

PULASKI COUNTY RECREATION
YOUTH BASKETBALL LEAGUE
RULES AND REGULATIONS
Age 11-12 Boys, 12 -15 Girls, 13 -15 Boys, and 15-18 ages if applicable.

LEAGUE DIRECTORS

- John Myers, Sports Coordinator, 674-0107
- Eddie Sutphin, Sports Coordinator, 980-7760-Office, 980-7795 Sports Line Information
- Anthony Akers, Community Activities Director 674-1513 ext. 103
- Website: www.pulaskicounty.org click "County Recreation"

VHSL RULES APPLY UNLESS OTHERWISE STATED

1. ELIGIBILITY

Please see advertised age deadlines for each respective league. *Pulaski County Recreation will have new age deadlines beginning in the 2007-2008 season.* A player may play up an age group but cannot play in two leagues. Coaches and sports coordinators are responsible for double checking birth dates. Discovery of ineligible player will result in forfeit of game(s) that ineligible player participated.

2. LATE SIGNUPS

Late signups will not be taken unless the coordinators decide they are needed to complete rosters. Late signups may not request a particular team. Coaches may not add a player to his/her roster. Additions are only made by the sports coordinators along with approval by the league coaches.

3. FEE & PARTICIPATION FORM

Participation fee is \$20 per player. Participation form must be completed and signed by a parent or guardian. Players failing to complete form will be ineligible to participate.

4. UNIFORMS

- A recreation department issued numbered T-shirt must be worn for a player to participate.
- No jewelry is allowed except medical alert.
- No plaster or plastic cast is allowed. Soft cast or bandages must be approved by a league director.

5. EQUIPMENT

- Girls and boys leagues use a regulation size basketball. (VHSL)
- Any legal VHSL offense or defense is allowed.
- NO FULL COURT PRESS IS ALLOWED, IF TEAM IS AHEAD TEN OR MORE POINTS.

6. TIME

- Quarters consist of (8) minutes, with continuous running clock. Clock will stop on time outs, technicals, injuries, and when the ball is handed to free throw shooter by official. Regulation clock is used for only the last two minutes of game and overtime(s). Two (2) minute overtime(s) until winner is declared
- (3) Minute break for halftime. (1) Minute break between quarters.
- (2) 30 Second time outs per team per half. (1) Time out for overtime(s). Time outs do not carry over from one half to the next.
- 4 minute warm-up time is allowed.
- GYM is opened 5 – 15 minutes before the first scheduled game time.
- Note: These time constraints and rule adjustments allow games to start on time.

7. START OF GAME

- There is a five minute grace period before each game. It is the official's decision and cannot be protested.
- A team may begin play with four players. If a team drops below four players and is behind ten points the game will be called.
- Late players may be added at the coach's discretion.

8. PARTICIPATION RULE:

- All eligible players at the start of a game must play in each half. Players must start one of the four quarters. Late arriving players or and players missing numerous practices will play at the coach's discretion.
- Officials and opposing coach must be informed if a player sitting on the bench is too sick or becomes too sick to participate.
- Coaches not complying with participation rules may be suspended from his/her duties pending recreation staff investigation of the particular matter.

9. CONDUCT

It is the policy of Pulaski County Recreation that any type of violence, profanity, verbal abuse, or unbecoming actions by anyone in any Pulaski County Recreation program will not be tolerated. In the event any of these actions occur, the player or coach will be suspended for at least one game. If the case is severe, suspension can range from a one game suspension to the rest of the season, to one year, to a permanent suspension. If a suspension is given to a coach or a player, he/she cannot participate in any sponsored sports program by Pulaski County Recreation.

Any coach or player who is charged with more than two technical fouls in game will be suspended from that game. Three technical fouls per coach per season will result in coach being dismissed for the remainder of the season.

Players at no time should argue an official's call. Coaches may calmly and respectfully approach an official during a time out to question a call.

The Pulaski County Recreation Department reserves the right to ban any parent or fan for violence, profanity, or verbal abuse.

Our objective for Pulaski County Youth Sports is to help young athletes become better players as well as build upon positive character traits. The league was founded on the principles of involvement, learning skills, and having fun as the most important aspects of the program.....not winning. We recognize that not every athlete can be on the winning team, but every kid can be a winner. Emphasis is placed on fun and involvement to outweigh winning and losing.

10. INCLEMENT WEATHER POLICY.

When school is closed or is dismissed early, games or practices will be cancelled for that night. On weekends or school holidays please listen to PSK for cancellations or call the sports line for information.