

# Girls Basketball

## BY-LAWS FOR YOUTH LEAGUE BASKETBALL

### Leagues

- Girls League. Girls must play in the Girls League.
- Boys League. Boys must play in the Boys League
- Playing Multiple Leagues. A child cannot play in more than one basketball league at a time. Those in violation will be removed from the league(s).

### Age

- C League. Ages: 7-8 year olds. Must turn 7 years old on or before October 1st, and may not turn 9 on or before October 1st.
- B League. Ages: 9-10 year olds. Must turn 9 years old on or before October 1st, and may not turn 11 on or before October 1st.
- A League. Ages: 11-13 year olds. Must turn 11 years old on or before October 1st, and may not turn 14 on or before October 1st.

### Drafts

- Draft Attendance. Coaches must be present at all basketball drafts. Players may be required to attend if the situation warrants their attendance.
- Draft Approval. The Recreation Department will have the final approval of each completed draft.

### Practices

- Practices will be scheduled by Alleghany County Parks & Recreation. Please let the recreation office know the best times and days for your practices. We will do our very best in accommodating our coaches' work schedules.

### Teams

- The responsibility of determining whether teams combine or divide rests with the Recreation Department. As a general rule, if a team has more than 12 players, they will be divided into two teams. The optimal team size is 7-8 players. Extenuating circumstances may affect the application of the aforementioned rule.

### Games

- Official Rules. Games will be played in accordance with VHSL rules (as governed by the National Federation of State High School Associations), except when in conflict with these by-laws.
- Players to Start a Game. Teams must have 5 players in order to begin a game.
- Coaches. There can be only 1 Head Coach and 2 assistant coaches on the bench. ALL coaches must be certified by NYSCA. The Head Coach is the only one allowed to stand in the coach's box. At no time should a coach block the view of the scorekeeper during the play of the game.
- Quarter Length.  
C League: Five (5) minute quarters—two (2) minute overtime periods.  
B League: Five (5) minute quarters—two (2) minute overtime periods.  
A League: Six (6) minute quarters—three (3) minute overtime periods.
- Quarter/Halftime/Game Breaks. One (1) minute break between quarters. Five (5) minute break between halves. Ten (10) minute break between games.
- Overtime Procedures. If the score remains tied after four quarters of play, all players will receive a three (3) minute break before beginning the overtime period. The overtime period will be two (2) minutes in B & C, and (3) minutes in A. Each team will be given an additional 30 second time-out. If the score remains tied after the overtime period, there will be an additional period played. Each successive overtime period, after the first, will be of one (1) minute duration. Each team will receive one time-out per overtime period played. This procedure will continue until there is a victor.
- Time-Outs. Each team will be allowed three (3) Full Time-Outs and two (2) 30 second Time-Outs per game. An additional Time-Out will be given for each period of Overtime. Time-Outs in Overtime may be accumulated for successive periods, if not used in the prior Overtime period(s). Time-Outs can be called by a player or a coach.
- Rim Height. The rim height for C League will be 8 ½ feet. B & A League will use the regulation rim at 10 feet.
- Free Throws. C League players will attempt free throws from the 9 foot line which is marked in yellow. B League players will attempt free throws from the 13 foot line which is marked in white. A League players will attempt free throws from the 15 foot, regulation free throw stripe.
- 3 Point Shots. Three point shots are allowed in all leagues except C League. If a C League player makes a shot outside the three point arc, it will count as two (2) points.
- Full-Court Press. The Full-Court Press is allowed only in A League for the entire game. During B & C League play, defenses must be set up on the opposing teams' side of the court, within the area of the three point arc (as long as there is no 'fast break' by the offensive team). The only time the Full-Court Press is allowed in C League is during the last minute of each half. The only time the Full-Court Press is allowed in B League is during the last minute of the 1st, 2nd, and 3rd quarter, and the last two (2) minutes of the game. After multiple infractions, the referee has the option to penalize the offending team with a technical foul.
- Lopsided Scores. If a team leads by 20 points in A League, 15 points in B League, or 10 points in C

League, the leading team must change their game plan without embarrassing the opposing team, in order to keep the lead respectable. The leading team cannot press in the back-court. PENALTY: 1st offense for embarrassing an opponent—the coach will receive a warning letter. 2nd offense—the coach will be suspended a game.

- Official Book. The score entered into the scorebook is the only official account. Any disputes concerning the score should be addressed to the referee or qualified Recreation Personnel that night.
- Playing Time Requirement. Each child is required to play one (1) full quarter per game, beginning to end. \*\*If a child is injured during the last minute of their playing quarter, they will be given credit for the quarter. However, if the child can continue to play, the coach is encouraged to play the child more during the game. If a child is sick before the game starts, the coach must indicate so in the official scorebook, in case that child is not able to play his full quarter. If you are disciplining a child you must also put this in the book to justify why the child is not playing his/her quarter. Required playing time is eliminated from the tournament games. The Recreation Department encourages each coach to make an attempt to let each child play during this time.
- Schedule. All games will be played in accordance with the league schedule, except when postponed by Alleghany County Parks & Recreation.
- Game Balls. Balls will be provided to each coach by the Recreation Department.
- Girls Ball Sizes. A League: intermediate size (28.5”), B League: junior size (27.5”), and C League: junior size (27.5”).
- Boys Ball Sizes. A League: official size (29.5”), B League: intermediate size (28.5”), and C League: junior size (27.5”).
- Jewelry. There shall be NO jewelry worn by players during warm-ups and/or games. Hard objects worn in the hair are considered jewelry and are thus not allowed.

#### Equipment

- Footwear. Only soft soled shoes will be considered legal footwear.
- Game Jerseys. Jerseys are for league contests ONLY! Exceptions: jersey may be worn on game day to school or to high school games. Do not wear to practice. Players must wear jerseys provided by the Recreation Department.
- Coach’s Responsibility. Coaches are responsible for all articles of equipment distributed to his/her team and its members that are not accounted for. This includes both basketballs and jerseys.
- Parent’s Responsibility. All equipment will be returned to the Recreation Office following the child’s last game, or the parents will be billed for the replacement value of all articles not returned. No child will be allowed further participation in our programs if these conditions are not met.

#### Officials

- General. There will be two (2) officials assigned per game (when available).
- No Refusal Policy. No coach or team has the right to refuse to play under any designated official.

- Communicating with Officials. Only the Head Coach can talk to a referee.

## All-Stars

- Boys All-Stars. A League ONLY - There will be two (2) All-Star teams selected in A League. These teams will be selected by league coaches. Coaches will send in nominations from his/her team. A coach's failure to return a ballot will result in his/her team members' ineligibility for All-Stars. All players will be in the draft. Head coaches will not automatically keep their own players.
- Selection of Coaches. The first place, regular season coach will be head coach for Allegheny #1. The second place, regular season coach will be head coach for Allegheny #2 All-Stars. The first place, regular season coach will get to make the first pick. We will follow normal draft procedures as in the regular season, ie. all players in the draft. The Head coach will automatically keep his own child, but has up to the third round to draft him. Before nominations are made, all A League coaches will attend a meeting and discuss their nominations; such as, points, rebounds, assists, etc. with the other coaches. This will allow all coaches to become better accustomed with all the players. The coaches will nominate up to 5 players from their team. However, they can not vote for a player from their team. A total of 20 players will be drafted to comprise the two teams. The required playing time requirement is eliminated during All-Stars.
- Girls All-Stars. Girls All-Stars will follow the same guidelines as boys, except there will be two (2) girls teams selected from the county league. Thus, 20 girls will be selected.