

***CMRC
IN-HOUSE BASKETBALL
RULES***

Revised 2012 11

CMRC IN-HOUSE BASKETBALL

COACHES' MISSION STATEMENT

- **We, the coaches will strive to promote an instructional and fun-filled basketball experience for every participant**
- **We, the coaches, are committed to balanced teams which encourage the players to play hard, play together, realize their potential, and show respect for each other**

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POLICY ON SPORTSMANSHIP

This policy is enacted to emphasize sportsmanship and good conduct in the Carroll Manor Recreation Council. The Recreation Council is interested in promoting and achieving good sportsmanship.

DEFINITION: Sportsmanship will be used as a term that describes the conduct of coaches, players, and spectators. The term coach is used throughout and includes all volunteers in all sports assisting in anyway with the directing of the youth or the event. The word "Council" throughout this policy refers to The Carroll Manor Recreation Council.

PURPOSE: The purpose of this policy is to define standards of conduct for coaches, players, and spectators of Council sponsored events. The Council's primary goal is enhancing the growth and development not only athletically, but in character as well for the youth participating in the program.

POLICY: 1. **Participation** – All registrants in Council (s) sponsored events are entitled to play in a fair share of each contest, regardless of ability or importance of the contest. Each committee shall determine the minimum of participation to the seasons start and ensure that all are aware of this policy and adhere to it.

2. **Player Conduct** – Players shall conduct themselves in a sportsmanlike manner at all times, before, during and following the contest. This means no razzing of opposing team or the bench; obeying coaches, no razzing team or players; no fighting; no unruly conduct while on the bench; obeying officials and rules.

3. **Coaches Conduct** - Coaches are responsible for the conduct of themselves, their team and their spectators during Council(s) sponsored events. Coaches should be setting the example of sportsmanship as well as teaching athletic skills. Unfair tactics or strategy, profanity, words such as "stupid" whether applied to your team or the opposing team; criticizing officials in the presence of the youth; inciting spectators to criticize officials or opposing team members; or any other unsportsmanlike conduct is not condoned and will not be allowed.

4. **Spectator** - Spectators shall conduct themselves in a dignified and sportsmanlike manner at all times. Cheering for the team of your choice is encouraged, however, actions taken with the intent of rattling opposing team players, agitating opposing coaches, criticizing officials or interfering in any way with the contest will not be allowed.

ENFORCEMENT: Parents will indicate their consent to abide with the above policy by signing a sportsmanlike pledge at the time of registration or as soon thereafter as possible. Sports Leaders (employees of the Baltimore County Department of Recreation and Parks) and Officials, acting together when both capacities are present, are hereby given the authority to determine when actions on the part of players, coaches or spectators are not in compliance with this policy and shall take appropriate action immediately. Generally, one warning will be given to the offender. Flagrant or continuous violation of the above guidelines can be cause for the removal from the capacity of a coach, removal of the spectator. Should resistance be offered to these actions, forfeiture or cancellation of the event may occur. Sports leaders, officials and age group commissioners shall, if necessary, end the event and make appropriate recommendations to the Carroll Manor Recreation Council Committee to replay or forfeit.

The above actions, although extreme in nature, hopefully will never be taken. However, they be available should actions be required to protect the purpose of the Council in providing program and stressing sportsmanship for the continued development of the area's youth. We cannot allow the actions of a few over zealous individuals, in whatever capacity, to detract for the Council's goals. Comments or reported violations of the above policy may be presented to the Council at any time during a regular council meeting.

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General Rules for All Leagues/Age Groups

- All players shall play equal time (unless physically unable) in all games including play-offs. Coaches are strongly encouraged to have one person who only monitors playing time. If a player arrives late, playing time should be based on the remaining time left in the game, not the full game.
- Each coach will make every effort to play all players fairly and to match drills and strategies to the players' ages and abilities.
- No coach, player, spectator or parent shall use profanity or any other disrespectful behavior towards any referee, opposing coach or player.

Inclement Weather

- During the week, if Baltimore County Schools are closed, all games are cancelled. On the weekends, it is at the discretion of Baltimore County Parks and Recreation. Information will be posted on carrollmanor.org.

Game Rules – 9-10, 11-12, 13-16 Boys and Girls Leagues

- High School Federation Basketball Rules will apply with the following exceptions and/or clarifications:
 - Games will consist of **4-8 minute quarters** with 2 minutes between quarters and five minutes between halves.
 - **Clock will stop** only for:
 - End of each quarter
 - During the 1st shot of a two shot foul shot
 - A recognized time-out
 - On every dead ball in **the final 2 minutes of each half**.
 - Each team is allotted **4 time-outs per game** plus one additional time-out for each overtime period.
 - Each **overtime period shall be 4 minutes**. A maximum of 2 overtime periods shall be played during the regular season.

- **Full-court pressure defense** will be allowable as follows:
At all times, players are encouraged to aggressively pursue rebounds. There should be an approximately 1-2 timeframe when the defender can contest the player who rebounded the ball; after that the below “full-court press” rules apply.

9-10 Girls & Boys	Never permitted
11-12 Girls & Boys	During final 2 minutes of each quarter
13-16 Girls & Boys	At any time

Game Rules – 7-8 Boys and Girls Leagues

- High School Federation Basketball Rules will apply with the following exceptions and/or clarifications:
 - Coaches are NOT allowed on the floor during games.
 - **Coaches may stop play temporarily** after a dead ball for instructional purposes. This should be used sparingly. Players learn most by playing; not by listening.
 - There will be **no officials** during the regular season games.
 - The basket will be lowered to **9 feet**.
 - No scores or standings will be recorded; however, **score will be kept during the game**.
 - **Violations such as double dribbling, traveling, lane violations, out-of-bounds, etc. will be enforced at the discretion of the coaches during the regular season. As the season progresses, these violations should more closely enforced. Violations during play-off games will be enforced by the referee. Better players should expect to be called on slightly stricter scale.**
 - All **defense** must be played **within the 3-point arch** at all times.
 - There is **no double-teaming** on defense.
 - The defense is **not allowed to take the ball out of a player's hands**. However, the defense is allowed to intercept passes and recover loose balls.
 - **Foul shots** are taken from the bottom of the circle surrounding the actual foul line.
- While there are no specific rules on listed **fast breaks**, we recommend that teams use this opportunity to learn offense and by no means should be scoring the majority of points by fast breaks.
- On **rebounds** past thinking was to use no pressure and if defense got the rebound, everyone immediately runs back. However this presented our CMRC teams with a disadvantage at the next level age group. So it is recommended that a 1-2 second pressure be put on the player so that they learn to protect the ball after a rebound.

At the 7/8 level, defensive skills are more advanced and at a higher level than offense for the majority of players. Therefore we try to provide an environment especially early in the season where the players can advance their offensive toolkit with low defensive pressure.

Play-Off Format

- Each league will schedule a minimum of **8-10 regular season games.**
- At the conclusion of the regular season, each league (except 7-8 Boys and Girls; unless the chairperson decides otherwise) will participate in a **play-off.** The play-off format will be decided upon by the league commissioner and basketball chairperson(s). In the event of a double-elimination tournament, there will only be **one championship game for each league,** meaning that the winner of the “loser’s bracket” will face the winner of the “winner’s bracket” and the winner of that game will be the league champion.
- The play-off format for the 7-8 league(s) will be determined by the league commissioner and basketball chairperson(s).