



City of Milford, Connecticut

--Founded 1639 --

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www.milfordrecreation.com



2014 - 2015

RULES AND REGULATIONS GOVERNING YOUTH GIRLS BASKETBALL

(10, 12 – 14 & Under)

The Milford Recreation Department reserves the right to make any decisions it feels to be in the best interest of the leagues, the Milford Recreation Department and/or the City of Milford.

FEES:

1. Administrative Fee: \$50.00 per team (Payable to City of Milford)
2. Forfeit Fee: \$50.00 per team (Payable to City of Milford) will be refunded if you do not forfeit.

LEAGUES:

1. 14-Under
2. 12-Under
3. 10-Under

ELIGIBILITY: A player’s league is determined by the player’s age as of **December 31, 2014**. The player’s grade is not factored into this calculation. The Milford Recreation Department has the ability to allow for age acceptance in certain cases. In order to help you determine the league age for your players for the "2014-2015" basketball season we have included the following formula for your use:

IF YOUR BIRTH YEAR IS:	2006	NOT ELIGIBLE	8
	2005	YOUR LEAGUE AGE IS	9
	2004	YOUR LEAGUE AGE IS	10
	2003	YOUR LEAGUE AGE IS	11
	2002	YOUR LEAGUE AGE IS	12
	2001	YOUR LEAGUE AGE IS	13
	2000	YOUR LEAGUE AGE IS	14

1. All players must be full-time residents or their parents must be real estate taxpayers in the City of Milford.

ELIGIBILITY (continued)

2. During the 2014-2015 Season, players who are members of a competitive organized basketball team in High School playing varsity, JV or freshmen basketball in either a public, parochial, or private school are ineligible to participate in recreation league play.
3. In all leagues, a player may participate in a higher age division above his/her age (i.e. a player may always play up but never down a division). The Recreation Department will rule on any player(s) participating on TWO RECREATION LEAGUE TEAMS.
4. All teams should be composed of players within their geographic school district. The boundary line designating a broad geographic district is the same used to designate high school district.
5. A maximum of two (2) fifteen-year-old girls may be added to each Girl's 14-Under roster. **She must be in 8th grade and cannot turn 16 before 12/31/14. This rule does not apply to boys because we offer a 16 & Under League (begins in December/ January).**
6. **The City Liability Waiver** is included as part of the team roster form. Coaches must be sure that all information is correct, accurate and that a parent/guardian has signed following the child's name, address, phone, & date of birth.

PLAYERS/COACHES:

1. All coaches must be at least **21** years of age.
2. All teams must be comprised a *minimum* of **EIGHT (8)** eligible players and fifteen (15) maximum rostered players. Penalties for abuse of this rule include but are not limited to: forfeit and/or expulsion from the league, mandatory addition of players, mandatory play time formula, etc. The League Director will make any and all decisions that he deems to be in the best interest of the league and its participants.
3. Players will not be allowed to play for more than one team in any one league or participate in more than one league run by the City. Crossover of boy's to girl's / girl's to boy's teams is not allowed. Boys must play on boy's teams and girls must play on girl's teams.
4. Roster changes may be made up until the 6th game of the season. No changes or additions will be made after this date except for extenuating circumstances. Any additions must be made in person by the parents of the new player not less than 24 hours before a game in which a person may play. The Recreation Department reserves

PLAYERS/COACHES (continued):

the right to allow roster additions at the discretion of the League Director, to prevent forfeits or to allow new residents the opportunity to participate.

5. A **maximum** of three (3) coaches (including assistant and scorekeeper) will be allowed on team bench or on gym floor during games.
6. Shorthanded Rule – At the scheduled start time, teams with four (4) players **MUST** start the game; additional players may be added at any time. There is no grace period. Starting the game with less than 8 players will constitute an automatic loss in the standings.

THE GAME:

1. **PRACTICE BALLS:** The Milford Recreation Department will provide each team with a minimum of two (2) practice balls prior to the start of each game and at half time for warm-ups. Teams/Individuals **ARE NOT** to bring their own basketballs into any facility. Any basketballs that are brought into a facility will be secured by the Building Supervisor and returned to the team/individual after the completion of their game.
2. **Time:** All leagues will play **10 Minute Quarters running time**. In the last one minute of each quarter, the clock will stop for all fouls, jump balls, out of bound situations, etc. (When the referee's whistle sounds).
3. **Mandatory Playing Time (10 & 12-Under Leagues ONLY):** Every five minutes the horn will blow for a team substitution essentially creating 8 periods. The clock will not stop during the mandatory substitutions. All players on the court come off and all bench players (up to five) go on (please see chart below for exceptions). **ALL PLAYERS MUST CHECK IN WITH THE SCOREKEEPER SO HIS/HER JERSEY NUMBER CAN BE RECORDED** (do this early to save time). The scorekeeper will log all substitutions; it is also recommended that the coaches too log both teams' substitutions. An official Recreation Department score sheet will be made available to all coaches. *At half time the referees will be sure both coaches are applying the rule properly and note who still needs to play.* Coaches failing to abide by this rule risk disciplinary actions including, but not limited to, probation, suspension, and/or expulsion from the league pending further investigation by the league director. Coaches may substitute freely in the event of injury during that period. If the player is out of the game they must now follow the new formula based upon the number of players. A team dropping below 8 players due to injury will not forfeit. If "foul play" / abuse of this free injury substitution is suspected a rule allowing the opposing coach to pick injury substitutions will be implemented.

THE GAME (continued):

IN THE SECOND HALF, IF A COACH FEELS THAT THE OPPOSSING TEAM IS NOT FOLLOWING THE RULE PROPERLY HE/SHE MUST FILE A PROTEST WITH THE REFEREE WHILE THE GAME IS IN PROGRESS (prior to its conclusion). THE REFEREE SHALL MAKE THE OTHER COACH AWARE OF THE PROTEST AND THE PROTESTING COACH MUST FOLLOW THE PROPER PROTEST PROCEDURES AS DEFINED IN RULE 6 UNDER

FORFEITS, PROTESTS & RESCHEDULED GAMES IN THE 2014 – 2015 MILFORD RECREATION DEPARTMENT RULES & REGULATIONS. The referee’s responsibility at half time is to indicate who still needs to play and how much. It is the coach’s responsibility to make sure it happens properly. After half-time it is not the referees responsibility to correct coach’s errors – it must be protested.

THE MINIMUM PLAYING RULE IS AS FOLLOWS:

NUMBER OF PLAYERS	MINIMUM NUMBER OF MANDATORY <u>PERIODS</u> REQUIRED
5	8 – All
6	6
7	5 – may not exceed 3 in a row
8	5 – may not exceed 3 in a row
9	4 – may not exceed 3 in a row
10	4 – 2 in each half
11	3 – may not exceed 2 in a row
12	3 – may not exceed 2 in a row

NOTE: The minimum number of players on a team is ten (10) – the numbers below (10) ten are for emergency purposes only. Teams consistently playing with below the minimum number of required players (10) will be required to add players or will be expelled from the league.

- Foul Shots:** - Foul shots will be awarded on all shooting fouls and in the one and one situation. Note that in the 10-Under league all players will be allowed to shoot foul shots from a line three (3) feet closer to the basket. When a foul shot is attempted the ball will become live when it hits the rim. All players occupying the lane (awaiting the rebound) must hold their position until the ball hits the rim or backboard.
- Bonus Free Throws:** (the one and one situation) The bonus free throw is a second free throw which is awarded for each common foul committed by a player of a team beginning with the teams seventh (7th) personal foul in a half, provided the first free throw for the foul is successful. **THE ONE AND ONE SITUATION BEGINS ON THE TEAM'S SEVENTH PERSONAL FOUL.**

THE GAME (continued):

6. TECHNICAL FOUL NOTES:

- A. Two technical fouls by a participant (player or coach) will warrant immediate expulsion from the game and/or building. Two technical fouls warrant a mandatory minimum, one game suspension. Pending further investigation by the League Director.
- B. Any participant receiving three technical fouls during the course of the season will be ejected from the league (if conduct related.)
- C. Three technical fouls (conduct related) by a team in a game will result in the automatic termination of game (forfeit) and subsequent disciplinary action.
7. **Intentional/Flagrant Fouls:** will result in a two shot technical and loss of possession. If in the act of shooting - automatic 2 points and one foul shot. Two intentional foul calls will result in the player and/or coach being ejected from the game.
8. **Time Outs:** Only (2) time outs will be allowed per half and one (1) per over-time period. No carry overs. Time Outs shall be 45 seconds long.
9. **Overtime:** At the end of regulation playing time there will be **one** three-minute overtime. If a tie still exists a **five**-minute maximum sudden death period will follow. If a point is not scored during sudden death overtime, a tie will be declared. Time stoppage same as regulation (foul shots & last minute of the period).
10. **Player ID:** After committing a personal or technical foul, player must raise his/her hand in clear view of scorer's table for I.D. All players **MUST** have numbers on the back of his/her uniform shirt and it is recommended that the corresponding number be on the front of the shirt as well.
11. **25-Point Rule:** At any point during the course of a game in youth basketball if a team builds a lead of 25 points or more no further points will be awarded. Offensive shots **may be attempted from anywhere on the court, however the points will not be recorded until the lead drops below 25 points. Leads of more than 25 points will not be represented in the scorebook or the scoreboard.**

Pressing:

14-Under League

Pressing will be a normal part of the game. There will be a 10-point rule in effect. Pressing will not be allowed after a team acquires a 10-point advantage.

12-Under League

Full court pressing will be allowed only if both coaches are agreeable prior to each game. Should one coach express a no pressing rule be in effect, the opposing coach will have to start his defense on his defensive side of the half court line, allowing the other team to inbound the ball and bring it up court and **over** the half court line before defending. **HALF COURT PRESSING is allowed.** However, the offensive team must be allowed to move the ball over the half court line before pressing or

THE GAME (continued):

trapping. **NOTE: FULL COURT PRESSING** is always permitted in the last one (1) minute of the game **provided that there is a 10 point differential or lower** (Losing team or tie situation only, winning team may not press).

10-Under League

NO PRESSING IS ALLOWED. The defensive team must be positioned behind an imaginary line drawn across the court **at the top of the key** (*defensive teams may cross this line after ten seconds*). **NOTE: FULL COURT PRESSING** will be allowed in the last (1) minute *of the game* **only if there is a 10 point differential or lower** (Losing team or tie situation only, winning team may not press).

WHEN A TEAM HOLDS A LEAD OF 10 POINTS OR MORE, THEY ARE NOT PERMITTED TO PRESS. THIS RULE APPLY'S FOR ALL LEAGUES.

12. **Four Feet Rule:** In all youth leagues four feet must be allowed along the base line under the baskets during all out of bound situations.
13. **Three-Point Field Goal** (3 pointers): In all youth league games at facilities with a three point field goal line at the high school distance (top of the key), the 3 point field goal will be allowed. (EXCEPTION: 3 point field goals are NOT PERMITTED IN 10 & UNDER LEAGUES. If a shot is made behind the 3-point arc it shall count for 2 points).
14. **Awards:** The league/division champion of each respective league will receive an award after clinching the title.
15. **End of season ties:** In case of a first place tie at the end of the season, a single elimination playoff game will determine the league champion. Should more than one team be tied at the end of the regular season one team will receive a bye and play the winner of the other two teams as picked from a hat.
16. **Redistribution of Teams:** It is to be expected that at approximately the 1/3 point of the season all teams will be redistributed to a different division in order to create better parity. The redistribution will be based upon standings, team record, and overall division/league parity. **REDISTRIBUTION MAY IMPACT BOTH PLAYING AND PRACTICE NIGHT, CONSESSIONS WILL NOT BE MADE FOR EITHER** (coaches should prepare both their players and players parents of the potential move in game night and plan their roster accordingly prior to the seasons start). In the event of a conflict with a practice time, all efforts will be made to secure an alternate practice gym, however it is not guaranteed. Requests to stay or move may be given however the final decision is at the League Directors discretion; his decision is final. Teams refusing to move to a different playing night will be forfeited out of the league. Said team will not be permitted to play in their original division because it is convenient or due to conflict with the other night. Any moves are solely made in the best interest of the league.

FORFEITS, PROTESTS & RESCHEDULED GAMES:

1. ANY TEAM THAT FORFEITS A MILFORD RECREATION DEPARTMENT GAME BECAUSE OF THEIR TEAM OR TEAM MEMBER(S) CHOOSES TO PARTICIPATE IN ANOTHER ORGANIZATIONS/LEAGUE GAME SHALL BE EXPELLED FROM THE LEAGUE. Teams are encouraged to carry enough rostered players to avoid conflicts with other leagues.
2. Any team forfeiting a game will lose its Forfeit Fee and must resubmit a new \$50 fee prior to playing its next scheduled game. **TEAMS THAT CANNOT FIELD A TEAM MUST NOTIFY THEIR LEAGUE DIRECTOR AT LEAST 72 HOURS PRIOR TO THEIR SCHEDULED GAME.** TEAMS WHO CALL PRIOR TO THIS TIME WILL NOT BE ASSESSED THE FORFEIT FEE BUT WILL BE ASSESSED THE LOSS. TEAMS CALLING AFTER 72 HOURS WILL BE ASSESSED THE FORFEIT FEE. **TEAMS FORFEITING FOR PARTICIPATION IN OTHER LEAGUES ARE NOT ELIGIBLE FOR THIS EXEMPTION.**
3. Any team using an ineligible player shall automatically forfeit games said player participated in.
4. No protests will be heard except in the case of ineligible players. No protests will be heard on cases involving the referee's judgment. Only coaches and managers may file protests.
5. All requested documents (scorebook, birth certificate, etc.) must be turned over to the League Director no later than 24 hours after notification to do so, form the League Director.
6. **All protests shall be filed with game officials while the game is still in progress and submitted in writing to the Recreation Department within 24 hours of the completion of the game accompanied by a \$50.00 protest fee. This fee will be refunded if the protest is upheld.**
7. Any team forfeiting 2 games shall be dropped from the league, unless, in the judgment of the League Director, extenuating circumstances exist, or it is in the best interest of the league to not drop the team.
8. Ineligible players shall be suspended one game for each game he/she participated in. The offending coach shall be assessed the same penalty.
9. **THE MILFORD RECREATION DEPARTMENT DOES NOT RESCHEDULE GAMES.** (EXCEPTION: The Milford Recreation Department will only reschedule games if they are cancelled due to inclement weather or other similar circumstances. These games will be made up at the League Directors discretion, if necessary, and if time and space permits. **Conflicts due to other extracurricular activities will not be rescheduled (including school activities).** Teams are again encouraged to carry enough rostered players to avoid conflicts with other activities.

CONDUCT:

1. Any player-coach-team participating in a fight will be ejected from the game, to be followed by further disciplinary measures pending investigation by League Director. Disciplinary measures include but are not limited to suspension, probation, and/or expulsion.

- a. **Suspension** – Is defined as when a player, coach, or spectator may not participate **or attend** a game or games as set forth in the specifics of the disciplinary letter for the League Director.
- b. **Probation** - Is defined as when a player, coach, or spectator is subjected to a period of review at the League Director's discretion as a result of a violation of rules, regulations, policies, and philosophies with the possibility of suspension and/or expulsion if standards are not met.
- c. **Expulsion** - Is defined as when a player, coach, or spectator has been permanently eliminated from the league by the League Director for the duration of the regular season and playoffs, if necessary. The length of an expulsion is at the League Directors discretion and **MAY EXCEED ONE YEAR**. Violators may not participate **or attend** any game or practice while expelled. He/she must sever all ties with their former team.

2. Only a team manager, coach or designated captain may discuss a play with the officials and only at the appropriate time (i.e. timeouts, half time). Any other persons doing so may be ejected from the game.

3. Any player and/or coach making disparaging or insulting remarks gestures, trash talking, or threats toward a referee, player, coach, spectator or recreation official or representative will be ejected from the game to be followed by further disciplinary measures pending investigation by League Director. Second offense will result in expulsion from the league. If this violation, in the judgment of the officials or Recreation Department representative, is considered flagrant, it will result in expulsion from the league with further disciplinary measures to follow, pending investigation.

4. ANYONE PHYSICALLY APPROACHING OR THREATENING A RECREATION DEPARTMENT REPRESENTATIVE WILL BE SUSPENDED FROM ALL RECREATION DEPARTMENT ACTIVITIES INDEFINITELY, PENDING INVESTIGATION.

5. The drinking of alcoholic beverages or taking of restricted or illegal substances by a participant before, during or immediately after a game is prohibited. If discovered to be on person or on premises, violators will be ejected from the game and facility with possible further disciplinary measures to be taken at later date.

6. A participant may be ejected from the game without warning if in the mind of the Recreation Department representative, a person's behavior warrants expulsion.

7. In all of the above instances, the person(s) in question must leave the facility immediately. Failure to comply will warrant forfeiture of the game and further discipline.
8. A referee/Recreation Official may terminate a game if they feel the ideals of recreation play are not being observed.
9. Any player/coach ejected from a game will be automatically suspended for the next scheduled game, to be followed by further disciplinary measures pending investigation by League Director and placed on probation for the remainder of the season.
10. Any player/coach expelled for flagrant misconduct will be suspended indefinitely from all Recreation Department activities based on severity of the incident and pending investigation by the League Director.
11. If not described in league rules and regulations, the League Director may take any measures he deems necessary against players, coach, team, and/or spectators.
12. **SEATBELT RULE:** If at the discretion of the referee a coach has become unruly, he may be assessed the seatbelt rule. This rule states that the coach must coach sitting down for the remainder of the game. He may only stand during time-outs or if summoned on to the court by a referee due to injury. *A technical foul does **not** have to precede the assessment of a the seat-belt rule* however if a coach is assessed with a conduct related technical foul the seatbelt rule shall automatically go into effect for the remainder of the game.

COACHES / PARENTS RESPONSIBILITIES:

1. No child is to be dropped off at the gym more than one half hour before scheduled game time. Parents are responsible for the behavior, supervision, and safety of their children at all times.
2. Coaches are asked to encourage all parents to park in the back parking lot at the West Shore Recreation Center and not on the street.
3. All players must be given an equal amount of playing time.
4. Sportsmanship - is your primary concern. Your integrity and concern for the development and welfare of your players should come before winning. Coaches are encouraged not to attempt to recruit players off of other teams in order to strengthen their own team. Theoretically players should be comprised from their own geographic school district, neighborhood or organization in an equitable manner.
5. The Milford Recreation Department **IS NOT** the Devon Rotary Knights or another league. These are independent leagues that are typically run on the weekends. Your team may play in one of these leagues in addition to our (Milford Recreation Department) League and **it is the coach's responsibility to know and understand any rule or eligibility differences.** What happens in other leagues has no bearing on your status in the Milford

Recreation Department League. All correspondence to and from the League Director shall go directly to and from the coaches, **NOT** the presidents of aforementioned independent leagues.

6. Coaches are responsible for turning in their team's roster to the Recreation Department by the League Director's established deadline. All rosters must be turned in prior to playing in any games; failure to do so will result in forfeit. ***If you are affiliated with another league and are relying on said league to turn-in your roster, it is your responsibility to make sure it is turned in on time.***

UNIFORMS:

1. All players must wear identical color shirts with numbers of contrasting color on the back (recommended for front of shirt as well). **All Shirts must be tucked in.**

2. Jewelry shall not be worn. This includes watches, bracelets, rings, and earrings. Medical Alert tags are allowed but must be taped to the body so as to remain visible. Any exposed metal may be worn if covered with a soft material and taped.

3. Plaster or other hard casts may not be worn.

4. All players must wear sneakers.

5. Players must wear athletic pants or shorts. Shorts must be securely tied at the waist, and no longer than 2" below the kneecap and no shorter than 2" above the kneecap.

6. Cut-offs, jeans, dungarees, etc. are not permitted.

BLOOD RULE

1. A player, coach, or referee who is bleeding or has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time that is reasonable is left to the referee's judgment.

2. Once the bleeding has been controlled or the uniform with blood on it has been changed the player or referee may continue participation in the game.

3. The uniform requirement may be suspended due to the Blood Rule.

INCLEMENT WEATHER

1. In case of inclement weather (snow, ice) COACHES ONLY should call the Recreation Department 783-3280 ext. 9 **after 4:00 p.m.** Please inform players/parents to check our website **after 4:00pm** - <http://www.milfordrecreation.com>

2. Our decision to cancel is **not** based on the actions of the Board of Education. Do **not** assume that games will be cancelled on days that school is cancelled or dismissed early.

SPECIAL NOTES:

The Parsons Complex, the West Shore Recreation Center, and the Margaret Egan Center have strict controls established for its use. Our Department is asking for your cooperation in effort to maintain this quality facility. Please make coaches, players and spectators aware of these guidelines that are to be followed at all one of our playing sites.

1. ABSOLUTELY NO food or beverages are allowed in the gymnasium at any time.

2. All players are asked not wear their "game sneakers" into the gymnasium. Please try to bring them and then change into them.

3. NO running around or horseplay is allowed. Space is limited at most sites. Please be courteous to the game in progress.

4. The Milford Recreation Department is a self-governing league that is responsible for enforcing the Rules & Regulations as outlined in this document, providing a game schedule, providing coaching resources, referees, scorekeepers, necessary equipment and administration of the league. The Milford Recreation Department will do its best to provide teams a practice time (based upon gym availability), however we make no guarantees. The Milford Recreation Department will attempt to schedule games on consistent nights but makes no guarantees. Games will be scheduled as needed and on any night or gym space available, regardless of night. Teams should be prepared to play on any night of the week particularly after the mid-season cross over (see The Game, Rule 16). **There is no guarantee of minimum or maximum number of games. The League Director reserves the right to modify, reschedule, or eliminate any games he deems necessary to be in the best interest of the league.**

5. THE COACHES CODE OF CONDUCT MUST BE RETURNED TO YOUR RESPECTIVE LEAGUE DIRECTOR WHEN COMPLETED ROSTER IS SUBMITTED & PRIOR TO FIRST SCHEDULED GAME.

The Girl's 16 & Under and Boy's 16 & Under & 18 & Under Leagues are governed by a separate set of Rules & Regulations.