CITY OF MOORPARK

YOUTH BASKETBALL RULES

1. LEAGUE

A. All youth basketball leagues are governed by National Federation Basketball Rules with the exceptions specified herein:
NOTE: City of Moorpark reserves the right to make any changes deemed necessary to insure safe and efficient operation of the leagues.

B. Players must participate in the division in which they are age-eligible.
Any exceptions must be approved by the League Director.

C. All players must be registered to participate in practices and games. Any team practicing/playing with players that are not registered shall forfeit said game(s).

2. COURT, EQUIPMENT, AND APPAREL

A. Game balls will be furnished by the City of Moorpark. Basketball sizes for each division are:
1. Rookie Division – Size 5 (27.5" circumference)
2. Junior Division – Size 6 (28.5" circumference)
3. Minor (Tween) & Major (Teen) Divisions – Size 7 (29.5" circumference)

B. Rim Height
1. Rookie Division: 8-foot basket
2. Junior – Teen Divisions: 10-foot basket

C. Court Length: Rookie Division plays half court, while Junior – Major Divisions play full court.

D. Shoes**:** Tennis or basketball shoes must be worn. Shoes that scuff or mark the floor are not acceptable. No sandals or Crocs allowed.

E. Uniforms: All players will be given a jersey before the first game. Uniforms are mandatory at every game. Jerseys MUST be tucked in before the start of the game.
- Home Team on schedule: White (or lightest colored side)
- Away Team on schedule: Dark (or darkest colored side)

3. GAME TIME

A. Game time is forfeit time. Each team must have **four** eligible players present at game time. If a team does not have enough, a practice game will take place (referees will not officiate and score will not be kept).

B. Rookie & Junior Divisions will play four (4) eight-minute quarters. Substitutions will happen at the four (4) minute mark of each quarter with the clock stopping for one (1) minute.

C. Minor (Tween) & Major (Teen) Divisions will play four (4) ten-minute quarters. Substitutions will happen at the five (5) minute mark; running time will be used with the clock stopping only for called time-outs.

D. Two minutes at half-time and one minute between periods will be allowed.

E. Overtime periods (no overtime for Rookie Division): Overtime will be THREE-minutes. Running clock except last 60 seconds of play. Each team receives one time-out, regardless of how many were used in regulation. In the case of Double Overtime, first team to score wins. No timeouts.

F. **During the fourth quarter, if a team is <u>behind by 10 points</u> or less with two (2) minutes to play, the clock will stop. Once a team is ahead by 11 or more points, running clock will resume.**

G. In the last two minutes of the 4th Quarter or Overtime Period, after securing a rebound or after an opponent's made basket, a team can advance the ball by calling a timeout. The ball will advance to just before the half-court line.

4. TIME-OUTS

A. **Rookie**: No time-out allowed. **Junior – Major Divisions:** Three one-minute time-out periods are allowed per team for the game.

B. A technical foul will be called against any team using more than the allotted time-outs.

C. ONE time out is allowed in the first overtime period. No time outs in double overtime.

5. TEAM FOULS

A. Rookie Division: Personal and team fouls not recorded. If a player commits a foul, it is the referee's discretion whether the fouled player may shoot a free throw or change possession.

B. Junior – Major Divisions: Offensive fouls count as a personal AND team foul but never result in free throws.

C. Teams shoot two free throws when they reach the bonus (five team fouls or more in a quarter). *There is no one-and-one free throw rule as of 2026.*

D. Team fouls reset each quarter, but personal fouls remain throughout game. Players who receive a 5th foul is removed from the game and a substitute should play in their place.

E. Technical fouls on players count as personal AND team fouls. Technical fouls on coaches and spectators count as team fouls.

F. If a player is issued THREE technical fouls in a season, it will result in a ONE GAME SUSPENSION. The player will also be asked to sit out the remainder of the current game.

6. NON-SHOOTING VS. SHOOTING FOULS

A. Non-Shooting Fouls: Offensive foul results in a turnover. Defensive foul, offensive team maintains possession. Free throws awarded if offending team meets team foul requirement.

B. Shooting Fouls: Free throws awarded to player fouled in the act of shooting. There is no continuation rule for shooting fouls; the shooter must be in act of shooting.

7. HELD BALL

A. Called at the referee's discretion.

B. The ball is awarded based on the alternating possession arrow located at the scorer's table.

8. INDIVIDUAL PLAYING TIME AND SUBSTITUTIONS

A. Substitutions will be accepted at the start of each quarter and the 4-minute/5-minute mark of each quarter. In the 4th quarter, coaches can substitute any player in or out at any dead ball after every player has met playing requirement.

B. Players are required to play a minimum of 1 uninterrupted 4-minute/5-minute period in each of the first three quarters.

C. All players must **sit out at least one 4-minute/5-minute period per half** when the team has 7 or more players.

D. When a team has less than 7 players, each player must sit out at least one 4-minute/5-minute period during the game.

E. Players who arrive late will not be required to make up for missed time.

9. INJURY SUBSTITUTIONS

A. Player that comes out of the game due to injury must be replaced from the group of players

that have played the least at the time of the injury. If the injured player is able to return during the same quarter, they must check in immediately for the player that replaced them.

10. SPORTSMANSHIP & TECHNICAL FOULS

The City of Moorpark has **zero tolerance** for unsportsmanlike conduct.

A. Unsportsmanlike Conduct – when a player/coach/spectator makes inappropriate contact, gestures, or uses inappropriate language to another player/coach/official/staff member. Some actions during game play are acceptable and deemed a part of the game. However, if the action is determined to be intentional or excessive it will be deemed unsportsmanlike and will be a technical foul (a warning may or may not be assessed before a technical, depending on the severity of behavior). The City of Moorpark Staff reserves the right to eject or suspend players/coaches/spectators due to unsportsmanlike conduct.

B. Technical Foul – a penalty for unsporting conduct. If a player/coach/spectator/team is assessed a technical foul due to unsportsmanlike conduct, the other team will be awarded two free throws (may be shot by any player) and play resumes with the offended team's possession of the ball at half court.

- If a staff member needs to stop the game to address the conduct of the player/coach/spectator/team, the team will be charged with one timeout (and a technical foul if deemed appropriate). If that team has no timeouts remaining, a second team foul will be assessed.
- Technical fouls count towards a player's personal foul count AND a team foul.

C. Player

- If a player is issued a WARNING during the game, it will be documented in the score book.
    - Four warnings throughout the season results in that player being benched for an entire quarter at their next game.
    - Additional warnings beyond four throughout the season will result in a meeting with the player's parent to address behavior and league expectations, in addition to sitting out of additional game time.
- If a player is issued a technical foul due to unsportsmanlike conduct, the player shall sit out for the remainder of the quarter (and up to five minutes of the next quarter if behavior occurred towards the end of the quarter or between quarters).
- If a player receives a second unsportsmanlike technical in the game, they shall be suspended from the game (but must stay on the bench with the team) and the next scheduled game.
- Player(s) fighting before, during, or after a game will be ejected from the game. The player(s) may be suspended for the remainder of the season. No refunds will be issued.

D. Coach

- Coaches shall coach their team from the coach's box. The coach's box is designated by the dark tape on the tile floor and extends through the player bench. **Coaches may NOT leave the coaches box at any point in the game**, except for the case in which a

player is hurt, quarter breaks, & timeouts.

- A coach may receive a warning by staff or officials, or the staff/officials may immediately call a technical foul (depending on the severity). Coaches who receive an unsportsmanlike technical foul shall be required to remain seated during the rest of the game except during timeouts and between periods.
- If a coach receives a second unsportsmanlike technical in the same game, they will be required to leave the gym for the remainder of the game. They may also be suspended for a minimum of one additional game.

E. Spectator

- A spectator behaving in an unsportsmanlike manner will be asked to refrain from such behavior by staff/officials and they may ask the coach to assist in alleviating the situation.
- If the spectator continues, staff will ask them to leave the gym.
- If they refuse to leave on their own, the team of the problem spectator shall receive an unsportsmanlike technical and it is the responsibility of the team to remove within one minute or risk forfeiture of the game.

11. PRESSING AND DEFENSE PER DIVISION

A. **Rookie**: Isolation, double team / trap, reaching, pressing defense is not allowed.

- Crowding: Defender cannot defend a stationary player on the perimeter closer than one arm's length.
- Defensive Boundary: Halfcourt.
- Set Defense**: 1)** Player to player only, no zone allowed. **2)** Each player is responsible for guarding and moving with one offensive player. **3)** Defensive player must stay on the same side of the court as the offensive player, divided by the midline. **4)** Help defense is allowed when the ball handler is inside the key.

B. **Junior & Minor (Tween) Divisions:**

- Teams may half-court press until they are ahead by 20 points or more; then they must allow the offense to move the ball across the plane of the top of the key extended sideline to sideline in the front court. A warning to the team on the first offense and a team foul for all further offenses.
- **Full-court Press: Junior & Minor division teams may full court press the entire fourth quarter of the game if the deficit is 10 points or less.**
- Teams may press the entire overtime period.
- DEFENSE: Player-to-Player OR Zone Defense (2-3 and 3-2)

C. **Major (Teen) Division:**

- Teams may full-court press the entire game. If a team is ahead by 20 or more points, then they must retreat to half court and allow the offense to move the ball across the plane of the top of the key extended sideline to sideline in the front court. A warning to the team on the first offense and a team foul for all further offenses.
- DEFENSE: Any defense is allowed

12. FREE THROWS

A. Two (2) free throws will be awarded on any shooting foul.

Exception: Three free throws for player fouled in act of shooting unsuccessful 3-pointer.

B. Two (2) free throws and the ball out of bounds will be awarded on any intentional or flagrant foul. *Exception*: Three free throws and the ball out of bounds for player intentionally or flagrantly fouled in act of shooting unsuccessful 3-pointer.
C. Two (2) free throws will be awarded on technical fouls.
D. Junior Division: Free throw shooting distance will be 12 feet (closest hash mark in key).
    - Officials have the discretion to move a player back to the second hash mark (14ft) as necessary.
E. Minor (Tween) Division: Free throw shooting distance will be 14 feet (second hash mark in key).
    - Officials have the discretion to move a player back to the standard free throw line (15ft) as necessary.
F. Major (Teen) Division: Free throw shooting distance will be 15 feet (standard free throw line).

13. * THREE SECOND RULE AND BACKCOURT/INBOUND VIOLATIONS

A. Three (3) seconds in the key will be enforced in the Junior-Major divisions.
    - Please note: The count (3 seconds) **RESTARTS** whenever there is a shot attempt, or whenever a player removes one foot out of the key.
B. Backcourt and inbound violation will be enforced in the Junior-Major divisions.

During weeks 1 & 2, the officials will enforce with some discretion based on need/game flow. *Players may be reminded of rules & ball awarded back to same team, before turning the ball over. Beyond week 3, officials will begin to call these more tightly / consistently and errors or violations will result in a change of possession.*

14. SCORING

A. The scorekeeper will keep the official score and substitution record.
B. **At no time shall a parent approach the scorer's table.** Any problems or questions will be handled through the coach. Repeat offenses may result in a technical foul at the staff's discretion.
C. **Mercy Rule:** If a team is winning by 20 points or more the score will be suspended on the scoreboard but current will be kept in the book.

15. GYM RULES

A. There will be no smoking, vaping, eating, or drinking (water okay) in gym at any time by coaches, players, or spectators.
B. No jewelry (earrings, bracelets, necklaces, etc.) can be worn by any player. This is for the protection of all players.
C. Only authorized coaches and team players are allowed on the team benches.
D. Only one coach is allowed to stand at any given time.
E. Parents are not allowed on the court during games. *Exception*: When summoned by league officials due to injury or other circumstance.
F. **Coaches are the only ones to approach the officials or scorekeepers.** If there is a question, it should be addressed during a timeout or halftime.
G. **Dunking is prohibited.** Any player/coach/spectator who dunks the ball (before/during/after the game) shall be given a technical foul and may be held liable for any damages.

16. JUMP BALL

A. In jump ball situations (where one player from each team has hand(s) on the ball, when simultaneous violations occur, if a ball becomes stuck between backboard and rim, or when a ball goes out of bounds and officials cannot determine who touched it last), possession will be determined by the alternating of the possession arrow at the scorer's table.
B. Possession arrow will determine which team receives the ball at each quarter and should be alternated at halftime.

17. BLOOD RULE

A. A player, coach, or official who is bleeding or has an open would, or has blood on their body or clothing, shall be prohibited from participating further in the game until appropriate treatment has been administered.
B. If first aid is required for a player, the player must be immediately removed from the game, unless treatment can be administered within a reasonable amount of time.
C. A player, coach, or official will not be allowed to participate unless:
    - All bleeding has been stopped.
    - Any exposed cut or scrape which has bled has been completely covered.
    - Bloody clothing has been removed.

18. CONCUSSION RULE

A. **Any player that is suspected of sustaining a concussion and/or head injury during a game or practice will be placed in the following concussion protocol:**
    - The player will be removed from play immediately and not be permitted to return for the remainder of the day. **Parents should be immediately notified of any head injury.**
    - If it has been determined the player has received a concussion, the player must receive written clearance from a medical professional or licensed health care provider before returning to activity.

19. OFFICIAL'S DECISION

A. The official's decision is final in a judgment of game play or rule interpretations. No protests will be allowed.
B. Feedback including comments, complaints, or questions should be submitted to the League Director.

Best of luck this season!