

ATHLETICS DEPARTMENT
4810 E. County Line Rd.
Littleton, CO 80126
303-483-7035

SPRING/FALL GAME ONLY LEAGUE
5th-8th GRADES
RULES AND REGULATIONS

- I. TEAM ROSTER:
 - a. A complete team roster is required for all teams. All players must fill out an Athletics League Registration Form signed by the parent(s) in order to participate in the program.
 - b. Team rosters are limited to a minimum of eight players and a maximum of twelve players. South Suburban reserves the right to add players to the rosters to reach the minimum.
- II. ELIGIBILITY RULES
 - a. Separate boys and girls divisions are offered. A minimum of four teams per grade is required; otherwise divisions may be combined.
 - b. An individual or team must play at their current grade level only. No player will be allowed to play up or down a grade without approval from the league director.
- III. PLAYING TIME & SUBSTITUTIONS
 - a. Games will be two (2) halves, eighteen (18) minute running clock.
 - b. Game clock will stop on every whistle the last 2 minutes of the game if the score is within 10 or less. (At any point)
 - c. Overtime: A 2-minute overtime will be played if the game ends in a tie. The first minute will be a running clock and the final minute will become a stop clock on every whistle.
 - d. An adult must be present (in the team bench area) during every game.
- IV. PRACTICES:
 - a. Practice times may be requested by the head coach. Note, practice times are limited.
- V. UNIFORMS:
 - a. **NO JEWELRY OF ANY KIND WILL BE PERMITTED (INCLUDING EARRINGS).**
 - b. No casts of any kind will be permitted (soft cast, covered hard cast or otherwise).
- VI. GAME LOCATIONS:
 - a. Games will be played at the following locations:
 - i. SSPRD Sports Complex – 4810 E. County Line Rd. Littleton, CO 80126
 - b. Game Locations
 - i. Coaches are ultimately responsible for players and fan conduct at game facilities.
 - 1. Basketballs are not to be bounced outside of the gym
 - 2. Participants and families attending games do not need to pay to enter the recreation centers. The entrance fee for the recreation center IS required to use the facilities.

3. Reminder: All parents sign the Code of Conduct when registering their child.

VII. FORFEIT TIME:

- a. Forfeits will be avoided as much as possible. Each team should have at least four (4) eligible players to begin a game with the intention that the players that are present will play a game. Teams can finish with three (3) players. At the coaches' option, teams may provide players to the opposing team to create a more balanced game.

VIII. WEATHER HOTLINE: **FOR GAMES ONLY!** **303-219-1150**

- a. In case of inclement weather, or crisis situations, no decision will be made on the status of the games until at least one (1) hour before the first game. There may be days when a decision may not be made until game time due to late breaking situations.
- b. South Suburban has a weather hotline for all gyms. **GAMES ONLY!!** If there is no mention of basketball on the weather line, games will be played as scheduled.

IX. RULES:

Follows CHSSA High School rules with the following clarifications and exceptions:

- a. Basketball size
 - i. 5th-8th Girls – 28.5 (official women's ball)
 - ii. 5th-8th Boys – 29.0 (official men's ball)
- b. Basket Height
 - i. 10-foot baskets
- c. Scoring
 - i. Scores will be displayed.
- d. Coaching Restrictions
 - i. Teams must have all coaches stationed in the bench area only.
- e. A jump ball will determine the possession at the start of the game. The alternating possession rule will be in effect thereafter.
- f. Games will be two (2) twenty (20) minute running halves. There will be a three (2) minute half time.
- g. Each team will be allowed two (2), one (1) minute time-outs per half. Time outs cannot be accumulated.
- h. Fouls
 - i. Individual Fouls - Each player is allowed a maximum of five (5) fouls. On the fifth foul the player will not be allowed to play for the remainder of the game.
 - ii. Team Fouls (Bonus) – Teams reach the bonus when the opponent commits five (5) fouls. Two (2) free throws are awarded once in the bonus. Team fouls reset at the end of each nine (9) minutes of gameplay.
 - iii. Technical Fouls – If a team commits a technical foul then the opposing team will receive an automatic two (2) points and possession of the ball.
- i. Free Throws
 - i. Regulation 15-foot free throw line will be used. **Free throw violations will be called.**
- j. Full Court Press:

- i. Full court press is allowed. Once there is a 15-point differential, full court press is not allowed.
 - ii. PENALTY: Violation will result in stoppage of play with offensive team retaining possession. Play shall resume at the point of the violation (no inbounds will occur).
 - k. Defense
 - i. Teams may plan man to man or zone defense. No restrictions.
 - l. A player who is bleeding, has an open wound, or has an excessive amount of blood on their uniform must leave the game and may not re-enter prior to the first opportunity to re-enter, provided that the blood has been removed, bleeding is stopped, open wound has been covered or another shirt has been put on.
- X. CONDUCT RULES**
- a. Taunting and baiting by players will result in a technical foul without warning. Examples of taunting and baiting include demonstrations made when fouls and violations are called by officials, demonstrations towards officials or opponents, ridiculing motions such as pointing fingers and gesturing, aggressive body language, hollering or chesting up.
 - b. Coaches are responsible for parent behavior towards officials, coaches, players, or other spectators (coaches may be asked to control their fans or a technical foul may result).
 - c. A coach charged with a direct or indirect technical fouls loses the ability to stand and must remain seated for the remainder of the game.
 - d. Only two coaches are allowed on the bench at a time.
 - e. Refer to the Code of Conduct.

ELASTIC POWER:

The South Suburban Athletics staff reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

COMMENTS ON THE RULES:

These rules are intended to create a balance of play; to create an atmosphere of sportsmanship and fair play; and to emphasize cleverness and skill without limiting freedom of individuals or team play. It is important to know the intent and purpose of a rule so that it may be intelligently applied in each play situation. A player or team should not be permitted an advantage which is not intended by a rule. Play will not be permitted to develop which may lead to placing a player at a disadvantage not intended by a rule.

NOTE: Alcohol, smoking and chewing tobacco products in all school and park district buildings are prohibited.