

Kempsville Recreation Association

5U Basketball Official Playing Rules

Revised: November 27, 2023

Kempsville Recreation Association's (KRA) mission as a league is to promote and develop good sportsmanship, fair play, skills, ethics, and maintain the highest integrity among all teams and all individuals participating.

The vision of the league is to make the game safe, fun, and interesting for our young players. Keeping all players safely involved in the game and preparing them for higher levels of competition is our main concern.

VHSL rules apply with the exception of anything listed below

1. Coaches:

- A. Coaches are responsible for officiating the game and controlling their team who remain on the floor.
- B. Coaches are responsible for KRA issued basketballs. They are NOT to be used outdoors. And they MUST be returned at the end of the season. Coaches are responsible for replacing damaged balls due to outdoor use or lost balls.
- C. It is the coach's responsibility for designating a team parent for snack and drinks after the game. Please make sure the snacks and drinks are NOT handed out inside the gym. No drinks or food are allowed in the gym.
- D. Coaches and parents are prohibited from smoking on school property. This also means no smoking outside the gym. No alcohol is permitted on City or league premises.
- E. Profanity will not be permitted on or around the game site. Violators will be removed and are subject to dismissal from this league.

2. General Gameplay Rules:

- A. The minimum age is Four years old as of September 30th, any deviation from the age requirements must be approved by the basketball director or have the KRA President's approval.
- B. Players will shoot at a 6-foot basket.
- C. A scoreboard will be used and score will be kept at the scorer's table. However; win-loss records are not kept at this level. There will be no overtimes.
- D. Home teams will be listed on the schedule. Teams will start the game defending the goal near their bench and switch at the start of the second half.
- E. All players must check in at the scorer's table prior to the start of each quarter. This verifies each child gets playing time.
- F. Jump ball situations will go in accordance with the possession arrow on the game clock, including all subsequent quarters and the second half.

- G. All players must play 2 uninterrupted quarters. Substitutions during a quarter may be made ONLY due to injury. Injured players must return if capable.
- H. During half time each player will shoot one free throw. Successful free throws count towards the team's score. Differences in the number of players per team will not be considered as an advantage or disadvantage. The visiting team will shoot first.
- I. There will be no "foul outs".
- J. Free throws will be attempted from the base of the key circle or taped line.
- K. The ball must hit the rim players can enter the lane during free throw situations.
- L. Fast break offense is NOT allowed. A player must secure the ball with both hands. Once a player secures the ball, the coaches will signal possession by pointing towards the recovering teams front court at which point the defense MUST retreat. The defense may only defend inside the three-point line.
- M. Backcourt defense must be Zone defense to prevent all 10 players on the floor from "swarming" to the ball location. If too many players leave their zone defense to attack the ball, warnings will be given.
- N. Instruct your players to remain standing after rebounding or recovering a loose ball. Once possession is secured, the other team MUST retreat down court.
- O. The game is called and controlled by a coach from each team who remain on the floor and the clock operator at the scorer's table.
- P. Sportsmanship with regards to game play: Remember, we are helping the kids to learn to play the game. If at any point a game seems lopsided in any manner, coaches are asked at least during the second half to manipulate their roster, player match up or game play in such a manner to allow the opposing team a chance to perform.

3. Time Related Issues:

- A. The game will consist of four 6 minute quarters. The game clock will be a constant running clock which will only be stopped for timeouts and Official timeouts due to situations like untied shoes or ball well out of bounds. The coaches may stop the clock to explain a situation to a player IF it requires lengthy instructions.
- B. Each team is allowed 2 timeouts per half. First half timeouts are not allowed to carry into the second half. Timeouts are one (1) minute in length and game officials and coaches must observe the limit to prevent delay of following games.
- C. There will be a 2-minute break between quarters and a 5-minute break during the half (unless there is a cheering squad).
- D. ALL games need to start on time. If a team's 5th player fails to show 5 minutes after game time, coaches are asked to get together and attempt to lend a player if possible in order for the game to be played for the benefit of the kids. Records are not kept at this age group and therefore a forfeit is not necessary. KRA encourages any attempt to play the game in the best interest of the kids.

- E. Each player MUST play in two (2) full quarters. Meaning each player needs to play a minimum of one quarter per half. No player may play 3 quarters unless every other player has played in at least 2 quarters.
- F. Injuries: Players removed from the game due to injury and are capable of returning must do so. The referee may call an officials timeout to re-enter the player and the same substituting player must exit to the bench. The quarter is not counted towards mandatory playing time for the player entering the game in place of the substituted player.
- G. Any player showing up after the start of the 2nd quarter is only required to play one (1) quarter

4. Conduct:

- A. KRA policy for any misconduct by a participant, guest, or coach will be handled in a disciplinary way possibly to be later reviewed by the Board of Directors. Officials have the authority to eject any participant, guest, or coach from a game at which time the offending party is expected to leave the event. Warnings are not necessary. Coaches are expected to act with good sportsmanship and assist if necessary. All volunteers are an extension of KRA and are expected to act in an appropriate manner. KRA will not tolerate misconduct.
- B. KRA will not tolerate any actions, statements, or behavior by players, coaches, or spectators that is disrespectful to anyone present. This includes any comments directed towards game officials relative to their decisions. First and foremost, coaches should be teaching the players by example.
- C. Any player, coach or parent ejected from a game by an official for unsportsmanlike conduct shall be automatically suspended from the next league game to be played by their team. No official notice of this suspension shall be necessary. The head official will notify the league commissioner of the suspension. In the event a player or coach deviates from this ruling, it will constitute a forfeit and the team not at fault will receive credit for a win. Additionally, the player or coach who deviated from this rule will be suspended an additional game to be played by their team. Suspended coaches are not allowed to participate or stand on the sidelines while serving a suspension.
- D. Any player, coach, or spectator guilty of unsportsmanlike conduct toward an official on City property will be subject to suspension.
- E. Any player, coach, or spectator guilty of striking an official in any manner on City property during or after a game shall be suspended indefinitely from participating in any league sponsored by the Parks and Recreation Department in accordance with Community League Parks and Recreation Department bylaws.
- F. The following are examples of unsportsmanlike conduct: PLEASE review with your players and parents.
 - Boos, hisses, jeers, and other taunts targeted at any team by the opposing teams (that includes comments by the parents).
 - Any intentional acts that may cause injury to another player.
 - Any arguing, loud, or animated discussion (for the benefit of surrounding ears) that projects unfavorably on the spirit of sportsmanship.
 - Any use of foul, vile, or profane language or gestures on or within the immediate vicinity of the playing field.
 - After the game, only the statement "Good game" is necessary during the handshaking.