



HotShots Youth Sports Game Rules

HotShots Youth Sports follows rules approved by the National Federation of State High School Associations (NFHS). Rules books can be purchased at www.nfhs.org.

Any exceptions herein will take precedence.

RULES CHANGES FOR 2018-19

The following rules changes/clarifications are in effect for all three sessions. These changes will also be listed in the general rules below, indicated in **bold print**.

1. **6th Grade Only:** Backcourt defense is allowed until a team is ahead by 10 points or more, in which case that team may no longer play defense in the backcourt. Teams who violate this rule will be given one warning. A technical foul **will be charged to the head coach** for each subsequent violation of this rule.
2. An offense which is designed to intentionally pull offensive players out of play (such as four corners) is illegal. HotShots philosophy is to include ALL players at all times. First violation: Loss of possession. Any points scored will be disallowed. Each subsequent violation: technical foul **charged to the head coach**.
3. NFHS Rule 9-9-1: A player shall not be the first to touch the ball after it has been in team control in the frontcourt, if he/she or a teammate last touched or was touched by the ball in the frontcourt before it went to the backcourt. **EXCEPTION:** Any player located in the backcourt may recover a ball deflected from the frontcourt by the defense.

Game Management

SCORESHEETS: Coaches are responsible for supplying scoresheets and a scorekeeper (typically a team parent) at each game. Score sheets can be printed from the HotShots website. The scorekeeper will also be asked to keep time, keep the possession arrow, or both. Coaches should instruct the scorekeeper on their duties.

For game management purposes, the scorekeeper must not be someone who also serves as the head coach or assistant coach.

COACHES: Only the head coach may stand during the game, request a timeout, or address the officials. The head coach should be seated or standing in front of the bench to allow officials an unobstructed view of the official scorers, timer, and substitutes. Officials will ensure that the bench area is a reasonable distance from the scorers table. The head coach should follow the direction of the officials regarding this reasonable distance.

All coaches should use good sportsmanship at all times. Coaches should never use profanity in any gym, nor argue or make calls from the sideline. Coaches should be respectful towards officials at all times.

The use of profanity by a coach to an official will result in an automatic technical foul. Violation of any of the other above, or similar, actions by a coach will result in an official warning followed by a technical foul.

Ball Size

Youth/Junior 27.5" for boys & girls grades 1-4
Women's/Intermediate 28.5" for boys & girls grades 5-6

Basket Height

All grade levels play on standard 10' baskets.

Substitutes and Starters

1. Unlimited substitution is allowed, however only during a dead ball after the whistle is blown. The entering player(s) must wait to be called into the game by the officials.
2. The substitute may only replace a free throw shooter after the final shot, if successful.
3. Coaches are urged to start different players throughout the season, passing that "honor" to each player, perhaps as a reward for paying attention and hard work at practice.

Players

1. Only players officially registered with HotShots are allowed in league practices and games. Coaches that permit an unregistered player to participate are subject to suspension or dismissal.
2. Only HotShots league shirts are permitted in league games. The referee has the authority to deny participation to any player who is not wearing their league shirt. Exceptions may be made for a forgotten shirt.
3. Coaches need to strive towards playing each player a minimum of 1/2 of every game. Exceptions are allowed for disciplinary reasons, however approval by the HotShots director must be obtained for continuing adjustment of a specific player's playing time.
4. No jewelry is allowed during practices or games. Ear rings, nose rings, etc. must be removed completely. Taping over jewelry is prohibited. A player will not be allowed to enter the game until such items are removed. Religious and medical alert items may be worn when taped underneath the jersey to prevent injury.
5. Player behavior at games/practices must be supervised and controlled by their coach.

Timing Regulations

1. Games are played with two 20 minute halves, running time. The clock will stop for all timeouts and may be stopped *briefly* for delays in substitution or the matching of players, at the discretion of the officials. During the last two (2) minutes of each half the clock will stop for all whistles by an official.
2. No overtime play is allowed.
3. There is a three minute break for halftime.
4. Timeouts may be requested only by the head coach or a player. Timeouts are not in effect until granted by an official.
5. Teams are allowed two 60-second and one 30-second timeout per game. Additional timeouts will be charged as a technical foul to the head coach.
6. Game time limit is 55 minutes. Games must begin on time and must end at least 5 minutes prior to the next game's starting time. If the 55 minute rule will take effect, no timeout is allowed in the last 2 minutes of the game. The officials have the authority to make any necessary adjustments in order to reach the 55-minute limit.
7. The ball must cross the division line into front court within 10 seconds.
8. A player must complete a throw in within 5 seconds. Defensive players must allow 2 feet from the

side or end lines that do not give sufficient room for the throw in to occur.

Alternating Possession

After the initial jump ball to start the game, all held ball situations will follow the alternating possession procedure. The arrow indicator should point to the basket of the team who will next take possession.

Free Throw Line

Grades 1-2	10 feet (bottom of circle)
Grades 3-4	12 feet
Grades 5-6	15 feet (standard free throw line)

Free Throws

1. A player at the free throw line may not make an intentional move across the free throw line until the ball hits the rim. Players in a marked lane space may not step into the lane until the ball is released from the hand of the shooter. Players not in a marked lane space may not cross the 3-point line or free throw line extended until the ball hits the rim.
2. A violation will be called against the shooting team if the last free throw does not hit the rim.
3. A violation will not be called against a shooter who unintentionally steps over the line, provided the ball has already been released and no additional movement is made to proceed into the lane. This will be called at the discretion of the officials, based on grade and skill level of the teams.

Fouls

Bonus: Beginning with the 7th team foul in a half, common fouls will be penalized by shooting a one-and-one bonus. If the first shot is missed, play will continue and a second shot will not be granted.

Double Bonus: Beginning with the 10th team foul in a half, common fouls will be penalized by shooting two free throws.

Intentional Foul: Intentional fouls are those fouls which are deemed excessive or without a legitimate attempt to play the ball. Intentional fouls are penalized by awarding two free throws to the offended player (regardless of whether a shot was attempted), plus possession of the ball at the point of interruption.

Technical Fouls: All technical fouls are penalized by awarding two free throws plus possession of the ball at the division line opposite the scorers table. Technical fouls on a player will count towards that player's foul count as well as the team foul count for the half in which it occurred.

Officials can assess technical fouls for the following (but not limited to):

- Poor sportsmanship by players, coaches, or spectators.
- Unnecessary roughness or flagrant foul
- Profanity
- Delay of game (after one warning)
- Requesting too many timeouts

A second **unsporting** technical foul on a player will result in disqualification from the game. The disqualified player must remain on the team bench. A second **unsporting** technical foul on a coach will result in expulsion from the gymnasium. Technical fouls may be given to teams that don't control their spectator conduct. Coaches must insist and enforce sportsmanlike conduct from their spectators. If, in the judgment of the officials, the conduct of coaches, players, or spectators becomes so unruly as to make it difficult to reasonably regain control of the game, the game will end with the score as it stands.

Flagrant Fouls: a flagrant foul disqualifies a player from the game.

Violations

<u>3 seconds in the lane:</u> Grades 1-2	No violation will be assessed.
Grades 3-4	Violation after 5 seconds in the lane. One warning per half.
Grades 5-6	Violation after 3 seconds. No warnings.

Backcourt: Once front court status has been established, neither the ball nor a player holding or dribbling the ball may return to the backcourt while his/her team retains control, unless the ball was last touched by the opposing team. Front court status is established when both feet and the ball have completely crossed the division line while dribbling.

Backcourt violations will not be called for grades 1 & 2.

Defense

A five-second closely guarded count will not be used in HotShots at any grade level.

Grades 1 through 5: Zone defense is not allowed. Teams must use man-to-man defense only. Defenders are no longer required to guard their opponent within six feet. The judgement of the officials will determine whether or not the defender is guarding an opponent instead of a zone.

Basic defensive moves such as switching and sliding through are allowed. Switching defenders is not the same as a double team. However, continually switching to allow one player to always cover the ball is not in the spirit of this rule, and will not be allowed.

Grades 1-2:
-Double teams are allowed in the lane only.
-No backcourt defense is allowed.

Grades 3-5:
-Double teams are allowed below the free throw line extended only.
-No backcourt defense is allowed.

Grade 6:
-Zone defense is not allowed at any time.
-Backcourt defense is allowed until a team is ahead by 10 points or more, in which case that team may no longer play defense in the backcourt. Teams who violate this rule will be given one warning. A technical foul will be **charged to the head coach** for each subsequent violation of this rule.
-Double teams are allowed anywhere on the court. except when a team is ahead by 10 points or more as stated above.

In keeping with the intent of this rule, a double team includes any defense of multiple players against one offensive player (ie, triple team, quadruple team, etc.)

Illegal Offense

An offense which is designed to intentionally pull offensive players out of play (such as four corners) is illegal. HotShots philosophy is to include ALL players at all times. First violation: Loss of possession. Any points scored will be disallowed. Each subsequent violation: technical foul **charged to the head coach.**

Gym Use Guidelines

We are guests of the Vancouver and Evergreen School Districts and it is critical that we work together to follow gym use policy.

1. Please distribute and consume treats outside! *It is against school district policy to consume food*

and beverage (with the exception of water) inside the gymnasium. Please keep water bottles tucked safely away to avoid spillage, and wait to distribute after game snacks until everyone is outside the building.

2. Smoking anywhere on school property, *including parking lots*, is prohibited by law.
3. Classrooms, hallways, and other parts of the buildings are off limits. Coaches must assist in supervising their players and spectators.
4. Coaches must communicate to parents the need to closely supervise their children at practice and game sites, so not to let them run loose in the school. Parents may be charged for fees incurred from children defacing school property or pulling fire alarms.
5. "Team Monitors" are responsible for quick clean-ups after games and for supervision of non-participating children (climbing on stages or bleachers, supervision of bathrooms).
6. If your game is the final game of the day that that particular game site, both teams must stack chairs on available carts before leaving.