

Kingwood Township Basketball League

CHARTER

September 27, 2005

PURPOSE:

The league exists to benefit the children in our community. Playing basketball should be a positive experience that builds self-confidence, improves skills and is fun for the children.

GUIDING PRINCIPLES:

1. **GOOD SPORTSMANSHIP** - We will create a positive environment based on mutual respect and fair play, rather than a “win at all costs” attitude. Coaches and parents must demonstrate good sportsmanship, and by their example, encourage players to do the same.
2. **EVERYONE PLAYS** - children will be given equal opportunity to play, regardless of skill level. During practices and games, coaches will attempt to provide equal playing time. Every child must play at least one half of each game, as a minimum.
3. **POSITIVE COACHING** - Coaches will encourage every child to do his or her best. They will be patient and supportive, so that our children will develop self-confidence and a positive self image. Negative criticism, abusive language, ridicule or punitive measures will not be tolerated.
4. **OPEN REGISTRATION** - The program is open to all children who meet the age criteria and register to play. Interest in playing basketball is the only requirement.
5. **TEAM WORK**- The players will be taught to work together and support each other. Everyone's contribution, large or small, will be respected.
6. **INDIVIDUAL GROWTH** - The program will be structured to develop physical fitness, mental agility, self-confidence and self-discipline, as well as basketball skills.
7. **BALANCED TEAMS** - Coaches will strive to create teams that are balanced in ability, age and gender.
8. **COMPETITION** - Healthy competition will be encouraged but, not at the expense of the seven other principles.

Kingwood Township Basketball League

7TH & 8TH GRADE BOYS DIVISION

This division is subject to all official basketball rules including the following:

- There will be 10 minute quarters of running time
- Foul shots will be attempted from the foul line
- Players foul out after five fouls
- The 1 and 1 foul shot rule applies when team fouls reach six, per half. When team fouls reach ten per half, the player will be awarded two shots.
- Each team is allowed three, 1-minute time outs per game
- Halftime will be three minutes long
- Open substitution (player must report to timekeeper and referee will call player in game)
- Technical fouls are called for abusive language or un-sportsman-like conduct toward any player, team, coach or referee. The player will be ejected from the game after second technical foul. If a coach or parent receives two technical fouls, they must leave the premises or the appropriate team will lose by forfeit
- All players must play a minimum of 16 minutes during a regulation game. In addition, each player must play at least one uninterrupted quarter per game. Coaches are reminded to give each player equal time during overtime sessions.
- Man to man or zone defense can be used

Overtime sessions

- Overtime sessions will be 5 minutes each session (only if court time is available) - one time out per team, per session

When Playing Out of Town Leagues (Alexandria & Delaware) Home court rules will apply.

Kingwood Township Basketball League

5th and 6th GRADE BOYS DIVISION 6th, 7th and 8th GRADE GIRLS DIVISION

The 10 –11 Age division is subject to all official basketball rules except the following:

- Ten-minute quarter running time.
- Man to man or zone defense can be used
- 1/2 court defense. Full Court Press is allowed the last 2 minutes of each half
- Foul shots will be taken from the foul line.
- Player fouls out at fifth foul.
- 1 and 1 foul shots apply when team fouls, per half, reach six. When team fouls reach ten, per half, player shoots two fouls shots.
- Three 1 minute time-outs per team per game.
- Three minute break at halftime.
- Open substitution (player must report to timekeeper, referee will call player in).
- Technical fouls are called for abusive language or un-sportsman-like conduct toward any player, coach or the referee. The player is ejected from the game at second technical. If it is a coach or parent, he/she must leave the premises or the team will lose by forfeit.
- All players must play a minimum of 16 minutes during a regulation game. In addition, each player must be given one quarter of uninterrupted play per game. Coaches are reminded to give each player equal time during overtime sessions.
- Overtime sessions (**if court time is available**) -5 minutes each session, running time. One time out per team, per session.

When Playing Out of Town Leagues (Alexandria & Delaware) Home court rules will apply.

Kingwood Township Basketball League

3rd – 4th BOYS DIVISION 3rd – 5th GIRLS DIVISION

These Divisions are subject to all official basketball rules including the following:

- Ten-minute running time quarters.
- Man-to-man and zone defense can be used.
- Fouls shots will be taken from halfway between the regular foul line and the dotted line.
- Players foul out at fifth foul.
- 1 and 1 foul shots apply when total team fouls reach six, per half. When team fouls reach ten fouls per half, the player shoots two foul shots.
- Each team is allowed one 1-minute timeout per quarter.
- There will be a three-minute break at halftime.
- No pressing is allowed during a possession change or in bounding of the ball.
- Defenders can pick up his/her offensive player at the three-point line. During the last two minutes of each half, the defense can pick up his/her offensive player at half court.
- The offense can pass the ball back over the 3-point line to another offensive player; however, the defense must remain inside the three-point arc.
- Open substitution (player must report to timekeeper and referee will call player in).
- Technical fouls are called for abusive language or un-sportsman-like conduct toward any player, coach or the referee. The player is ejected from the game with second technical. If the coach or parent receives two technicals, he/she must leave the premises or the team will lose by forfeit

When Playing Out of Town Leagues (Alexandria & Delaware) Home court rules will apply.

Kingwood Township Basketball League

1st and 2nd GRADE DIVISION

Kindergarten – Follow these rules however no games will be played. Instructional only

The 1st and 2nd grade division is an instructional league. For the most part, all the regular rules of basketball apply, except in-these areas:

- No official game score will be kept at court.
- Ten-minute running quarters.
- Only Man-to-man defense can be used.
- Teams will play across the courts at the baskets on the sidelines of the court. Foul shots will be taken at the team's basket at the sidelines of the court. (Kingwood Gym : Yellow lines are out of bounds red areas on sides of court are in bounds)
- No personal foul records will be kept.
- Team foul records will be kept. 1 and 1 's will be shot when a team reaches six team fouls per half. Two shots will be awarded when team fouls reach ten in one half.
- Open substitution is allowed during any stoppage of play or change of possession. Coaches must notify the referee when a substitution is needed.
- All reaching-in fouls will be called. A reaching-in foul is when the defender reaches across the body of the offensive player to strip the ball.
- Double or triple teaming a dribbler is an illegal defense. It's not an illegal defense when an offensive player dribbles into a double or triple team.
- No pressing is allowed on change of possession or during in bounding of the ball.
- Defense players can pick up his/her offensive player at the 3-point line.
- There'll be a one-minute time-out between quarters and a three-minute intermission at halftime.
- Each team is allowed one, 1-minute timeout per quarter. The game clock will be stopped.
- Player violations such as traveling, 3 seconds in the lane, double dribbling, loose ball fouls and over the back rebounding: referee will blow whistle to stop play and instruct the players or team of the infraction and then return the ball to the point of the infraction and resume play. The team with possession of the ball at the time of the infraction will keep possession. The referee will have the discretion to continue the play at the place on the court where the violation occurred, or have the offense bring the ball in from either the baseline or the

sideline.

Kingwood Township Parks & Recreation Basketball League

COACHES RULES

- 1. NO FOOD OR WATER IS PERMITTED IN THE GYMNASIUMS, INCLUDING WATER BOTTLES.**
- 2. REQUEST THAT YOUR PLAYERS ARRIVE FIFTEEN MINUTES BEFORE THEIR SCHEDULED EVENT.**
- 3. PLAYERS ARE NOT PERMITTED TO BRING THEIR OWN BALLS INTO THE SCHOOL. THE COACHES WILL PROVIDE ALL BASKETBALLS.**
- 4. COACHES ARE RESPONSIBLE FOR ALL EQUIPMENT GIVEN TO THEM BY THE KINGWOOD TOWNSHIP BASKETBALL LEAGUE. ALL EQUIPMENT SHALL REMAIN THE PROPERTY OF THE KINGWOOD TOWNSHIP BASKETBALL LEAGUE AND SHALL BE RETURNED AT THE CONCLUSION OF THE SEASON.**
- 5. FIRST AID SUPPLIES WILL BE REPLACED IMMEDIATELY BY CONTACTING **Anthony De Sapio, Jr at (908) 996-6337****
- 6. ALL PLAYERS ARE REQUIRED TO PLAY AT LEAST ONE HALF OF EACH GAME. EXCEPTIONS TO THIS RULE CAN ONLY BE MADE FOR CIRCUMSTANCES INVOLVING INJURY, SICKNESS OR DOCTOR'S HEALTH RESTRICTIONS SUCH AS ASTHMA, ETC OR FOR DISPLANARY REASONS WHICH SHALL BE MADE CLEAR TO THE PLAYER AND TO THE PLAYERS PARENTS. EXEMPTIONS SHALL ALSO BE MADE IN WHEN IT BECOMES NECESSARY TO PLACE MORE THEN 10 PLAYERS ON ONE TEAM IN THIS CASE IT IS IMPOSSIBLE FOR ALL PLAYERS TO PLAY ONE HALF OF EACH GAME. IN THIS CASE EACH PLAYER SHALL PLAY ONE QUARTER EACH GAME AND THEN THAT PLAYER SHALL PLAY ONE HALF OF THE NEXT GAME.**