

Dinwiddie County Parks and Recreation

CO-ED

Summer League Basketball Rules

PRACTICE

Practice will be held for the first week of the season at a specific site determined by the Parks and Recreation Department. Practice times will be determined by the Recreation Department. Equipment including balls, pennies, cones, etc. will be provided by the Dinwiddie County Parks and Recreation Department. Practices cannot exceed the allowed time (NO EXCEPTIONS). Recreation staff will be available for the first week of practice to offer additional instruction and practice planning for developmental purposes.

UNIFORMS

Each participant will receive a jersey or t-shirt. All shirts' must be tucked in prior to tip off and remain tucked in the entire game.

NO JEWELRY OF ANY KIND WILL BE PERMITTED (INCLUDING EARRINGS).

GAME DAY

Game schedules will be set by the Recreation Department. All games must be played at their scheduled time. Only the Parks and Recreation Department can cancel and reschedule games.

GAME TIME LIMITS

Games will be played by halves. The length of each half will be determined by your individual age group.

The game will be played with a running clock. The clock will only stop on timeouts, injuries, and for foul shots. Except the last Two (2) minutes of each half, we will follow VHSL timing rules.

The Game will start promptly at the scheduled time. Please have your team assembled and ready in the gym at least 10 minutes prior to the game time.

OVERTIME

Overtime will be allowed in all age divisions if time permits. Game time is defined by the one hour provided by the Recreation Department to complete the scheduled game.

Overtime will be a 2 minute running clock. Possession will be determined by a jump ball. Stoppage will occur the final one minute of the period (VHSL timing regulations). There will only be one overtime.

ALLOWABLE TIMEOUTS

A maximum of Three (3) full time-outs per game. One (1) full time-out per team per overtime period.

WARMUP TIMES; HALFTIME

A minimum of Three (3) minutes will be allowed for warm-up between games. A Two (2) minute half-time will be granted.

TEAM CONDUCT PRIOR TO SCHEDULED PRACTICE / GAME

Teams waiting to play should be seated until time for their game. No outside basketballs are allowed in the gym. No shooting at the baskets is permitted during time-outs or intermissions. Before each game only the teams warming up for that game should be shooting at the baskets. Officials and Dinwiddie County Parks and Recreation staff have the authority to ask all individuals who do not comply to leave the gymnasium.

SUBSTITUTION RULE

There will be a mandatory playing rule for each team. Each player must play at least half the game. Free substitution will be allowed for all age groups. All players must sit at least once during a game, unless a team only has five players present. It is the coach's responsibility to keep track of this. If a player is found to not have sat out (as determined by the Parks and Recreation staff), the team/coach in violation can be subject to disciplinary actions.

GYM OPENING TIME

Gyms will be open only THIRTY (30) minutes prior to the start of the first game. Teams/participants will not be allowed into the facility if they arrive early.

TEAM / PLAYER SUPERVISION

Each team must be supervised by their coach, bench coach, or an adult whom has an approved background check by the Parks and Recreation Department while in the school. This includes the actions of spectators (no balls, toys, running in hallways or in the gym).

All participants must be picked up promptly after practice and games. Parents/Guardians must be responsible and prompt for all practices and games. Repeated offenses will be reported to the Dinwiddie County Parks and Recreation Department for further action.

COACHING BOX

The coaching box will be the space from the end of the bench to the half line. A coach is not allowed on the court unless allowed by the official (s) (EX: Injury).

CODE OF CONDUCT

Each coach is required to adhere to the **Coach's Code of Conduct**. Each parent is required to adhere to the **Parent's Code of Conduct**.

ADDITIONAL GAME RULES

A player who is bleeding, has a wound, or has an excessive amount of blood on their uniform must leave the game and may not re-enter before the blood has been removed, stopped bleeding, or the open wound has been covered.

All players will be allowed 5 personal fouls.

If a player receives a technical foul, that player will be required to sit out of the game for a minimum of four minutes. Penalty time is counted toward the player's total time.

A jump ball will be used to determine possession at the beginning of the game.

At the start of the 2nd half if a team is ahead by 20 or more points it will be a running clock until the lead is reduced to 10 points. The clock will only stop on timeouts and injuries. Once the lead is reduced to 10 we will follow league timing rules as explained above.

Please review individual division rules listed below.

OFFICATING

The rulings of the officials are final. They are not to be argued while the game is in progress (SEE COACH'S CODE OF CONDUCT). In the event of a questionable call; direct it to the Parks and Recreation staff after the game in private. As a reminder, coaches are role models and must be held to a higher standard while on the court.

Similar behavior by parents will not be tolerated. This is a game for the participants. Language, gestures, and aggressive behavior will not be tolerated (SEE PARENT CODE OF CONDUCT). Such action will result in dismissal from the grounds and the incident will be reported to the Dinwiddie County Parks and Recreation Department for review.

DURING / AFTER THE GAME

Remember to properly dispose of trash during and after the game. The facilities must be left in the condition which we received them.

All spectators (children included) must be in the gymnasium before and during the game at all times. Do not hang out in the hallways, or roam through the building.