



Basketball League – Park Stars
Grades: K-2 and 3-4
RULES AND REGULATIONS

1. SPORTSMANSHIP & CONDUCT (PLAYERS, COACHES AND SPECTATORS)

- a. ***Be a Good Sport Whether You Win or Lose.*** Show a positive attitude toward your teammates, coaches, game officials, and spectators watching the game.
- b. ***Respect Officials.*** Show respect and courtesy to game officials and coaches by following their instructions and directions. Refrain from addressing the game officials or commenting on their decisions before, during, or after the game.
- c. ***Respect Teammates, Coaches, and Opposing Players.*** Maintain control of their emotions, avoiding the use of abusive or profane language, taunting or humiliating remarks, and/or gestures and physical assault upon another player at any time. Respect the coaches and players of the opposing team and display sportsmanship at all times. At the conclusion of a game be humble and generous in victory and proud and courteous in defeat.
- d. ***Follow the Rules.*** Your team, the league and soccer in general all have rules for practices and games. Practices and games are more fun and safe within the rules.

NOTE: ANY BEHAVIOR DEEMED INAPPROPRIATE TO THE PROGRAM AND/OR ITS PARTICIPANTS MAY RESULT IN EJECTION FROM THE GAME AND/OR THE FACILITY AND POSSIBLE SUSPENSION OR EJECTION FROM THE PROGRAM. NO EXCEPTIONS WILL BE MADE. THIS INCLUDES PLAYERS, COACHES AND SPECTATORS.

2. TEAM SELECTION

- a. Teams are co-ed and determined by activity registration. If more than one team is formed within a practice time, the teams will be established during the first practice session, mixing player abilities, age and school.
- b. PP&R is unable to keep pre-established teams together. Once players are assigned and teams created, rosters become set and no adjustments can be made. If you would like to request your child to be on a team with one other friend, please fill out a **Youth Sports Buddy Form**.

3. FACILITY RULES

- a. **NO FOOD OR BEVERAGES OF ANY KIND ARE ALLOWED** in the gym.
- b. Participants and spectators may use the water fountains located inside the gym.

4. PLAYER EQUIPMENT

- a. PP&R will provide each player with a T-shirt. Each team will be assigned a specific colored T-shirt. Players must wear their T-shirt to each game. Wearing the T-shirt to practices is at the parents' discretion.
- b. Pockets are not allowed on athletic shorts or pants worn by players during the game.
- c. Gym shoes are required.
- d. No jewelry of any type is allowed. Hair accessories containing metal are not allowed. Medical information tags must be taped against the body. Players who need to wear eyeglasses are encouraged to use straps to secure their glasses. Safety glasses or goggles are recommended. Casts of any type are not allowed.

5. INJURY

- a. Your child's safety is important to us:
 - a. Any player who is bleeding, or has an open wound, or has any blood on their uniform, must leave the game for appropriate treatment and may not return prior to the first opportunity for such player to return.
 - b. Any player that receives a substantial blow to the head, or other serious injury, will not return to play during that day.
- b. Return to play after injury:
 - a. Any player diagnosed by a medical professional with a serious injury players, including a concussion, may not return to play without medical clearance from a medical physician.
 - b. Any player that has had a minor injury and received appropriate treatment may re-enter at a dead ball situation or at the end of a timeout. If a team calls a timeout, and the injured player has received appropriate treatment by the end of the timeout, the player may re-enter the game at that time. An injured player may return to the game in the same period of play they were injured.

6. REFEREES

- a. **Coaches will act as referees.** Coaches will be lenient in their application of the rules. The players are not technically skilled and should not be governed by strict applications of the rules of the game. Coaches try to keep the action flowing so players have the greatest opportunity for game play. At the beginning the season coaches will be lenient when calling infractions (i.e. three seconds, traveling or double dribble), and will become stricter with their enforcement of the rules as the season progresses.

7. DURATION OF GAME

- a. Games will consist of four (4) ten-minute quarters, with running time.
- b. Half time is five minutes long with one minute between quarters 1 and 2, as well as quarters 3 and 4.
- c. At all grade levels, teams will change goals at halftime.
- d. One time out is permitted per half. The referee may stop the clock for injuries, etc.
- e. Individual time will be kept for separate games. Start times on courts will be offset by 15 minutes.
North Portland Park Stars will run central time without time outs.

8. SET UP & NUMBER OF PLAYERS

- a. A junior size basketball is used for K-2 games, 28.5 intermediate ball is used for 3-4 games.
- b. Games will be played 5V5.
- c. For grades K-2, the basket hoop height is eight (8) feet.
- d. For grades 3-4, the basket hoop height is ten (10) feet.
- e. The free throw line will be approximately twelve feet. Players that are not strong enough to shoot from this distance may be moved closer to the basket.

9. START AND RESTART OF PLAY

- a. A jump ball is used to start play. Teams then alternate possession on following jump balls and at the beginning of each quarter.

10. INDIVIDUAL PLAYING TIME

- a. **All players should play approximately equal amounts of time. Each player must play a minimum of two (2) quarters of the game**, unless they are injured or sick, being disciplined, or ejected for improper conduct.

Exceptions:

- 1) Any player that misses part of the game because of tardiness is not guaranteed the opportunity to play the minimum two (2) quarters.
- 2) Any player who severely disrupts the team may not be entitled to play the minimum two (2) quarters.

NOTE: In such cases the coach **must** contact the program manager to discuss the matter.

- b. Substitutions will occur as needed, and the coach will call players on and off the court.

11. SCORING

- a. **For grades K-2 and 3-4, NO SCORE IS KEPT DURING THE GAME.**

12. GAME RULES & VIOLATIONS

- a. Offensive players are not allowed to screen for the ball handler. Screens can be used away from the ball.
- b. Defenders are not allowed to press. The ball must cross half court before defense can be applied.
- c. A player fouled in the act of shooting will receive two free throws. All other fouls result in the ball being taken out of bounds.
- d. Teams must play man-to-man defense. Players on the court wear a colored wristband and they must guard the opponent that is wearing the same color wristband. No zone defenses or double-teaming are allowed. Referees will stop play following defensive violations to instruct players about the rules. Referees will tighten application of the defensive rules as the season progresses.
- e. Referees will be lenient with regard to three seconds in the key area. The violation will only be called if a player is intentionally breaking the rule to gain an offensive advantage.
- f. Player and team fouls will not be kept. The coach is responsible for managing players that constantly foul.



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