



YOUTH BASKETBALL SPORTS MANUAL



City of San Fernando
Dept. of Recreation & Community Service
208 Park Ave.
San Fernando CA 91340
818-898-1290

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**THANK YOU FOR YOUR PARTICIPATION
IN OUR SPORTS PROGRAM!**

MISSION STATEMENT

The City of San Fernando Youth Sports Program is designed to be a source of fun and enjoyment for the community's youth, while building their character and self-esteem. We strive to teach the youth life lessons that will have value beyond the playing field. We as recreation professionals are here to develop children's abilities to evolve their full potential, their talents and increase their skills in any recreational sport, and more importantly... life.

General Information

Rules and regulations not contained in this manual or in any handout materials will be governed by the City of San Fernando Department of Recreation & Community Services.

Elastic Clause: The City of San Fernando Department of RCS shall have complete charge of the Youth Basketball League. Any and all situations not specifically covered by these rules shall be acted upon by the Department, and all actions by them will be FINAL.

If there are any further questions or ideas regarding the Youth Basketball League, please contact the City of San Fernando Department of RCS

Results and Schedule

Schedules for matches will be on the City website www.sfcity.org, under Youth Sports Programs. Results will be posted on the basketball bulletin board at Recreation Park biweekly.

Amendments

This manual or any section thereof may be amended through evaluation by team managers, referees, etc., as deemed necessary by the department. If you have any questions, concerns or need information on the Youth Basketball League, please call our Recreation Office (818) 898-1290, Monday through Thursday between 9 a.m. to 1 p.m. and 3-6 p.m. or Friday 9 a.m. to 12 p.m.

IMPORTANT CONTACT INFORMATION

Maribel Perez, Recreation Supervisor
Office: 818- 361-7156
mperez@sfcity.org

Patricia Padilla, Recreation Leader III
Office: 818-898-7360
ppadilla@sfcity.org

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FACILITY POLICIES

Children at Matches

Children accompanying parents and players must remain in the gymnasium at all times and must be properly supervised.

Food and Beverage

Absolutely NO FOOD OR BEVERAGE will be allowed in the gymnasiums, with the exception of bottled water. Please do not litter City grounds with trash.

Smoking

Smoking is not allowed in or around City facilities, including bathrooms and hallways.

Athletic Braces

All braces (knee/ arm) must have all metal covered and padded. If it is not covered properly, the player will not be allowed to participate. Braces designed for athletics are acceptable.

Alcohol

Alcohol is not allowed in any City facility or in any City parks. Violators of this City Ordinance will be suspended from league play and may face fines and or legal penalties. Any player or team representative detected with alcohol on his/her breath will be asked to leave the facility and will be reported to our office.

Game Time

The Facility will open 30 minutes before the first game time, please plan accordingly.

ROLE OF THE COACH

PURPOSE

As a coach of a youth athletic team, you have an enormous influence on the life of each player on your team and in the program. Next to the parent, you are probably one of the most important adults in the youths' lives. Each youth on the team looks to you for guidance and leadership. You will find yourself, at one time or another, in the position of being a father, a mother, a teacher, a friend, and a disciplinarian; and many times all of these on the same day - your guidance affects the youth in all situations.

It is the intent of the City to insure that games shall be conducted with good sportsmanship and fair play. It is our hope that the managers and coaches be the type of individuals who our society can point to as worthy examples for the youth to follow.

COACHES INFORMATION

1. No team shall have more than two (2) coaches. They are designated as Head Coach and Assistant Coach.
2. Head Coach appointments are to be made by the Recreation Supervisor or designated staff for one (1) season.
3. All coaches will be evaluated at every game and following each season. This evaluation will be used to determine whether or not he/she will be invited back to represent a team in our program in the future.
4. All coaches are required to submit to a background check. The background checks are subject to approval of the Recreation and Community Services Department.
5. All Assistant Coaches may be selected by the Head Coach before or after the skills assessments and draft, pending approval of the Recreation Supervisor or designated staff member. Assistant Coaches must also submit to a background check.
6. All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by City of San Fernando Department of Recreation and Community Services. All coaches must be approved by the Recreation Supervisor or designated staff member. Any coach not carrying out these duties and responsibilities will be subject to dismissal by the department.
7. Head Coaches are **required to communicate with parents and players** throughout the season regarding practice times, game schedules, rules, conduct, responsibilities, etc.
8. Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should conduct themselves accordingly at all times.
9. Only the Head Coach and their Assistant will be allowed to sit on the bench with the team during the playing of an official game.
10. Only the Head Coach will be allowed to stand during the game. The Assistant Coach must remain seated on the bench during the game.
11. Only the head coach is allowed to make direct contact with referee. Other coaches may not leave the bench area for the purpose of discussion with an official.

12. During all games and practices coaches must dress appropriately.

COACH CONDUCT & RESPONSIBILITIES

1. Coach and Assistant coach are required to wear their coaches' badge at all league games
2. A coach, assistant coach, parent, spectator or player shall not at any time lay a hand upon, push, shove, strike, or threaten to strike a referee, or they are subject to ejection from the game, as well as, any or all games left in the season.
3. A coach, assistant coach, parent, spectator or player shall not verbally abuse a referee or use profane, obscene, or vulgar language in any manner or at any time.
4. A coach shall not appear at any time in an intoxicated condition, smell of alcohol, or have in his/her possession any alcoholic beverage.
5. A coach shall be responsible for the conduct of his/her own spectators or rooters on either side of the playing area.
6. A coach shall be responsible for the conduct of his/her players while they are on the court or sidelines.
7. A coach shall be responsible for ensuring that his/her assistant coaches exhibit good sportsmanship before, during, and after the game.
8. Win, lose, or draw, all coaches, assistant coaches and players will be required to show good sportsmanship by giving a cheer to the other team and shaking hands after the game.
9. **Communication with Parents**
 - a. Get parents name and contact information
 - b. Inform them of practices and game time and location.
 - c. Explain the rules and explanations

COACHES CODE OF CONDUCT

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for 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 my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

PROGRAM CODE OF CONDUCT

1. The City of San Fernando Department of Recreation and Community Services has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, coaches, referees, spectators, or parents) at any city function or event and said behavior will be subject to partial or permanent suspension.
2. Unsportsmanlike conduct is defined as but not limited to the following: harassment of referees or participants, use of profane language or gestures, and public threat or physical violence.
3. Any player, coach, spectator or parent that enters the field of play and confronts and/or makes contact (i.e. cursing, shoving, pushing, etc.) with another person will be suspended from the program, and any City of San Fernando Recreation & Community Services related facilities for any practice, game, or activity for one calendar year from the date of the incident.
4. No player, coach or spectator shall refuse to abide by a referee's decision.
5. No player, coach or spectator shall be guilty of objectionable demonstration of dissent at a referee's decision.
6. Only the head coach can discuss a referee's game calls with a referee.
7. No player or coach shall be guilty of using unnecessary rough tactics in the game against an opposing player.
8. No player, coach or spectator shall be guilty of personal verbal abuse upon any player, referee, or spectator for any reason.
9. No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, referee or spectator.
10. No alcoholic beverages are allowed on any park property. Anyone violating this rule is subject to arrest and expulsion from the League.
11. No player, coach or spectator shall use profanity. Offending players/coaches may be subject to ejection, possible suspension/expulsion from the league.

SPORTSMANSHIP

Good conduct and sportsmanship is expected at all times. Any player ejected from the gym by a City of San Fernando staff for unsportsmanlike conduct must sit out one league match before being allowed to play again. Any player ejected twice from this league in the same season may be suspended for the remainder of the season and possibly asked to leave the program indefinitely at the discretion of the League Supervisor and/or League Coordinator.

The referee or park staff shall have the power to warn and/or eject a player, substitute, manager, or spectator who commits, in the referee's opinion, any of the gross violations of sportsmanship:

1. Persistently addresses the referees in regard to decisions that are made.
2. Makes derogatory comments about/or to the referees, any staff, or players.
3. Trying to deliberately distract the other team members.
4. Delaying the game in any way.
 - Fighting, baiting of players or verbal abuse of referees will not be tolerated. Players guilty of these infractions will be suspended.
 - Any player ejected for any reason shall sit out the next two scheduled games. Two ejections will result in the player being suspended from the league.

Disciplinary Sanctions

Action: Two (2) technical fouls in a single game, Aggressive confrontation with referee, staff, coach, player or spectator before, during, or after a game.

Sanction: Removal from game and facility, one (1) game suspension from following game and facility restrictions. If ejected, a player or coach must vacate the premises. Failure to abide by this will result in forfeiture of the game, and possible law enforcement involvement.

Action: Two (2) technical fouls in a single game with refusal to vacate the premise and demonstrate actions that violate code of conduct

Sanction: Removal from game and facility and two (2) game suspension from following game and Facility Restrictions/playing site.

Action: Aggressive confrontation, including technical fouls following a game suspension, threat or engagement in physical violence towards an referee, staff, coach, player or spectator, and /or physical/verbal threat or abuse of a child.

Sanction: Termination as Coach

Action: Ejection due to fighting

Sanction: Termination from coaching

A suspension from the game is also a suspension from the playing site. A second ejection in the same season results in a suspension from all remaining games for that season. If circumstances warrant, the suspension may include all competitive programs offered by the City of San Fernando Recreation and Community Services Department. Seasonal suspensions may be appealed to the Recreation Supervisor.

Game suspensions may apply to regular season games and/or tournament play and may, at the discretion of City of San Fernando Recreation and Community Services Department, be carried over to future seasons.

COMMUNICATION POLICY

24 HOUR RULE: Parents sometimes disagree with a coach's decision or coaching style, especially when it involves their child. Parents have to understand that the coach does not represent a player, but the entire team and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child's sports development from game emotions. For this reason, we have adopted the "24 HOUR RULE", which simply states that the coach will not discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and cool off if necessary. Line of communications should follow the chain of command:

Parents/Players → Coaches/Asst. Coaches → Program Staff → Recreation Supervisor

Coach/ Program Evaluation

Upon the conclusion of the season or at any time you feel it necessary to provide feedback on your coach or the program you will be able to do so by filling out our evaluation form. All evaluations are anonymous and the Program Coordinator will receive the form. These evaluations are important and will allow us to continue to strengthen our league.

HONORING THE GAME

The main way to prevent adult misbehavior in youth sports is by keeping the youth in mind in which all involved "Honor the Game." Honoring the Game gets to the core of the matter and involves respect for the Rules, Opponents, Referees, Teammates and one's Self. You don't bend the rules to win. You understand that a worthy opponent forces you to play to your highest potential. You show respect for referees even when you disagree. You refuse to do anything that embarrasses your team. You live up to your own standards even if others don't. Here are ways that **coaches and parents** can create a positive environment for youth sports so that children will have fun and learn positive character traits to last a lifetime.

Before the Game:

1. Make a commitment to Honor the Game in action and language no matter what others may do.
2. Tell your child before each game that you are proud of him or her regardless of how well he or she plays.

During the Game:

1. Fill your children's mind through praise and positive recognition so they can play their very best.
2. Don't give instructions to your child during the game. Let the coach correct player mistakes.
3. Cheer good plays by both teams (this is advanced behavior!)
4. Mention good calls by the referee to other parents.

5. If a referee makes a "bad" call against your team? Honor the Game—BE SILENT!
6. If another parent on your team yells at a referee? Respectfully remind him or her to Honor the Game.
7. Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, "Will this embarrass my child or the team?"
8. Remember to have fun! Enjoy the game.

After the Game:

1. Thank the referees for doing a difficult job for little or no pay.
2. Thank the coaches for their commitment and effort.
3. Don't give advice. Instead ask your child what he or she thought about the game and then LISTEN. Listening fills emotional tanks.
4. Tell your child again that you are proud of him or her, whether the team won or lost.

LEAGUE INFORMATION

League Divisions

1. Players must sign up and play in their respective league age division. Divisions are as follows:
 - Ages 7-8 Coed
 - Ages 9-10 Coed
 - Ages 11-12 Coed
 - Ages 13-14 Coed
 - Age 15-17 Coed
2. The age cutoff date is the first game of the season. Participants must be 7 years old and cannot turn 18 prior to by the first game of the season.
3. A completed application and one form of full payment (check, cash, or credit card) are due at the time of registration.
4. All players must attend a skills assessment in order to be drafted. Those who are absent from the skills assessment will be randomly placed on teams by a name draw.
5. Player assessments will be held for ages seven (7) and above and will be supervised by the program staff. Participants entering a new age group will be placed on a new team. No special requests will be honored.
6. Once an individual player begins a season with their drafted team, he/she may not switch to a different team. **NO EXCEPTIONS!!!**
7. Rosters will be checked before games to ensure only registered players are playing.

RULES AND REGULATIONS

NOTE: City of San Fernando Department of Recreation & Community Services reserves the right to make any changes deemed necessary to ensure safe and efficient operation of the league.

All leagues are governed by the current CIF rule book except specified herein:

PLAYER DRAFT RULE

1. The player placement will take place after the player assessments. The City of San Fernando Dept. of Recreation & Community Services (RCS) Staff will supervise the coaches during the player draft to evenly distribute players to provide a fair and fun game.
2. It is important to attend assessments. Players who do not attend assessments will still be placed, but will make it difficult to keep teams balanced. Players who do not attend assessments will be selected by draw after all eligible players have been drafted. These players will be randomly placed on a team.
3. Head Coaches with children in the league will automa placed on their team.

4. Brothers and sisters in the same age group will be placed on the same team. If siblings are not in the same age group, a request must be made before assessments to the department. Requests will be reviewed by program staff, accommodations are not guaranteed.
5. In the event that a player needs to be paired with a particular coach or player due to transportation needs, a request must be submitted in writing prior to the draft. Requests will be reviewed by the program staff, accommodations are not guaranteed

TEAMS

1. Each team shall consist of a maximum of ten (10) players. This number depends on the amount of registrants and may be adjusted by the Recreation and Community Services Department.
2. Program staff will determine the number of registrants the league can accommodate. Program staff will develop the selection to accommodate the needs of all teams, including possible modifications of draft order depending on returning players and other factors.
3. No active City of San Fernando Coach shall recruit players to play in programs and/or teams outside the San Fernando Youth Program that directly affects the current attendance of the leagues. Violation of this rule will result in expulsion from the program.

LEAGUE AWARDS

1. The City of San Fernando Dept. of RCS provides individual participation awards for all participants of the program. Teams that win the Championship will get an individual championship award.

DUAL PARTICIPATION

1. Players may participate in only one (1) team in the San Fernando Youth Basketball Program.

UNIFORMS AND EQUIPMENT

1. Jerseys will be provided by the City of San Fernando Dept. of RCS. Parents will be required to purchase black shorts/pants and shoes. Teams shall NOT alter the uniforms that are distributed to players in any manner. Jerseys should be tucked in at all-time throughout the game
2. No jewelry, including earrings, shall be worn by any player, except for medical identification.
3. Game balls and equipment needed for practice and games will be supplied. All other personal equipment shall be supplied by the teams and individuals.
4. Only gym shoes allowed in the Gymnasium

	Goal Height	Free Throw Distance	Ball Size
7-8 Coed	8'	12'	Jr. - 27.5"
9-10 Coed	10'	15'	Int. - 28.5"
11-17 Coed	10'	15'	Reg. - 29.5"

SEASON SCHEDULE

1. Practices and games will be scheduled on a rotating basis. Practices will be held during the week with games being held on Saturdays. Weekdays may be utilized as an additional game day if needed.
2. During all scheduled league practices or games, only participants and Recreation and Community Services Department approved coaches will be permitted on the playing surface. All parents, siblings, and other spectators should remain in the benches.
3. All leagues will play at least eight to ten (8-10) games, including playoffs for the upper division
4. All game schedules are final. Coaches are not allowed to reschedule league games or schedule games/scrimmages against teams outside of our league. The Recreation and Community Services Department may reschedule games for reasons that affect the whole league such as weather cancellations and school make up days. Coaches are allowed to switch practice times with another coach. The Program staff must be notified of the switch/change to the master schedule.

PLAYOFFS & CHAMPIONSHIP

1. All other divisions: There will be a single elimination end of season tournament. Seeding for these tournaments will be based on regular season standings.
2. End of Season Tournaments
3. 7 -8 year old coed divisions: There will be no end of season tournaments for this age group.

PROTESTS

1. The only legal protest is one involving the use of an ineligible player.
2. Player eligibility protests must be submitted in writing by the head coach and must be filed within twenty four (24) hours or by the next business day of the game in question. All decisions about protests will be determined by the program
3. No head coach or assistant coach may leave the bench during a game to protest a call made by a referee.

REFEREES

1. Only referees and scorekeepers approved by the Department of RCS will be assigned to league games.
2. Only score keeper and department staff are permitted to sit at the scorer's table.
3. A game may be played with one (1) trained referee for the Rookies division and two(2) trained referees for the Mystics, Magic, Legends, and Senior division. If both scheduled referees are absent, the game will be cancelled.

FOULS & PENALTIES

1. The referee or staff member may forfeit a game if any player or bench personnel fail to comply with any rules, regulations, coach's code of conduct, or repeatedly commits acts that make a travesty of the game.
2. If any player receives an unsportsmanlike technical foul during the game, it will count as a personal and team foul, and the player must sit for 10 consecutive minutes. If the player receives a second unsportsmanlike technical foul, the player will be expelled from the rest of that game and the first half of the teams next scheduled game. A player can be ejected from the game after receiving the first technical foul depending on his or her actions.
3. In the event of a fight, participants will be prohibited from participating for the remainder of the season, including playoffs and championship game.

ROOKIES- 7-8 Division Rules

The City of San Fernando RCS staff reserves the right to enforce the following rules with the best interest of the league in mind. The current CIF rules shall govern all play with the following exceptions:

Playing time Requirements

These are the minimum playing time requirements, it is recommended to provide more time than the minimum required playing time whenever possible. Failure of a team to comply with these rules may result in a forfeiture of the game. If a player fouls out, is injured, or leaves the gym with his/her parents, he/she is excused from this requirement.

This division is non- competitive. Score will be kept, but will no standings will be recorded.

- All games will consist of **two (2) twenty (20) minute halves**, with halftime occurring between the second and third quarter.
- Substitutions will be made at a dead ball nearest the midpoint of all quarters. Each team must empty his/her bench during these substitutions. This is not a time-out situation. Clock will stop to accommodate the substitutions.
- **Mandatory substitutions every 5 minutes. Coaches must clear their bench every substitution.**

Grace Period

- Teams must have at least four (4) eligible players at the game site signed in and ready to play no later than the 5 minute grace period after the scheduled game time. If a team is still not ready to play after 5 minute extension, a forfeit will be declared. If both teams fail to arrive after the 5 minute extension, a double forfeit will be declared and the game will not be rescheduled.

Length of Game and Timeouts

- Game will be forty (40) minutes, **two (2) twenty (20) minute halves**
- Half time will be three (3) minutes, all games will be running clock.
- Two (2) timeouts per half, the clock will stop for all time-outs. There will be no overtime period.

Violations, Fouls and Free Throws

- Offensive three seconds in the key will be enforced.
- A team will have five (5) seconds to inbound the ball on a throw in and ten (10) seconds to bring the ball past the mid- line before violations are called.
- Technical fouls count as a personal and a team foul. A player is removed from the game upon receiving his/her fifth personal or second technical foul.

- Technical foul on anyone during the game results in two (2) free throws for the opponent and possession of the ball. Two technical fouls on a player or coach results in removal from the area. Refusing to leave the area within two minutes may result in a team forfeiting the game. Technical fouls assessed to the bench will count against the coach and could contribute to his/her removal from the game.

- Free throws will **not be exercising free throws.**

Game

- Each game will start with a jump ball. Periods will be started with a change of possession. Teams will start opposite of their bench and will change baskets at the half only.
- Rookies will not be exercising the 3-point shot.
- Zone and man to man defenses are allowed
- Back court defense is not allowed

Misconduct & Other Violations

- Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as yelling at the opposite team, and/or referees, derogatory comments, and foul language may be penalized by a technical foul and/or removal from the game, as well as, any or all games left in the season. Technical fouls that result from spectator misconduct will be assessed to the bench and indirectly applied towards the coach. After giving a "T" to the bench (which includes the parents benches), if the misconduct continues, the game can be forfeited. This will be determined on a case – by-case basis. If a coach or spectator is removed from the game, or a game is called because of their conduct, he or she will not be able to attend the next game. If the coach is removed from a game for any of these reasons, an assistant coach or parent will coach the remainder of the game. If a referee is threatened or physically attacked by a coach, player, or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach or attend any of the remaining games. This player includes any discussion friendly or not during and/ or after the game.
- If at any time during the game, a referee has to stop play to address the conduct of a spectator, coach, assistant coach, or player, that team will be charged with a timeout. If that team has no timeouts remaining, a technical foul will be assessed to that team's bench.
- Only the Head Coach is permitted to stand during the game. If a technical foul is assessed to the bench or the head coach by the referees, directly or indirectly, all coaches of the offending team must stay seated on the bench for the remainder of the game. Not abiding by this could result in a second technical and removal from the game.
- **If a player gets a technical foul, the player must sit for a total of two (2) minutes. If the player receives a second technical, player will not be allowed to play the rest of the game and will not be allowed to play the first five (5) minutes of the next game, depending on the severity of the technical.**

MYSTICS 9-10 Division Rules

The City of San Fernando RCS staff reserves the right to enforce the following rules with the best interest of the league in mind. The current CIF rules shall govern all play with the following exceptions:

Playing time Requirements

These are the minimum playing time requirements. It is recommended to provide more time than the minimum required playing time whenever possible. Failure of a team to comply with these rules may result in a forfeiture of the game. If a player fouls out, is injured, or leaves the gym with his/her parents, he/she is excused from this requirement.

This division is competitive. Score will be kept; standings will be recorded and updated weekly.

- All games will consist of four (4) 10 minute running quarters, with halftime occurring between the second and third quarter.
- Substitutions will be made at a dead ball nearest the midpoint of the first three quarters. Each team must empty his/her bench during these substitutions. This is not a time-out situation. Clock will stop to accommodate the substitutions.
- Each player must sit out one (1) consecutive five (5) minute period during the first third quarter, unless there are six (6) or fewer players at the game. Fourth quarter is free substitutions.

Grace Period

1. Teams must have at least four (4) eligible players at the game site signed in and ready to play no later than the 5 minute grace period after the scheduled game time. If a team is still not ready to play after 5 minute extension, a forfeit will be declared. If both teams fail to arrive after the 5 minute extension, a double forfeit will be declared and the game will not be rescheduled.

Length of Game and Timeouts

- Game will be forty (40) minutes, four (4) ten (10) minute quarters
- Half time will be three (3) minutes. All games will be running clock, "Stop clock" for the last two (2) minutes of the 4th quarter, unless the lead is more than ten (10) points.
- Two (2) timeouts per half. The clock will stop for all time-outs. There will be no overtime period during the regular season. The overtime is during playoffs.
- Overtime is initiated with a jump ball and consists of one 3 minute period with "stop clock" the final two (2) minutes, unless there is a lead of 10 points or more. Additional overtime periods will be played until a winner has been decided. Each team receives on full time out per extra period. All player and team fouls from the second half of play will carry over to all extra periods.

Violations, Fouls and Free Throws

- Offensive three seconds in the key will be enforced.
- A team will have five (5) seconds to inbound the ball on a throw in and ten (10) seconds to bring the ball past the mid- line before violations are called.
- Technical foul count as a personal and a team foul. A player is removed from the game upon receiving his/her fifth personal, or second technical foul.
- Technical foul on anyone during the game results in (two) 2 free throws for the opponent and possession of the ball. Two technical fouls on a player or coach results in removal from the area. Refusing to leave the area within two minutes may result in a team forfeiting the game. Technical fouls assessed to the bench will count against the coach and could contribute to his/her removal from the game.
- Free throws will be shot from the free throw line.
- Teams will shoot a one and one on the seventh team foul and team will shoot two free throws on the tenth foul.

Substitutions

- All substitutions must check in at the score table.
- Substitutions can enter during a dead ball and when beckoned in by the referee. Players coming in from the bench area, or during live balls, will receive a technical foul.
- If a player gets injured and a coach goes onto the court, that player must be removed for a substitute. Said player may be inserted on the next dead ball.

Game

- Each game will start with a jump ball. Periods will be started with a change of possession. Teams will start opposite of their bench and will change baskets at the half only.
- Mystics will be exercising the 3-point shot.
- Zone and man to man defenses are allowed
- Back court defense is allowed during the second half
- No back court defense if the lead is fifteen (15) points or more. Backcourt defense may be reapplied if the lead falls below ten (10) points.

Misconduct & Other Violations

- Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as yelling at the opposite team, and/or referees, derogatory comments, and foul language may be penalized by a technical foul and/or removal from the game, as well as, any or all games left in the season. Technical fouls that result from spectator misconduct will be assessed to the bench and indirectly

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applied toward the coach. After giving a “T” on the bench (which includes the parents benches), if the misconduct continues, the game can be forfeited. This will be determined on a case –by-case basis. If a coach or spectator is removed from the game, or a game is called because of their conduct, he or she will not be able to attend the next game. If the coach is removed from a game for any of these reasons, an assistant coach or parent will coach the remainder of the game. If a referee is threatened or physically attacked by a coach or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach or attend any of the remaining games. This includes any discussion friendly or not during and/ or after the game.

- If at any time during the game, a referee has to stop play to address the conduct of a spectator, coach, assistant coach, or player, that team will be charged with a timeout. If that team has no timeouts remaining, a technical foul will be assessed to that team’s bench.
- Only the Head Coach is permitted to stand during the game. If a technical foul is assessed to the bench or the head coach by the referees, directly or indirectly, all coaches of the offending team must stay seated on the bench for the remainder of the game. Not abiding by this could result in a second technical and removal from the game.
- **If a player gets a technical foul, the player must sit for a total of two (2) minutes. If the player receives a second technical, player will not be allowed to play the rest of the game and will not be allowed to play the first five (5) minutes of the next game, depending on the severity of the technical.**

Magic 11-12 Division Rules

The City of San Fernando RCS staff reserves the right to enforce the following rules with the best interest of the league in mind. The current CIF rules shall govern all play with the following exceptions:

Playing time Requirements

These are the minimum playing time requirements. It is recommended to provide more time than the minimum required playing time whenever possible. Failure of a team to comply with these rules may result in a forfeiture of the game. If a player fouls out, is injured, or leaves the gym with his/her parents, he/she is excused from this requirement.

This division is competitive. Score will be kept; standings will be recorded and updated weekly.

- All games will consist of four (4) 10 minute running quarters, with halftime occurring between the second and third quarter.
- Substitutions will be made at a dead ball nearest the midpoint of the first and third quarter. Each team must empty his/her bench during these substitutions. This is not a time-out situation. Clock will stop to accommodate the substitutions.
- Each player must sit out one (1) consecutive five (5) minute periods during the first or third quarter, unless there are six (6) or fewer players at the game. Second and fourth quarter is free substitution.

Grace Period

- Teams must have at least four (4) eligible players at the game site signed in and ready to play no later than the five (5) minute grace period after the scheduled game time. If a team is still not ready to play after five (5) minute extension, a forfeit will be declared. If both teams fail to arrive after the five (5) minute extension, a double forfeit will be declared and the game will not be rescheduled.

Length of Game and Timeouts

- Game will be forty (40) minutes, four (4) ten (10) minute quarters
- Half time will be three (3) minutes. All games will be running clock. “Stop clock” last two (2) minutes of the 4th quarters, unless the lead is more than ten (10) points.
- Two (2) timeouts per half. The clock will stop for all time-outs. There will be no overtime period. Only overtime period is during playoffs.
- Overtime is initiated with a jump ball and consists of one three (3) minute period with “stop clock” the final two (2) minutes, unless a lead of more than ten (10) points. Additional overtime periods will be played until a winner has been decided. Each team receives on full time out per extra period. All player and team fouls from the second half of play will carry over to all extra periods.

Violations, Fouls and Free Throws

- Offensive three seconds in the key will be enforced.

- Technical foul count as a personal and a team foul. A player is removed from the game upon receiving his/her fifth personal, or second technical foul.
- Technical foul on anyone during the game results in two (2) free throws for the opponent and possession of the ball. Two technical fouls on a player or coach results in removal from the area. Refusing to leave the area within two minutes may result in a team forfeiting the game. Technical fouls assessed to the bench will count against the coach and could contribute to his/her removal from the game.
- Free throws will be shot from the free throw line.
- Teams will shoot a one and one on the seventh team foul and teams will shoot two free throws on the tenth foul.

Substitutions

- All substitutions must check in at the score table.
- Substitutions can enter during a dead ball and when beckoned in by the referee. Players coming in from the bench area, or during live balls, will receive a technical foul.
- If a player gets injured and a coach goes onto the court, that player must be removed for a substitute. Said player may be inserted on the next dead ball.

Game

- Each game will start with a jump ball. Periods will be started with a change of possession. Teams will start opposite of their bench and will change baskets at the half only.
- Magic's will be exercising the 3-point shot.
- Zone and man to man defenses are allowed
- Back court defense is allowed during the second half
- No back court defense if the lead is fifteen (15) points or more. Backcourt defense may be reapplied if the lead falls below ten (10) points.

Misconduct & Other Violations

- Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as yelling at the opposite team, and/or referees, derogatory comments, and foul language may be penalized by a technical foul and/or removal from the game, as well as, any or all games left in the season. Technical fouls that result from spectator misconduct will be assessed to the bench and indirectly applied toward the coach. After giving a "T" on the bench (which includes the parents benches), if the misconduct continues, the game can be forfeited. This will be determined on a case-by-case basis. If a coach or spectator is removed from the game, or a game is called because of their conduct, he or she will not be able to attend the next game. If the coach is removed from a game for any of these reasons, an assistant coach or parent will coach the remainder of the game. If a referee is threatened or physically attacked by a coach or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach or attend any of the remaining games. This includes any discussion friendly or not during and/ or after the game.
- If at any time during the game, a referee has to stop play to address the conduct of a spectator, coach, assistant coach, or player, that team will be charged with a timeout. If that team has no timeouts remaining, a technical foul will be assessed to that team's bench.
- Only the Head Coach is permitted to stand during the game. If a technical foul is assessed to the bench or the head coach by the referees, directly or indirectly, all coaches of the offending team must stay seated on the bench for the remainder of the game. Not abiding by this could result in a second technical and removal from the game.
- **If a player gets a technical foul, the player must sit for a total of two (2) minutes. If the player receives a second technical, player will not be allowed to play the rest of the game and will not be allowed to play the first five (5) minutes of the next game, depending on the severity of the technical.**

Legends 13-14 and Seniors 15-17 Division Rules

The City of San Fernando RCS staff reserves the right to enforce the following rules with the best interest of the league in mind. The current CIF rules shall govern all play with the following exceptions:

Playing time Requirements

These are the minimum playing time requirements. It is recommended to provide more time than the minimum required playing time whenever possible. Failure of a team to comply with these rules may result in a forfeiture of the game. If a player fouls out, is injured, or leaves the gym with his/her parents, he/she is excused from this requirement.

This division is competitive. Score will be kept; standings will be recorded and updated weekly

- All games will consist of four (4) 10 minute running quarters, with halftime occurring between the second and third quarter.
- Substitutions will be made at a dead ball nearest the midpoint of the first quarter. Each team must empty his/her bench during these substitutions. This is not a time-out situation. Clock will stop to accommodate the substitutions.
- Each player must sit out one (1) consecutive five (5) minute period during the first quarter, unless there are six (6) or fewer players at the game. Second, third, and fourth quarter is free substitutions.

Grace Period

- Teams must have at least four (4) eligible players at the game site signed in and ready to play no later than the five (5) minute grace period after the scheduled game time. If a team is still not ready to play after five (5) minute extension, a forfeit will be declared. If both teams fail to arrive after the five (5) minute extension, a double forfeit will be declared and the game will not be rescheduled.

Length of Game and Timeouts

- Game will be forty (40) minutes, four (4) ten (10) minute quarters
- Half time will be three (3) minutes. All games will be running clock. "Stop clock" last two (2) minutes of the 4th quarters, unless the lead is more than ten (10) points.
- Two (2) timeouts per half, the clock will stop for all time-outs. There will be no overtime period during regular season games. Only overtime period is during playoffs.
- Overtime is initiated with a jump ball and consists of one 3 minute period with "stop clock" the final 2 minutes, unless a lead of ten (10) points or more. Additional overtime periods will be played until a winner has been decided. Each team receives one full time out per extra period. All player and team fouls from the second half of play will carry over to all extra periods.

Violations, Fouls and Free Throws

- Offensive three seconds in the key will be enforced.
- A team will have five (5) seconds to inbound the ball on a throw in and ten (10) seconds to bring the ball past the mid- line before violations are called.
- Technical foul count as a personal and a team foul. A player is removed from the game upon receiving his/her fifth personal, or second technical foul.
- Technical foul on anyone during the game results in two (2) free throws for the opponent and possession of the ball. Two technical fouls on a player or coach results in removal from the area. Refusing to leave the area within two minutes may result in a team forfeiting the game. Technical fouls assessed to the bench will count against the coach and could contribute to his/her removal from the game.
- Free Throws will be shot 12ft from the basket.
- Teams will shoot a one and one on the seventh team foul and teams will shoot two free throws on the tenths foul.

Substitutions

- All substitutions must check in at the score table.
- Substitutions can enter during a dead ball and when beckoned in by the referee. Players coming in from the bench area, or during live balls, will receive a technical foul.
- If a player gets injured and a coach goes onto the court, that player must be removed for a substitute. Said player may be inserted on the next dead ball.

Game

- Each game will start with a jump ball. Periods will be started with a change of possession. Teams will start opposite of their bench and will change baskets at the half only.
- Legends and Seniors will be exercising the 3-point shot.
- Zone and man to man defenses are allowed
- Back court defense is allowed during the second half
- No back court defense if the lead is fifteen (15) points or more. Backcourt defense may be reapplied if the lead falls below ten (10) points.

Misconduct & Other Violations

- Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as yelling at the opposite team, and/or referees, derogatory comments, and foul language may be penalized by a technical foul and/or removal from the game, as well as, any or all games left in the season. Technical fouls that result from spectator misconduct will be assessed to the bench and indirectly applied toward the coach. After giving a “T” on the bench (which includes the parents benches), if the misconduct continues, the game can be forfeited. This will be determined on a case – by-case basis. If a coach or spectator is removed from the game, or a game is called because of their conduct, he or she will not be able to attend the next game. If the coach is removed from a game for any of these reasons, an assistant coach or parent will coach the remainder of the game. If a referee is threatened or physically attacked by a coach or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach or attend any of the remaining games. This includes any discussion friendly or not during and/ or after the game.
- If at any time during the game, a referee has to stop play to address the conduct of a spectator, coach, assistant coach, or player, that team will be charged with a timeout. If that team has no timeouts remaining, a technical foul will be assessed to that team’s bench.
- Only the Head Coach is permitted to stand during the game. If a technical foul is assessed to the bench or the head coach by the referees, directly or indirectly, all coaches of the offending team must stay seated on the bench for the remainder of the game. Not abiding by this could result in a second technical and removal from the game.
- If a player gets a technical foul, the player must sit for a total of two (2) minutes. If the player receives a second technical, player will not be allowed to play the rest of the game and will not be allowed to play the first five (5) minutes of the next game, depending on the severity of the technical.

COMMUNICABLE DISEASE RULE (Blood Rule)

City league procedures to deal with bleeding participants:

1. Whenever a player suffers a laceration or wound, where bleeding or oozing occurs, the game will be stopped immediately.
2. The player will be removed from the game until the bleeding has stopped and the wound is adequately covered.
3. If a legal substitute is available, he/she will replace the injured player and play will continue.
4. If no substitute is available, the game clock will be stopped for a reasonable length of time (three to five minutes) to enable the injured player time to dress his/her wound.
5. The player may re-enter the game only with the referees’ approval. This means bleeding must be stopped and/or wound covered. Any article of clothing that is saturated with blood must be removed and replaced.

Note: The League Supervisor shall rule on all matters not specifically covered in these rules.

The City of San Fernando Department of Recreation and Community Services reserves the right to change any rule as deemed necessary in order to assure the safety and well-being of its participants and to preserve the overall integrity of the league. We urge you to consider the intent of these rules which is to equalize competition. Please participate with the spirit of these rules in mind.