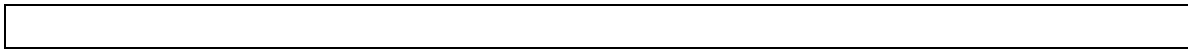


EAST WAKE BASKETBALL LEAGUE

***** Knightdale, Rolesville, Wendell, Zebulon *****



These athletic rules and policies have been approved by the East Wake Basketball Area Representatives. They are in effect for the 2018/2019 Youth Basketball season. New or changed rules have been highlighted in gray for your convenience.



YOUTH BASKETBALL RULES

Governing Rules – North Carolina High School Athletic Association rules will govern play with the exceptions covered herein.

Player Eligibility – All ages will be determined as of January 1st of the current year.

A. Age categories:

Mite League	9-10 Boys
Midget League	11-12 Boys
Junior League	13-14 Boys
Senior League	15-17 Boys
Mite Girls League	9-10 Girls
Midget Girls League	11-12 Girls
Junior Girls League	13-15 Girls

All children, 13 years old and up, must be enrolled in secondary school to be eligible to participate in the East Wake Basketball Program.

Any youth basketball player (any age) that is suspended from school will be ineligible to participate during the suspension period.

A player may appear on, and only be part of, one roster in the same age group.

Local Rules:

- A. Games will consist of two (2) 12 minute halves for 12 and under and two thirteen (13) minute halves for 13 and up. There will be 3 minutes for halftime. A regulation clock will be used throughout the game. **Exception: If a team is leading by 20 or more points, the clock will convert to a running clock, stopping on free throws and time-outs only!! The clock will return to a regulation clock once the score is at 15 points or below.**
- B. The overtime periods will be one (1) minute in duration and a regulation clock will be used. There will be 2 overtime periods to determine a winner. If there is no winner after 2 overtime periods, the game will end in a tie.
- C. Each team will receive 2 timeouts per half. Timeouts do not carry over. If the game goes into overtime, each team will receive one (1) timeout per overtime period. Again, timeouts will not carry over into overtime.
- D. All games will start at their scheduled time as indicated on the league schedule. **THERE IS NO GRACE PERIOD!!**
- E. All games will be played as scheduled. No games will be rescheduled unless due to inclement weather.

F. Free Throw Line Distance:

9-10 Year Old Mite League (Girls and Boys)	12 Feet
11-12 Year Old Midget League (Girls and Boys)	15 Feet
13 Years Old and Up (Girls and Boys)	15 Feet

Please Remember: No player may occupy the bottom marked lane space on free throw situations. EXCEPTION: 9-10 Boys and Girls – We will allow the bottom space to be occupied in this age group ONLY, so that we don't have players on the lane lining up behind the shooter.

G. Lane Violations:

9-10 Year Old Mite League (Girls and Boys)	5 Seconds
11-12 Year Old Midget League (Girls and Boys)	3 Seconds
13 Years Old and Up (Girls and Boys)	3 Seconds

H. Full Court Press:

9-10 Year Old Mite League (Girls and Boys)

Pressing will be allowed during the last two (2) minutes of the fourth quarter and all of overtime.

11-12 Year Old Midget League (Girls and Boys)

No pressing will be allowed in the first half. Pressing will be allowed during the second half and any overtime period.

13 Year Old and Up (Girls and Boys)

Pressing in the back court is allowed at any time.

PENALTY: 1st offense is a team warning and each subsequent offense will result in a book technical foul (one shot technical). Each offense should be reported to the scorers table for proper documentation.

EXCEPTION: No team may press at ANY TIME if they hold a fifteen (20) or more point lead.

I. Three Point Shot:

The three point shot will be used in every age group.

J. Playing Time: It is highly recommended that each child present play at least 7 minutes of the game. Every effort should be made to play weaker players when the games are out of hand (20 or more point lead).

K. Misconduct: Two (2) misconduct technical fouls on any player will result in ejection from the game, and that player must leave the gym and serve at least a one game suspension. If said player continues to be disruptive after being ejected, then the game can be ruled a forfeit.

*******After the first technical foul a player must sit on the bench for two (2) minutes.** If it is the last two minutes of the game then the player will stay on the bench till the end of the game and any overtime until his two minutes are up.

Coaches that receive their first technical foul must sit on the bench. On the second technical, a coach must leave the gym area immediately.

***Each area director has the right to invoke a suspension to any coach or player that receives a misconduct technical foul. Any suspensions will be based on the severity of the actions that led to the initial technical foul.

- L. Each team must have four (4) players to start and two (2) players to end a game.
- M. Coaches may call time out from the bench area.
- N. The 9-10 Boys, as well as all girls leagues, will use the 28.5" basketball. The 11-12, 13-14, and 15-17 boy's league will use the regulation size ball.
- O. Dunking/Attempting to dunk and/or hanging from ANY rim during the game, warm-ups, halftime, or after the game will not be tolerated. Any violations will result in a technical foul.
- P. The North Carolina High School Athletic Association dress code for players will be strictly enforced. Pants are to be worn on or above the hips and are to have a draw string. Shirts should be tucked in and should have no writing on them. Only approved screen printing will be allowed.
- Q. Each area representative has the right to discipline their players over and above what is listed in these policies. These events will be handled on a case by case basis.
- R. Any area that holds an "in house" league has the right to alter these rules to fit their individual program.

EAST WAKE BASKETBALL AREA REPRESENTATIVE LIST

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