



HotShots Youth Sports Game Rules

HotShots Youth Sports uses playing 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 2019-20

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. NFHS Rule 9-9-1 Exception: A ball in team control of Team A in the front court that is deflected by a defensive player, which causes the ball to go into the backcourt, may be recovered by either team unless the offense was the last to touch the ball before it went into the backcourt. If the offense was last to touch the ball in its frontcourt, only the defense can legally recover the basketball.
2. NFHS Rule 10-5-5 Note: The head coach and any number of assistant coaches may enter the court in the situation where a fight may break out - or has broken out - to prevent the situation from escalating.

Game Management

SCORE SHEETS: Coaches are responsible for supplying score sheets 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 substitute(s) must report to the scorers table and 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 Program 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 (2) twenty-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 (2) 60-second and one (1) 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 the front court within 10 seconds.
8. A player must complete a throw-in within 5 seconds. If the space outside a boundary line does not give ample space to complete a throw-in, the defender must remain 2 feet away from the inbounds side of the boundary line.

Alternating Possession

After the initial jump ball to start the game, all held ball situations will follow the alternating possession procedure. The possession arrow should point toward the basket of the team entitled to the next alternating possession throw-in.

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 has been 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 has touched the rim.
2. A violation will be called against the offensive team if the ball does not touch the rim during the final free throw.
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 ruling will be made 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 to any player of the offended team and a throw-in by the offended team 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 will assess technical fouls for the following (but not limited to):

- Poor sportsmanship by players, coaches, or spectators.
- Unnecessary roughness
- 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 on 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: Front court status is established when both feet of the ball handler and the ball (while dribbling) have completely crossed the division line. After 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 a player of the opposing team which caused the ball to return to the backcourt.

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.

6th Grade Only: Backcourt defense is allowed until a team is ahead by 10 points or more, after which 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.

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

Grades 3-5:
-Double teams are allowed below the free throw line extended only.
-No backcourt defense is allowed.
(Two warnings for each violation, followed by technical foul charged to head coach)

Grade 6:
-Zone defense is not allowed at any time.
-Backcourt defense is allowed until a team is ahead by 10 points or more, after which that team may no longer play defense in the backcourt.
-Double teams are allowed anywhere on the court. except when a team is ahead by 10 points or more as stated above.

(One warning for each violation, followed by a technical foul charged to the head coach)

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. Vancouver School District prohibits exterior doors from being propped open, and they must remain locked at all times. Please assign someone to wait near the door to let players and spectators in. Do not prop doors open at any time.
7. 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.