



Youth Basketball

January 2022

BREC ATHLETICS
6201 Florida Blvd
Baton Rouge, LA
225.272.9200

THE RECREATION AND PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

Dear Team Manager,

On behalf of the Recreation and Parks Commission for the Parish of East Baton Rouge, we would like to welcome you as a participant in our Youth Basketball Program.

Our goal is to offer quality sports programming at affordable prices and see that each participant has an enjoyable leisure experience.

Please read the rulebook at your first opportunity to familiarize yourself with our league's rules and regulations.

We now have an online registration system. You can establish your online account at www.brec.org. For additional information, you can contact athletics@brec.org or you can also visit our department's web site at <http://www.brec.org/index.cfm/subhome/athletics>.

All managers/coaches must take the SPORTSMANSHIP class. (NFHS Sportsmanship Course <http://nfhslearn.com/courses/37000>) Submit completion certificate with team registration form.

All manager/coaches must take the CONCUSSION training course (Center for Disease Control and Prevention Concussion Training Course <https://www.cdc.gov/headsup/youthsports/training>) Submit completion certificate with team registration form.

Again, welcome to our program. Wishing you and your team a very enjoyable and successful season.

Sincerely,

BREC Athletics

The Recreation and Park Commission for the Parish of East Baton Rouge reserves the right to make changes to this document as necessary during the season.

THE RECREATION & PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

TEAM REGISTRAION

Player Contracts

All youth players' registration forms must be filled out with a copy of the original birth certificate and a current photo that must be attached in double-sided format. Every registered player must be listed on the team roster. **Coaches will need to pay at least 50% of registration fee in order to receive a gym location for practice.**

Coaches Registration for Youth Sports Volunteer Coach

All Coaches a required to complete and submit a BREC Volunteer Coaches Background Check Form by **September 1st** of each year:

www.volunteer.brec.org

Teams/organizations with multiple teams and/or age groups are required to have more than one (1) coach per team per age group.
No Exceptions

People who have not registered, and been approved, as a coach will not be allowed to coach in any capacity (practice or games).

People who are not listed on the team roster will not be allowed to coach in any capacity during games.

A coach who does not have their Volunteer ID Badge is not allowed on the sideline/bench area as coach.

Wearing your BREC volunteer identification badge is an important public safety tool and you are always required to wear them.:

- The ID provides special designation for authorized and qualified volunteers.
- The ID is a key component of a comprehensive risk management practice that reflects a comprehensive public safety practice.
- The ID builds trust among the public that parks and recreation is committed to quality management practices.
- The ID provides public information regarding the leadership role of parks and recreation to make communities safe.
- A photo identification practice serves the dual purpose of identifying volunteers as qualified and authorized personnel and builds public awareness for quality volunteer management practices.
- The system of requiring identification badges is only effective when there is compliance by all volunteers wearing their photo identification always of service

Guidelines for BREC Volunteer Identification Badges

1. All qualified volunteers are required to wear a photo identification badge.
2. Photo identification badges are always to be displayed when at practice or a game setting and are not to be worn or used for any other purpose than a volunteer coaching assignment.
3. No pins, stickers, or markings can be displayed on the BREC ID badge. The photo identification badge must be clearly visible to the public and should be worn between the shoulders and waist with the photo clearly visible. **(BREC provided black lanyards before the start of the season for coaches to wear around their necks)**
4. If a photo identification badge is lost or stolen, it is the responsibility of the volunteer to notify a supervisor as soon as possible to obtain a replacement badge.
5. The photo identification badge will be issued to all volunteers after the completion of a comprehensive background check and will expire one year from that date of issuance.
6. It is the duty of every qualified volunteer to report any volunteer failing to properly display their credential and sign the volunteer log book before each BREC practice and/or game.

Failure to perform any of the given guidelines will resort in your team forfeiting a contest and any individual not adhering to BREC policy and procedures for youth basketball and/or any other sport with youth participation, will be escorted from the premises.

If you have any questions and/or concerns, please contact the Athletics Department at athletics@brec.org.

All coaches and officials are required to take and complete a Sportsmanship Course offered through the National Federation of State High School Associations (NFHS). Coaches and officials are also required to complete a concussion training course offered through the Centers for Disease Control and Prevention. The completion certificates for the Sportsmanship training as well as the Concussion training must be submitted when your team registration packet is submitted. If any coach does not submit his/her certificates will not be eligible to coach until the courses are completed and their certificates are submitted.

➤ Sportsmanship Course Link: <http://nfhslearn.com/courses/37000>

➤ Concussion Course Link: <https://www.cdc.gov/headsup/youthsports/training/>

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____,

Team/Organization Name: _____

BREC CODE OF CONDUCT

- No manager, player, or spectator shall physically/verbally threaten, lay a hand upon, shove, or strike an official, field supervisor, staff member, player and/or spectator.
- No manager, player, and/or spectator shall be guilty of objectionable and/or disruptive verbal demonstrations of dissent at an official's or field supervisor's decision or refuse to abide by official's or field supervisor's decision. No manager, player, and/or spectator shall be guilty of verbal abuse to include references to an individual or group's race, religion, gender, national origin, disability or age.
- Participants shall not use flagrant rough tactics against an opposing player.
- There shall be no unnecessary throwing of equipment, or any other objects.
- There will be no cause for defacement or destruction to any public facility or equipment.
- Participants (managers, coaches, players, etc.) may not falsify their own name or any other player's name on a team roster, scoresheet, or any other league document. The use of ineligible or illegal players is not permitted.
- Individuals and/or teams violating the Code of Conduct will be subject to league discipline action which may include one or more of the following actions: game ejection, game forfeiture, game suspensions, probation and/or seasonal suspension.

BREC PARK POLICIES

- No alcoholic beverages may be brought onto or sold on BREC property. (City Parish Ordinance, Title 13: Section 13:1010)
- Pets must always be leashed, and droppings removed. For information on our Dog Park locations, please call 272-9200 ext. 400. (City Parish Ordinance Title 14, Chapter 2, Sec. 14:204)
- Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)
- Gambling or games of chance are prohibited on BREC property. (City Parish Ordinance, Title 13: Section 13:90.2)
- Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)
- Please help keep your parks clean by placing all trash and litter in receptacles provided at all BREC parks. For safety purposes glass containers are prohibited within parks.
- Sale of merchandise, food and beverage, solicitation of fees or donations, or conducting any type of business or event, including distribution of flyers, signs or other advertising mediums is prohibited without permit from BREC Commission. (City Parish Ordinance Title 3, Chapter 5, Sec 3:90- 93) For additional information regarding permits see Special Events.
- Park patrons are advised to be cautious of purchasing any product or merchandise from a vendor in a BREC park not displaying a BREC Permit or not selling from a designated BREC concession stand.
- Teams/Spectators may not play their own music inside of a BREC park before, during, or after games.
- ***Teams/players violating any BREC park policy may be subject to forfeiture of the game and/or expulsion from the league.***

Team Manager Responsibilities

➤ Team managers serve as a communication between BREC and staff to members of their team. Therefore, it is important that all team managers communicate effectively, pertinent information submitted from the Athletics Department. We ask that all team managers read each document thoroughly and carefully, and as well as all included attachments, if needed.

➤ **It is the responsibility of team manger to make sure that...**

- ✚ All rosters are submitted and completed, prior to the season startup date.
- ✚ All rosters are updated when new player additions are made.
- ✚ Each player, coach, and/or manager participating has signed their roster/waiver prior to participation.
- ✚ Each player is aware of the rules, procedures, and player code of conduct put in place by BREC
- ✚ The athletics department is notified properly on any forfeited game, so that arrangements are made for the opponent of that team.
- ✚ All rescheduled games, game cancellation, and forfeits are relayed to members of the team.
- ✚ All written protests are submitted to the Athletics Office within 2 (48 hours) business days of the incident in question.
- ✚ All players are in the appropriate color uniform based on HOME or VISITOR bench, with numbers affixed to jersey. *Players who fail to comply will be ruled ineligible to participate.*
- ✚ That members of their team, fans and/or parents conduct themselves in a manner within accordance of BREC league rules and Code of Conduct.
- ✚ ▪ Relay/Forward all player suspension documents to member(s) of their team, if needed.

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____,

Team/Organization Name: _____

PARENTS CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Code of Ethics.

I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sport event.

I will place the emotional and physical well-being of my child ahead of any personal desire to win.

I will insist that my child play in a healthy environment.

I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.

I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.

I will remember that the game is for children and not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will promise to help my child enjoy the youth sports experience within my personal constraints by being a respectful fan, providing transportation or whatever I can do.

CHILD PARTICIPANT NAME(S):

1. _____
2. _____
3. _____
4. _____

Team/Organization Name: _____

TO BE READ AND SIGNED BY PARENT/GUARDIAN OF MINOR: I hereby represent that I am the parent/guardian of the minor(s) whose name(s) appears above. I am familiar with and consent and agree to the terms and provisions set forth in this release/parent's code of conduct, on behalf of myself and said minor.

Parent/Guardian Signature: _____

Print Name: _____

Date: _____

By placing your email below, you are giving permission for BREC staff to send updated league information, as well as upcoming BREC leagues/events in the future. Please print legibly.

Email address: _____

COACHES CODE OF ETHICS PLEDGE

I hereby pledge to live up to BREC's Coaches Code of Ethics.

I will place the emotional and physical well-being of my players ahead of any personal desire to win.

I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I promise to review and practice the necessary first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all players.

I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.

By placing your email below, you are giving permission for BREC staff to send updated league information, as well as upcoming BREC leagues/events in the future. Please print legibly.

Email address: _____

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____,

Team/Organization Name: _____



COACH & SUPPORTER CODE

NO COACH or SUPPORTER who is associated with your team is allowed under no circumstances to say (shout/criticize/heckle) anything to a BREC Sports official (Court/Scores Table). Any coach/parent/supporter who is cited with saying anything to a BREC Sports Official will be the result of a technical foul (2 shots) called/charged against the team (issued to the Head Coach) in which the erratic supporter is affiliated. If a second (2nd) technical foul is called/charged against the team of the coach/parent/supporter, the team with two (2) Fan/Supporter Technical Fouls will forfeit the game immediately and the Head Coach will serve a one (1) game suspension. Coaches are responsible for the actions of their supporters.

Acknowledgement of Rule Book & Bylaws

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent

that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release of the rule book & bylaws, on behalf of myself and/or organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____

Team/Organization Name: _____

U.S. Center for SafeSport Parent Resources

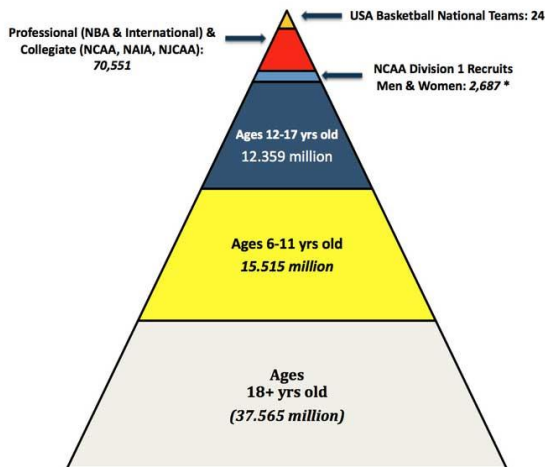
The U.S. Center for SafeSport has provided these resources to provide free online training to parents, which are available via the links below. Please note that these resources are created by the U.S. Center for SafeSport and by clicking the links, you will be directed to a site outside of usab.com.

- [Free online parent training](#)
- [Complete Parent Toolkit](#)
 - [Parents of Preschool Children](#)
 - [Parents of School-Age Children](#)
 - [Parents of Middle School Youth](#)
 - [Parents of High School Aged Adolescents](#)

Youth Development Guidebook

The **USA Basketball Development Model** was created to help guide players, coaches, parents and administrators through the sport. The model includes many types of initiatives, tools, resources and offerings, all of which focus on the health and well-being of young people to enhance enjoyment, participation and development in the game.

Look at this pyramid of basketball participation figures in the United States as of 2014:



Source: Experian Simmons 2014.

*Based on 9,406 total scholarships available at this level annually. Estimating 3 scholarships are open per men's program and 4 are open per women's program each year

As part of its development model, BREC is excited to present the USA Basketball **Youth Development Guidebook** as a resource for new and/or returning players, coaches, and parents. The guidebook further explains the USA Basketball Development Model philosophy and includes the **Player Development Curriculum**, a robust and progressive teaching and playing standard for all levels of the game.

We hope you will utilize this guidebook, curriculum and the USA Basketball youth development philosophy while guiding young people. We urge you to continue your own development in the game and take advantage of all the resources and initiatives that USA Basketball has to offer.

The links below are for free chapters from the USA Basketball Youth Development Guidebook.

[Introduction](#)

[Basketball Development Pathway](#)

[Coaching the Game](#)

[Imparting Life Skills](#)

[Nutrition and Hydration](#)

[Teaching Techniques](#)

[Equipment Recommendations](#)

[Player Development Curriculum](#)

[Introductory Level](#)

The chapters that follow are available to USA Basketball Licensed Coaches through their personal profile:

Foundational Level

Advanced Level

Performance Level

Ready to obtain your USA Basketball Coach License? Click [HERE](#) to register.

BREC encourages all Youth Volunteer Basketball Coaches/Mangers to obtain the USA Basketball Coach License to enhance our knowledge of basketball and continue to promote a safe environment for the children of East Baton Rouge Parish

BREC YOUTH BASKETBALL RULES & BYLAWS

EQUIPMENT, GAME LOCATION(S) AND COURT SPECIFICATIONS

Playing Segment	Size of Ball	Height of Basket	Location of Game	Game Days	Distance of Free Throw Line	Distance of 3-Point Arc
(3-5) Little Ballers Freshman (6-7)	(3-5) Boys and Girls size 3 (22") Boys and Girls size 5 (27.5")	6'5" Little Ballers 8' Freshman	TBA	TBA	8'	Not Applicable
Sophomore (8-9)	Recreational Boys and Girls size 5 (28.5") Premier Boys and Girls size 5 (28.5")	Recreational 10' Premier 10'	TBA	TBA	15'	19'9"
Junior (10-11) Recreational & (10-11) Premier Leagues	Boys and Girls size 5 (28.5")	10'	TBA	TBA	15'	19'9"
Senior Recreational (12-13) & Premier (12-13) Leagues	Boys and Girls size 5 (28.5")	10'	TBA	TBA	15'	19'9"
Varsity Recreational (14-15) & Premier (14-15) Leagues	Girls size 6 (28.5") Boys size 7 (29.5")	10'	TBA	TBA	15'	19'9"

GAME STRUCTURE

Playing Segment	Game Length	Time Between Periods	Extra Period(s)	Scoring	Timeouts	Start of Game Possession
(3-5) House Little Ballers Freshman (6-7)	(4) Four 6-minute Quarters Game Clock will Run Continuously throughout game	1 minute	2 minutes	Free throw: 1 point All field goals: 2 points No 3-point field goals	Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play One 60-second timeout granted for each extra period Unused timeouts may not carry over to the next half or into extra periods	Jump ball
Sophomore (8-9) Recreational & (8-9) Premier Leagues	(4) Four 6-minute Quarters	1 minute	2 minutes	Free throw: 1 point All field goals: 2 points Field goal outside of 3-point arc: 3 points	Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play One 60-second timeout granted for each extra period Unused timeouts may not carry over to the next half or into extra periods	Jump ball
Junior (10-11) Recreational & (10-11) Premier Leagues	(4) Four 6-minute Quarters	1 minute	2 minutes	Free throw: 1 point All field goals: 2 points Field goal outside of 3-point arc: 3 points	Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play One 60-second timeout granted for each extra period Unused timeouts may not carry over to the next half or into extra periods	Jump ball
Senior Recreational (12-13) & Premier (12-13) Leagues	(4) Four 6-minute Quarters	1 minute	2 minutes	Free throw: 1 point All field goals: 2 points Field goal outside of 3-point arc: 3 points	Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play One 60-second timeout granted for each extra period Unused timeouts may not carry over to the next half or into extra periods	Jump ball
Varsity Recreational (14-15) & Premier (14-15) Leagues	(4) Four 6-minute Quarters	1 minute	2 minutes	Free throw: 1 point All field goals: 2 points Field goal outside of 3-point arc: 3 points	Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play One 60-second timeout granted for each extra period Unused timeouts may not carry over to the next half or into extra periods	Jump ball

BREC CONTEST LIMITS

Season: A team shall be granted a minimum of six (6) games and a maximum of (10) games for each league. **City Tournaments:** Only the Top 4-6 teams from each league will be granted playoff privileges on the discretion of BREC Athletics Department. **All – Star Game:** If Applicable, only **(8-9), (10-11), (12-13), and (14-15) age groups** will be granted All- Star Game privileges for youth selection privileges, on the discretion of BREC Athletics Department and gym availabilities. All All-Star Games should be played mid-season and/or after the season has ended.

GAME TIME

1. Games can begin with 4 players, and it is on the coach discretion if he/she wants to play 4 or 5 players during the contest.
2. **We suggest teams should be at the game site 30 minutes before game time.**
3. Team Line-Ups. Team line-ups are due to the official scorer fifteen minutes prior to the scheduled game time. If the line-up is not in place by game time, a forfeit will result. This is the responsibility of the coach/captain of each team.

AGE DIVISIONS

Little Ballers (3-5)- Minimum Age requirement for participant will be 3 years of age by start of season. Any player who has not reached his or her 6th birthday on or before **May 1, 2022**, is eligible to play.

Freshman (6-7)- Any player who has not reached his or her 8th birthday on or before **May 1, 2022**, is eligible to play.

Sophomore (8-9)- Any player who has not reached his or her 10th birthday on or before **May 1, 2022**, is eligible to play.

Junior (10-11)- Any player who has not reached his or her 12th birthday on or before **May 1, 2022**, is eligible to play.

Senior (12-13)- Any player who has not reached his or her 14th birthday on or before **May 1, 2022**, is eligible to play.

Varsity (14-15)- Any player who has not reached his or her 16th birthday on or before **May 1, 2022**, is eligible to play.

GAME TACTICS

Playing Segment	Playing Time	Set Defense	Pressing Defense	Double – Team/ Crowding	Zone Defense	Stealing from the Dribbler
(3-5) House Little Ballers Freshman (6-7)	Equal Playing Time	Only player-to- player defense throughout the competition	Pressing is not allowed throughout the competition	Double- team/crowding is not allowed throughout the competition	Zone Defense is not allowed throughout the competition	(3-5) Little Ballers (6-7) Freshman Coaches' discretion throughout the competition
Sophomore (8-9)	Recreational Equal Playing Time Premier Coaches' discretion throughout the competition	Recreational Player to Player and/or Zone throughout the competition Premier Coaches' discretion throughout the competition	Recreational Player-to-player defense may be extended full court in the 4th period and each extra period at the 1- minute mark unless that team is leading by 10 points or more. Premier Pressing allowed throughout the competition	Recreational Double- team/crowding is not allowed throughout the competition Premier Allowed throughout the competition at coaches' discretion	Recreational Allowed throughout the competition at coaches' discretion. No doubling in Zone Defense. Zone defense must be clearly recognizable by team/players. No doubling can occur with the back-court players during the Zone. Warning: First Offense Thereafter, team will receive a technical foul after each offense. Premier Allowed throughout the competition at coaches' discretion	Coaches' discretion throughout the competition
Junior (10-11) Recreational & (10-11) Premier Leagues	Recreational Equal Playing Time Premier Coaches' discretion throughout the competition	Coaches' discretion throughout the competition	Pressing allowed throughout the competition	Allowed throughout the competition at coaches' discretion	Allowed throughout the competition at coaches' discretion	Coaches' discretion throughout the competition
Senior Recreational (12-13) & Premier (12-13) Leagues	Recreational Equal Playing Time Premier Coaches' discretion throughout the competition	Coaches' discretion throughout the competition	Pressing allowed throughout the competition	Allowed throughout the competition at coaches' discretion	Allowed throughout the competition at coaches' discretion	Coaches' discretion throughout the competition
Varsity Recreational (13-14) & Premier (13-14) Leagues	Recreational Equal Playing Time Premier Coaches' discretion throughout the competition	Coaches' discretion throughout the competition	Pressing allowed throughout the competition	Allowed throughout the competition at coaches' discretion	Allowed throughout the competition at coaches' discretion	Coaches' discretion throughout the competition

HIGHLIGHTED GAME PLAY RULES

Playing Segment	Back Court Timeline	Shot Clock	5 Seconds Close Guarding	Clock Stoppage
(3-5) House Little Ballers (If applicable) Freshman (6-7)	Not applicable	Not applicable	Not applicable	Continuous Game Play throughout the competition
Sophomore (8-9)	10 seconds	Not applicable	Only when the offensive player is holding the ball for five seconds or dribble the ball for five seconds and controlling the ball for five seconds in an area enclosed by screening teammates.	On any dead ball and/or free throw attempt in the last 2 minutes of each period and in each extra period
Junior (10-11) Recreational & (10-11) Premier Leagues	10 seconds	Not applicable	Only when the offensive player is holding the ball for five seconds or dribble the ball for five seconds and controlling the ball for five seconds in an area enclosed by screening teammates.	On any dead ball and/or free throw attempt in the last 2 minutes of each period and in each extra period
Senior Recreational (12-13) & Premier (12-13) Leagues	10 seconds	Not applicable	Only when the offensive player is holding the ball for five seconds or dribble the ball for five seconds and controlling the ball for five seconds in an area enclosed by screening teammates.	On any dead ball and/or free throw attempt in the last 2 minutes of each period and in each extra period
Varsity Recreational (13-14) & Premier (13-14) Leagues 18U House (If applicable)	10 seconds	Not applicable	Only when the offensive player is holding the ball for five seconds or dribble the ball for five seconds and controlling the ball for five seconds in an area enclosed by screening teammates.	On any dead ball and/or free throw attempt in the last 2 minutes of each period and in each extra period

HIGHLIGHTED GAME PLAY RULES – Continued

Playing Segment	Length of Time for Free Throws	Number of Players permitted on Free Throw Line	Substitutions	Advancement of Ball after a Timeout
(3-5) House Little Ballers Freshman (6-7)	Not applicable	Offense may have 3 players on the lane, including the shooter Defense may have 4 players on the lane	Either team may substitute after dead ball or timeout	In the last 2 minutes of the 4th period and each extra period following a timeout, the ball will be inbounded from the offensive team's frontcourt opposite the scorer's table
Sophomore (8-9) Recreational Premier	10 seconds	Offense may have 3 players on the lane, including the shooter Defense may have 4 players on the lane	Either team may substitute after dead ball or timeout	In the last 2 minutes of the 4th period and each extra period following a timeout, the ball will be inbounded from the offensive team's frontcourt opposite the scorer's table
Junior (10-11) Recreational & (10-11) Premier Leagues	10 seconds	Offense may have 3 players on the lane, including the shooter Defense may have 4 players on the lane	Either team may substitute after dead ball or timeout	In the last 2 minutes of the 4th period and each extra period following a timeout, the ball will be inbounded from the offensive team's frontcourt opposite the scorer's table
Senior Recreational (12-13) & Premier (12-13) Leagues	10 seconds	Offense may have 3 players on the lane, including the shooter Defense may have 4 players on the lane	Either team may substitute after dead ball or timeout	In the last 2 minutes of the 4th period and each extra period following a timeout, the ball will be inbounded from the offensive team's frontcourt opposite the scorer's table
Varsity Recreational (13-14) & Premier (13-14) Leagues	10 seconds	Offense may have 3 players on the lane, including the shooter Defense may have 4 players on the lane	Either team may substitute after dead ball or timeout	In the last 2 minutes of the 4th period and each extra period following a timeout, the ball will be inbounded from the offensive team's frontcourt opposite the scorer's table

GOVERNING RULES

Games shall be played under the official Louisiana High School Athletic Association/USA Basketball Rules and/or specific changes for local situations as follows.

PLAYER/TEAM ELIGIBILITY

- A. The number of players to be signed and carried by each team shall not exceed **14** players, nor be less than **6**.
- B. Each player must be on their roster in order to be eligible for play.
- C. Registration fee for the league is **\$ _____ per team** and must be turned in to BREC's Athletic Department with the complete team packet by the deadline date established each season. Schedules will be listed on www.webtrac.brec.org under Leagues Search and your Age division.
- D. Coaches must turn in a completed player contract for each player on their roster. A recent photograph copy of the original birth certificate and a recent photo of the player must accompany this contract, **double sided on one sheet of paper**.
1. In case of an age eligibility question the coach must be able to present an original birth certificate within 72 hours. If the original is not presented the player will automatically be suspended until the birth certificate is produced.
- E. Players will not be permitted to sign with a team after the deadline date (**After the second scheduled playing date**) established yearly.
- All Non-athletes/coaches are responsible to see that their team meets all eligibility requirements. If a player is found to be ineligible prior to the start of a sanctioned competition, the player will be expelled from the competition and the team will continue. If a player is found to be ineligible after the competition has started, the player will be expelled from the competition and the team will forfeit all games in which the ineligible player was listed on the official score sheet. The team may continue to participate, if applicable, without the expelled player.
- F. Players will be allowed to play in more than one (1) BREC league within the Youth Basketball program, but **players may not play on more than one team per league per season**. *Example: BR Heat organization has two organizational teams in (12-13) (Recreational & Premier). The Heat wants Peter to play in the Premier and Recreational divisions for more training, in the same (12-13) division. BREC Athletics Department will not grant this to the organizations due to competition of play. No Premier player can play in a Recreational division of the same age within a given season, if listed on a premier roster during the season.*
- G. All games in which an ineligible player has played will be forfeited.
- H. Additions to the roster must be in by **Tuesday before 12:00 noon to play the next Saturday**. No additions except for hardship will be taken after the second Saturday of the season.
- I. Players of younger division age may play/participate in older divisions, but an older division age player may not play in the younger divisions.

J. Player Post-Season Eligibility: Any player on your roster must play in at least **2 regular season games** of their scheduled league games for the regular season. If not, he or she will be deemed ineligible for any post-season games.

K. If a team has an out of state tournament scheduled on Saturday and/or Sunday conflicts with BREC scheduled basketball game(s), it shall be permitted, by mutual agreement of the opposing coach/manager/organization, to reschedule the basketball game(s) on a weekday during the same week provided it is not a league tournament game. If it is a league tournament game, it shall require approval of both BREC Athletics and the opposing coach/manager/organization to reschedule the game on an earlier date. In either case, the opposing coach/manager/organization shall be allowed to honor this playing date change without penalty.

General Basketball Rules

Personal Fouls: A foul is called when a player makes illegal contact with an opponent that results in an advantage. When a foul is called, live play immediately stops. Which team receives the basketball will depend on many factors that I'll cover over the next few paragraphs. Here are the 6 most common personal foul types:

Reaching In: Occurs when a defender reaches in to steal the basketball and makes illegal contact with their opponent. The contact made is usually the defender slapping the dribbler's arm or wrist.

Holding: A holding foul is called when a player uses their hands or arms to limit or prevent an opponent's movement around the court.

Blocking: A blocking foul is called when a player uses their body to limit or prevent an opponent's movement on the court without establishing position.

Charging: A charging foul is called when a defensive player has established position and an offensive player runs into them. • This can happen with or without the basketball.

Pushing: A pushing foul is called when a player extends their arms forcefully to move an opponent on the court.

Illegal Screen: An illegal screen is called when an offensive player who is setting a screen on a defender has not established position when the opposition contacts them.

Penalties for Fouling:

• **If a foul is whistled while an opponent is in the motion of shooting the basketball, the offensive player will receive free-throws.**

- 2 Free-Throws = If a player is fouled while attempting a field goal within the three-point line (layup, post move, midrange shot, etc.)
- 3 Free-Throws = If a player is fouled while attempting a field goal beyond the three-point line. **(ALL AGE DIVISIONS)**

If a shot attempted while being fouled is successful, the points for that shot count and they will be rewarded with only 1 additional free-throw regardless of where on the floor the contact was made.

On all non-shooting personal fouls, the team who was fouled receives the basketball at the closest point out-of-bounds from where the foul was made.

If a team commits more than the legal number of fouls in a half the player who was fouled will receive one and one free-throws for each additional foul. If a team commits more than an additional 10 fouls the other team will receive two free throws per foul committed.

A player is 'fouled out' and must spend the rest of the game on the bench after they have accumulated 5 fouls throughout the duration of a game.

Game Violations: When a violation occurs, play is immediately stopped and the team who committed the violation loses possession of the basketball. The basketball is then passed in from outside the court by the opposition at the closest point to where the violation occurred.

Out-of-Bounds Violation: *The basketball is ruled out-of-bounds when it touches either a player, the floor, or an object that is out of bounds. The possession of the basketball goes to the opposing team of the player who was the last to touch the basketball. If the basketball lands on the line, that is still considered out of bounds.*

Traveling Violation: *Traveling is difficult to describe in writing but is in place to prevent players from taking more than one step while holding the basketball. This rule also prevents players from moving or changing their pivot foot once it's been established.*

Special Fouls

Technical Foul: *A technical foul is called when a coach or player brings the game of basketball into disrepute and is not made in relation to contact.*

- ***This could be actions like yelling at a referee, flopping, kicking a basketball, using inappropriate language, holding onto the rim after a dunk, etc.***
- ***When a player or coach has received two technical fouls, they will be ejected from the game and required to leave the playing area.***
 - **Penalty: 2 free-throws for any opposition player on the court and then possession.**

Flagrant Foul: *A flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional.*

- ***This could include actions like hitting, kicking, or pushing another player.***
- ***Penalty: 2 free-throws for any opposition player and then possession.***

Unsportsmanlike Foul: An unsporting foul is a noncontact technical foul which consists of unfair, unethical, dishonorable conduct or any behavior not in accordance with the spirit of fair play

- **Penalty: 2 free-throws for any opposition player and then possession.**

Intentional Foul: An intentional foul is a personal that may or may not be premeditated and is not based solely on the severity of the act.

- **Penalty: 2 free-throws for the fouled player and then possession near the spot of the foul.**

Time Violations:

3-Seconds in the Key Violation: The 'three seconds in the key' rule is used to prevent offensive players from standing in the key for long periods of time.

1. Instead, players must continually move around the court keeping the key open for dribble penetration. Once a shot has been attempted, a 3-second violation cannot be called.
2. The defensive team can also be called for a 3-second violation in some leagues.
 - **Penalty: A violation is called, and the basketball is given to the opposition.**

Double Dribble Violation: A double dribble can occur in two situations:

1. A player dribbles the basketball, picks up their dribble, and then dribbles the basketball again.
2. When a player touches the basketball with both hands while dribbling.

Jump Ball Violation: When two opponents grab the basketball at the same time and it cannot be gained by a single player quickly, a held ball violation will be called.

1. The basketball is given to each team on a rotating basis depending on the possession arrow which will be discussed later in the article.

Goaltending Violation

1. Goaltending violation is called if an offensive or defensive player contacts the basketball while it's in the downward flight after a shot or if a player touches the basketball when it's in the vertical cylinder above the hoop.
2. *If the offensive player receives a goaltending violation, the basket is called off and their opponent receives possession of the basketball.*
3. *If the defensive player receives a goaltending violation, the basketball is counted, and the defense will then receive the basketball like a normally made shot.*

Back-Court Violation

1. Once the basketball has been fully established in the offense's front court, they are not allowed to cross back over the half-court line into the backcourt.
2. If they do, the penalty is a turnover.
3. The only exception to this is if a defensive player was to tap the basketball over the half court line. Then the offense can sprint back and retrieve it.

5-Second Inbounds: Once a player passing in from out of bounds receives the basketball from the referee, they then have 5 seconds to pass the basketball in to one of their teammates.

- **Penalty: A violation is called, and the basketball is given to the opposition.**

5-Second Closely Guarded Violation: This violation is rarely called, but it's important to know.

An offensive player in the frontcourt with possession of the basketball can be called for a 5-second violation if they're being guarded within 6 feet and fail to pass, shoot, or dribble within 5 seconds.

- **Penalty: A violation is called, and the basketball is given to the opposition.**

10-Seconds Back Court Violation: After gaining possession of the basketball in the backcourt, the offensive team is required to advance the basketball over the half-court line within 10 seconds. The count is continued if the opposition deflects the basketball but stopped if the opposition takes possession of the basketball.

- **Penalty: A violation is called, and the basketball is given to the opposition.**
-

Free-Throws: A player is rewarded with a free-throw opportunity after being fouled while shooting the basketball, after the opponent has exceeded their foul limit, or after the opponent commits a technical or flagrant/unsportsmanlike foul. This results in one, two, or three uncontested shots from the free-throw line all worth one point each.

Lane Violation – Shooter

- The player shooting a free-throw is not allowed to jump or step over the free-throw line until the basketball has touched the rim. Doing so will result in a violation and the basketball awarded to the opposition team on the sideline.

Lane Violation – Non-Shooters

The other 9 players on the court during free-throws must also follow specific rules...

The three players behind the three-point line are not allowed to cross over the three-point line until the basketball has touched the rim.

The six players lined up on the edges of the key can step into the key as soon as the basketball has left the shooters hands.

- *If the defensive team breaks any of these rules, the player shooting free-throws receives one extra shot if their current shot is missed. If the free-throw shooter makes the shot on a defensive lane violation, the shot counts and play continues.*
- *If one of the offensive players breaks one of these rules, the free-throw does not count, and the opposition receives the basketball out-of-bounds.*

Possession Arrow: The possession arrow is used after every held ball or when the referees are unsure on an out-of-bounds call. The initial direction of the arrow is determined by the jump ball that commences the game. The team who does not secure first possession of the basketball will receive the basketball at the next jump ball. The possession arrow then alternates between the two teams for the remainder of the game.

MERCY RULE

Leagues (3-5) (6-7) (8-9) Divisions ONLY

Mercy Rule: If a team's lead reaches twenty (25) points or more, the scoreboard will reset to 0-0 (scorekeeper will keep track of score), and the clock will continue to run continuously. This should also apply during the last two (2) minutes of the 4th period. If the lead drops below twenty (20) points the clock will resume normal operation.

(3-5) Little Ballers Division will not keep score for any reason

EBR / BREC SCHOOL RULE

Players in BREC program can play or have played for any EBR Middle and/or High school team during the current school year, but a Coach must inform BREC Athletics of the player and/or players. The players will be eligible after they have completed competition in their school leagues. If a coach doesn't notify BREC Athletics of the player or player(s) that are playing in school leagues, BREC Athletics has the right to disqualify the player from BREC league play for the year and all games played with the player(s) will be forfeited by the team. The opposing coach will need to provide evidence of any player they believe is playing on their school team.

Middle/High School team = *A team where the school provides supervision, uniforms, practice time, or any necessary support.*

1. Middle/High School Basketball players are not eligible to play once their name has appeared on the school's roster until after their season is completed. A definition of a school team (public, private, parish, or parochial) is one that competes against other schools during any given playing season and the school furnishes facilities, equipment, uniforms, coaches, or any other financial assistance.

TECHNICAL FOULS

A. A player/manager that has a technical foul called against him/her will be warned the first time and ejected from the game on the second technical foul. After the third technical foul, the game will be forfeited to the opponents regardless of the score or time left in the game. (This pertains to technical fouls called for unsportsmanlike conduct on part of player/manager.)

B. All league teams must have at least one approved BREC Volunteer coach who must be present at all games. If a coach is not present or if a suitable approved BREC Volunteer Coach replacement is not present within your organization, then the team will forfeit the game. No player coaches will be allowed. The players can scrimmage the opposing team without officials, if forfeit has occurred during your time slot due to this matter.

LEAGUE AWARDS

The league champion and runner-up in each division will receive individual medals for each player. League champion team trophy will also be presented to the division winners.

In the event of a tie in the standings between two or more teams, head-to-head will break a tie and/or a coin flip, if not applicable. BREC Athletics will decide seeding for teams in playoffs. It will be on BREC Athletics Department discretion, if any team and/or team(s) are granted a play-in game for tied teams, within any division and/or league.

OFFICIALS

All officials will be furnished and approved by BREC.

All games will be played at the court indicated on the schedule. Games will be played as scheduled.

COACHES

There is a maximum of two approved (3) coaches on the bench with the players per game. No Spectators or Parents allowed.

UNIFORMS

Every team will be required to have matching t-shirts/jerseys and shorts, with 6" hot pressed number on the back of t-shirts/jerseys. Teams will need to have a home and away t-shirt/jersey for competition. T-shirts/jerseys must be tucked in, and no shorts or sweats with pockets or outside drawstrings. Pants/shorts with belt loops, and pockets are not allowed. **No hats with bills. No "do-rags". No sunglasses. No Jewelry. No flip flops or opened toed shoes. Uniform violations will result in a player being deemed ineligible for the game.**

"Home team" players shall wear white jerseys and "visiting teams" players shall wear dark-colored jerseys in games.

ILLEGAL EQUIPMENT

A player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:

- A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.
- B. Jewelry of any kind.
- C. Shoes with metal, ceramic, screw-in, or detachable cleats unless the screw is part of the cleat.
- D. Jerseys that have been altered in any manner which produces a knot-like protrusion. E. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.
- F. Towels may not hang from a participant's waist.
- G. Shoulder pads
- H. Stickum of any kind (on body, gloves, or ball)

Penalty: Ineligible until removed and a yellow card presented to player.

CONDUCT RULES

We ask that you always maintain a positive approach throughout the league and adhere to the following guideline:

Game officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite the players or spectators against the officials. Public criticism of the officials or players is unethical

The coach should respect his opponents, display gracious behavior during competition and require his players to conduct themselves in similar fashion. Before and after the contest, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

Coaches shall actively use their influence to enhance sportsmanship by spectator.

PLAYER BEHAVIOR

Any coach, or player verbally or physically abusing a game official, opposing player, or any other individual, will be ejected from the game and must leave the facility immediately. Any player refusing to leave will cause his team to forfeit the game. In the case of physical abuse or extreme unsportsmanlike conduct, additional disciplinary action can/will be taken by BREC's Athletic Department including but not limited additional suspensions and/or removal from the league. **COACHES WILL BE HELD RESPONSIBLE FOR THE ACTIONS OF THEIR TEAM MEMBERS AND FANS.**

SUSPENSIONS

A player who is ejected from a game will be required to leave sight and sound of the facility within 2 minutes. If a player fails to leave after an ejection, the game will be forfeited by the umpire. Managers should see that your player leaves promptly. If any player is ejected from the game, he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by BREC staff. If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of BREC indefinitely, pending review by staff

EJECTIONS

All ejections carry a mandatory suspension of the next scheduled game. If a player is ejected twice (2) within one playing season, they are not allowed to participate within the playoffs or league for the next year until player's parent/guardian and coaches have contacted Athletics Department for a hearing on the matter.

PROTEST

All protest must be made on site prior to play resuming. Only team captains can confer with the officials. Protest must be lodged only for misinterpretation of rules. Protest must be lodged properly in writing and must be submitted to Athletic Department within two working days (Mon.-Fri.) after protested incident. If the protest is upheld the \$25.00 fee will be returned. The protest fee will be forfeited if the protest is not upheld.

RETURNED CHECKS

Teams will be eliminated from any further league play for non-payment of league fees.

FORFEITS

- The field supervisor's or official's watch represents the official time. Any time five players are on the court; the game must start.
- Teams with fewer than five (5) players **after the grace period**, will be given a forfeit.
- **The score of a forfeited game will be 15-0.**
- In the event of a double forfeit each team will be credited with a loss with the score being recorded as 0-0.
- Forfeit Limits: A team which exceeds its maximum limit may be dropped from the league without a refund.
- Maximum limits:
 - Teams which play one game per week2 forfeits within the playing season
 - Teams which play two games per week3 forfeits within the playing season

REFUND POLICY

No refunds and/or household credit will be given unless a league has not played 50% of league games before the league is cancelled. **All refunds and/or household credits will be determined by the Athletics Department discretion.** If rule violations result in a team being removed from the league, the following refund formula will be used.

- Teams expelled between the date of registration and the beginning of their leagues first game **will forfeit 100%** of their registration fee.
- Teams expelled after the start of their first game **will forfeit 100% of fee.**

RAIN MAKE UPS

In most cases, teams will receive at least one week notice of schedule changes.

In emergencies, teams may be asked to play with less notice.

Managers will receive a rain make-up schedule through www.webtrac.brec.org under Leagues, upon games being rescheduled.

ROSTER CHECKS

BREC staff reserves the right to randomly check team rosters for player validity. The manager is responsible for keeping up-to-date team roster records. This practice can eliminate any question as to whether a team member is eligible to play. Players must present BREC staff with a form of photo identification upon request. Any player or team information which is not correct on a team's roster, and/or the use of illegal or ineligible players will result in league discipline.

PLAY-OFFS

Play-offs will consist of the top four (4) to eight (8) teams from leagues (6-7) – (14-15). The number of playoff participants will be on the discretion of BREC Athletics Department.

Injury, Bleeding or Open Wound:

A player/substitute, manager, coach, trainer, or other team member or sports official who is bleeding or who has an open wound shall be prohibited from participating further in the game until the bleeding is stopped and the wound covered.

1. If treatment can be administered in a reasonable amount of time the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment.
2. If excessive time is involved, the re-entry rule would apply to players.
3. If there is an excessive amount of blood on the uniform/bandage must be changed before the individual may participate.

Concussion Protocol:

Any player that exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not be returned to play.

Communicable Disease Procedures:

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing potential or transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all blood contaminated surfaces and equipment with a solution made from proper dilution of household bleach (CDC recommends 1-100) or other disinfectants before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles contain body fluids.

The referee shall not permit any team member to participate if in his/her judgement any item constitutes a safety concern, such as, but not limited to, a player's fingernails or hairstyles.

BREC reserves the right to re-evaluate the rules and place improvements in place for any current rules and/or violations. BREC reserves the right rule on any items not covered in the document and to expand the rule basis. Rules that are not covered in the BREC rules and operating code, will automatically defer to LHSAA Basketball and/or USA Basketball rules and procedures.