

PLAYER ELIGIBILITY

- Players must be in 1st - 2nd grade for the 2023-2024 school year.
- Kindergarten players may not play up in this league.
- At any time during the season, Rahll Activity Center may request proof of eligibility.

EQUIPMENT

- Players must wear their assigned Rahll Activity Center t-shirt tucked in.
- Jewelry or hair accessories of any kind are not permitted, with the exception of plain bobby pins.
- Hard or plaster casts are not permitted.

GAME RULES

- The game will consist of four 10-minute quarters.
 - a. The four quarters are broken into eight 5-minute periods for playing time.
 - b. There is not a timeout between periods.
- All games will be played using a full court.
- A 1-minute break is allowed between quarters.
- All players must play two 5-minute uninterrupted periods per half for a total of 10-minutes each half.
- Each quarter is divided into two substitution periods. At around 5-minutes, when the ball is out of bounds or after the score, the whistle will be blown for subs. This will not be a timeout and the clock will not stop.
- One parent from each team will need to sit at the table to track substitutions.
- All games should start within 5-minutes after the hour and must end prior to or on the hour.
- The game ends when time expires or at the end of the hour. There will be no overtime.
- In a situation where a team has only four (4) players at game time, we ask that the official(s) and the coaches for both teams get together and agree to play a 4 v 4 format and begin the game. If a fifth player arrives, the teams may add their additional player on the court at the next dead ball situation.
- If a team has less than four (4) players at game time, the game will be considered a forfeit. The teams are welcome to use the scheduled game time for practice if so desired.
- The referee will keep the official time.
- The clock will run at all times, except for official's timeout and freethrows.
- Halftime will be 3-minutes.
- Goals will be 8 1/2-feet.
- No official standings will be kept.
- There is no 3-point line.
- Lane violation is 5-seconds.
- A player with the ball in the backcourt is given 10-seconds to bring the ball across the half-court line.
- Teams must play a man-to-man defense at all times. Once the offense moves the ball inside the lane, defensive players are allowed to drop off and assist with stopping the ball handler driving the basket and assist with rebounding the ball.

START OF GAME & JUMP BALLS

- The opening tip will be the only jump ball during any game.
- Possession on any jump ball will alternate from one team to another.
- Scorekeepers will be responsible for telling the referees which team receives the ball.
 - a. The recommended system is to use the initial of the team who had the last possession.
 - b. Example: If one team is red and the other team is blue, and the red team receives the tip off, mark "R" down at the top of the scoresheet. The blue "B" team will receive the next jump ball.
 - i. Do not write down an initial until after the team has thrown in the ball.
- No pressing will be allowed. The defensive team must allow the ball handler to cross half-court.

FOULS

- A player should raise their hand after committing a foul and turn their back to the scorekeeper's table for number identification.
- Five personal fouls on a player, per game, will result in disqualification of that player for the rest of the game.
- A technical foul against a player will also be considered a personal foul.
- Technical fouls against a non-player will result in the opposing team receiving two shots and the ball out of bounds.
 - a. Two non-player technical fouls will result in the coach and/or parent leaving the game and they will be suspended for the next two games.
 - b. When an assistant coach receives a technical foul, they must leave the bench.
 - c. The technical will be marked against the head coach.
- Two technical fouls on a player will result in them being ejected from the game and may lead to further disciplinary action from Rahll Activity Center officials.
- Technical fouls will be called if coaches, assistant coaches, or parents are on the court while play is going on.

FOUL SHOTS

- Players will shoot if fouled in the act of shooting.
- Players will be allowed to move in for free throws at a place determined by the official. The official will notify both teams where the free throws will be attempted prior to the beginning of the game.
- During each ten-minute quarter, two free throws will be attempted beginning with the fifth foul. After each ten-minute quarter, fouls will be reset to zero (0).

COACHES

- The head coach is responsible for:
 - a. The physical and mental well-being of all children while entrusted to their care.
 - b. Maintaining an adequate level of discipline on his or her team.
 - c. The conduct and control of their team's fans and spectators.
 - d. Ensuring minimum playing time is met for all players.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the assistant coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Rahll Activity Center playing rules or directives, they may be subject to disciplinary actions.
- Coaches should remember that the officials are in charge of the game and have the final authority on the court.

COACHES CONT.

- The benches are to be used for the coaches and players, not the parents and spectators.
- Coaches must stay off the court and in the 5-10-foot box area.
 - a. Coaches may not roam the sidelines.
 - b. If a team has two coaches, one coach may stand up while the other must be sitting down.

CODE OF CONDUCT

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Rahll Activity Center event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Rahll Activity Center event.
- No firearms or weapons will be permitted at any Rahll Activity Center event.

AT ANY TIME, AT THE SOLE DISCRETION OF RAHLL ACTIVITY CENTER, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.

CONCUSSION PROTOCOL

In the event that an injury occurs during a Rahll Activity Center sponsored activity, and where a possible head injury is involved, the Rahll Activity Center office should be notified immediately. Generally, our paid officials will contact our General Manager, Dannie Claycomb, should an event of this nature occur.

Rahll Activity Center will require a "Permission To Return" document from a licensed, medically-trained professional, before allowing the player to participate in future scheduled activities.

If you have any questions about this policy, please contact Dannie Claycomb at 806-244-3722.