



Roanoke Parks and Recreation  
 215 Church Avenue, SW  
 Municipal North – Rm. 303  
 Roanoke, Virginia 24011

PH: 540 853.2236  
 FAX: 540 853.1287

## City of Roanoke Youth Basketball League

The purpose of Youth Recreation Athletics Leagues is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship, and to promote good will among all teams and individuals. *Although sports are competitive by nature, the City of Roanoke Parks and Recreation Department's intentions are to place less emphasis on winning, while promoting lifetime physical activity and health for each participant.*

### 2018-2019 By-Laws

The Youth Basketball leagues are governed by the National Federation of State High School Associations (NFHS) and these rules will apply to the Bylaws except as modified herein.

**Age Classification** - Age determined on January 1 of the current season.

\*Eighteen-year-old participants must be enrolled in a Roanoke City Public School (Patrick Henry, William Fleming or Forest Park) or attend a home school equivalent.

League	Ages	Roster Size	Length of Quarters	Ball Size
<b>Instructional</b> *No score kept	5 & 6	Min of 8 Max of 15	1 <sup>st</sup> Quarter – 2, 4 minutes qtrs. 2 <sup>nd</sup> Quarter – 8 minutes Halftime – 5 minutes 3 <sup>rd</sup> Quarter – 2, 4 minutes qtrs. 4 <sup>th</sup> Quarter – 8 minutes	27.5
<b>Biddy</b>	7 & 8	Min of 8 Max of 15	1 <sup>st</sup> Quarter – 2, 4 minutes qtrs. 2 <sup>nd</sup> Quarter – 8 minutes Halftime – 5 minutes 3 <sup>rd</sup> Quarter – 2, 4 minutes qtrs. 4 <sup>th</sup> Quarter – 8 minutes	27.5
<b>Pee Wee</b>	9 & 10	Min of 8 Max of 15	1 <sup>st</sup> Quarter – 2, 4 minutes qtrs. 2 <sup>nd</sup> Quarter – 8 minutes Halftime – 5 minutes 3 <sup>rd</sup> Quarter – 2, 4 minutes qtrs. 4 <sup>th</sup> Quarter – 8 minutes	28.5 Boys & Girls
<b>Little</b>	11 & 12	Min of 8 Max of 15	1 <sup>st</sup> Quarter – 2, 5 minutes qtrs. 2 <sup>nd</sup> Quarter – 10 minutes Halftime – 5 minutes 3 <sup>rd</sup> Quarter – 2, 5 minutes qtrs. 4 <sup>th</sup> Quarter – 10 minutes	Boys - 29.5 Girls - 28.5
<b>Junior</b>	13, 14 & 15	Min of 8 Max of 15	1 <sup>st</sup> Quarter – 2, 5 minutes qtrs. 2 <sup>nd</sup> Quarter – 10 minutes Halftime – 5 minutes 3 <sup>rd</sup> Quarter – 2, 5 minutes qtrs. 4 <sup>th</sup> Quarter – 10 minutes	Boys - 29.5 Girls - 28.5
<b>Senior</b> *limit of three 18 year olds per team.	16,17 & 18	Min of 8 Max of 15	1 <sup>st</sup> Quarter – 2, 5 minutes qtrs. 2 <sup>nd</sup> Quarter – 10 minutes Halftime – 5 minutes 3 <sup>rd</sup> Quarter – 2, 5 minutes qtrs. 4 <sup>th</sup> Quarter – 10 minutes	Boys – 29.5

## All-Play Rule – All Leagues

**Every player present and in uniform must play a minimum number of continuous minutes per half and per game.** Please see the list below for league specific play requirements.

**Note:** Coaches must abide by below requirements and are strongly encouraged to distribute any remaining playing time equally amongst all players.

1. **Instructional League:** every **four (4) minutes / half of a quarter**, five (5) players must be substituted unless a team has less than five players on the bench at which time the coach should sub in the remaining players on the bench.
  2. **Biddy, Pee Wee:** **four (4) minutes per half, eight (8) minutes per game**
  3. **Little, Junior and Senior:** **five (5) minutes per half, ten (10) minutes per game**
  4. Only the 1<sup>st</sup> and 3<sup>rd</sup> quarters will be split in half for the substitution players. Any team having more than 10 players will start remaining players in the 2<sup>nd</sup> and 4<sup>th</sup> quarters.
  5. The only players who are **exempt** from the “All-Play Rule” are:
    - Players with health restrictions that do not allow them to play the minimum amount.
    - Players who become injured during the game and cannot play the minimum amount.
- Note:** It is the responsibility of the head coach to ensure that the parks and recreation scorekeeper is notified, prior to each game, of any player that is restricted due to health reasons.
6. ALL PLAYERS MUST CHECK-IN WITH THE SCORE KEEPER.
  7. If a player has not played his/her “all-play rule” required time, the team shall receive a technical foul for each player.

**Penalty for failure to comply with the “All-Play Rule” will result in the following:**

- 1<sup>st</sup> occurrence – technical foul (2 free-throws and possession of the ball)
- 2<sup>nd</sup> occurrence – Head coach suspension

## Teams and Rosters – All Leagues

**Note:** All team rosters must be filed in the recreation office complete with the following information:

1. Team rosters must be completely and accurately filled in (preferably typed) and signed by the athletic director to verify information is correct.

**Note:** rosters may be mailed, hand delivered or faxed to Parks Recreation. It is the responsibility of the Athletic Director to ensure rosters are received by Parks & Recreation
2. Rosters must have a minimum of 8 players and no more than 15 players, with no exceptions.
3. Players may only appear on one team roster.
4. Players must reside in the City of Roanoke and play for the recreation club that services the region in which he or she lives.

**Note:** Athletic Directors should notify parks and recreation if a player has been granted a release to another recreation club due to a roster/age group being filled, lack of a team, etc.

5. Roster changes will **not** be accepted over the phone and will **not** be accepted until all the information is complete.
6. Transfer of players during the season is prohibited. Dual participation is not allowed in any Roanoke City or surrounding area recreation department league. A player must play for the team where his or her name was first listed on a roster.
7. New players **cannot** be added after the first game.
8. All teams must be sponsored by an established Recreation Club.
  - Region I – Star City (NW Roanoke City)
  - Region II – Williamson Road Recreation Club (NE Roanoke City)
  - Region III – South City Knights (SE Roanoke City)
  - Region IV - Greater Southwest Athletics (SW Roanoke City)
9. A maximum of four (4) travel-team players are allowed per team (based on the current travel season).
10. Any player(s) found to be ineligible will be removed from the team, and all games played in by the ineligible player will be forfeited.
11. Any coach listed on the roster must be cleared through the City of Roanoke Background Screening Policy.

### **Player Eligibility – All Leagues**

1. If a child attending a Roanoke City School is suspended from school, he/she will not be eligible to play for or attend his/her team's game(s) until the suspension is over.  
**Explanation:** Suspended children are considered trespassing if they return to any Roanoke City Public School prior to their suspension being over.
2. Every child that participates must have a copy of their original birth certificate on file with their recreation club. If a player's age is protested, the team/recreation club will have 48 hours to produce an original birth certificate.  
**Penalty:** Player(s) is/are ineligible to participate until documentation has been submitted to and verified by Roanoke Parks and Recreation.
3. All participants must live/reside in the City of Roanoke and play for the region in which he/she lives.  
**Note:** In an effort to ensure each child has the opportunity to play, recreation clubs/athletic directors may grant a seasonal release to play for another rec. club (both recreation clubs must agree to the release before it is final). A release may only be granted for the following reasons:
  - A. The recreation club does not have enough age eligible participants in a specific age division/league to form a team.
  - B. All of the teams in the child's age division are full / have reached the maximum roster size of 15.
  - C. The recreation club and parents/guardians of the child mutually agree it is in the best interest of the child to be granted a release.
4. Any overseas-born child must include a signed letter from a parent or guardian that is notarized when the child's birth certificate is not available.
5. Commission of Fraud by the player, coach or recreation club using an assumed name, falsifying a birth certificate or roster, or giving false information to an official or Roanoke

Parks and Recreation will result in the following: Suspension for the party that falsified information for up to five (5) years and disqualification of the team for one (1) full season.

### **Dual Participation – All Leagues**

**Note:** Dual participation is not allowed in any Roanoke City or surrounding area recreation league.

1. Any male or female that has played or is currently playing for a Junior Varsity or Varsity team within the current season is **not eligible** to play for Roanoke Parks and Recreation Leagues.

### **Coaches – All Leagues**

**Note:** All coaches (Head and Assistants) must be cleared through the City of Roanoke's Background Screening Policy and have his or her approved coaches badge on in order to sit on the bench. **Coaches should show their badge to the scorekeepers prior to each game.**

#### **Penalty for failure to comply:**

1<sup>st</sup> occurrence – warning

2<sup>nd</sup> occurrence – technical foul (2 free-throws and possession of the ball)

1. Head coaches must be at least 21 years old.

**Note:** If the head coach cannot be present, the team must be supervised by an approved adult at least 21 years of age if the assistant coach is not 21 years of age.

2. A maximum of three (3) coaches are permitted on the bench at any time.

3. Coaches are responsible for the actions of their fans and are obligated to control them.

Coaches shown to incite fans will be subject to suspension.

**Note:** coaches needing assistance from site personnel or officials to control their fans must notify parks and recreation personnel.

4. Only one coach may stand up on the sidelines during games and speak with/question an official's call.

**Note:** If any coach receives a technical foul, he or she must be seated for the remainder of the game. No assistant, parent, etc. may take the head coach's place standing.

#### **Penalty for failure to comply:**

1<sup>st</sup> occurrence - Official will report warning to coach and scorekeeper

2<sup>nd</sup> occurrence - technical foul to assistant/approved adult

3<sup>rd</sup> occurrence – notification will be an ejection

**Note:** An ejection should occur only if the same assistant has received two technical fouls.

5. Coaches must remain in the designated coach's area.

#### **Penalty for failure to comply:**

1<sup>st</sup> occurrence - Official will report warning to coach and scorekeeper

2<sup>nd</sup> occurrence - technical foul to assistant/approved adult

3<sup>rd</sup> occurrence – notification will be an ejection

## Equipment – All Leagues

### A. Jerseys

1. Jerseys must be tucked in at all times.
2. Each player will be assigned matching numbered jerseys. At no time are these jerseys to be worn by another player.
3. The number should be at least four (4) inches high.  
**Note:** Pee Wee, Little, Junior and Senior Leagues will be required to have numbers on both the front and back of their jerseys.
4. Only uniform shirts will be permitted.
5. Reversible jerseys are required for girl's teams playing in the county league.

### B. Basketball Shorts

1. Shorts must be worn around the waist at all times.  
**Note:** Sagging is **not** allowed.
2. Waistbands should be around the waist at all times.  
**Penalty for failure to comply:**  
1<sup>st</sup> occurrence - Official will report warning to coach and scorekeeper  
2<sup>nd</sup> occurrence - Technical Foul  
3<sup>rd</sup> Time – Notification will be an ejection

### C. Basketball Shoes

1. Basketball shoes must be worn by all players. Shoe laces must be tied.

### D. Basketball

1. 27.5 size basketballs will be used for the instructional and biddy league games. 28.5 size basketballs will be used for the Pee Wee and Girls leagues. All other leagues will use a full-size ball (29.5).

### E. Jewelry and Hair Items – Per NFHS Rules

1. No jewelry can be worn by any player playing in the game. This includes studs for newly pierced ears.
2. No hair beads or barrettes are to be worn by any players playing in the game.
3. Teams must have matching jersey with number on the front and back by their 2<sup>nd</sup> scheduled game of the season.  
**Penalty for failure to comply:** Technical Foul (2 free-throws and possession of the ball)

## Concerning Games

### A. Game Length

1. Instructional, Bidy, & Pee Wee Leagues will play four, eight-minute quarters with a running clock. **The clock stops only for shooting fouls, time outs, jump balls, and injuries. The clock stops for all violations during the last two minutes of each half for all leagues/divisions.**
2. Little, Junior and Senior Leagues will play four, 10-minute quarters with a running clock. **The clock stops only for shooting fouls, time outs, jump balls, and injuries. The clock stops for all violations during the last two minutes of each half for all leagues/divisions.**
3. Only the 1<sup>st</sup> and 3<sup>rd</sup> periods will be split in all leagues.  
**Note: THIS IS NOT A TIMEOUT. ALL SUBSTITUTES SHOULD BE AT THE CHECK-IN TABLE READY TO CHECK-IN.**
4. A total of five (5) minutes will be allowed for halftime.

### B. Game Play

1. The starting time of the first game will be strictly enforced. A five (5) minute warm-up will be given before the start of the following games.  
**Note:** An official may start the game early if and only if both coaches agree. If a coach does not agree, then the game will not start until the scheduled time.
2. Line-up sheet must be submitted in numerical order to the scorekeeper, by the coach, 10 minutes prior to the start of each game.  
**Note:** A technical foul will be given to each team that does not turn in a line-up sheet prior to the start of a game.
3. If a team is trailing by 30 points or more at the end of the 3<sup>rd</sup> quarter or anytime during the 4<sup>th</sup> quarter, the head coach will have the option of having the score set to zero. The score shall remain off / set to zero for the remainder of the game.
4. **No Dunking** – There is to be no dunking or hanging on the rims in any gym at any time.  
**Penalty:** Technical foul will be assessed

### C. Timeouts

1. Pee Wee, Little, Junior, Senior - Three (3) full timeouts and two (2) 20-second timeouts will be given to each team and may be taken at any time during the game.
2. Instructional, Bidy - leagues will be given four (4) full timeouts and no 20-second timeouts.

### D. Substitutions

Players may not be substituted during a mini quarter (1<sup>st</sup> and 3<sup>rd</sup>) unless:

1. A player on the court is injured.  
**Note:** If possible, the injured player should return as soon as possible.
2. A player commits their 3<sup>rd</sup> foul of the mini quarter
3. A team has less than 10 players.  
**Explanation:** If a team has less than 10 players, this requires the coach to play someone in the second part of a mini period who has already fulfilled his or her play requirement for

the half. In this instance, only a player who has fulfilled his or her play requirement for the half may be substituted for.

### E. Half-Court / Full-Court Pressing

1. Full-court pressing is allowed in the Little, Junior, and Senior leagues.
2. Only half-court pressing is allowed in the Pee Wee play until the 4<sup>th</sup> quarter when teams can full-court press.
3. Biddy teams may only half-court press the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters.

#### Clarification:

- A. Instructional, Biddy Leagues – Defensive players must start inside the 3-point line and wait until the offensive team crosses the 3-point line (either by way of the pass or drive to the basket). Once the ball has crossed the 3 point-line, defensive players may step out beyond the 3-point boundary to defend.

**Biddy - Note:** Stalling is prohibited as the offensive players must be passing and/or dribbling towards the basket making an attempt to score.

#### **Biddy - Failure to comply with this rule will result in the following:**

- 1<sup>st</sup> occurrence – official will report warning to coach and scorekeeper
- 2<sup>nd</sup> + occurrence – technical foul (2 free throws, possession of the ball, foul assessed to the individual player)

- B. Biddy League – Teams utilizing a half-court press, during the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters, must start inside the 3-point line and wait till the ball crosses the half-court line (either by way of pass or dribble) to pressure the ball.

League	Half Ct. Pressing	Full Ct. Pressing
Instructional	No	No
Biddy	Last 2 min. of 2 <sup>nd</sup> & 4 <sup>th</sup>	No
Pee Wee	Yes	*4 <sup>th</sup> Quarter Only
Little	Yes	Yes
Junior	Yes	Yes
Senior	Yes	Yes

### Mercy Rule

1. **Biddy, Pee Wee and Little Leagues Only** - Half-Court/Full- Court pressing is **not** allowed if a team is ahead by 15 or more points.

**Definition:** Half-Court Pressing is defined as defending an offensive player immediately AFTER he or she passes over half court. The defense must stay near the 3-point line/area.

**Failure to comply with this rule will result in the following:**

- 1<sup>st</sup> occurrence – official will report warning to coach and scorekeeper
- 2<sup>nd</sup> occurrence – technical foul (2 free throws and possession of the ball)
- 3<sup>rd</sup> occurrence – Bidy: 2 points and foul assessed to the player  
Pee Wee, Little League: 6 pts awarded to the opposing team.

**F. Overtime**

**Note:** In the event that a game is tied at the end of regulation, there shall be **one (1)** overtime period.

1. **Bidy and Pee Wee** will play a three-minute overtime period with running clock. If the game is still tied at the end of the overtime period, it shall be declared a tie.
2. **Little, Junior, and Senior** leagues will play a five-minute overtime with running clock. If the game is still tied at end of the overtime period, it shall be declared a tie.

**Note** (All Divisions): Each team shall have one (1) time out during the overtime period, regardless of whether or not the coach had any left from the first four quarters of play.

**Instructional, Bidy, Pee Wee Leagues**

1. Instructional and Bidy leagues will be given four full timeouts and **no 20-second timeouts**.
2. **Instructional League:** Teams may designate a total of two coaches (one offense, one defense) to stand underneath the basket, at each end of the court, and instruct players.

**Note:** At no time shall any coach step foot onto the court and/or physically position a player.

**Penalty:** 1<sup>st</sup> occurrence - Official will report warning to coach and scorekeeper

2<sup>nd</sup> occurrence – Technical Foul

3<sup>rd</sup> occurrence - Notification will be an ejection.

3. When shooting a foul shot, if a child's momentum carries him/her over the foul shot line, the shot is still counted.

**Note:** Instructional and Bidy league may shoot from the bottom of the key, but the player's momentum cannot carry him/her over the bottom key line.

**Unsportsmanlike Conduct**

No player, coach, or non-player shall act in an unsportsmanlike manner towards officials and parks and rec. personnel before, during or after a contest. Examples are, but not limited to:

1. Baiting or taunting acts which provoke ill will.
2. Using profanity, insulting or vulgar language or gestures.
3. Kicking the ball, other than during a legal kick
4. Refusing to comply with an official or parks and rec. personnel request.
5. Disrespectfully addressing a player, official or parks and rec. personnel.

**a. Penalties:** Players, Coaches

- Warning
- Technical foul
- Disqualification.

**Note:** The disqualified person must leave the game site.

**b. Penalties:** Spectators, parents, etc.

- Disqualification for the remainder of the current basketball season



6. Any player or coach that gets a technical foul will be given a 2 minute cool down period where this person must leave the gym.

- The penalty is 2 minutes of game time on top of the technical foul.
- The player/coach must go outside the gym doors.
- In the event that a technical foul is given to a coach and he has to go through the cool down period; there must be another approved coach with a badge on the sideline to serve until the cooldown is over. If another approved coach is not present to fill in then the game can not continue.

### Game Etiquette

1. Bouncing of balls while another team is playing will not be permitted. Only coaches are to bring and distribute practice balls.
2. Players waiting to play a later game are to remain seated in the bleachers until it is time for their warm-up.
3. Parks & Recreation Personnel is in charge of the school facilities and is responsible for maintaining a safe and orderly atmosphere and is to report any misconduct. Note: Parks and Recreation Personnel have the authority to remove any and all person(s) from the building.

### Coach, Player, Spectator Ejection

1. Any coach or player ejected from a game will not be allowed to coach/play OR attend his/her team's next game.
2. Any player ejected from two (2) games in one (1) season must sit out the rest of the season.  
**Note:** this person will **not** be permitted to attend any Roanoke Parks and Rec. youth basketball games.
3. Any coach ejected from two (2) games in one (1) season will not be allowed to coach the remainder of the season and will face a one (1) year ban from youth sports.
4. **Any player or coach that is ejected from a game must immediately leave the facility and is not allowed to attend games during their suspension. Failure to comply will result in suspension for the remainder of the season.**
5. **The City of Roanoke Parks and Recreation Department holds the right to alter suspensions based on the severity of the action.**
6. Any spectator that portrays negative sportsmanship or inappropriate actions will be ejected from the game. Any spectator ejected will be banned from attending any recreation games for the rest of the season.

### Make-Up Games

1. Games will be postponed when Roanoke City Schools are closed. When schools are closed on Friday, games **may** still be played on Saturday.
2. Coaches should call the **Game Cancellation Hot Line Number at 853-1196** for game cancellation information (in the event of inclement weather). This information will be updated daily by 4:00 pm. **You may also sign-up for Text Alerts by texting YBB2019 to 84483.**

3. Make-up schedules will be emailed and posted online within three (3) business days of the original scheduled games and will generally be placed at the end of the league schedule. **Note:** If games must be re-scheduled in a short amount of time, then the coach will receive a phone call from the athletic office.

### **Protests**

**Note:** Complaints regarding players, teams, coaches, field conditions, officials, etc. should be channeled through your athletic director.

1. Protest of NFHS rules are **not** permitted in accordance with NFHS rule 1.1.11

2. Protest of Roanoke Parks and Recreation local rules are **not** permitted

Note: If rules are not being properly interpreted, please contact the parks and recreation office (853.2236) as soon as possible.

3. Protest of up to three (3) player's eligibility **is** permitted per protest. Eligibility includes non-rostered players, age, city residency or other factors which may affect a player's eligibility.

#### **How to protest**

4. The athletic director shall submit a protest in writing (typed or emailed) within 48 hours of the game completion to the parks and recreation department.

5. The \$50.00 filing fee, which will be returned if the protest is upheld by the Protest Committee, should accompany the following information: Date, time, location, officials, scorers, teams, coaches and justification of protest (any knowledge why the child may be ineligible).

6. The recreation club being protested must provide parks and rec. with all necessary documents within 48 hours of being notified.

**Note:** Birth certificates submitted to parks and rec. must be an original copy with a seal. Any copy other than the original will **not** be accepted.

#### **Penalties**

7. Player(s) is/are ineligible to participate until all documentation has been submitted to and verified by Roanoke Parks and Recreation.

8. If a player or players are found to be ineligible, all games participated in by the illegal participant(s) will be forfeited in the official parks and rec. standings.

### **Responsibilities of...**

#### **A. Parks and Recreation**

1. Partnering with Recreation Clubs to provide organized sports for the Youth of Roanoke.
2. Assisting recreation clubs with the advertising of registrations.

3. Governing the rules and regulations for league play.
4. Scheduling and rescheduling of leagues.
5. Secure and pay officials through contracted officials' coordinator.
6. Facilities and maintenance thereof.
7. Assist recreation clubs with their efforts to facilitate the training of volunteer coaches.
8. Provide background screenings for all volunteer coaches.

## **B. Recreation Club**

1. Conducting sign-up opportunities for the youth of our community and providing Parks and Recreation information to assist with advertising.
2. Conducting drafts to form teams per park and recreation's draft procedures.
  - Selected or handpicked teams will not be permitted.
  - Recreation clubs must give parks and rec. a one (1) week notice prior to scheduling a draft.
  - "Cuts" are not an option; all children are given the opportunity to participate.
  - Drafts without a parks and rec. representative are **not** legal.
3. Securing volunteer coaches for each team.
4. Safe uniforms and equipment for players.
5. Provide an athletic director for each sport to act as a liaison to the Parks and Recreation Department for coordinating schedules, handling complaints, etc.

## **Concussion Management – Per NFHS**

1. No athlete should return to play or practice on the same day of a concussion.
2. A parent or guardian should have any athlete suspected of having a concussion evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion must have medical clearance (in writing) from an authorized and licensed health-care professional prior to resuming participation in any practice or competition.

**Note:** Written clearance should be turned into/filed with parks and rec. and your club's basketball athletic director prior to returning to any practice or game.

4. After written clearance, it is suggested that the recreation club monitor the situation closely for the return of any signs or symptoms related to concussions.

**For further details please see the "NFHS Suggested Guidelines for Management of Concussion" at [www.nfhs.org](http://www.nfhs.org)**