SPANISH FORK RECREATION

YOUTH BASKETBALL GUIDELINES & RULES

Any rules not specifically listed in this document will refer to the UHSAA Basketball Rules

- Game time: Game time will consist of four 8-minute quarters with the clock stopping only for time-outs and shooting fouls for the first seven minutes in quarters one, two and three. The clock will stop the last minute of quarters one, two and three on each violation. In the fourth quarter, the clock will stop on time-outs and shooting fouls for the first six minutes and stop on each violation the last two minutes.
- Free throws: A player will be awarded free throws if they are fouled on a shooting attempt at any point in the game. Teams will enter a "bonus" situation when their opponent commits five fouls in a quarter. When a team is in the bonus, they will shoot two free throws for common fouls.
- Fouls will reset at the end of each quarter.
- Time-outs: Time-outs are limited to one minute each. Teams will get two time-outs each half (no carryover) and one time-out each overtime period, including sudden death overtime.
- Overtime: If the score is tied at the end of regulation time, a three-minute overtime will be played. If the score is still tied at the end of the overtime, teams will play a sudden death overtime period. In sudden death overtime, the first team to score is the winner. Each overtime will begin with a tip off.

7TH & 8TH GRADE LEAGUE RULES

- Defense: Teams can play a man-to-man defense or a zone defense. Teams may trap or double team if they choose. Full court pressing is allowed. No full court pressing will be allowed by a team that is ahead by 15 points or more.
- Uniforms: Players not in uniform (the jersey provided by the city) will not be allowed to play. Hats, watches, and jewelry cannot be worn during the game.
- Subbing: Coaches need to make sure each player sits out the equivalent of one full quarter. We will allow half of one quarter and half of another quarter. If a team has only six players, the best player must sit out one complete quarter. **Each player should play in three out of the four quarters of each game.**
- Sportsmanship: At the end of the season, sportsmanship awards will be given to the team that has shown the best sportsmanship throughout the season. Sportsmanship scores will be determined based on the criteria outlined in the Youth Sports Sportsmanship Policy.
- 7th/8th Grade Girls League
  - Ball size: A women's size ball (28.5) will be used for this league
  - Basket height: 10 feet regulation height
- 7th Grade Boys & 8th Grade Boys Leagues
  - Ball size: A men's size ball (29.5) will be used for these leagues
  - Basket height: 10 feet regulation height

Technical Fouls: If a player gets a Class A technical foul or two (2) Class B technical fouls they are ejected from the game.

- **Class A Technical Fouls**
  Any and all unsportsmanlike behavior which can include but is not limited to the following:
- Overly aggressive fouls, shoving, and flagrant fouls
- Swearing directed at the officials, opposing players, or loud enough that the stands can hear it

- Use of the “F” word
- Arguing with officials
- Fighting

- **Class B Technical Fouls**
- Swearing in any form not listed under Class A
- Flagrant fouls that are deemed accidental by the officials
- Delay of game violations
- Excessive timeouts
- Taunting

Technical Foul Suspensions: These suspensions will be in effect for any player or coach that receives a Class A Technical Foul or two (2) Class B Technical Fouls in a game. The player/coach must sit out the rest of the game and must leave the premises. If the technical is in the 2nd half, he or she must sit out the rest of that game and leave the premises, plus the 1st half of the next game. On the 2nd offense during the season, the player/coach must sit the remainder of the game plus full next game. If a player/coach receives back-to-back Class A Technical Fouls (on the same night), they must sit out the rest of that game, plus the next two scheduled games.

IMPORTANT DATES

- The league starts on Saturday, December 5th
- No practices or games from December 21st to January 4th
- No practices or games the week of Thanksgiving
- No games on the Saturday before President’s Day (February 13th)

SPANISH FORK
PARKS & RECREATION