



# **YOUTH BASKETBALL HANDBOOK**

**Starkville Sportsplex  
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League Website	www.starkvilleregistration.com
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# Starkville Parks and Recreation

## League Code of Conduct

### PARTICIPANT EXPECTATIONS

1. Participants should have proper equipment.
2. Participants should arrive on time to scheduled events.
3. Participants should notify their coach if they are to be late or absent from a scheduled event.
4. Participants should strive to exhibit good sportsmanship at all times, as described below.

### PARENTAL EXPECTATIONS

1. Parents should positively encourage their child regardless of the outcome of an event.
2. Parents should allow their child to participate without negative pressure of any kind.
3. Parents should work to ensure that their child does not intentionally injure other players.
4. Parents should help their child adhere to the written and unwritten rules of honesty, fair play, and good sportsmanship.
5. Parents should, when possible, provide their child with extra instructional opportunities.
6. Parents should, when possible, provide their child with opportunities to learn other sports so they have a more balanced development.
7. Parents should allow the assigned coaches to instruct their child without interference or influence.

### SPORTSMANSHIP EXPECTATIONS

1. Participants, coaches, and spectators are expected to conduct themselves in an appropriate manner at all times.
2. Participants, coaches, and spectators are expected to abide by the rules and regulations of the sport in which they are involved.
3. Participants, coaches, and spectators are expected to show respect for facilities, equipment, sport officials, and all supervisors and SPRD personnel.
4. Participants, coaches, and spectators are expected to address game officials in a respectful manner. All individuals should not use profanity, insulting or vulgar language or gestures when addressing a game official, nor at any time attempt to influence or object to an official's decision.
5. Participants, coaches, and spectators are expected to exhibit socially acceptable behavior at all events or refrain from attending the events.
6. The City of Starkville Parks and Recreation Department has a zero tolerance policy for unsportsmanlike conduct as outlined herein.

### SPORTSMANSHIP PENALTIES

1. Any individual who does not abide by the sportsmanship expectations set by the Starkville Parks and Recreation Department may be subject to penalty.
2. Any individual ejected from a contest must leave the playing area immediately.
3. Any player, coach, or spectator ejected twice during the course of the season will be disallowed from attending future events, pending a meeting with SPRD staff.
4. Any individual shoving, striking, or physically abusing an official or supervisor will receive an automatic suspension for the remainder of the season.
5. Any incident that is determined to be unsportsmanlike by a game official or supervisor will be written up and reported to the Sport Coordinator.
  - a. First Report – Meet with Sport Coordinator at the SPRD office (405 Lynn Lane)
  - b. Second Report – One game suspension (may be issued at first report depending on the extent of the issue reported)
  - c. Third Report – Suspension for the remainder of the season and under review to continue participation in the following season.
6. Unruly coaches, players, or spectators may cost their team a forfeit if determined by the official or supervisor in charge.

# Starkville Parks and Recreation League Rules and Regulations

## I. HEADQUARTERS

- A. The governing authority shall be vested in the City of Starkville Parks and Recreation Department

## II. PURPOSE

- A. The Starkville Parks & Recreation Youth Basketball Program is organized to provide a recreational activity for boys and girls ages 5-18. The program is designed for the following purposes:
1. To aid in the physical development through fun and exercise.
  2. To teach the basic fundamental skills of the game of basketball.
  3. To aid in the social development through good sportsmanship and moral character with adult guidance.
  4. To teach good attitudes and discipline to our youth participants.

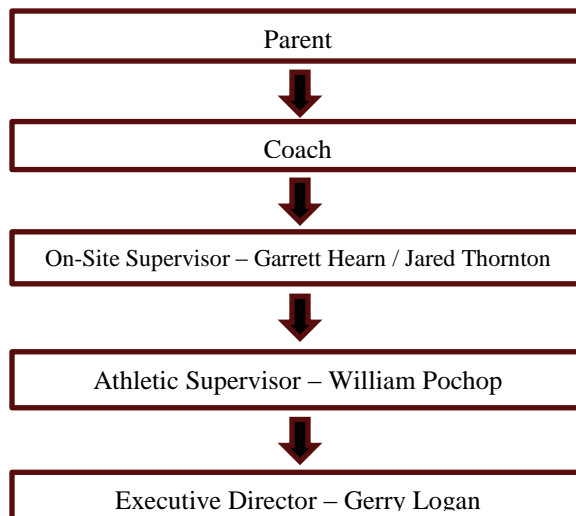
## III. GOVERNING RULES

- A. Mississippi High School Activities Association rules will govern play with the exceptions covered herein.

\*SPRD reserves the right to update or adjust these rules at any point during the season as necessary for the betterment of the players and program.\*

## IV. COMMUNICATION

- A. To help keep communication smooth and productive, there is a certain “chain of command” that we ask everyone to use.
1. Parents should contact the coach with any questions.
  2. Coaches should contact the Sports Coordinator for further assistance.
  3. If additional assistance is needed, the Sports Coordinator will contact the Director.



## V. TIMING REGULATIONS

- A. The game shall consist of four 6-minute quarters.
- B. The clock will run continuously and shall be stopped only:
  - 1. During injuries or serious disruptions of play.
  - 2. During one-and-one free throws until the ball hits the rim after the final shot, and during two-shot free throws until the ball hits the rim after the final shot.
  - 3. During the last 2 minutes of the 2<sup>nd</sup> & 4<sup>th</sup> quarter when the clock is stopped according to the usual high school rules (MHSAA).
  - 4. For unusual delays at the referee's discretion.
- C. If the score is tied after regulation play, a two-minute overtime period, beginning with a tip-off to determine possession, will ensue.
  - 1. The clock will run continuously during all overtime periods, with exception to items (1), (2), and (4) as listed above.
  - 2. A maximum of two overtime periods will be allowed, after which the referee will administer an alternating "shoot off" between 5 non-disqualified players chosen by the coach of each team.
  - 3. The direction of the possession arrow at the end of the final overtime period will determine which team will shoot first.
- D. Each team will be allowed two (2) 1-minute time-outs per half of each regulation game, and one additional 1-minute time-out for each overtime period.
  - 1. A coach may request a time-out for his team; however, this request must be made from the coaches designated area to an official on the floor, not to the clock operator.
  - 2. Unused time-outs from the second half of regulation play may be carried to the overtime period(s).
- E. There will be a one-minute rest period between quarters, and a three-minute rest-period at the half.

**VI. PLAYING REGULATIONS** – In an effort to provide all participants an *equitable* opportunity for a fun, enjoyable recreational season, SPRD has implemented the following playing regulations. **These regulations are structured so that it is to the benefit of the individual child, not the parent or coach.** Regardless of the skill level of the player, he/she will have the opportunity to develop sound basketball skills properly at any age.

*\*The 5-6 Year Old Division will have supplemented rules that may be different from the following.\**

- A. Participation
  - 1. Each player must play two complete quarters.
  - 2. No play will sit back-to-back quarters.

3. A player that is ineligible to re-enter a game due to participation restrictions may re-enter the game if another team member fouls out only if no other eligible player is available.
4. Any player that arrives late is subject to the follow participation schedule:
  - Arrives during 1<sup>st</sup> quarter: must play two complete quarters
  - Arrives during 2<sup>nd</sup> quarter or later: must play one complete quarter

**B. Substitution**

1. Substitutions will only be made at the following times:
  - a. for injuries\* at any point in the game
  - b. at any point in the 4<sup>th</sup> quarter for eligible players\*\* during the following times:
    1. time-outs
    2. after the first shot of a two-shot free-throw
 

*\*if an effort is made to fake an injury to allow for an illegal substitution, the coach of the team making the effort will be ejected, the player faking the injury will remain in the game, and a two-shot technical foul will be issued*

*\*\*an eligible player is one that has met their participation requirements at the time of the substitution*
2. Lineup changes between quarters are not considered substitutions.

**C. Basketball Size and Rim Height**

The basketball size and rim height used for each game will be dependent on the age range of the game being played. The age breakdown will be as follows:

<b>Age</b>	<b>Basketball Size</b>	<b>Rim Height</b>
5-6 Boys & Girls	25" Rookie	7'
7-8 Boys & Girls	27.5" Junior	8'
9-10 Boys & Girls	28.5" Intermediate	9'
11-18 Boys	29.5" Official	10'
11-18 Girls	28.5" Intermediate	10'

**D. Scoring Limitations**

There will be a limit on the number of field goals any individual player can score on each team per game. The maximum number of field goals per player will be as follows:

- 7' Goal Divisions: Score will not be kept
- 8' Goal Divisions: 5 field goals per half
- 9' and 10' Goal Divisions: No Limit

**E. The three point shot will be allowed in ALL age divisions.**

1. A three point shot will be counted as a field goal in a players scoring limitation, where applicable.

**F. Free throw points are excluded from the scoring limitation restrictions.**

1. A player that has reached their scoring limit is allowed to still take shots with the likelihood of the shot resulting in a foul being in play.

2. If a player makes a basket after they have reached their scoring limit and is fouled, the basket does not count, but any successful free throws resulting from the foul on the shot will count toward the team total score, and may be included in the individual player's point total.
3. Free throws in the 7' and 8' goal divisions will be shot from an abbreviated line.

G. Dunking is not allowed in any age division.

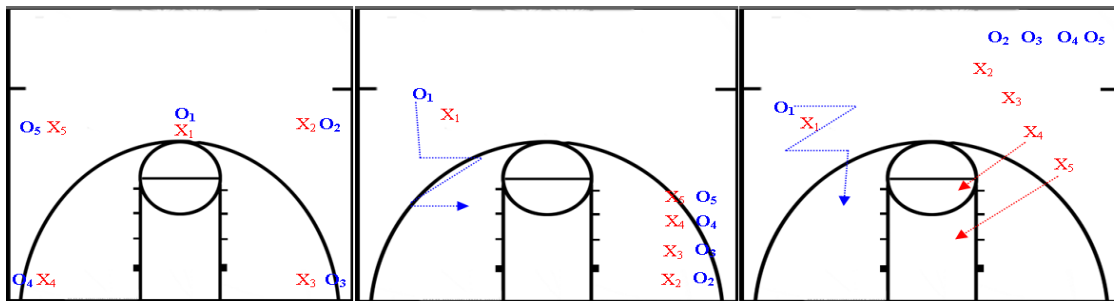
1. A technical foul and an ejection will be issued to any player that attempts/performs a dunked basket.

H. Games are forfeited **only** by a lack of required number of players (minimum 4) prior to the start of the game. A team must have four (4) players to start a game, and three (3) players to finish a game (if resulted by injury). If a team has less than 5 players on the court, the opposing team must\* match up accordingly. (5 on 5, 4 on 4, 3 on 3 – no mismatched numbers)

*\*For 9-18 Year Old Divisions ONLY: teams do not have to match up evenly if a team with five (5) players has a player removed from the game for cause other than injury and does not have a player to substitute in. This clarification is made in an effort for coaches and players to be mindful of their fouls and their behavior, as not to foul out or be removed from the game for behavior.*

J. Isolation is not permitted. Engaging in offensive isolation results in a violation call.

The Isolation Violation is designed as a preventive measure, to prevent one or two players from dominating the game while others appear unengaged in the game. Once the coaches and officials learn the rule, isolation violations rarely will be called. See below for sample diagrams for when the Isolation Violation should be called:



K. A team may not full-court press if they are leading by a point spread of:

- 7-8 Year Old Divisions: 10 or more points
- 9-12 Year Old Divisions: 15 or more points
- 13-18 Year Old Divisions: 20 or more points

L. Starting the game:

1. 5-6 Year Old Divisions
  - a. The visiting team will receive the ball to start the game.
  - b. The home team will receive the ball to start the second half.
2. 7 and Older Divisions
  - a. A jump ball will start the game

**VII. FOULS** – MHSAA high school rules will be used for fouls.

A. Technical Fouls

1. Player: 1<sup>st</sup> offense = 2 shots; 2<sup>nd</sup> offense = 2 shots & player is ejected from the game and suspended for the next game.
2. Coach: 1<sup>st</sup> offense = 2 shots; 2<sup>nd</sup> offense = 2 shots & coach is ejected from the game and suspended for the next game.

B. Individual Fouls

1. Five (5) personal fouls per player per game. A player is disqualified from the game on the 5<sup>th</sup> personal foul and may not re-enter the game, nor participate in a shoot-out if the game results in a triple overtime.

C. Team Fouls

1. Seven (7) team fouls results in one-and-one free throw attempts by the opposing team, per half.
2. Ten (10) team fouls result in two shot free throw attempts by the opposing team, per half.

D. Free Throws – players (excluding the shooter) may move on the release of the ball

E. Violations (*Slow-Break Divisions ONLY*)

1. Violations are called and recorded when:
  - a. The defender pursues an offensive player before the offensive player has crossed half-court with offensive progression  
RESULT: A violation is recorded in the score book, and the offense retains possession with a throw-in from the back-court sideline
  - b. The offensive player advances the ball past half-court before the rest of the offense has crossed half-court to their end of the court  
RESULT: A violation is recorded in the score book, and the defense is given possession with a throw-in from the back-court sideline
  - c. The offensive team takes more than 10 seconds to cross half-court in transition  
RESULT: A violation is recorded in the score book, and the defense is given possession with a throw-in from the back-court sideline
  - d. The defensive player recovers a loose ball and advances toward his/her goal before his/her team has crossed the half-court line  
RESULT: A violation is recorded in the score book, and the defense is given possession with a throw-in from the back-court sideline  
**EXCEPTION: any loose ball that is recovered in the front-court may be advanced without penalty**
2. If a sixth (6<sup>th</sup>) violation is called on one team, the opposing team will shoot one free-throw, as well as be given possession after the free-throw attempt with a throw-in from the back-court sideline.



## VIII. COACHES

### A. Composition and Duties

1. No team shall have more than two (2) coaches. They are designated as Head Coach and Assistant Coach.
2. All coaches must submit a coaching registration and background check to be eligible for approval to coach. The background check may include screenings of the following items:
  - a. Criminal background records/information
  - b. Sex Offender Registry Checks
  - c. Addresses
  - d. Social Security Verification
3. All coaching appointments are to be made by the SPRD Staff upon approval.
4. A coach should be a person of high moral character who is a respected member of the community.
5. A coach should have a basic knowledge and understanding of the fundamentals of basketball.
6. A coach should never incite their players or parents by criticizing an official.
7. Coaches should never use profanity, drink alcoholic beverages, smoke, or use tobacco in any form during any activity.
8. Coaches should keep in mind they are setting examples in sportsmanship and fair play, and should conduct themselves accordingly at all times.
9. A coach should never be overly concerned with winning, but more concerned that each child on the team has fun and learns the fundamentals while participating.
10. A coach is expected to be present at all practice sessions, games, and meetings, or have an approved coach present.
11. A coach should try to the best of their ability to keep each player (especially the weaker players) interested and participating throughout the season.

### B. Miscellaneous

1. Only Head Coach and Assistant Coach will be allowed on bench during events.
2. Only the Head Coach will be allowed to stand during the game.
  - a. The Assistant Coach should remain seated on the bench during the game.
3. No coach may leave the bench area for the purpose of discussion with an official.
4. Coaches will be required to sign the score book after each game.
  - a. Failure to do so forfeits any questioning of the outcome of the game.
5. Coaches may stand only in the designated area marked by the white tape and the sideline on the floor.
  - a. Coaches may not leave the designated area for any reason, and may not approach the scorers to table at any time.
    - i. Questions for the scorekeepers may be asked from inside the designated area.

- b. Any failure to remain in this area that is called out by a game official will lead to penalization by a violation which will be noted in the scorer's book.
  - c. Two violations results in a one-shot free-throw attempt by the opposing team, and for each additional violation thereafter until the fifth violation.
  - d. At the fifth violation, the violating coach will be ejected from the game, at which point the coach will be required to leave the Sportsplex premises.
    - i. Any ejected coach must meet with SPRD Staff before his/her next game.
  - e. Any coach that leaves the designated area to confront another coach in the opposing designated area will be immediately ejected and suspended for his/her next game.
    - i. Further penalization may be enforced depending on the extent of the issue.
6. Games are forfeited **only** by a lack of required number of players (minimum 4) prior to the start of the game.
- a. Game time is forfeit time. *However*, if one team is present with at least four (4) players ready to play, they may choose to allow a five-minute grace period to the opposing team.
  - b. Once a game has started, a coach cannot forfeit the game.
  - c. If a coach chooses to try and forfeit once the game has started, he will be removed as a coach in the SPRD Youth Basketball League for the remainder of the season. The coach's re-admittance for the next season will be up for review by SPRD Staff.
7. Players should check in at the scoring table at least 5 minutes prior to the scheduled game time. The coach should inform the scorekeeper of any reason a child will not be playing his/her two complete quarters, and the opposing coach should be present at the time of notification in regards to a player's limited playing time prior to the games beginning.
8. A boundary marker will be in place at all games to signify the team and staff area. All players must remain in this area during games, with exception to restroom or water breaks. A maximum of two coaches are allowed on each team bench. No parents or non-players are allowed in the team area or on the bench during games.

## IX. AGE SPECIFIC RULE VARIATIONS

- A. 5-6 Year Old Mixed Division
- 1. Players will play half-court basketball, using a goal set at 7'0" in height, and a 25.5" sized basketball, regardless of gender.
  - 2. Players will matchup either 3-on-3 or 4-on-4, depending on registration totals.
  - 3. Players will wear wrist bands and guard the player on the opposing team wearing the same color wrist band.
  - 4. Man-to-man defense only. No double-teaming.
  - 5. Coaches should attempt to allow each player to handle the ball once per game.
  - 6. There will be NO stealing the ball from a player in possession of the ball at any time.
    - a. This does not apply during a loose ball, blocked shot, or rebound.

B. 7-8 Year Old Boys & Girls Divisions

1. Players will play full-court basketball, using a goal set at 8'0" in height, and a 27.5" sized basketball, regardless of gender.
2. Man-to-man defense only. The half-court is the press line (must allow opponent to fully cross half-court before defense can pursue ball carrier). Double teaming outside of the three-point line results in a violation. Defense may triple team **only** inside the paint. Outside of the paint, triple teaming results in a violation.
3. Slow break basketball. Fast breaks and full-court press are only allowed during the last two minutes of each half (2<sup>nd</sup> and 4<sup>th</sup> quarters only). (See Rule X. SLOW-BREAK DIVISION GUIDELINES)
4. There will be NO stealing the ball from a player in possession of the ball at any time.
  - a. This does not apply during a loose ball, blocked shot, or rebound.

C. 9-10 Year Old Boys and Girls Divisions

1. Players will play full-court basketball using a goal set at 9'0" in height, and use a 28.5" size basketball, regardless of gender.
2. Man-to-man defense **and** zone defense is allowed during all four (4) quarters of play.
3. Full-court press and fast breaks are allowed during all four (4) quarters of play, with exception to Rule VI-K.

D. 11-18 Year Old Boys & 13-18 Year Old Girls Divisions

1. Players will play full-court basketball using a goal set at 10'0" in height, and use a 28.5" basketball (girls) and 29.5" basketball (boys).
2. Man-to-man defense **and** zone defense is allowed during all four (4) quarters of play.
3. Full-court press and fast breaks are allowed during all four (4) quarters of play, with exception to Rule VI-K.

## **X. SLOW-BREAK DIVISION GUIDELINES**

- A. Fast-Breaks and Full-Court Press are not allowed except for the last two (2) minutes of each half.
- B. Defensive teams may not pursue the offensive team in the backcourt.  
**PENALTY: A violation is recorded, and the offense retains possession with a throw-in on their side of the half-court line**
- C. When the defensive player gains possession and becomes the ball handler, he/she may not cross the half-court line until all other offensive players have already crossed the half-court line.  
**PENALTY: A violation is recorded, and the defense is given possession with a throw-in on their side of the half-court line**
- D. Offensive teams will have ten (10) seconds to cross the half-court line.  
**PENALTY: A violation is recorded, and the defense is given possession with a throw-in on their side of the half-court line**
- E. If a defensive player recovers a loose ball and becomes the offensive player in the backcourt, he/she must hold the ball and advance only when all other offensive players have crossed the half-court line.  
**PENALTY: A violation is recorded, and the defense is given possession with a throw-in on their side of the half-court line**  
**SUPPLEMENT: If a defensive player recovers a loose ball and becomes the offensive player in the frontcourt, he/she may advance the ball without penalty**

## **XI. ATTIRE**

- A. Gymnasium shoes (non-marking, rubber soled, tennis shoes) are required. Gym shoes are required to be completely laced at all times.
- B. League-provided jerseys must be worn and not altered in any way for every scheduled event.
- C. Jerseys must be tucked into the players pants at all times.
- D. Basketball shoes are recommended, and are available for purchase during registration through SPRD while supplies last.
- E. Participants wearing a hard cast may not participate in games or live scrimmages in practice.
  - 1. Players may participate with a soft cast.
- F. Jewelry shall not be worn by any player, with exception to medical identification.

## **XII. TOURNAMENTS AND AWARDS**

- A. A single-elimination end-of-season tournament will take place at the conclusion of the regular season.
  - 1. This tournament will be seeded based on regular season standings.
  - 2. This does not include the 5-6 Year Old Division.
- B. Trophies will be awarded to each division's Regular Season Champion, Tournament Champion, and Tournament Runner-Up
  - 1. Individual medals will be awarded to members of championship teams.
- C. Participation trophies will be awarded to participants in the 5-6 Year Old Division.

## **XIII. PRACTICE AND GAME SCHEDULES**

### **A. Practices**

- 1. SPRD will schedule each team three (3) sixty (60) minute practices on a designated half-court at the Sportsplex prior to the first game of the season.
- 2. Practices are not permitted on the same day as scheduled games, unless the game was postponed on that day.
- 3. No practices will be permitted on Sunday's before 1 pm.
- 4. To schedule a practice, which is not already scheduled for you by SPRD, coaches must call Sports Coordinator Nick Callahan (662-323-2294) no more than a week in advance and no less than two (2) days prior to desired practice day.
- 5. A team is not to participate in an organized basketball game or practice more than 2 times in one week.
  - a. Examples: If a team has two games scheduled for the week, they are not permitted to host a practice in addition to games in that week; however, if a team only has one game in a given week, that team is permitted to schedule one practice if the space is available.
- 6. Details for Starkville Youth Basketball Team Practices in the Sportsplex Gym:
  - a. All scheduled practices are at no additional cost to the league participants.
  - b. Coaches are responsible for checking in at the front desk for all practices.

### **B. Number of Games**

- 1. Games will be played in accordance with the schedule set by the Parks and Recreation Department.
- 2. All leagues will play as close to eight (8) regular season games as possible.

#### **XIV. SPRD STAFF DUTIES**

- A. SPRD Staff shall have broad supervisory powers, including:
1. Game schedules
  2. Rule interpretations
  3. Official assignments
  4. Awards
  5. Maintenance
  6. General management of the league
  7. Adjustments and clarifications to the published rules when necessary
  8. Maintaining full charge and responsibility for keeping the game under strict control at all times
  9. Keeping the benches clear and in order
  10. Seeing that all event participants (players, coaches, spectators, and staff) keep their temper, self-control, and composure at all time

