

City of San Mateo Parks & Recreation Department Junior Warriors Basketball League 2024



Rules Packet

Game Rules

1. **Fouls:**

- a. Five **(5)** personal fouls will result in disqualification from the current game.
- b. Seven **(7)** team fouls in a half, results in a one and one situation. Team fouls reset at the start of each quarter.

2. **Game Time:** All games will consist of four 10-minute running quarters with a 1-minute break between quarters and a 3-minute break between halves. *At no time will the clock be stopped during the regular playing periods. **Exception: during timeouts and in the last 2 minutes of the fourth quarter on all referee whistles IF the game is within 10 points.***

3. **Timeouts:** Two 30 second timeouts **(2)** per half. Any unused timeouts will not carry over into the second half and/or overtime.

4. **Overtime:** A 2-minute overtime period will be used to break tie games at the end of regulation. If the game is still tied after the first overtime period, then another 2-minute overtime will be played, followed by sudden death (first team to score) overtime if the game is still tied after the second overtime.

5. **Playing Time:** All players are required to play a minimum of ten **(10)** minutes each game. Playing time will be determined by the coach(s).

6. **Mercy Rule:** If a team is up by 30 or more points, *the scores will be turned off.* The team ahead can only play defense inside the 3-point arch and any jump ball situation is automatically awarded to the team behind. *This rule will remain in effect until the team behind comes back within 10 points.*

7. **Concussion Rule:** If the game is stopped due to a player injuring the head. The injured player must be substituted for and must sit for a minimum of ten minutes. After an injured player has sat out the required ten minutes, the players' parent/guardian must give the league coordinator and team coach the "okay" to allow their child to continue playing.

8. This league was created to be a fun filled and positive experience for everyone while the players build their skills in basketball through organized team play. We want the coaches, players, officials, and spectators to demonstrate the highest level of sportsmanship possible! If any of the participants or spectators do not exhibit this high level of sportsmanship during the league (both on and off the court) it will be grounds for a penalty or dismissal from the game/league.

THIS WILL BE STRICTLY ENFORCED!!! All disciplinary measures determined to be appropriate by the league director are final and may not be appealed.

Basketball Size

1. Division 1 plays with a 28.5 **(Size 6)**
2. Division 2 plays with a 29.5 **(Size 7)**

Defense Rules

The following regulations are in effect regarding defense for each division

- **Division 1:** There will be no pressing allowed on defense. When on defense you will need to be inside the 3-point arch.
- **Division 2:** Full court press is allowed! In any situation where one team is up by 10 points or more, the team that is ahead will **NOT** be allowed to press and must play defense inside the 3-point arch. If the team that is losing narrows the gap to 10 points or less, then the team that is leading can begin to play press defense again, until they are up by 10 or more, then they go back to no press defense until they are not leading by 10 or more.

Referees

Please note that the referees will call the games violations based on the division, game, and skill level.

As the season progresses referees will be instructed to call games "tighter" with a focus on excessive reaching, traveling, double dribble, etc.

Rosters

All team rosters have been set and created by the City of San Mateo Parks and Recreation Coordinator and Supervisor responsible for the Junior Warriors

Basketball League. All rosters were set with the intention of making the teams as evenly competitive as possible. All special requests such as “teammates request” or “practice time” must be noted on the appropriate form during the parent meetings. Due to the large number of requests some requests may not be granted. League policy guarantees immediate family members (brother, sister, guardians) in the same division, to be placed on the same team. All other requests are not guaranteed. All team rosters are final in decision.

There are absolutely no trades or acquisitions of free agents. If a coach is having difficulty contacting a player on the team, please contact league Coordinator or Supervisor to have them assist with contacting the player, to verify participation.

Forfeits

A team must have a minimum four (4) players to start a game.

Both teams will start game 4 vs. 4, until the team that is short has a 5th player arrive, or until game reaches halftime.

At halftime, the opposing team can continue to play 4 vs. 4 or choose to play 4 vs. 5.

If a team at the start of game time has only three (3) or less players, a ten (10) minute grace period will be given. At the end of the ten-minute period, if a team does not have the minimum four (4) players, the game will be called a forfeit.

If the team with only four (4) players has a player that commits five (5) fouls, that player will be allowed to stay in and complete the

game. However, a foul called on that player will result in a technical and two (2) free throws will be reward to the opposing team.

Technical Fouls

Any player or coach receiving two (2) technical fouls in a game will be ejected from the game and subject to a minimum one-game suspension. Suspension length is at the discretion of the league coordinator. Any ejected person must leave the basketball gym immediately.

Dress

We highly encourage all players to wear athletic shoes & apparel for all practices & games

Earrings or piercings of any kind cannot be worn during games. Covering earrings with tape is not acceptable and must be removed during play.

Every player will be given a jersey for the season. These jerseys must be worn during games. If, for any reason, a child on a team does not have their jersey, that child will still be allowed to play, but please check in with the score table before the game! Uniforms are not to be altered in any way during the season. (Example: adding child's last name to back of jersey).

Accident Report & Injuries

After any and all injuries, immediately notify city staff, and have them fill out an accident report. First Aid supplies will be available for minor cuts and/or bruises. If additional emergency medical attention is needed, please notify the league specialist or any city employee immediately.

League Conduct

This is a non-competitive league, therefore badgering, fighting, foul language, towards the officials, scorekeepers, and staff will not be tolerated. Flagrant fouls and any other unsportsmanlike conduct will not be tolerated. Individuals ejected from a game will be subject to a minimum one-game suspension. Any individual ejected from a game for fighting shall immediately be suspended from further participation, pending a review of the circumstances. The suspended individual may not return to the gym until the suspension has ended. Any ejected individual shall immediately leave the premises. Any undue delay in doing so shall result in forfeiture of the game by the team, and result in the player/participant to be suspended from playing for the remainder of the season. A refund will not be processed for any un-played games. Each coach is responsible for the conduct of his/her players & fans. Coaches are subject to suspension and/or removal from a game if the conduct of themselves, players, or fans is not under control. *Please remember, as a youth basketball coach, the goal in our league is not to win, but for all participating children to have fun playing and to learn the game of basketball. It is the duty as a volunteer coach, to try to the best of their ability to teach the children the fundamental skills of basketball, while assuring they are also having fun!*

