



# YOUTH BASKETBALL BYLAWS

For Office Use Only:

Date Created: 11/20/2025 Created By: Jason Hariston

The purpose of youth sports 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, our intentions are to place less emphasis on winning and more on promoting lifetime physical activity and health for each participant.

## Overview

Youth basketball leagues administered by the City of Roanoke are governed by the National Federation of State High School Associations (NFHS) and these rules will apply to the bylaws except as modified herein.

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

## 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.

## All Play Rule

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.

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. Bidy, 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 of 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.
    - 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 scorekeeper.
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 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 the information is correct.
  - Rosters may be hand delivered or emailed to Parks and Recreation. It is the responsibility of the athletic director to ensure rosters are received by Parks and Recreation.
2. Rosters must have a minimum of eight (8) players and no more than 15 players, with no exceptions.
3. Players may only appear on one (1) team roster.
4. Players must reside in the City of Roanoke and play for the zone provider that services the zone in which he or she lives.
  - Athletic directors shall notify Parks and Recreation if a player has been granted a release to another zone provider 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 City of Roanoke or surrounding area parks and 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 a recognized zone provider.
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

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, zone providers/athletic directors may grant a seasonal release to play for another zone provider (both zone providers must agree to the release before it is final). A release may only be granted for the following reasons:
    - The zone provider does not have enough age-eligible participants in a specific age division/league to form a team.
    - All of the teams in the child's age division are full or have reached the maximum roster size of 15.
    - 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. Older players of a division may play up one division with parental consent.
  - Ex: In the Instructional division, a 6 year old may play in the Bidy division with parental consent, but a 5 year old may not.
6. Commission of Fraud by the player, coach or zone provider 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 a 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

1. Dual participation is not allowed in any City of Roanoke or surrounding area parks and recreation league.
2. 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

1. 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 (two free-throws and possession of the ball).
2. Head coaches must be at least 21 years old.
  - 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.
3. A maximum of three (3) coaches are permitted on the bench at any time.
4. 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.
  - Coaches needing assistance from site personnel or officials to control their fans must notify Parks and Recreation.
5. Only one coach may stand up on the sidelines during games and speak with/question an official's call.
  - 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.
    - An ejection should occur only if the same assistant has received two technical fouls.
6. 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

1. Jerseys
  - Jerseys must be tucked in at all times.
  - Each player will be assigned matching numbered jerseys. At no time are these jerseys to be worn by another player.
    - Players will have a plain-style number of solid color contrasting the color of the jersey.

- The number should be at least four (4) inches high.
    - Pee Wee, Little, Junior and Senior Leagues will be required to have numbers on both the front and back of their jerseys.
    - Teams must have matching jerseys with the number on the front and back by their 2<sup>nd</sup> scheduled game of the season.
      - Penalty for failure to comply: technical foul (two free-throws and possession of the ball at the start of every game not in compliance).
  - Players may only wear the numbered uniform that has been assigned to them. Players will be ineligible to play in a game until they have their assigned team uniform to compete in.
  - Reversible jerseys are required for girl's teams playing against Roanoke County teams.
2. Shorts
- Shorts must be worn around the waist at all times.
    - Sagging is not allowed.
  - Waistbands shall 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> occurrence - notification will be an ejection.
3. Shoes
- Athletic shoes must be worn by all players. Shoe laces must be tied.
4. Basketball
- 27.5 size basketballs will be used for the Instructional and Bidy League games. 28.5 size basketballs will be used for the Pee Wee League and any other girls-specific leagues. All other leagues will use a 29.5 size basketball.
5. Jewelry and Hair Items
- No jewelry can be worn by any player playing in the game. This includes studs for newly pierced ears.
  - No hair beads or barrettes are to be worn by any players playing in the game.

## General Play

1. Game Length
- Instructional, Bidy, and 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.
  - Little, Junior, and Senior Leagues will play four, 10-minute quarters with a running clock. The clock stops only for shooting fouls, timeouts, jump balls, and injuries. The clock stops for all violations during the last two minutes of each half for all leagues.
  - Only the 1<sup>st</sup> and 3<sup>rd</sup> quarters will be split into two time blocks for all leagues.
    - This is not a timeout. All substitutes should be at the check-in table and ready to check-in.
  - A total of five (5) minutes will be allowed for halftime.
2. Game Play
- 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.
    - An official may start the game early only if both coaches agree. If a coach does not agree, then the game will not start until the scheduled time.
  - Line-up sheet must be submitted in numerical order to the scorekeeper, by the coach, 10 minutes prior to the start of each game.
    - 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.
  - 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 and set to zero for the remainder of the game.
  - There shall be no dunking or hanging on the rims in any gym at any time.
    - Penalty: technical foul will be assessed.
3. Timeouts
- 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.
  - Instructional, Bidy - Four (4) full timeouts and no 20-second timeouts will be given to each team and may be taken at any time during the game.

#### 4. Substitutions

- Players may not be substituted during a mini quarter (1<sup>st</sup> and 3<sup>rd</sup>) unless:
  - A player on the court is injured.
    - If possible, the injured player should return as soon as possible.
  - A player commits their 3<sup>rd</sup> foul of the time block.
  - A team has less than 10 players.
    - If a team has less than 10 players, this requires the coach to play someone in the second part of a time block 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.

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

- Full-court pressing is allowed in the Little, Junior, and Senior Leagues.
- Only half-court pressing is allowed in the Pee Wee play until the 4<sup>th</sup> quarter when teams can full-court press.
- Pressing Clarification:
  - Instructional, Bidy Leagues – Defensive players must start inside the three-point line and wait until the ball crosses the three-point line (either by way of the pass or drive to the basket). Once the ball has crossed the three-point line, defensive players may step out beyond the three-point boundary to defend and may continue to defend beyond the three-point boundary until a change in possession.
  - Bidy – Stalling is prohibited as the offensive players must be passing and/or dribbling towards the basket making an attempt to score.
  - Bidy – Failure to comply with this rule will result in the following:
    - 1<sup>st</sup> occurrence – official will give a warning to the coach and scorekeeper.
    - 2<sup>nd</sup> occurrence and beyond – technical foul (two free throws, possession of the ball, foul will be assessed as a bench technical).

#### 6. Mercy Rule

- Pee Wee and Little Leagues Only – Half-Court/Full-Court pressing is not allowed if a team is ahead by 15 or more points.
- Failure to comply with this rule will result in the following:
  - 1<sup>st</sup> occurrence – official will report a warning to the coach and scorekeeper.
  - 2<sup>nd</sup> occurrence – technical foul (two free throws and possession of the ball).
  - 3<sup>rd</sup> occurrence – Bidy: two points and foul assessed to the player; Pee Wee, Little: six points awarded to the opposing team.

#### 7. Overtime

- In the event that a game is tied at the end of regulation, there shall be one (1) overtime period.
  - Bidy and Pee Wee Leagues will play a three-minute overtime period with a running clock. If the game is still tied at the end of the overtime period, it shall be declared a tie.
  - Little, Junior, and Senior Leagues will play a five-minute overtime with a running clock. If the game is still tied at end of the overtime period, it shall be declared a tie.
  - Each team in all leagues shall have only one (1) timeout during the overtime period, regardless of whether the coach had any left from regulation play.

#### 8. Instructional, Bidy, and Pee Wee Leagues Specific Items

- Instructional League: Teams may designate a total of two (2) coaches (one offense, one defense) to stand underneath the basket, at each end of the court, and instruct players.
- 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 a warning to the coach and scorekeeper.
  - 2<sup>nd</sup> occurrence – technical foul.
  - 3<sup>rd</sup> occurrence – Notification will be an ejection.
- When shooting a foul shot, if a child's momentum carries him/her over the free throw line, the shot is still counted.
- Instructional and Bidy League may shoot from the bottom of the key, but the player's momentum cannot carry him or her over the bottom key line.
- Any shot attempt taken before the ball crosses the three-point boundary will only count for two points due to defender not being able to defend outside the three-point boundary before the boundary is crossed.

## Unsportsmanlike Conduct

1. No player, coach, or non-player shall act in an unsportsmanlike manner towards officials and Parks and Recreation personnel before, during, or after a contest. Examples are, but not limited to:
  - Baiting or taunting acts which provoke ill will.
  - Using profanity, insulting, or vulgar language or gestures.
  - Kicking or slamming the ball.
  - Refusing to comply with an official or Parks and Recreation personnel requests.
  - Disrespectfully addressing a player, official or parks and rec. personnel.
2. Penalties: Players and Coaches
  - 1<sup>st</sup> occurrence - warning.
  - 2<sup>nd</sup> occurrence - technical foul.
  - 3<sup>rd</sup> occurrence - notification will be an ejection.
    - The disqualified person must leave the game site.
3. Penalties: Spectators, Parents, etc.
  - 1<sup>st</sup> occurrence - warning.
  - 2<sup>nd</sup> occurrence - notification will be an ejection and suspension for the remainder of the current basketball season.
4. Any player or coach that gets a technical foul will be given a two (2) minute cool down period where this person must leave the gym.
  - The penalty is two (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 cool down is over. If another approved coach is not present to fill in, the game cannot 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 and Recreation personnel are in charge of the RCPS facilities while in use and are responsible for maintaining a safe and orderly atmosphere, as well as report any misconduct.
  - 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 coach or player ejected from a game for fighting will result in an automatic two (2) game suspension.
  - Fighting can occur before, during, or after any game and can happen during live and dead ball situations.
  - Fighting is an intentional attempt to make any contact with an opponent or teammate outside of the normal course of play. This includes but is not limited to using the fist, hands, arms, legs, and/or feet to attempt to strike, punch, kick, or push, regardless of whether contact is made.
  - Fighting is also any attempt to instigate a fight by committing an unsportsmanlike act that causes a person to retaliate by fighting.
  - If a player, coach, or spectator leaves the bench area and displays intent to interact with or start an altercation, it will be considered fighting.
  - Approved coaches (head or assistant) may leave the bench area to assist in a situation where a fight may have or already has broken out to prevent the situation from escalating. However, they must return to the bench area promptly and not violate any of the above items.
3. Any player ejected from two (2) games in one (1) season must sit out the rest of the season.
  - This person will not be permitted to attend any Roanoke Parks and Recreation youth basketball games.
4. 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 all youth sports.
5. 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 leave the facility immediately will result in officials forfeiting his/her team's current game and his/her suspension will be for the remainder of the season.
6. Roanoke Parks and Recreation holds the right to alter suspensions based on the severity of the action.

7. Any spectator that portrays negative sportsmanship or inappropriate actions will be ejected from the game. Any spectator ejected will be banned from attending any Parks and Recreation games for the rest of the season.

### **Make-Up Games**

1. Games will be postponed when Roanoke City Public Schools are closed. When schools are closed on Friday, games may still be played on Saturday, weather permitting.
2. Coaches should call the Game Cancellation Hot Line Number at 540-853-1196 for game cancellation information (in the event of inclement weather). This information will be updated daily by 4:00 p.m. Coaches may also sign-up for text alerts by texting YBB2020 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.
4. If games must be re-scheduled in a short amount of time, the coach will receive a phone call from the Athletics Office.
5. Make-up games for cancellations occurring after the mid-point of the season (after the 4th of 8 scheduled games) will be rescheduled based on gym availability and available time slots. Please note that rescheduling all missed games cannot be guaranteed.

### **Protests**

Complaints regarding players, teams, coaches, field conditions, officials, etc. should be channeled through the zone provider's athletic director.

1. Protest of NFHS rules are not permitted.
2. Protest of Roanoke Parks and Recreation local rules are not permitted.
  - If rules are not being properly interpreted, please contact Parks and Recreation staff as soon as possible.
3. Protest of up to three (3) players' eligibility is permitted per protest. Eligibility includes non-rostered players, age, city residency, and/or other factors which may affect a player's eligibility.
4. How to protest:
  - 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.
  - The \$50.00 filing fee, which will be returned if the protest is upheld by the Youth Athletics Review Board, should accompany the following information:
    - Date
    - Time
    - Location
    - Names of officials, scorekeepers, teams, and coaches
    - Justification of protest (any knowledge why the child may be ineligible)
  - The zone provider being protested must provide Parks and Recreation with all necessary documents within 48 hours of being notified.
  - Birth certificates submitted to Parks and Recreation must be an original copy with a seal. Any copy other than the original will not be accepted.
5. Penalties:
  - Player(s) is/are ineligible to participate until all documentation has been submitted to and verified by Parks and Recreation.
  - 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 Recreation standings.

### **Concussion Management**

1. No athlete shall 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 healthcare professional that day.
3. Any athlete with a concussion must have medical clearance (in writing) from an authorized and licensed healthcare professional prior to resuming participation in any practice or competition.
  - Written clearance should be turned into/filed with Parks and Recreation and the zone provider's athletic director prior to returning to any practice or game.
4. After written clearance, it is suggested that the zone provider 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)**

