



2022-2023

Rules and Standards Training League (3rd/4th Grade Boys & Girls)

Equipment and court specifications

Basket height: Nine (9) feet (adjustable goals)

Size of ball: Size 6, 28.5" circumference

Game court dimensions: 84'x50'

Game ball: One game ball (per court) will be provided by Jr. Pro at the Plex

Uniforms: At the beginning of the season, each player will be issued a league-sanctioned T-shirt (different shirt color for each team, in each division), as part of their registration fee; shorts, socks and shoes are required, but do not need to match

Game structure

Length of game: Four (4) quarters consisting of six-minute periods

Scoring: Two (2) points for a field goal (shot) made from anywhere on the floor and one (1) point per free throw converted

Timeouts: Each team receives four (4) timeouts per game, and receives one additional timeout if a game goes into overtime

Game tactics

Playing time: Each player must be allowed to play one uninterrupted quarter and must sit out one (1) uninterrupted quarter; every player must play in the first half; there are NO SUBSTITUTIONS in the first quarter, except in the event of an injured player; If there are 11 players on a team, the one player who did not play during the first half must play the entire third quarter uninterrupted; NO ONE IS ALLOWED TO PLAY ALL FOUR (4) QUARTERS; the only exception to the "play a quarter/sit a quarter" rule is if one team has six (6) players or less at the beginning of the game. In this case, both teams will be exempt from the rule. However, each player from both teams must play ONE uninterrupted quarter.

Defense: No zone defense may be played; removing zone defenses from play among younger age segments encourages movement and physical activity, and promotes the development of individual defensive skills related to guarding a player both on and off the ball

Pressing: Can only apply full-court pressure during the fourth (4th) quarter; no team can press if they lead a game by 15 points or more at any time

3-point shots: 3-pointers will not be counted and are discouraged

Game play rules

Backcourt: Each team has eight (8) seconds to advance the ball past the half-court line; one warning will be given to defenses that impede the half-court line before the ball crosses it;

every backcourt violation after the first warning will constitute a technical foul, one (1) free throw attempt and possession of the ball; backcourt counts do not start over

Shot clock: There are no shot clocks throughout Jr. Pro at the Plex

Substitutions: Players must check in at the scorer's table and are not permitted to enter the game until signaled in by the game officials

Clock stoppage: The clock will stop at each whistle from game officials, except during "mercy rule" running clock circumstances

Halftime: Three (3) minutes

Overtime: The first overtime period will last two (2) minutes; if the teams remained tied after one OT, the second overtime period will last two (2) minutes; if a third overtime period is necessary, the game winner will be determined by "sudden death" — the first team to score a point after tip-off; there will no "sudden death" overtime in the championship game (all overtime periods in championship games will be two (2) minutes in length)

Technical fouls: Technical fouls are issued at the discretion of the game officials; the first violation will require all coaches to remain seated for the remainder of the game; a second technical foul will force the Head Coach to be ejected from the game, and require a meeting with the Jr. Pro at the Plex committee before he/she can be reinstated to coach; if parents/visitors/spectators do not abide by the Code of Conduct (provided below), their team will be assessed a technical foul, which will be applied to the bench; all technical fouls (except backcourt violations) will result in two (2) free-throw attempts and possession

Mercy rule: Once a team has a lead of 25 points, that team must remain inside the 3-point line on defense (until the lead is decreased to 15 or less); there will be a running clock at deficits of 25 points or more; the running clock will not stop unless the lead is decreased to 15 points or less, or for called timeouts; one warning will be given for the mercy rule regulations; a second violation will lead to a "backcourt technical"

Forfeits: If a team does not have five (5) players when the officials are ready to begin, five minutes will be placed on the clock; if a fifth player has not arrived by the sound of the buzzer, that team will forfeit the game; at that point, those present may still play, at the discretion of the league, but the result will not count toward official standings, etc.

Participants

Teams: Teams may not exceed 12 players; for the sake of carpooling and travel, out-of-town (non-Christian County) teams will be allowed to enter the league in tact; on gamedays, the last two teams that play must help clean around the benches or they will forfeit a game; if the team that lost does not stay to help clean up, they will forfeit their next game; if the team that won does not stay to help clean around their bench, they will forfeit the game they just played

Players: All players will be evaluated during a skills evaluation (date TBD) at the Sportsplex and drafted by the coaches in order to create each roster; players from any location are eligible for the draft and to play in the league, but may only play within their designated grade division

Coaches: Two (2) coaches per team will be permitted to sit on the bench; each coach must be registered by the Jr. Pro at the Plex committee; head Coach will receive two (2) game passes, but replacements will not be issued; coaches are responsible for ensuring that all team members (and their fans) practice good sportsmanship before, during and after the game; must refrain from making derogatory comments towards game officials, as well as actions or words

that undercut the self-esteem of players from their own and opposing teams; should support respectful post-game exchange between players, based on COVID regulations

Officials: Two officials will be assigned per court, per game, and will wear traditional black/white-striped shirts for easy distinction

Spectators: Please see Jr. Pro at the Plex Code of Conduct (below) for complete expectations

Season

Games: All division game schedules will be posted in advance at www.HopkinsvilleSportsplex.com/leagues and [www.Facebook.com/HopSportsplex](https://www.facebook.com/HopSportsplex), but are subject to change; follow @HopSportsplex on social media for updates pertaining to Jr. Pro at the Plex; on schedule, top team listed will be designated as “HOME” team

Awards: End-of-season awards will only be presented to the tournament champion and runner-up; no division title or participations trophies will be awarded

Jr. Pro at the Plex Code of Conduct

The Jr. Pro at the Plex Code of Conduct requires parents, coaches and all spectators to allow the players to play in an environment free from criticism of players or officials. In addition, any altercation between players or spectators, be it verbal or physical, will not be tolerated at any time.

Jr. Pro at the Plex is a youth basketball recreation program geared towards instruction and enjoyment of the game. As such, games and practices should take place in a supportive environment free from distractions and unnecessary tension. Spectators should not talk to officials. Coaches, players, parents, or any other spectator should not verbally or visually create an undesirable atmosphere.

Deviation from this policy is grounds for expulsion from the league, immediate removal from the facility, and/or prohibition from attending future games and practices. In any case, there will be no refunds issued.

For Players:

1. Respect the game, play fairly and follow its rules and regulations
2. Show respect for authority to the officials of the game and of the league
3. Demonstrate good sportsmanship before, during and after games
4. Be courteous to opposing teams and treat all players and coaches with respect
5. Be modest when successful and gracious in defeat
6. Respect the privilege of the use of facilities used not only inside the Sportsplex, but parking lot and “conference center campus” facilities, as well
7. Refrain from the use of drugs, tobacco, alcohol and abusive language

For Parents/Guardians:

1. Encourage good sportsmanship by demonstrating positive support for all players, coaches, fans and officials at games, practices and other sporting events
2. Advocate a sports environment for all children that is free of drugs, tobacco, alcohol and abusive language, and refrain from their use during youth sporting events
3. Encourage all children to play by the rules and respect the rights of other players, coaches, fans and officials
4. Support all the student athletes in an environment of mutual respect and civility
5. Please always keep in mind that the players are grade-school children trying to learn the game and the team concept, improve their skills and learn life lessons. They are NOT playing for the entertainment of the spectators

For Coaches:

1. Recognize that coaches are role models for their team members and all participants involved in the activity, and that basketball helps to develop a sense of teamwork, self-worth and sportsmanship
2. Place the emotional and physical well-being of players ahead of a personal desire or external pressure to win
3. Do your best to provide a safe playing environment for all participants
4. Lead by example by demonstrating fair play and sportsmanship to all involved
5. Provide an environment for your team that is free of drugs, tobacco, alcohol and abusive language and refrain from their use at all sporting events
6. Respect the game and the Jr. Pro at the Plex league officials, and communicate with them in an appropriate manner
7. Be knowledgeable of the league rules and regulations

General Sportsplex Rules during Jr. Pro at the Plex Games

- No outside food or drink allowed inside the building by anyone (other than water for players)
- Do not bounce basketballs unless you are playing in or warming up for a game; dribbling and bouncing of balls on the sidelines and/or off walls, in bathroom, down hallways, etc. is prohibited
- No shooting/dribbling basketballs during timeouts, halftime, etc. during a game you are not playing in
- Keep wet shoes/boots off the gym floors; this is the primary cause of injuries
- Clean up after yourself and your players/children, whether this is at/near your seat or the players' bench; please do not leave wrappers and containers behind after you or your child is done playing
- Any violations of the Code of Conduct could result in suspension from attending games/practices or expulsion from the league and/or facilities without registration and/or admission refund
- If issues arise during the season that you believe need to be brought to the attention of the league, please first talk to the appropriate coach; if the coach cannot resolve the situation or provide a satisfactory explanation, then please contact the coordinator for the level in question

These rules were compiled by the Jr. Pro at the Plex Committee, using a variation of the USA Youth Basketball guidelines as the basis for the rules and regulations. A copy of the rules will be left at each scorer's tables during every game. All rules are final and are not open to interpretation.

