted to the bench with coach supervision or released to a parent/guardian.
    - 3) Depending on the severity of the offense(s), individuals may be subject to additional sanctions and/or permanently banned from any and all Recreation Department activities.

- 14. League Tie Breaker Procedure:** The procedure for teams who are tied in league/division is as follows:

- a) League/Division win/loss record
- b) Head to head games
- c) Non-division win/loss record
- d) Least Amount Points given up in head to head games
- e) Points scored in head to head games
- f) Coin Flip

**15. Inclement Weather:** Any games postponed or canceled due to inclement weather will be received by text/e-mail by subscribing to RecZone at [www.salina-ks.gov/parksandrecreation](http://www.salina-ks.gov/parksandrecreation). Coaches, players, spectators and staff shall follow weather policies/procedures established by Salina Parks & Recreation.

### **SPORTSMANSHIP - A GOAL FOR EVERYONE!**

- 1) Be courteous to opponents, fans, coaches, and officials.
- 2) Respect and abide by the official's decisions.
- 3) Exercise self-control at all times; encourage the officials, coaches and players.
- 4) Learn to win with character and lose with dignity.